

POLICE NEWS

THE CAPTAIN'S CORNER

From
RICHARD BACH
MADISON
POLICE DEPT.



Many of you may have heard about a change in the way the Madison Police Department responds to intrusion alarms. Most intrusion alarms consist of sensors that can detect when a door is opened, when a window is broken, or when movement happens in an area. When an alarm is activated, an alert appears in a monitoring center run by the alarm company, which then calls the local authorities to respond to the alarm. The alarm companies charge their customers for this service.

MPD officers respond to thousands of mechanically activated alarms every year. Unfortunately, the vast majority (more than 98%) are false; meaning that no crime is occurring and that something else (a faulty alarm, wind/weather, human error, etc.) has caused the alarm to activate. This creates a drain on our limited police resources while benefiting the alarm companies (who essentially are selling a police response). Many cities across the country have confronted this issue, using a variety of strategies. One approach is known as Verified Response. This means that alarm companies must respond to their own alarm activations; if they verify that a

problem—such as a burglary—exists, then police will respond.

A version of this verified response model was implemented by the Madison Police Department as of January 1, 2007:

- Madison Police will no longer respond to mechanically activated commercial alarms unless verification that a problem may exist has been received by MPD. There is no expectation that a citizen will be asked to enter a potential crime scene. Any observation that leads a reasonable person to believe that a crime may be in progress or may have already taken place will suffice. Police will be dispatched following this verification. The verified response ordinance as written does not prohibit the use of audio/video monitoring for the purposes of verification. In other words, video and audio monitoring that “verifies” a point of entry, actual intruder, or other serious incident will be recognized as verification for purposes of this ordinance.

- Madison Police will continue to respond to residential burglary alarms. Residential alarms account for approximately 12% of all City of Madison false alarms. Our response to these calls will remain as they were prior to adoption of the verified response model.

- Madison Police Officers will also continue to respond to manually activated alarms (such as bank “hold up” alarms and “panic” alarms).

- Madison Police have implemented a “broadcast and file” protocol. This means that when a mechanically acti-

vated commercial burglar alarm is received by the 911 Center, the information will be broadcast to beat officers. This is information for district officers, with no expectation that a police response will occur. Officers may elect to respond if they are available. Their decision will generally be based on the totality of circumstances involved with the broadcast.

It is anticipated that adoption of the Verified Response model will greatly reduce the amount of officer time responding to false alarms, freeing them up for other needs.

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NEWS AND VIEWS FROM ELECTED OFFICIALS

From
BRIAN BENFORD



DISTRICT 12 ALDERPERSON

Dear Friends and Neighbors,
Since I've had the opportunity to write this column, I know that I have deviated from what other politicians write about. Some of you have taken great offense at my words, even suggesting that I move from this beloved city. Others have complimented me on my social commentary and offered to work on issues close to our hearts. As a non-traditional politi-

cian, I appreciate the opportunity that this paper has given me to connect with my constituents. Whether we agree or disagree, I will always make the effort to hear your voice. That is what I've been elected to do.

The district I represent, District 12, is arguably the most diverse district in the city. I learned this the hard way. By knocking on countless doors and talking to thousands of you, I've witnessed the wonderful racial, socio-economic and political diversity within our neighborhoods. I have to represent the Republican on Alpine Road, the anarchist on Dayton Street and everyone in between. To say this is a challenge would be an understatement.

When I first entered into politics, it was readily apparent to me that people get involved with an issue not because of political ideology or party affiliations, but because it is something close to their hearts. Nonpartisan efforts came together to improve local childcare availability. People from across the political spectrum advocated for the health of our schools. At places of worship, political ties take a back seat to divine missions. Lynette Jandl, the Northside Business Association and others created a huge block party to bring us all together. Daily, members from the Northside Planning Council and neighborhood associations strive to make our community better for all. They need all of our help. As we face the future, I am optimistic for our district because of the great people living here.

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

From
DAVE CIESLEWICZ



MAYOR OF MADISON

The proposal to preserve some 280 acres of land in the Cherokee Marsh area took a major step forward when the Common Council voted overwhelmingly to support the plan at its January 16 meeting.

I am grateful to everyone who has helped in this effort. The Friends of Cherokee Marsh, Supv. Dorothy Wheeler, Ald. Paul Van Rooy, Ald. Brian Benford, the Northside Planning Council and many others made valuable contributions throughout the process.

The next step is for the County and the State to approve their shares of the funding for this proposal. The County funding would be provided through the Dane County Conservation Fund, created under the leadership of County Exec. Kathleen Falk to protect environmentally important areas.

I am encouraged by the initial signs of support we have gotten and will be working closely with both County and State leaders to put the final pieces of this agreement in place. Supv. Wheeler supports the plan, and is continuing to gather input from the Friends and the

neighborhood as it goes to the County Board for consideration.

This initiative dramatically reduces the amount of development that was to take place in the Fifth Addition. Only 60 – 70 new dwelling units would be built, instead of the 200 that had been proposed. About 280 acres are preserved from future development.

The Cherokee Marsh is an important regional asset. It acts as a filter for water traveling down the Yahara River and entering our lakes. This initiative is important as we continue the process of restoring the marsh and improving the quality of our lakes.

We are also making progress on the proposal for a renovated stadium at Warner Park. I created a special committee to review the Mallards' renovation proposal and develop a report. The committee is a diverse group that includes representatives from the neighborhood, amateur athletics and other stakeholders.

The committee is reviewing issues such as neighborhood impacts, financing options and to facility management. The goal is to have a renovated facility in place for the Mallards 2008 season.

I appreciate your thoughts and comments on these and other issues.

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

From
PAUL VAN ROOY



DISTRICT 18 ALDERPERSON

As I write this article, the campaigns for Mayor and Alders are getting underway. This is the first time in recent history when we will see such a large turn over in the City Council. Nine Alders are not seeking reelection, and several others are facing strong candidates in their bids for reelection. It is good to see the kind of interest in local government elected offices. I urge all of you to pay close attention to the campaigns as they progress, and get out and vote for the candidates of your choice.

The Cherokee Park Inc. (CPI) proposal for development of their holdings has been in the news recently. The Plan Commission, on January 8,

adopted the Cherokee Special Area Plan (SAP).

This plan, which provides a general outline for the development of the area, is the result of approximately two years of planning and negotiating between City staff and CPI, and represents a compromise between the original CPI proposal and concerns for the protection of the Cherokee Marsh. Development areas, as outlined in the plan, offer significant buffer areas between residential areas and the marsh. Indeed the proposed purchase of approximately 220 acres by the City to be added to the Cherokee natural area represents the largest open space acquisition by the City since the original Cherokee Park natural area was established. The details for development will follow, but the SAP sets the parameters for protection of the Cherokee Marsh.

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

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NEWS AND VIEWS FROM ELECTED OFFICIALS

From
KATHLEEN M. FALK



DANE COUNTY EXECUTIVE

Major projects to become reality in 2007

Happy New Year to you, your families and your friends. Together, we head into 2007 with the promise of new good things for our County and the people who call it home.

As you read this, the search for a site for a new County Huber/AODA facility is under way. Public input is so important and it began with the recent release of the Dane County Board's site sub-committee recommendation.

Offenders will continue to be held accountable for their crimes, but inmates in this new facility also will receive treatment to break their addictions to alcohol and other drugs. Why? Because statistics show addictions such as these play a major role in why people commit crimes. Breaking the cycle of addiction will help break the cycle of reoffending.

Another project under way this new year is a new nursing home for our most vulnerable citizens. This new

facility will be built on the grounds in Verona of the current Badger Prairie facility that needs to be replaced.

Dane County again will make headlines when we become the first county in the state to implement "Priority Fire Dispatch." This system is aimed at helping our 911 dispatchers determine the appropriate kinds and number of emergency equipment to send to the immediate crisis while – and this is the key feature – making sure equipment remains at the ready for the next call.

And, Gov. Jim Doyle is being asked to approve our proposal to create the Capital Area Regional Planning Commission. Dane County growing by more people each year than any other county in the state so long-range land use planning involving the entire county is essential to preserving our quality of life. The key mission of this very important commission will be to work with our local leaders countywide to craft plans for urban growth that protects our land, lakes, and groundwater.

And on a personal note – I will mark my tenth anniversary as your county executive in April. More on that in April.

Have a wonderful start to the year.

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

From
PAUL RUSK



DISTRICT 12 SUPERVISOR

Attendance Record

Although I am pleased to be noted by Isthmus as the only supervisor with perfect attendance at county board and standing committee meetings during 2006, I promptly broke my record by missing the January 4 meeting while visiting my sister over the holidays!

Huber Treatment Center

Jails and landfills are by far the most difficult facilities to locate, and the proposed new Huber Treatment Center for jail inmates with daytime work release privileges is no exception.

Last fall a special county study committee recommended the county highway garage site on Fish Hatchery Road on the Southside. This has led to significant opposition. This site has easy access to four bus lines and a transfer station, making it ideal for working inmates who are prohibited from having vehicles.

Two public meetings were held and were well attended, one I co-chaired in my role as chair of Public Protection and Judiciary. As someone who has extensive neighborhood organizing experience on the Northside, I fully understand the many concerns of those on the Southside who are working diligently to enhance the quality of their neighborhoods.

The City of Madison must re-zone any site other than the current jail site downtown. I look forward to hearing recommendations from City officials on alternative sites to consider. The current Ferris Huber Center is near the Alliant Energy Center.

Next we need to determine what type of facility to build. I support state-of-the-art treatment facilities so inmates can turn their lives around. But, if we are going to substantially expand electronic monitoring and only need a treatment facility for those with drug and alcohol problems, that makes a big difference.

We will soon visit LaCrosse County where they now rely exclusively on electronic monitoring. The county needs to balance public safety, cost, program effectiveness, and neighborhood impact with the needs of inmates working to avoid recidivism.

Cherokee Marsh Plan

The City Council approved the plan that preserves wetlands while allowing development of about 700 dwellings over 30 years. Although the plan falls short of the many goals of Friends of Cherokee Marsh, it was improved substantially with so much community input led by this impressive grassroots organization. I will work closely with District 18 Supervisor Dorothy Wheeler to use the county's Conservation Fund to help purchase marshland for future generations to enjoy.

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

From
DOROTHY WHEELER



DISTRICT 18 SUPERVISOR

Happy New Year to Everyone!

As I watched the beauty of the snow fall softly outside our windows today, I thought of the most important mission that we have as public officials. We must protect our environment from the encroachment of unwanted development, we must pledge our support for clean water and clean air and we must protect our green spaces! With these goals in mind, I want to update Northsiders on two important actions happening in our district.

Lake View Hill

In May of last year the county board passed the resolution sponsored by Supervisor Rusk and myself to change the zoning of Lake View Hill from R-1 to Conservancy so the zoning of this area would conform to the land's designation as parkland, giving the Hill double protection from future development. I have learned since then that an action that takes the approval of two governmental bodies is never easy. After putting out bids for the necessary survey

of the property, including all the adjacent properties, the county staff was ready to petition the city for the rezone. The city then examines all the information about the property and decides what else might be necessary. Maybe some changes are in order before the rezone! As the two staffs work their ways around the new requirements, the Friends of Lake View Hill are evaluating possible demands from city staff that don't conform to their goals. Stay tuned. The rezone will happen.

Cherokee Marsh

The Friends of Cherokee Marsh and Upper Yahara Watershed have worked very hard to restrain the development planned by Cherokee Park, Inc. to preserve the most sensitive lands. You've seen the results in the media. The city will work out the final details of a contract with Cherokee Park, Inc. to purchase some lands previously slated for development and 258 acres of marshland that can be restored to their natural state by the city parks department. This is very good news for the lovers of clean lakes. Supervisor Rusk and I stand ready to shepherd the resolution through the county board that will release the county funds needed to make this purchase.

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

Cable Quandary

Constituent contact regarding residential cable service seems to be growing. The message is clear that individuals want more competitive cable service plans and fee options. Additional complaints range from loss of service; lack of access to certain channels; dropped channels; billing problems and technician wait times to mention a few.

I encourage individuals to keep a good written record of their service or billing problems and contact their provider to remedy the situation. However, when additional help is needed; please consider filing a written complaint with the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP). DATCP can work with both parties toward an acceptable solution. To reach DATCP call 1-800-422-7126 or visit their website at www.datcp.state.wi.us/core/consumerprotection/consumerprotection.jsp.

Regulatory authority over the cable

industry is complicated due to the fact that jurisdictional authority is present at the local, state, and federal levels. Wisconsin State Statute Chapter 66.0419(3) provides that individual municipalities have the right to negotiate a cable franchise or multiple franchises at their discretion. However, related legal regulatory authority challenges continue to surface.

Most recently, on December 20, 2006, a federal court case was filed which could shape the state and national future of cable franchising. New technology seems to encourage more competition in all sectors of consumer utility service. Due to growing interest in the area of cable regulation, the Legislative Council has agreed to prepare a report outlining the history of the cable industry and how other states are handling the issue. I will continue to monitor the pending federal court case and review the background paper on cable regulation and franchising when it is released at the state level.

As always, I welcome your calls and letters. If you need assistance or want to relay a comment or concern, please contact me. My very best to you and your family in 2007!

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

You Don't Have to Move to Live In a Better Neighborhood!
If you'd like to join or form a neighborhood association in your area, call the Northside Planning Council at 661-0060

From

**JON
ERPENBACH**



STATE SENATOR

We have an unprecedented opportunity to fix health care

When it comes to health care, the Wisconsin state legislature has both an important responsibility and an unprecedented opportunity.

Health care costs and access to affordable health care are among the most pressing priorities for Wisconsinites of all walks of life – employers, employees, families, seniors, businesses and farmers all have a stake.

My sincere hope that as the incoming Chair of the Senate Health and Human Services Committee, I can help lead real improvements and real reform for health care.

We need to focus on important priorities such as BadgerCare Plus among

other improvements and ideas. We need to lower health care costs. We need to make sure citizens have access to care. We need to make sure job loss or a single unforeseen accident never threatens the economic future of a middle class family.

I'm looking forward to working with Republicans and Democrats to get real results.

In the coming months, I'm looking forward to drawing on the ideas, innovation and insight from people across Wisconsin and across the economic spectrum – from business owners, farmers, insurance providers, our schools and organized labor.

Wisconsin sent a loud and clear message we need a new direction in the state legislature on central issues like health care. Our Democratic Majority will move quickly and decisively to get results for working families.

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

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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

WHOLE FAMILY

Lakeview Chess Club - New Players needed! Mon., Feb. 12 & 26; Mar. 12, 26 & Apr. 9. 6-7:45 pm. Drop-in chess is for all ages and any skill level.

Professor Oops: Common Mysteries and Common Miracles Sat., Feb. 24, 2 pm. This lively show explains laughter, light, liquids & YOU!

Cooking Up a Comet Sat., Mar. 31, 11 am. Cook up a comet, learn and make paper comets.

Tim Glander's Magic Sat., Apr. 14, 1 pm. A balloon artist and magician!

Preschool Storytimes Tuesdays through Apr. 17, 10:15 or 1:15am. Enjoy stories, songs, and crafts. Siblings welcome!

Book Baby Thursdays through Mar. 29, 10:15 am. 15 minutes of stories and songs for babies 0-18 months old. Fun for parents, too.

Toddler Time Thursdays, Feb. 8 - Mar. 29, 11:15 am. Enjoy 20 minutes of stories and songs with your 16-35 month old.

Donuts with Dad First Saturdays (Mar. 3, Apr. 7, and May 5), 9:30 am. Saturday mornings for dads, uncles, grandpas and their preschoolers. Stories, a movie, donuts, coffee and juice.

SCHOOL-AGED - CALL 246-4547 TO REGISTER

Froggy Films Fri., Feb. 23, 2:30 pm. Films, games and snacks. Ages K-4 and younger with adult.

Readers Theatre Wednesdays Mar. 21, Apr. 18 and May 16, 6 pm. Children 8-12 practice a play and present to family and friends. Practice 6-7 p & perform at 7 pm. The play will not be memorized.

Sparkle Dog Storyscape Sat., Mar.

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24, 10 am. Activities bring literature to life using imagination & art. Age 5 - 8.

Captain Underpants Party Tues., Apr. 3, 3:30 pm. Call 246-4547 to register. Celebrate with games, crafts and snacks. Grades K-4.

ADULT PROGRAMS

Used Book Sales Saturdays, Feb. 17 and Mar. 17, 9am 5pm. Enables The Friends of Lakeview Library to sponsor our programs.

AARP Fraud Fighter's Workshop Fri., Feb. 16, 10:15 am. Strategies to keep you safe from financial fraud. Bring your questions.

Keys to Organizing - Nancy Kruschke McKinney Wed., Feb. 21, 6-7 pm. Overwhelmed with information? Organizing can change your life.

Computer Series with Cris Carpenter of HouseCall Computing, Thursdays from 10 am-12:15 pm. Feb. 22 - PC Maintenance and Performance. Mar. 1 - Upgrading and Purchasing PC's. Mar. 8 - Ebay Basics. Chris Carpenter comes highly recommended by the Madison Senior Center and teaches their computer workshops. Call 246-4547 for descriptions and to sign up for any or all of these lectures.

Scrabble at the Library Wednesdays, 10 am -12:30pm. Play Scrabble with other adults for fun.

Drop-In Knitting at the Library Wednesdays, 6:30-7:30 pm. Knit and make some new friends. Beginners to advanced knitters welcome.

COMMUNITY WRITING ASSISTANCE

Tuesdays, 5 to 7:30 pm. Feb. 6, 20, Mar. 6, 20 and Apr. 10 at the Library. Feb. 13, 27, Mar. 13, 27, and Apr. 17 at the Northport Community Learning Center. Community Writing Assistance now provides free professional writing help at the library every

From **DENNIS MCQUADE**



COMMUNITY SOCIAL WORKER

Community Energy Resource Fair and Tax Credits

In the last issue of the Northside news we discussed the upcoming Energy Resource Fairs on the Northside. At the fairs customers will be able to set up payment plans, receive information on financial assistance for utility bills and learn energy saving, and monthly budgeting tips. Food will be available and those attending may be eligible to receive prizes and other incentives. The first Energy Resource Fair will be held Saturday, March 10 between 1:30 and 4:30 pm. at the Northport Community Learning Center at 1927 Northport Drive. The second Fair tentatively will be held at Mendota Elementary School on Tuesday, March 20, 2007 between 6:30 and 8:30 pm. (Confirm location with JFF office at 241-4849). Transportation and child care will be available, but you must RSVP. Call the JFF office in February to learn the number to which you may call-in your

RSVP.

Did you know that you might be eligible for various federal and state tax credits? You may be eligible for the Wisconsin Homestead Credit of up to \$1,160 if you made less than \$24,500 (plus \$250 for each dependent). If you have children you may qualify for three more tax credits. You can possibly receive up to \$1,950 from the Wisconsin Earned Income Credit and up to \$4536 from the Federal Earned Income Credit, if you made less than \$32001 and had one child or less than \$36,348 with two or more children.

Also, if you have children under 17 that you were able to claim as dependents and had more than \$11,300 in taxable earned income, you are probably eligible for a Federal Child Tax Credit of a \$1,000 per child.

Free volunteer tax assistance is again available is available through VITA on Thursdays from 1:30 p.m. to 4:30 p.m. at the Lakeview Library at 2845 N. Sherman Ave. from February 1 through March 29. However you must make an appointment by calling Katie Scharf at 246-4547.

VITA tax help is also available at the Financial Education Center, 2300 Park St. January 24 to April 16 on Mondays and Wednesdays from 12. to 6 pm. and Saturdays 9 am to 3 pm. No appointment is necessary, but bring W-2s, interest statements, mortgage statements, property tax receipts, pension and Social Security statements, records of tax returns and all other essential information.

Please call the JFF office at 241-4849 if you have questions.

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at the Lakeview Library

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COMMUNITY RESOURCES

HEALTH TIPS


**From Your
Neighborhood
Chiropractor**

By Dr. Ross Royster,
D.C.

BEWARE OF HOSPITALS

"Dirty Hospitals," an article by Katharine Greider published in the "AARP Bulletin" reads, "Of every 20 people who go into a U.S. hospital, one of them picks up something extra: an infection." The article states that 2 million Americans are infected in hospitals each year, and "for 90,00 Americans a year, the infections are a death sentence." Hospital infections are the eighth-leading cause of death. These are more than just statistics for me. I write this as we approach the anniversary of the date we lost our granddaughter to a hospital-induced infection. And, I know with these numbers, some of you reading this have also lost a loved one or have come close.

We would like to think that hospitals are the cleanest places on earth. Think again. What do you suppose happens when we put our sickest population together in one location, and, in that same setting, we make others vulnerable by surgical and invasive procedures? Think germ picnic. But, what about all the hygienic precautions taken at hospitals? The article goes on to say that "research suggests that more than half the time, health workers even fail to wash their hands as recommended – a critical bulwark against infection identified 160 years ago." Betsy McCaughey, a health policy expert and former lieutenant governor of New York, states, "In the old days, nurses and doctors were trained not to touch doorknobs, cabinets, curtains, and blood pressure cuffs once they scrubbed and/or gloved. But all that training really went by the wayside in the early '70's, when the liberal use of

antibiotics replaced that attention to rigorous hygiene."

This over-reliance on antibiotics has brought on a whole new set of problems. Their widespread use has hastened the development of drug-resistant bacteria. In 1974, only 2% of staph bacteria were drug-resistant: by 2004, that number skyrocketed to 63%. The most prevalent "super bug" is methicillin-resistant *Staphylococcus aureus*, or MRSA. Identifying, isolating, and treating MRSA carriers is standard hospital practice in Denmark, Finland, and the Netherlands, and these countries have almost entirely suppressed the spread of MRSA. Such is not the case in the U.S., where only a few hospitals are starting this procedure.

So, besides avoiding hospitals all together, what can you do to protect yourself?

- Wash your hands frequently, and don't be shy about reminding doctors, nurses, and aides to wash theirs.

- People who smoke or are overweight are more susceptible to infection, so try to quit and lose before surgery.

- Wash with 4% chlorhexidine antibiotic soap for several days before surgery.

- Ask your doctor for a nasal swab test for MRSA.

- Be sure the doctor prescribes an antibiotic for you before your surgery if your immune system is not strong.

- Don't allow the doctor to shave the surgical site – tiny razor cuts can get infected. Use hair clippers.

- Ask friends and family to stay away if they're ill, and ask the doctor to limit the number of aides and medical students in your room.

- Call a nurse promptly if IV's or catheters become loose or damaged: the sites should be kept clean and dry.

- Finally, if you will not be able to speak for yourself, have a family member or friend advocate for you.

To compare hospitals and doctors go to: www.aarp.org/bulletin

NUTRITION TIPS



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


**CHOCOLATE: A NEW FOOD
GROUP?**
Sweet News About Chocolate

That Valentine's box of delectable chocolates may not just make your heart sing. It may help your heart tick better and longer, too. There are benefits to eating chocolate! The only things going against chocolate are its calorie content and its ability to trigger a migraine headache and heartburn/reflux in some people.

Most of the health benefits come from the flavonoid and fat content. Flavonols and proanthocyanidins are the types of powerful antioxidants called flavonoids in chocolate. They prevent the oxidation (hardening) of cholesterol protecting the blood vessel lining. These substances also make platelets slippery so life-threatening clots don't occur. They may also affect the relaxation capabilities of blood vessels preventing blood pressure problems. Flavonoids also increase nitric oxide, a compound critical for healthy blood flow/ blood pressure.

The fats in chocolate contribute to its high calorie content but they either have a neutral or positive affect on cholesterol levels. These fats may decrease bad cholesterol and increase

good cholesterol in some people.

Chocolate protects against tooth decay since chocolate melts at body temperature and coats the teeth. Chocolate has been found not to cause acne or acne flair-ups. Chocolate resembles tea in some of its substances and may have cancer prevention qualities like tea.

If you are not a chocolate eater already, don't start. There are plenty of other food sources of flavonoids from wine, tea and coffee to apples, onions, berries and peanuts.

Dark chocolate is best since it is less processed and contains more cocoa. The higher the percentage of cocoa, the higher the flavonoid concentration. Look for bars with 60-70% cocoa.

The best chocolates have just three ingredients: cocoa (also in the form of cocoa liquor or solids or powder), cocoa butter and sugar. Health benefits are diminished with the addition of corn syrups and hydrogenated fats/oils, so watch for these.

The recommended amount of chocolate in a low fat diet is one half to one ounce a day. That is one and a half to three individually wrapped Dove dark chocolates. Dove can guarantee its flavonoid content since it uses cocapro, processed to preserve flavonoids. Look for other dark chocolates made by local chocolatiers. Make sure you aren't gaining weight from the chocolate, and eat as well as often as you can.



Over the Garden Gate

By Judy Metz

The Northside News

The Garden Expo is coming! The Garden Expo is coming! Mark your calendar for February 9-11 at the Alliant Energy Center. We can enjoy a blast of spring at the Garden Expo. If you are like me, I have been receiving all of the new plant catalogs and drooling over all of the new and yummy perennials, annuals and veggies.

What a person needs in gardening is a cast-iron back, with a hinge in it.

Sow annual seeds in February that require 12-22 weeks from planting to flowering, including dusty miller, impatiens, pansy, coleus, petunia, lobelia and sanadragon. Take cuttings of geraniums, impatiens, fuchsia and coleus. When roots are half an inch long dip, in Rooting Hormone and plant into good potting soil.

In March begin regular fertilization of house plants. Now is also the time to order perennial plants and specify when they are to be delivered. Plant tuberous-rooted begonias indoors. Do not remove mulch from perennials too early. To keep amaryllis foliage growing, continue

to water and feed. Do not cut the leaves! The last week of March is the time to start tomato seeds inside. Do not prune spring blooming shrubs such as forsythia, flowering quince or lilac until they have finished blooming. After they have finished blooming there is a six-week window to trim them back. Begin springtime weeding early this year because of the mild winter. Pick up all fallen and dead branches in your yard. Check all houseplants for aphids, spiders or any other creepy crawlies and spray with Insecticidal Soap.

Keep your ears tuned to what is being said about the Emerald Ash Borer that may be invading the state. I will write more about that later. Hopefully you took pictures of your garden last year. This way you can look back at how well your garden did. If you have a perennial that has been in over five years, and you are not satisfied with its growth, the way it looks or how it took over., pull it out and try something new. Did you hear about the gardener that left a packet of seeds in her pocket? Her coat turned into a Chia coat. Happy Gardening!

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SENIOR NEWS

From
**CHERYL
BATTERMAN**

cbatterman@nescoinc.org



NESCO Executive Director

Good News

North/Eastside Senior Coalition received new funding from United Way of Dane County for a new caregiver education program. The funding will enhance both of our current caregiver support groups (English & Spanish) and create a new program entitled I'm a Caregiver, Now What?

The program consists of three week sessions providing information on legal information (power of attorney-health care, guardianships, burial trusts), community resources (case management services, transportation options, home health care), and caregiver respite/burnout (caregiver funding, support groups, other caregiver trainings).

The first three week session will be offered Wednesdays, March 13, 20 & 27 from 6-8 pm at United Way (2059 Atwood Ave.). Case Manager Erica Eul will organize and facilitate. The

series will be offered in Spanish at a later date. Call 243-5252 to RSVP.

North/Eastside Senior Coalition also received a \$30,000 grant from the Madison Community Foundation to expand the Cultural Diversity Program to include outreach to African American and Latino senior adults in surrounding rural communities. This grant allows us to reach out to minority seniors in rural areas that may be underserved because of language and cultural barriers.

The Cultural Diversity Rural Outreach Program seeks to work with partner organizations to establish informational and support groups in various rural areas to expand their knowledge of community resources and health issues.

The African American Churches of Madison, Dane County, City of Madison, United Way of Dane County, South Madison Coalition of the Elderly, East Madison/Monona Coalition of the Aging and West Madison Senior Coalition are financial partners of this vital program. In addition to this grant, Dane County also increased funding for transportation.

Thank you United Way, Madison Community Foundation and Dane County for your generosity!

SENIOR *Activities*

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.

Tasty, Nutritious Lunches

Monday-Friday at 11:30 am. NESCO offers nutritious meals at the Warner Park Community Recreation Center (1625 Northport Dr, phone: 243-5252) and at Bashford Methodist Church (329 North St, phone: 241-3011). Reservations are required by 11:30 am the day prior to eating lunch. Transportation is available for .50 and free on Tuesdays and Fridays. Guests 60 and older pay for their meals on anonymous donation basis; anyone under 60 is asked to pay the full cost of the meal (\$5.74).

Warner Park Community Recreation Center

Be My Valentine Party – Tues., Feb. 13, 10:30 am

Free Blood Pressure Clinic – Tues., Feb. 20, 10 am

Free Chair-Based Yogacize - Wednesdays at 10:30 am. Instructor: Carolyn Ganther.

Bashford Methodist Church

Be My Valentine Party – Wed., Feb. 14, 10:30 am

Exercise Senior-Style - every Thursday at 10:15 am. Instructor: Kathy Esser

Special Programs/Events

Moving Into Retirement, Graceful Aging and All that Jazz! WPCRC, Tuesdays, 10:30-11:30 am, March 13, 20, 27

March 13 "Volunteering opportunities in your community" with Jan from

RSVP.

March 20 "Reverse Mortgages" with Chuck Endres from M&I Bank.

March 27 "Travel in retirement" with Elaine Schultz from Bus About Tours. No reservations needed.

Free Caregiver Workshop

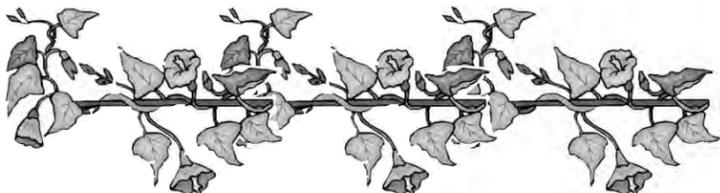
"I'M A CAREGIVER.....NOW WHAT?" Tuesdays, March 13, 20 and 27 from 6-8 pm at the United Way Building, 2059 Atwood Ave. Session 1: Power of Attorney for Health Care and Finance, burial trusts, guardianship. Session 2: Medical assistance, spousal impoverishment, Medicare Part D, SeniorCare, Case Management services and resources. Session 3: Caregiver stress, respite options, caregiver support groups, caregiver funding, working with people with oppositional behaviors. Transportation and respite available. RSVP the North/Eastside Senior Coalition at 608-243-5252.

Home Chore Program Volunteers

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 243-5252.

Senior Prom (Senior Citizen, that is!)

Students from Blackhawk Middle School's Spirit Club (a community service oriented club) and the North/Eastside Senior Coalition are working together to put on a "Senior Prom" for the senior adults in the community. The dance will be held at Blackhawk Middle School, Friday, May 18 from 6:30 – 8:30 pm. The FREE event will feature music from the Bill Terry Orchestra, tasty hors d'oeuvres and stunning decorations. Mark your calendar for what's sure to be a night to remember! If you would like more information, please contact Nicole at 243-5252 or nmurphy@nescoinc.org



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WARNER PARK COMMUNITY RECREATION CENTER NEWS

From
BRAD WEISINGER



WPCRC Facility Manager

Greetings Northsiders

The WPCRC Staff and Advisory Committee are grateful for your support and participation in 2006. The following table highlights the 2006 use of the Center. Our commitment to all of you is providing excellence in programs and service.



Warner Park Center members get a good workout in the fitness room.

WPCRC User Statistics	2005	2006	% Change
Facility Reservations	1,267	1,246	-2%
Exercise room visits	29,739	32,318	9%
Gym Visits	2,482	3,157	27%
Game Room Visits	4,544	3,500	-23%
Gross # of Drop-in Visits	36,765	38,975	6%
MSCR participations	57,904	60,700	5%
Facility Rental participations	145,297	145,412	0%
Special Events	8,150	8,575	5%
NESCO lunches served	6,398	6,103	-5%
Senior Other	8,847	9,800	11%
WPCRC hourly participations	263,361	269,565	2%

DAYS	TIMES
Monday, Wednesday, Thursday	5pm – 8pm
Tuesdays & Thursdays	8:30am – 11:30am
PLAYROOM FEES OPTIONS	SERVICE FEE
Annual Membership holder	\$1 first child, 75¢ second
WPCRC ID card holder	\$2 first child, \$1 second

Looking to the future

We are watching the development of Warner Park to include pool, stadium, parking and potential Center expansion. We are also at the crossroads of finding the balance of services in WPCRC. The Center is bustling with activity and we are working at finding the balance of all the wonderful things happening at WPCRC. Shortly the Center's exercise room will have a new line of circuit equipment that is sure to fit your weight lifting exercise program. Thank you Mayor Dave, Madison Parks Superintendent and Alders Van Rooy and Benford for your budgetary support.

Your 2007 WPCRC Advisory Committee

The WPCRC Advisory Committee's structure for 2007 is as follows:

JoAnn Walker, Susan Ihler, Michael Basford, Paul Van Rooy, Brian Benford, Sonci Clair-Thomas, Emy Imhoff, Maggie Dohm and Bill Barker. The 2007 meeting schedule is March 21, May 16, July 18, September 19 and

November 28. All meetings start at 7:15 pm at WPCRC.

A penny saved

There is no time like the present to give yourself the gift of fitness. FIRST time membership holder...come on in before March 1 and say Fit City Madison and you will get a 10% discount when you purchase an annual membership. The WPCRC exercise room has quality equipment, great personal trainers and the atmosphere is welcoming and non-intimidating. Call 245-3690 for more information.

What to do with your child? While you're getting fit in the exercise room, your child can have fun in the Playroom. It's staffed with caring and qualified MSCR staff. Call 245-3690 for more information. The hours and fees are listed in the chart above.

Come on in Northsiders and be part of Fit City Madison. See the Fit City Madison web site at www.fitcity-madison.com

Share your Center with a friend. It's where you belong.

CIRCLE OF FRIENDS HAS AN ACTIVE 2007 PLANNED

By **Roberta Statz**

Circle of Friends

Circle of Friends is busy again in 2007 helping support the Warner Park Community Recreation Center. Please go to wpcrcfriends.com to find out how to join the Circle and sign up to help with all our activities. Among other events, the Circle is planning the Second Annual Golf Outing on June 11 and the Third Annual Walk on August 25. Besides these annual events the Circle will hold cookie sales at Elections (April 3). We will also have Sloppy Joe concession sales at ArtFest on April 7. We need your support! Also, you can ask for a membership form at the front desk at Warner Park Community Recreation Center. Join today!



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SPORTS & RECREATION

East Madison Little League now accepting registrations

Forty-nine years of tradition continues this spring as East Madison Little League begins another season of baseball and softball for girls (ages 5-18) and boys (ages 5-16.) Nearly five hundred children from kindergarten through high school participate in various levels of softball and baseball at East Madison Little League.

EMLL is a non-profit organization operated by parent volunteers to provide our community's youth with an opportunity to learn the games of baseball and softball in a safe and fun environment. EMLL is chartered by Little League Inc. to serve the youth living in the Madison East High School attendance area.

The 2007 regular season for most levels is scheduled to begin the first week of May and continue through June. The senior baseball and softball leagues begin in mid-May and continue later into the summer because of high school eligibility rules.

Games are played at Oscar Mayer Park, EMLL's four diamond baseball and softball complex across from the Oscar Mayer No. 1 plant. The EMLL parking lot is at the end of North Street.

The registration deadline for baseball and softball is March 15. Visit www.emill.org or call President John Baggot at 251-1585 for more information.

Calling all future Scouts!



Troop 29 invites boys age 11 - 17 to join us for camping and other outdoor activities. The Boy Scout program emphasizes outdoor skills, leadership development, community service and personal growth in a values-oriented organization. New scouts can join any time of the year and families are welcome to visit any Monday evening during our regular troop meetings 7-8:30 pm at Bashford UMC or contact Scoutmaster Ron Last (244-7006) for information.

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MSCR offers scrapbooking at Warner Park Center



Do you want to work on a scrapbook but can't find the time or space to get started?

Madison School & Community Recreation (MSCR) is holding scrapbooking programs at the Warner Park Community Recreation Center, 1625 Northport Drive.

Learn easy, fun-to-do ways of organizing your pictures, from lavish layouts to journaling. The fee includes album, stickers, pen and page protectors. Bring 40-80 photos. Classes are for individuals 16 years - to adult.

The program takes place:
Tuesdays, Feb. 20 - Mar. 20 (Skip 2/27), 6-8 pm, \$40
Wednesdays, Mar. 7 - Mar. 28, 6-8 pm, \$40

Tuesdays, Apr. 10 - May 8 (Skip 4/24), 6-8 pm, \$40.

Drop-In Scrapbooking is also available for ages 16 and older. Each participant has a full table to use to spread out their project. As an added bonus - participants can register for a Friday night and Saturday drop-in and leave their project laid out overnight. Each drop-in session is only \$5.

The dates are:
Sat, Feb. 23, 8:30 am - 4 pm
Friday, Mar. 9, 4:30-9:45 am
Saturday, Mar. 10, 8:30 am - 4 pm
Friday, Apr. 13, 4:30-9:45 pm
Saturday, Apr. 14, 8:30 - 4 pm

Please register at WPCRC, 1625 Northport Drive, Madison, WI, 53704. Registration forms are available at www.mschr.org and may be faxed to 245-3685. Please call 245-3669 for more information.

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