

## COMMUNITY RESOURCES

From  
**KATIE  
SCHARF**

246-4547



**LAKEVIEW BRANCH LIBRARIAN**

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

### ADULTS

**Free Income Tax Preparation**  
Thursday afternoons, by appointment only. AARP volunteers offer tax assistance for low and moderate income families and the elderly. Call 246-4547.

**Adult Daytime Book Group** First Thursdays, 12 pm, Mar. 5 & Apr. 2. Discuss books and eat cookies! Ask at Lakeview for the current title. Mar. 5 will be *Midwives* by Chris Bohjalian.

**Scrabble for Adults** Every Wednesday, 10 am. Word lovers unite!

**e-Bay Basics** Sat., Feb 21, 11 am - 1 pm. Cris Carpenter, HouseCall

### ADULT COMPUTER CLASSES

Call 246-4547 to get on the waiting list for these free one hour sessions.

**Totally Beginning Computer Class** for people with little or no computer experience. Don't worry... We won't go too fast!

**Introduction to the Internet** Learn the function of the Internet, use both a search engine and a known address to access a website, and navigate within a website. Prerequisites: ability to use a computer mouse and basic understanding of Windows or the "Basic" class.

**Internet Navigation Basics** Find images or current news on the Internet, assess whether a site is secure before entering personal information and print a webpage. Prerequisites: basic mousing abilities and either the *Introduction to the Internet* class or basic Internet knowledge.

**Introduction to Microsoft Word** Totally beginning class gets you started.

Computer Services, gives the inside scoop on how e-Bay works and how to use it. Topics include searching, buying, selling, knowing who to trust, protecting yourself and setting up e-Bay and PayPal accounts. Interested in setting up an account? Bring a checkbook and know how to access email accounts via the web. Need to set up a free email account before the class? Call us at 246-4547.

### WHOLE FAMILY

**Lakeview Chess Club** meets the second and fourth Mondays, 6 pm. Beginners and players of any age are welcome. We have some terrific players to help you sharpen your skills.

**Sweets & Stories on Second Saturdays** Feb. 14, Mar. 14 and Apr. 11, 10 am. Now, the whole family can enjoy Storytime! Fun with stories, movies, donuts, coffee and juice.

**Preschool Storytime** Every Monday through Apr. 6, 10 am. Children ages 3-5. Younger siblings welcome.

**Storytime for the Very Young** Every Monday through Mar. 23, 11:30 am. Stories, songs and rhymes for children ages birth-35 months. One adult per child is recommended.

**"Be My Valentine" Cookie & Craft Fun** Thurs., Feb. 12, 3:30 pm Yum, yum, yum. Decorate cookies and make crafts for your favorite valentine. For kids in grades kindergarten-fifth. Register online or call 246-4547.

**Mystifying Magic** Sat., Feb. 28, 11 am. Local magician, James Grainger, will trick, deceive, baffle, amaze and astound you. Watch carefully!

**Tricky Crafts for April Fool's Day** Wed., Mar. 25, :30 pm. Want to pull some harmless pranks on April Fools Day? Make some fun tricky crafts to fool your friends and family. For school-aged kids. Call or register online beginning Mar. 11.

**Stories and Songs from Around the World** Sat., Mar. 28, 11 am. Join Kathy Maldegen for multicultural songs and stories from around the world.

From  
**DENNIS  
MCQUADE**

241-4849



**COMMUNITY SOCIAL WORKER**

### Tax Time: Get your Credits!

It is that time of the year again to determine whether or not you are eligible for various federal and state tax credits.

You may be eligible for a **Wisconsin Homestead Credit** of up to \$1,160 (plus \$250 for each dependent) if you made less than \$24,500 in 2008. To be eligible for the Homestead Credit you must be over 18 and have lived in Wisconsin for all of the year for which you are applying. You must have also either owned a home or rented. Also, the home or apartment cannot be exempt from property taxes.

You may claim the Homestead Credit by filing Wisconsin Schedule HE-Z or Schedule H. For further information contact the Wisconsin Department of Revenue at 266-8641.

There are also three other tax credit programs for which you may be qualify. You may be eligible up to \$4,824 through the **Federal Earned Income Credit (EIC)**, if you had earned income of less than \$4,646 in 2008

and had two or more children, or if you made less than \$36,995 in earned income, and have one child. For EIC purposes, earned income includes salary, wages, self-employment and cash wages. Income that doesn't count as earned income includes SSI, Food Stamps, child support, alimony, Workman's Compensation, W-2 payments and Social Security benefits.

Also, childless and single income earners may be eligible for the **Federal Earned Income Credit** up to \$483. In addition, you can possibly receive up to \$2,028 from the **Wisconsin Earned Income Credit** if you have at least one child and qualified for the Federal Earned Income Credit.

Also, if you have children under 17 that you were able to claim as dependents and had more than \$110,000 in taxable earned income, you are probably eligible for a **Federal Child Tax Credit** of up to \$1,000 per child.

Tax forms for the Homestead Credit and the Earned Income Credit are available at all public libraries. Also free volunteer tax assistance will again be available through VITA (Volunteer Income Tax Assistance) at some area libraries, churches and community centers. Call 211 to find the locations of VITA sites near you.

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

### TEENS

**Game Club** First Mondays through May 4, 2:30 - 4:30 pm. Kids eight to 18 learn to play a variety of fun, exciting and challenging board games. Beginner and advanced gamers welcome!

**Video Game-a-thon** Wednesdays, Feb. 11 and Mar. 11 from 3:30 - 5 pm DDR, Wii & pizza! School your

friends on competing in the electronic world.

**Dinner and a Movie for Teens** Tues., Apr. 7, 5 - 7 pm. Catch a flick and enjoy pizza. FREE! You vote on the movie. Call or vote at the Library.

**Remember our Quarterly Used Book Sale, Sat., Mar. 21, 9 am-5 pm!**

## Parenting 201:

### Mastering the Middle School Years

A Practical Seminar for Parents of Middle Schoolers  
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Wednesday, February 18, 2009  
6:00-8:00 p.m.

All Madison-area families are welcome!

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Hear from experts on building confidence during the tween and teenage years and cyber safety for families

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Learn more at [madisoncountryday.org](http://madisoncountryday.org)

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COMMUNITY RESOURCES

HEALTH TIPS

From Your Neighborhood Chiropractor

By Dr. Ross Royster, D.C.

Vitamins: Let's Get Specific

In the last issue, I gave you general daily recommendations for vitamin and mineral supplements that I feel most adults need. These included a quality multiple vitamin/mineral, extra calcium and magnesium, extra vitamin D, fish oil and probiotics.

What follows are additional recommendations to add to your daily supplements if you have specific concerns.

For additional anti-inflammation and antioxidant properties, add:

- CoQ10 (if over 30 years old): 100 or more milgrams (mg.) a day. This is considered an anti-aging factor.
- Ginger: 2-6 grams a day.
- Turmeric: 1-2 grams a day. These anti-inflammatory spices can be found

in capsules and can be incorporated into your cooking, too.

- Alpha Lipoic Acid: 200 mg. a day.
- Acetyl-L-Carnatine 500 mg. a day.

These last two substances are more powerful anti-oxidants than vitamins C and E, which you are already getting in your multi-vitamin.

For arthritis, add:

- Glucosamine Sulphate: 1500 mg. a day.
- Chondroitin Sulphate: 1200 mg. a day.

MSM: 2-8 grams a day. These factors are known to stimulate joint cartilage repair.

For osteoporosis, add:

- Hydroxyapatite (bone meal). Besides calcium, this supplies other nutrients to bone.

For acute injuries, add:

- Proteolytic enzymes: to be taken between meals through the acute stage (up to one week). There are various enzyme formulations available.

Remember, these recommendations are not substitutes for a healthy diet; they are to enhance good eating habits for maximum health.

NUTRITION TIPS



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



Eat Smart! Add Whole Grains

Eating smart in the New Year means adding whole grains to your meal plan.

**What are whole grains?** Whole grains include all the components and naturally occurring nutrients of the entire grain seed:

✓ **Bran:** the fiber-rich outer layer that has B vitamins and phytochemicals;

✓ **Endosperm:** the center part which has the carbohydrates, protein and more B vitamins; and the

✓ **Germ:** the nutrient rich inner core that has B vitamins, Vitamin E, unsaturated fat, phytochemicals and antioxidants.

These whole grains are less processed than the highly refined grains. This means all the vitamins, minerals and fibers are still in the product. The fiber in whole grains helps promote digestive health. More recently studies have shown that eating more whole grains can help reduce the risk of heart disease, cancer and diabetes.

Whole grains may lower triglycerides, improve insulin control and help with weight management and slow the buildup of clogged arteries.

**How many servings of whole grain do you need?** The Dietary guidelines

of 2005 recommend that we eat at least half of the grains a day as whole grains. For adults this translates into three or more servings of whole grains every day. A serving has 16 grams of whole grain ingredients. Often the product is listed as

100 percent whole grain bread, a cup of 100 percent wholegrain cereal or ½ cup of 100 percent whole grain hot cereal, cooked pasta, rice or other grains. On labels look for claims of whole grain, or 100 percent whole wheat or "whole grain".

These words do not necessarily mean the product is whole grain – wheat flour, organic flour, multigrain, enriched flour, bran, wheat germ, and semolina or durum wheat.

Here are some ways to meet the three whole grain servings: Whole grain bagels, whole grain pita, popcorn, brown rice, rye bread, whole grain raisin toast, whole grain granola bar, bulgur pilaf, wild rice and barley mushroom soup. Look for spelt, brown rice, and kamut to add variety to your meal plan.

Look for the **W H O L E GRAINS stamp on many food products.** For more information and recipes go to [www.wholegrain-scouncil.org](http://www.wholegrain-scouncil.org).



*Eat as well as you can as often as you can.*



244-0044

Drs. Brent McNabb, Ross Royster, Dan Soderholm, Justin Rodriguez

2205 North Sherman Avenue, Madison, WI 53704

Sherman Avenue United Methodist Church



Pastor Jakes Voker

3705 N. Sherman Avenue, Madison, Wisconsin 53704  
608 244 0868 shermanumc3705@sbcglobal.net

Children and Adult Sunday School	Sunday 9:00 a.m.
Worship Service	Sunday 10:00 a.m.
Fellowship	Sunday 11:00 a.m.
Hmong Ministry	Sunday 1:00 p.m.

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

To view "A Life Transformed" and "The Best Day" go to [www.stmarysmadison.com](http://www.stmarysmadison.com) and click on "Patient Stories".

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SENIOR

From  
**CHERYL**

**BATTERMAN MPA**  
cbatterman@nescoinc.org



**NESCO Executive Director**

**Caregivers Get Help**

There's a new catch word in the senior adult community that's getting a lot of much deserved attention: caregiver. Acting as a caregiver can mean a variety of things—and many caregivers may not even consider themselves such.

At the North/Eastside Senior Coalition (NESCO), we consider caregivers anyone actively involved in helping make the lives of those they care about better—whether it be through cleaning a home, helping with personal care or grocery shopping, offering rides, living with someone, or simply monitoring someone's health. The person receiving care may be a family member such as a spouse, parent, child, or sibling, or it may just be a friend or neighbor that you care for. Either way, offering such caring services can take a toll on the lives of caregivers over time.

NESCO offers several monthly Caregiver Support Group programs for caregivers (who are either senior adults themselves or adults providing care for senior adults). One English-speaking program occurs the first Tuesday of every month, 10-11:30 am, at Warner Park Community Recreational Center. The second English-speaking program is offered the first Thursday each month, 7-8:30 pm at Bashford United Methodist Church. Both programs are facilitated

by Case Manager Cortney Doescher-Hino (243-5252 or [chino@nescoinc.org](mailto:chino@nescoinc.org)).

A Spanish-speaking program occurs the fourth Wednesday of every month, 6-9 pm, at the Madison Senior Center; it is focused on Latino grandparents raising their grandchildren. The program is facilitated by Cultural Diversity Program Specialist Yolanda Salazar (243-5252 or [ysalazar@nescoinc.org](mailto:ysalazar@nescoinc.org)).

All three programs provide opportunities for those providing care to loved ones to come together to share their feelings, experiences and coping strategies with others in similar situations. It is a place you can get advice, information and support. Refreshments are served. Limited transportation and respite care is also available.

An added bonus to this community resource is a Caregiver Workshop Series offered several times a year—in both English and Spanish. "I'm a Caregiver...now what?" is a multipart program (usually two or three evenings per series) that provides vital information for caregivers. Topics include federal/county programs & benefits, legal & financial planning, case management services, and caregiver support. Call 243-5252 to determine when the next workshop is being offered.

Additional financial resources and services for eligible caregivers are also available by contacting Claire Culbertson (Area Agency on Aging of Dane County) at 224-3660.

Caregivers: don't get stressed out and over burdened... we can help you today!

**SENIOR** Activities

For over 34 years, the North/Eastside Senior Coalition (NESCO) has been enhancing the quality of life for all senior adults by providing programs, advocacy and resources that assist them to remain independent, active and influential in the community. Programs and services are offered at Warner Park Community Recreation Center (1625 Northport Drive) and include:

**Bingo:** First Tuesdays & all Fridays, 10:30 am; 5¢ per game with cash prizes.

**Cards & Puzzles (FREE):** Mon.-Thurs., 10 am.

**Caregiver Support Group:** First Tuesdays, 10 am and First Thursdays, 7 pm at Bashford Untd Methodist Church.

**Case Management\*:** Provides support, resources and community services to enable seniors to safely remain living in their own homes

**Cultural Diversity\*:** Hosts monthly programs for African American and Latino seniors.

**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. The cost is \$20. Appointment required.

**Home Chore Program\*:** Volunteers

are needed to help seniors. This is a very rewarding and flexible volunteer opportunity that can fit your busy schedule.

**Low-Vision Support Group:** Last Thursdays of each month, 10:15 am.

**Nutrition Education (FREE):** Fourth Wednesdays, 10:30 am.

**Nutritious Lunches:** Mon.-Fri., 11:30 am; door-to-door bus service is available (50¢ each way. Free on Tues. and Fri.).

Guests 60 years of age and up are invited to enjoy their meal on an anonymous donation basis. Anyone under 60 is asked to pay the full cost (\$5.75). Reservations required by 11:30 am the day prior.

**Senior Exercise (Free):** Wed., 10:30 am.

**Mark your calendars for these special upcoming events:** Feb. 16, 10:30 am, Astronomy Program with Dr. Jim Lattis; Feb. 17, 6 pm, Madison in the 20's with Stuart Levitan; Feb. 24, 6:30 pm, Wine Education at Cherokee Country Club, \$15/person, must pre-register; Tues. in March, Genealogy Classes, NESCO Members FREE, Non-Members \$5, must pre-register; Weds. in March, Computer Classes, 6-7:30 pm, limited space, must pre-register.

\*For more information on NESCO programs, please call 243-5252 or [info@nescoinc.org](mailto:info@nescoinc.org).

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**WARNER PARK COMMUNITY RECREATION CENTER NEWS**

*From*  
**BRAD WEISINGER**  
245-3690



**FACILITY MANAGER**

**Greetings Northsiders**

The WPCRC Staff and Advisory Committee are grateful for your support and participation in 2008. The table located to the right highlights the 2008 use of the Center. Our commitment to all of you is providing excellence in programs and service.

**Looking to the future**

As WPCRC is at the corner stone of turning 10 years old this year, we are checking on what our users think. See the testimonial below of Don Braxton.

Don has been coming to the Warner Park Recreation Center for about nine years, almost since it opened. Currently, he visits two to three times a week. He enjoys shooting pool, and uses the exercise room and the gym. He says the gym is a lovely, well-kept facility and he thinks the staff is great. He says the staff makes the center feel like home, as if they're all one big happy family. As a regular, he gets to know people, including people of different ages. He says age doesn't matter when you're all doing the same thing, working out together.

Braxton thinks that the price definitely makes membership worthwhile. He also appreciates the fact that the center is available for weddings and provides space for church groups that don't have their own buildings. He concludes that

the WPCRC is a nice neighborhood facility.

**A penny saved**

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

**What to do with your child?**

Well, 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 as follows: Mon., Wed., Thurs., 5-8 pm; Tues., Thurs., 8:30-11:30 am. Fees are \$2 per child for annual membership holders and \$3 per child for WPCRC ID card holders.

Come on in Northsiders and be part of Fit City Madison. See the web site at [www.fitcitymadison.com](http://www.fitcitymadison.com).

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

WPCRC User Statistics	2005	2006	2007	2008	% Change
Facility Reservations	1,267	1,246	1,253	1,224	-2.4%
Facility Rental participations	145,297	145,412	143,696	156,883	8.4%
Exercise room visits	29,739	32,318	46,056	45,870	-0.4%
Gym Visits	2,482	3,157	4,301	5,907	27.2%
Game Room Visits	4,544	3,500	2,122	3,858	45%
Gross # of Drop-in Visits	36,765	38,975	52,479	55,635	5.7%
MSCR participations	57,904	60,700	59,773	56,960	-0.5%
Special Events	8,150	8,575	9,500	7,750	22.6%
NESCO lunches served	6,398	6,103	6,773	5,695	-18.9%
Senior Other	8,847	9,800	10,100	10,054	-0.5%
WPCRC hourly participations	263,361	269,565	282,321	292,977	4%

**Friends events to support WP pool**

**By Dorothy Borchardt**

*Circle of Friends*

**Good News for the Northside**

The Goodman Pool is close to covering all operating expenses! In 2009, the Goodman Pool will meet the goal for it to be self-sufficient. That is good news for the city taxpayers and for the Circle of Friends (COF) of the Warner Pool. The Northside will never see a Warner Pool if the Goodman Pool is operating in the red.

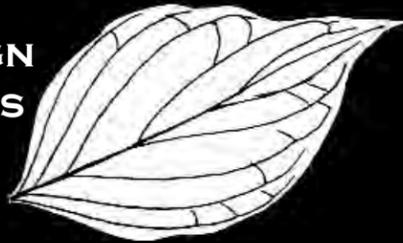
Funded in part by the Goodman Brothers and Alliant Foundation, the Madison Park Foundation awarded over \$54,000 in scholarships last year for swimming lessons and passes. The Goodman Pool also has a swim team and a masters swim program for adults. It's one of the best deals for families and good clean fun that Madison has to offer. Check out getting a family membership or sign your kids up for lessons.

**Working for the Warner Pool**

**Election Day Cookie Sale**, Tues, Apr. 7 featuring cookies warm out of the WPCRC oven. **Celebrity Golf Outing**, Fri., June 5. **Pounding the Pavement for a Pool**, Sat., Aug. 29. Mark your calendars!

Come join the Circle! Membership in COF is open to all that support the Center's continuing growth and success. For more information, please contact Dorothy Borchardt at [dborchardt1@charter.net](mailto:dborchardt1@charter.net), Steve Nelson at [onelly@charter.net](mailto:onelly@charter.net) or Janet Epps at [janet.epps@micorp.com](mailto:janet.epps@micorp.com).

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SPORTS & RECREATION

## Madison Stars shine bright Second/third grade girls win first tournament

By Lynelle Harrison

The Madison Stars Basketball Club, Inc., a non-profit youth girls basketball organization on the north/east side of Madison, will be running their "Little Stars Basketball Program" on Sunday afternoons at East Madison Community Center, beginning Mar. 15 for 8 weeks. The Little Stars Program is FREE for girls in kindergarten through third grades, who reside in the Madison East High School district, who want to learn the game of basketball or improve their skills through practices and games. Pre-registration is required by Mar. 8.

Contact Ellen Lewis at 446-8017 or e-mail her at [jamees42@yahoo.com](mailto:jamees42@yahoo.com).

The Madison Stars will also have third - seventh grade girls teams in the spring/summer season, who will be playing in various leagues and tournaments. We will try to work around softball and other sports schedules.

For more detailed information on our Little Stars Program and spring/summer season, please go to our website at [www.madisonstarsbasketball.com](http://www.madisonstarsbasketball.com). The website is full of information and pictures of what we have to offer and what the Stars players have been doing this fall/winter season.

## WPCRC exercise room is the Northside

By Jocelyn Miller

I started using the exercise room at the Warner Park Community Recreation Center in December of 2007, when the snow and the temperatures had gotten so unbearable that I couldn't do my regular two-mile walk outdoors as I had in previous winters.

I was a bit skeptical at first about using machines to exercise, but the WPCRC's convenient location and affordable price won out. I ventured onto the stationary bicycles, the elliptical machine, and eventually the treadmill in the interests of maintaining some kind of fitness during the dark winter months.

Now the exercise room is an old friend, whom I visit at least twice a week. It is neat and clean, has great air circulation,

and never smells sweaty despite the number of people sweating in it. As I do battle with the treadmill (yes, I managed to fall off one time, to my immense embarrassment), I love to watch the comings and goings of all the teens participating in the basketball league. I love to walk into the exercise room and be immediately plunged into the diversity that makes the Northside such a wonderful place to live - people of all ethnicities, people of all ages from middle schoolers to very senior citizens, and people with disabilities. Everyone is just doing what they can to achieve some fitness and health.

I love that I see my neighbors sometimes, people that I don't see much any more now that both my kids have graduated from East High and are young adults.

## Snow, snow and more snow! What to do in it?

By Marlene Hardick

The Northside News

We've snow, snow, snow. What a headache! Or, what a joy if you take the opportunity to get outdoors and enjoy some great activities!

**Indoor or outdoor skating** Tenney Park offers a wonderful natural rink for ice skating. Bring your own skates and skate anytime. Rent skates and enjoy the warming house, Mon-Fri, 2-9:30 pm, Sat-Sun, 11 am-9:30 pm. Rentals are available for adults \$6 and kids 14 and under \$3. Hartmeyer Ice Arena, 1834 Commercial Avenue, has open skating and skate rental. Call 442-0071 for the open skate hours or check the schedule at [www.madisonicearena.com](http://www.madisonicearena.com).

**Ice fishing** Drill a hole in the ice and drop in a line. Or, get fancy! Put up a shack and bring a TV, a cooler of drink and snacks, a lawn chair, a heater and five friends. If you don't know how to

get set up, Dorn Hardware Sporting Goods, Deon's Live Bait or D&S Bait, Tackle, and Archery, can teach you everything you need to know and sell you equipment and bait.

**Sledding** Enjoy sledding down the big Lake View Hill on Northport Drive or the smaller hill in Warner Park (the parking lot is off Sheridan Drive near the boat launch and dog park).

**Cross country skiing** The City of Madison grooms thirty kilometers of cross-country trails. Great trails with free skiing can be found at South Cherokee Conservation Park, at the corner of Wheeler and School Roads. Many trails are groomed at Token Creek County Park. Permits are \$7 daily, \$24 annual, or \$10 for disabled & senior. Governor Nelson State Park has miles of groomed trails, open daily, 6am- 11pm. Admission for all activities is \$25 annually, \$7 daily or \$5/one hour. Seniors discounts are \$10 annually or \$3 daily.

I'm not a soccer mom any more, but I see my former co-soccer moms at the exercise room, and I cherish the chance to chat and catch up on family news.

Recently I was working on my two and a half mile walk on a sunny winter morning. Every machine in the room was

busy, all ages and colors and levels of ability exercising side by side. I finished my workout uplifted, not just by the endorphins released from the cardiovascular exercise, but by the symbolism of our community gathered together in pursuit of individual but common goals.



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# HELP

*Is this what you say when you use your PC?*

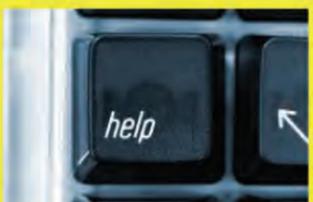
**Answers PC Support**

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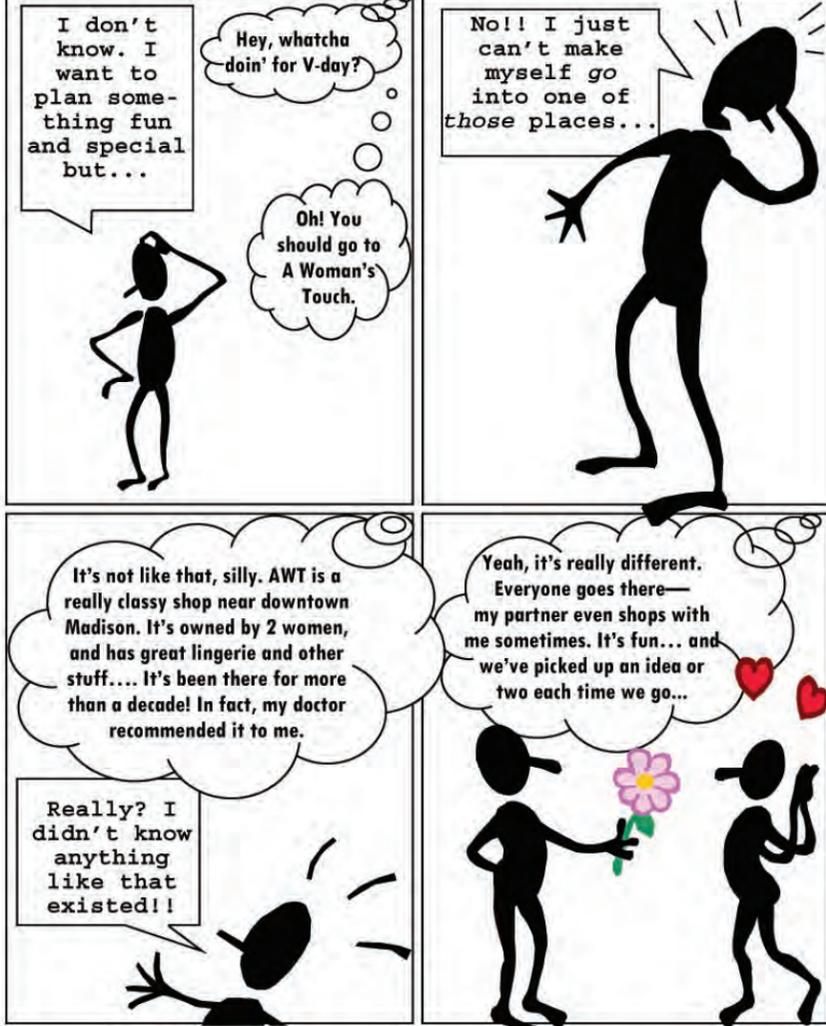
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# The Northside TownCenter Almanac



## What's Happening in Your Neighborhood

### Your Hometown Advantage

**Benvenuto's Italian Grill** is doing a fundraiser for Home Health United. Guests can contact HHU and purchase a \$10.00 certificate that can be redeemed for a meal. All of that money goes as a donation to HHU best known for their Meals on Wheels program. There number is 276-7580 if you're interested. It's a great Valentine's day gift! Now accepting Valentine's Day call-ahead seating. 608-241-1144.

**Serenity Salon & Day Spa** Congratulations to owner/manager Darcy Deadman, She was married last month and has returned from a honeymoon in Jamaica. She met her husband, Mick Gillitzer, through mutual friends 3 1/2 years ago. Mick is a Staff Sergeant in the US Marine Corps. Both live on Madison's North Side.

**Sherman Plaza Hairstyling** Tim passed on a list of the shop's long-standing customers. They thank and appreciate all their customers, and hope this list hasn't missed (or misspelled) any of the 40 year plus club: (dating back to the old Maple Bluff location) Dr. Tousaint, Todd Tousaint, Steve Vaughn, Roy Franz, Bill Busse, Bob Drachenberg, Jim Stelso, Jim Taff; (dating from the 1966 opening at the present location) Gary Godfrei, Ed Ackley, Rick DeWeese, John L. Murray, Mike Halverso, Beb Erb, Bernie Ruetic, Hans Roth, Dennis Jakowski and Bill Bresenstien; (from '67) Jeff Johnstone, Red Thompson; (from '68) Jim Johnson, Loren Mezra, Tornado Rivera, Randy Lanzendorf, Dr Perna, Carlo Perna, Leo Perna; ('69) Kevin Franz, Dale Reimer, Ray Mayne; (from '70) Don Husby, Jim Husby, Jerry Gohre, Jim Hack, Ed Gilimme; (and from 1972) Doug Renschuler, Rick Gilpatrick, Duane Miester, John Frautchi and Pat Rickter.

**Madison Hair Transplant Clinic** has been located on the North side of Madison since 1981. Dr. Christopher Gencheff was one of the 27 initial surgeons in North America to be Board Certified in all modalities of hair transplantation by the American Board of Hair Restoration Surgery. Check out before and after photos at [www.midwestrealhair.com](http://www.midwestrealhair.com).

**Pierce's Northside Market** Here's a little behind the scenes info—Becky Sidwell has been a "pricing coordinator" for 23 years. Often vendors will come to her with pallet deals (vs. buying by the case). Pierce's shares that better cost with you through in-store specials. Becky also verifies the pricing on items to make sure they always match the prices on the shelf.

**Jump Start New Business** is the new enterprise of John Lehman and his wife Talia Schorr. John coauthored the marketing book Everything Is Changing with the Northside's own Dave Bruns. For a \$700 Basic Program businesses a client receives a web site (with one year free hosting), 500 business cards and 50 full-color brochures—tools to jump start new business. Contact John at [www.JumpStartNewBusiness.com](http://www.JumpStartNewBusiness.com) or 608-235-2377.

**Cherokee** Right in our own backyard (just four blocks away) this Madison country club offers Northsiders indoor tennis, racket ball, a great PGA golf course and a year round all weather driving range open to the public. Last year Cherokee's junior golf program graduated 1,000 participants (over 90 were on partial or full scholarships).

**Hamann Charcuterie** is coming soon. See sausage being produced and cured. Buy retail from a supplier to Madison restaurants and taverns from their in-store deli counter (soups and sandwiches will also be available).

**True Value Tips** If tree limbs break under the weight of ice or snow, it's best to have the broken limbs removed as soon as the weather permits. The tree will be able to heal the wound better in spring if the wound has clean edges instead of ragged tears. This is a great month to prune most deciduous trees and shrubs. Because they're dormant in winter, fruit, flowering and shade trees can be pruned now. When pruning large limbs, always undercut first—cut from the bottom up, one-third of the way through the limb, then finish by cutting from the top.

**Wong's Acupuncture** By stimulating specific acupuncture points in the body, the individual can see improvements in their condition. Just about any condition can be treated, using specific points in the body to obtain these interactions including migraines, back pain, headaches and injuries to the muscles and bones in the body, even weight loss, infertility and even insomnia. Questions. Call Suey Wong at 301-0797.

**Mallards** Outfielder Jordan Comadena, who played for the Madison Mallards from 2005 to 2007, was signed this week by the Houston Astros as a free agent heading into the '09 season thanks to his performance during last year's third-annual Mallards/MLB Alumni Game. Comadena blasted two run-scoring doubles. "I've always had a vision of playing professional baseball one day but I never thought I'd get my break the way I did," said Comadena.

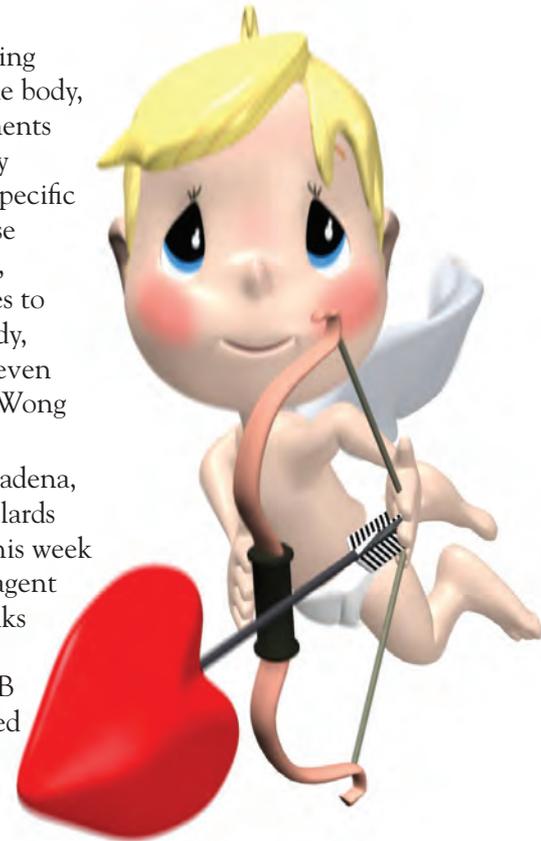
**Altered States** This is the premiere shop in Madison for quality alterations from bridal, special occasion or formal wear to basic hems. Sometimes the question comes up, "If all my bridesmaids wear very different sizes, how can I accommodate them when choosing bridesmaid dresses?" One solution is to choose the color and fabric and then allow the bridesmaids to each choose their own style or consider an a-line or empire-waist dress, flattering to all body types.

**Spirits Unlimited** Aaron tells me this myth: It use to be believed if a young girl saw a particular bird on Valentine's Day then she would marry a particular type of man:

- Bluebird... A man of laughter
- Dove... A man of kindness
- Goldfinch... A man of wealth
- Wild Turkey... A Spirits Unlimited regular

**Walgreens** Besides being the heart-shaped Valentine candy and plush Valentine animal capital of the Northside, Walgreens offers an in-store Easy Saver catalog each month with nearly \$600 in coupons. For a heart-shaped pizza, of course go to Rocky's and Subway now has a bouquet of subs for only \$5. Family Dollar has everything else.

And don't forget AnchorBank, Associated Podiatrists, Road Ranger, State Farm Insurance, White River Sportswear, Payday Loans, Taco City and The Trafalgar Apartments. They're always here for you.



**Lakeview Library** has FREE Internet access including wireless, FREE programs for kids and adults, FREE help with that pesky question even Google can't answer, FREE suggestions of what to read next, FREE Income Tax preparation appointments, FREE computer classes and FREE checkout of videos, CDs, books, etc. When you call the Library an actual person answers the phone! Madison Public Library and your neighborhood Lakeview Branch take care of you!

# XOXO