

FOOD

Tips for the Sustainable Cook

By Ellen Barnard

You want to cook more sustainably, but where do you start? “Sustainable” means a lot of different things; here are some principles and the ways to achieve them that are within the means of most of us home cooks:

- Choose food that’s traveled the least miles to get to your kitchen.
 - Grow your own. Herbs grow in pots in a sunny window or on a patio with no fuss. You can grow tomatoes, cucumbers, beans, peas, carrots and potatoes in containers in any sunny place. I use re-purposed five-gallon containers from local restaurants. Extra bonus: you don’t need to use fancy fertilizers and pesticides, which saves more energy and oil.
 - Buy from a local farmer at our Northside Farmers Market or get a Community Supported Agriculture share from Troy Gardens or any of the farms nearby. Share a “share” if it’s too much food for you or your family.
 - Buy eggs from a neighbor who has chickens.
- Use less energy in your food preparation.
 - Plan at least one meal per week when you don’t cook at all; eat a salad of raw veggies plus some local cheese or a vegetable and fruit platter, plus nuts for protein.
 - Cook in bulk: make a big pot of

soup or stew or a couple of big casseroles or lasagna to eat throughout the week. Cook them all at once, so you share the cooking energy.

- Try fermenting or drying foods instead of cooking them. You can ferment all kinds of vegetables, not just sauerkraut. Dried fruits, beans and herbs are easy to do if you have a warm, dry place. The results are tasty and take time, not energy.
- Use cooking energy wisely so that you’re not adding to the heating or cooling load of your home.
 - Use the microwave on hot days rather than the stove or oven.
 - Grill (gas is the most efficient) outside when the air conditioner is on.
- Reduce your waste, both degradable and non-degradable.
 - Store food in closeable glass containers and cook with lids on rather than foil.
 - Use waxed paper instead of foil or plastic for wrapping and storage.
 - Compost your fruit, vegetable and coffee ground waste. Don’t compost? Find a neighbor who does.
 - Use veggie, meat or seafood scraps to make stock. You can make flavorful stocks and broth that are much better than store-bought.

Do all this and your carbon footprint will get a little smaller and your food a lot tastier!



Cook's Corner

This month's recipe contributor is Lauri Lee, the owner of Herb 'n Gardener and a past president of the Madison Herb Society. Lauri is also a FEED volunteer so that everyone has a place to explore being a food entrepreneur.

Wild rice salad with raspberry thyme vinegar

- 1 c. wild rice
- 4 c. water
- 1 tsp. salt
- 1 c. dried cranberries
- 2 T. fresh thyme leaves
- 2 tsp. lovage leaves, chopped (Or substitute celery)
- 1/4 c. onion, minced
- 1 seedless orange, cut into chunks
- 24 sliced green and red grapes
- 6 strawberries, sliced
- 1/2 c. sliced almonds, toasted
- 1/4 c. raspberry thyme vinegar

In a large cooking pan, add together the wild rice, water and salt. Bring to a boil, then simmer covered for about 45 minutes until tender. Drain and cool, then put in serving bowl. Stir in the remaining ingredients. Add Raspberry Thyme Vinegar, adjusting according to taste (vinegar can be sweetened).

Raspberry thyme vinegar

- 1 1/2 c. red wine vinegar
- 1/2 c. sugar, adjust to taste
- 1/2 c. fresh raspberries
- 4 sprigs thyme

Heat vinegar to hot, but not boiling. Stir in sugar until dissolved. Fill clean, sterilized bottle with raspberries and thyme. Add the vinegar until the herbs are covered. Cork the bottle and store away from sunlight. When berries become soft and unattractive, strain the vinegar and rebottle.

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FOOD

Northside Farmers Market attracts vendors and customers

By Lynette Jandl

Northside News

Off to a great start! The sixth season of the Northside Farmers Market is in full swing with more choices and more vendors than ever. From the looks of things, this will be the best season ever. There's plenty to eat and drink right there as well as all the fresh, safe and healthy foods to take home for wonderful meals.

Farmers markets abound all over the country. People have come to value healthier, tastier foods, and they appreciate being able to get to know the farmers who grow what they feed their family and guests. Fresh from the farm is really as good as it gets.

Shoppers come to the local market at the Northside TownCenter from all over Dane County and beyond. They say they like the manageable size of the market, the great variety of foods and the ease of free parking right next to the market. Some say they like to try to get by all summer without getting their food from anywhere else because they can get all they need — bakery, vegetables, fruits, meats, cheeses, honey and more.

Conversation abounds, community ties are strengthened, plans are hatched — all fostered by the town square atmosphere and the friendliness of the shoppers and vendors. Many like to have brunch or lunch at the market with free coffee, fresh bakery and Tui's cart with smoothies, spring rolls and other refreshing foods and drinks. All this hap-

pens 8:30 am–12:30 pm every Sunday morning from the beginning of May all the way through October and it happens right here in our neighborhood.

Read about the vendors, sign up to get the newsletter, check out the recipes, find out about helping out some on Sundays, learn all there is to know about the market at www.northsidefarmersmarket.org.

Coming events

June 2

Dad's Day Free Mallards tickets for a family of four, while they last (200)

June 27

Music by *The Dixie Strangers*
11 am–noon

July 4

Lots of music and food, 10 am–noon

Aug. 1

Free Demonstrations 10am–noon
Freezing, canning, drying, packaging

Aug. 8

Community Dinner for the Northside, serving from noon–2 pm to promote Troy Gardens' *"Savor the Summer 2010 Cookbook,"* using their recipes and foods from the market. All Northsiders are invited as a thank you from the Northside Farmers' Market and Troy Gardens. Freewill donations gladly accepted.



Photo by David Nevala ©2010

Buying sustainable food supports local economy, healthy eating styles

By Maureen Alley

Northside News

The term sustainable food may be one that is not on the minds of the average consumer, but it is one that is more accessible to those living on the Northside. Living in Dane County, an area with already established sources for locally produced food, eating sustainably can more easily fit into daily diets.

"Here in Madison it is super easy because there are dairy farms and agriculture all around us," said Jennifer Harrison, sustainable program manager for Organic Valley in LaFarge. "It's very easy to have a local food model here."

There are also a host of farmers markets, including one at the Northside TownCenter on Sundays.

The definition of sustainable food varies on whom you ask, but ultimately the common denominators are: local, organic, health and environment. "For sustain-

able food in Madison, how are we protecting our environment and community into the future? The way to do that is to have a local food model," Harrison said.

Buying local food has multiple benefits such as supporting local economies and farmers, and cutting down on the amount of travel your food must take before it gets to your kitchen. "It's transparent. You know where it was grown, what you're eating, and it doesn't have to travel far," said Erin Schneider, co-owner of Hilltop Community Farm in La Valle.

Beyond supporting local farms or attending area farmers' markets, consumers can grow their own food. "People can start small by growing in their backyards," Schneider said. "For example strawberries are one food that is grown with a lot of chemicals. Growing your own strawberries can make a difference."

Also consider buying food that is in season. Though it may sound difficult to eat foods in season considering Wisconsin's cold winters, Maria Sadowski, community relations manager for En-Act, said it all comes down to changing eating expectations. "You shift your eating habits. In the winter, I decided not to drink orange juice but apple juice instead because I can find apple juice that is from Wisconsin," Sadowski said.

Going out to eat can also be part of a sustainable food plan. "The Reap Food Group has a program called, 'Buy Fresh, Buy Local' that lists all the restaurants in the area that have local foods," Schneider said.

"Sustainable food can be fun, it's not all about sacrifice," Schneider added. "Enthusiasm is contagious."

Choosing to put sustainable food in your kitchen comes down to rethinking, Sadowski added. "The true cost of where you are spending your food dollars can be a way of supporting local community — farmers and cheese makers in Wisconsin — and not industrial farms elsewhere.

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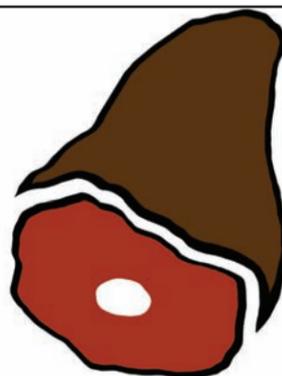
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YOUTH

Summer days and summer play

Great activities for Northside youth in and around town

By Terrie Anderson
Northside News

Get kids engaged in some of these organized activities for leisure and learning.

General

- Kennedy Heights is a Summer Food Program site. Lunch is served from noon–12:30 pm and a snack from 4–4:15 pm, Monday–Friday, from June 21–Aug. 13, to any child, not just to those in their summer program. No sign-up is required, all children under 18 can eat any day for free.
- Packer Community Learning Center will also be serving lunches this summer. Call 249-0160 for details.
- Win prizes, read and have fun with Make a Splash — Read! at the Lakeview Library. See library listings for details.
- Heard about the pontoon rides available through MSCR? They've got lots of theme trips this year, including Harry Potter, Pirate Treasure, Prince or Princess, Friendship Party, Super Heros, Under the Sea, Young Pilots and Safari Scavenger Hunt — recommended for children ages four–eight with an adult. Most trips are \$12. Other specialty cruises for all ages include geology, two-lake, brunch, lunch and dinner cruises, Perseid meteor shower, fireworks, social history, summer solstice, sunset, full moon and Venetian night. Call 204-4581 to find out the dates, times and prices of these trips

leaving from the Tenney boat pier.

- Swimming lessons for all ages from six months to adult at East High School. Call 204-3025 for dates, times and details.
- Once the ice goes back in at Hartmeyer Arena (date tba), there will be Day at the Rink events and free public skating. They plan to host a Jamz Teen Night one Friday each month. Check www.madisonicearena.com for their updated calendar.
- Youth (and/or their caregivers) can find volunteer opportunities at www.volunteeryourtime.org.
- The Art Cart is a free traveling art program that provides creative, outdoor art experiences for children aged three and up and their families. Plan to attend one of these Northside stops (see listing in right column).

Preschool

- On Fridays from June 25–July 30 there will be a Play and Learn on the upper level of the Northport Community Center. Area parents are invited to come with their preschool children, age birth–five years, for a morning of play and activities. Each family will receive gift books, and parents and caregivers will receive age-appropriate information for their child's learning. Call 225-0817 for details.
- Madison Family Literacy will offer a July 6–28 summer session for

English language learner adults (and their preschool children) enrolled in the Northport/MATC ESL classes. Sessions will be held on Tuesday and Wednesday mornings from 9–11:30 am. Adult students with children age two months to five years should call Patti (220-8650) to register.

- 3V3 Soccer League will hold games at Lake View Elementary on Sunday afternoons from July 18–Aug. 22. There is an age three–four division. Fees are \$45. Check MSCR website or call 204-3025 for registration details.
- Parents and children up to age five can enjoy indoor riding toys and a variety of dramatic play toys at Warner Park Community Recreation Center on Fridays from June 4–Aug. 20 from 9:30 am–noon. The cost is \$5 per family per day. Call 245-3667.

Elementary

- There's something for everyone at Northport Community Learning Center. Children ages five and up can participate in a summer program Monday–Thursday from June 21–Aug. 12, 10 am–3 pm. There will be an art club, Spanish club, tennis, bike club, nutrition education, golf, swimming, science, cooking, gardening and field trips. Those aged six and up can also join the sailing club. You don't have to live at Northport Apartments to join this fun. Call 255-2759.
- Vera Court Neighborhood Center

continued on p. 23

Art Cart
Northside Stops

- 6/24 Warner Park
9:30 am–12:30 pm
- 6/25 Tenney Beach
1:30–4:30 pm
- 6/28 Sandburg School
5:30–8:30 pm
- 7/2 Warner Beach
1:30–4:30 pm
- 7/6 East Madison CC
9:30 am–12:30 pm
- 7/6 Windom Park
1:30 pm–4:30 pm
- 7/7 Mendota School
5:30–8:30 pm
- 7/9 Emerson School
9:30 am–12:30 pm
- 7/16 Tenney Beach
1:30–4:30 pm
- 7/26 East Madison CC
1:30–4:30 pm
- 7/27 Eken Park
9:30 am–12:30 pm
- 8/6 Warner Beach
1:30 pm–4:30 pm
- 8/10 Windom Park
9:30 am–12:30 pm
- 8/13 Tenney Beach
1:30–4:30 pm

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YOUTH

Youth Activities from page 22

- has activities Monday–Friday from 9 am–4 pm. Call Tom Solyst for details, at 246-8372.
- *Life as a Boy*, a Thursday afternoon activity for boys at Vera Court, is a program designed for boys in grades 3–5 to provide them with the opportunity to meet positive male role models. The program will allow the boys to participate in discussions and activities with adult male role models and mentors.
 - For fun every weekday from June 21–Aug. 20, check out Kids Kamp at Warner Park Community Recreation Center (WPCRC). It's a structured day camp featuring crafts, games, dramatic play, water activities, science, nature and field trips or special events. For kids entering grades 1–5. The cost is \$125/week for regular hours, with extended hours available for extra fee. Call 245-3667.
 - The Basketball Skills Clinic at WPCRC on Saturdays from June 12–July 24 will cover basketball skills and rules, team play, sportsmanship, and scrimmage games for boys and girls. The cost is \$30 and includes a t-shirt. No class will be held on July 3. The clinic for youth entering grades one and two will be held from 10 am–noon. For youth entering grades three–five, the clinic is at 2 pm. Call 245-3667.
 - Tennis lessons are available for kids at East High and Warner Park. Five-week sessions twice a week are about \$25. Call 204-3025 for details.
 - 3V3 Soccer League will hold games

at Lake View Elementary on Sunday afternoons from July 18–Aug. 22. There are age divisions from grades 3–4 through grades 11–12. Fees are \$45. Check the MSCR website or call 204-3025 for registration details.

Middle School

- Kennedy Heights Community Center (KHCC) is now enrolling kids entering grades 5–9 for its Summer Youth Program. It will be held Monday through Friday from June 21–Aug. 13, noon–4:15 pm. Programs include acting, cooking, art, outdoors exploration, break dance, dance routines, flag football, soccer and basketball, along with field trips. There will also be weekly trips to the Goodman Pool. Current KHCC program participants have preference but additional space is available. Enrollment packets can be picked up at 199 Kennedy Heights. For more information call 244-0767.
- Kennedy Heights Community Center also has a Girls Inc. program for 9- to 15-year-old girls. The program inspires girls to be strong, smart and bold with activities that focus on healthy living, academic success, community service, leadership development and recreation. Call 244-0767 for details.
- There is a Middle School Summer Camp at Vera Court Neighborhood Center with sports, clubs, field trips, swimming and outdoor activities. It will be held on Monday, Tuesday, and Thursday from 2–7 pm. The hours are Wednesday from noon–5 pm and Friday from 9 am–4 pm.

Donate tools for young gardeners

By Nicole Craig

Bring your gently used garden tools to the Northside Farmers' Market at the Northside TownCenter during the month of June and help support community and youth garden programs in the Madison area.

Community and youth gardens are growing at record numbers in the Madison area. Over the last year, Community Action Coalition for South Central Wisconsin, Inc. has supported the establishment of 14 new community gardens, many of which serve youth and low-income families.

Shovels, hoes, pitchforks, hand

trowels, children's tools, wheelbarrows and metal garden rakes are among the tools needed. All you have to do is bring your donation to the Northside Farmers Market any Sunday in June, between 8:30 am–12:30 pm, and place it in the collection barrel at the Market Information Booth.

All donated tools will be available from Community Action Coalition starting in July. Community and youth garden programs in need of garden tools will simply need to contact Community Action Coalition at 246-4730, ext. 208 to request the tools they need. Thanks for your support!

- On Tuesday evenings, community activities and leadership development are happening from 5–9 pm at Vera Court.
- Tennis lessons are available for kids entering grades 6–8 at East High and Warner Park. Five-week sessions twice a week are about \$25. Call 204-3025 for details.
- Youth Resource Centers will be open from 12:30–4 pm, Monday–Friday from June 21–July 30 at Black Hawk and Sherman Middle Schools. For more information call Black Hawk at 204-4432 or Sherman at 204-2132.
- The East High Farm is looking for teen volunteers on Monday, Wednesday and Thursday from 8 am–noon during the summer. Teens are involved in all of the aspects of running a small scale organic farm — weeding, watering, planting, harvesting, washing, packing, delivering. For grades nine and up. You don't have to be an East High student. Call Community GroundWorks for more information at 240-0409.
- Christie Ralston, the Natural Areas Coordinator for Community GroundWorks at Troy Gardens would love having more teens help out on projects in the restored prairie and edible woodland. E-mail her at christie@troygardens.org to get on her mailing list for opportunities to participate.

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YOUTH

Science Expeditions 2010: A boom that turns into summer science programs for Northside youth

By Cheryl Redman

Do you know what FAS means? Or, what chemical reactions occur during combustion? Have you ever heard of a necklace garden? These are some of the things that Northside kids learned at Science Expeditions 2010.

This yearly event, held on the UW campus, is a chance for everyone to come and learn more about some of the amazing science research that takes place at our world-class University. About 50 Exploration Stations were set up in several buildings where people came to do hands-on activities and discover some of the things scientists are working on. There were also 17 big shows called Spectaculars where a UW scientist showed a large group of people some of the unique characteristics of their science, like one called the Wonders of Physics. There was a bright, red trolley bus to take people around between them. Some kids thought this was the best part of the day!

Now, about FAS: It stands for Fetal Alcohol Syndrome. Alcohol is a substance that is dangerous to a fetus, especially during the first trimester of pregnancy. In this early stage of life, the fetus is in the process of forming facial features, brain, etc. An experiment modeled the effects of FAS with two separate chicks. The chick that had been exposed to alcohol had stunted growth. Its physical appearance was obviously different than that of the healthy chick. This information was valuable for our youngsters to view and



Northside youth enjoy Science Expeditions 2010.

understand, as they will be exposed to many choices later in life.

One of everyone's favorite activities included observing a Combustion Show. They learned that combustion is the result of hydrogen colliding with oxygen. One group was able to check their blood pressure. And another went to Science House where they made gardens so small that the fit into a bottle cap! The little garden was then strung into a necklace. The youngsters were very proud of them!

Fifteen kids from Northport attended, accompanied by eleven from Kennedy Heights and about the same number from Packer Community Learning Center. The Science Alliance, the group who

produced the event, provided transportation to and from the event with a coach bus. They want to share how cool science is with youngsters who don't usually get a chance to come to campus. In the words of Melissa Breunig, a UW student and chaperone for the Kennedy Heights group, "One of the biggest things we wanted them to see was that UW-Madison is close by and it is able to provide resources and opportunities they otherwise don't have access to. At the end of the day, the kids and adults had an awesome time being on campus and involved in the hands-on science. I hope that this field trip will also be a spark to ignite a love of science that they can hold with

Here's what some of the kids had to say:

- "I learned that using 70 percent sun-screen protection works the best." - Tyre
- "I didn't know we have DNA and it is twisted like two pipe cleaners." - Devlonna
- "I liked seeing the big orange goldfish and black fish at the park." - Maleevong
- "I liked dressing up as a butterfly and pretending to be fish on the boat, it was like playing house. I had lots of fun!" - Maihoua Xiong
- "My favorite was the Science Combustion Show, I like that the most, especially the loud boom sound!" - Suchart

them the rest of their lives!"

The springtime event sparked interest for summer science programs right here on the Northside. The kids were so excited about the things they learned at Science Expeditions that they clamored for more. Mondays this summer will be science days at two of our neighborhood centers: Kennedy Heights and Northport. The UW Biotechnology Center outreach science program called BioTrek will bring teachers and supplies to the centers to lead the kids through hands-on activities, demonstrations and similar programs. Sharing science through informal workshops is an excellent way to teach youth in a way that is fun and engaging. If you want to learn more, please contact the youth directors at the centers.

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How to teach your kids family values.

You'll probably want to set a good example for them to follow. And this might be the best one.

By: Steve Schmitt
Owner
Madison Mallards

When it comes to teaching values, I think kids learn best by example. "Practice what you preach," right. Especially when you're trying to teach kids about money. The value of finding an unbelievable deal. Saving money. And having family fun all at the same time. It's no easy task. That is, until now.

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YOUTH

A gang for good

Local teens band together to be physically strong, mentally alert and morally straight

By Terrie Anderson
Northside News

Can you guess the most popular gang for teen boys with members in every state and many different countries? This affiliation is known as Boy Scouts of America! Like other gangs, Boy Scouts dress in a particular, identifiable way. They take oaths to live by a creed. The boys use insider's hand gestures. These gang members find a sense of belonging in the gang with strong loyalty among members. They gather regularly and venture into new activities and new areas together. They undergo tests to climb the ranks in the hierarchy of the organization.

This gang differs from street gangs in that it learns to use means other than violence to solve problems. Boy Scouts work together and individually to learn new skills, explore new topics and gain a worldview that respects other people

and the environment. Advancement up the ranks, with Eagle Scout as the highest honor, requires earning merit badges in topics that promote being positive members of communities, the country and the world. See the article below, written by Alex Hance, 14, which helped him earn his Communication Merit Badge.

Outdoor ventures are a significant focus of scout activities. Opportunities to grow and become resourceful abound in learning survival skills, camping without conveniences and testing endurance. Our local troop has lots of fun things going on this summer. There will be a five-mile hike from Warner Park to the Capitol. Camping and fishing are on tap for June. There will be a week-long summer camp with other scouts from all over the area in July. They plan another bike hike and camping trip in August, like the one Alex describes at right.



Photo provided by Wendy Murkve

Scouts, leaders and parents camp and bike at New Glarus Woods State Park in April.

Pictured (L – R): Sitting in the front row: John Sullivan, Ian Murkve and Tanner Weinman. Back Row: Alec Hance, Wendy Murkve (hiding), Scoutmaster Wally Meyer, Jared Mertens-Pellitteri, Lori Mertens-Pellitteri.

Boy Scout Troop 23 goes camping and biking

By Alec Hance

On the weekend of Apr. 16–18, Boy Scout Troop 23 visited the New Glarus Woods State Park. Overall, it was a pretty windy weekend. On Saturday, we set out for a 25-mile bike ride from our campsite to Monticello and beyond, along the Sugar River Bike Trail. Five scouts and three adults went on the bike hike. Another scout, Tanner, and I were about two miles behind the others heading back to camp. We were averaging seven miles an hour, while the others were going 10 mph. We got back tired and wind burned. Tanner had a

little mishap when his gears stopped working. He was all right but had a scraped knee.

Overall our trip to New Glarus was a good one. The park was nice and big. The weather was great except for the wind. We had sloppy Joes for lunch. spaghetti for dinner and pancakes for breakfast.

Boy Scout Troop 23 meets on Thursdays at St. Peter Catholic Church. The troop has involved young men between 11 and 18 on Madison's Northside for over 35 years. Please contact Scoutmaster Wally Meyer at 246-8501 for more information about our troop.



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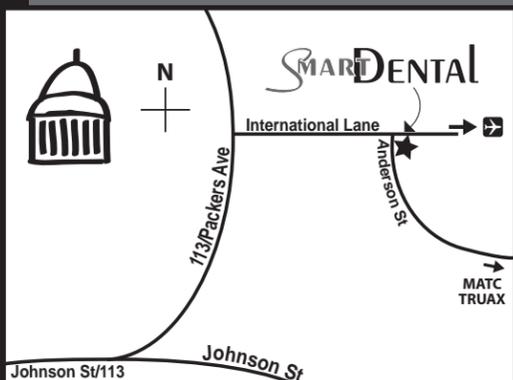
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YOUTH

Understanding the experiences of Northside youth and families

By Olivia Little

Are programs and activities on the Northside meeting the needs of youth and families? Last summer, the Northside Planning Council and graduate students from the Human Development and Family Studies program at UW-Madison began a collaborative community research project to try to answer these questions. The project focuses on what programs and activities are offered for middle school-aged youth, particularly in the Brentwood neighborhood. Over the last year, the team interviewed 12 service providers to learn what is available to Brentwood families, and reported some initial findings to the NPC. They found a high level of pride and investment in the Northside, and learned of several proactive efforts to involve more Brentwood families in programs and services. The interviews suggested that youth might benefit from more programs targeted specifically to the Brentwood neighborhood and more recreational space for youth to spend time. Events such as the annual Brentwood

Neighborhood Picnic seem to be a good way for families to meet and learn about youth programs and neighborhood resources. The next step is to find out how youth and families themselves view the needs of their neighborhood. The graduate student team plans to talk with middle school-aged youth and their parents from Brentwood and surrounding areas about their participation in Northside programs and what they think could be added or improved. The team will collaborate with Sherman Middle School, the Brentwood Neighborhood Association, the NPC and others to recruit youths and families interested in sharing their perspective on this topic. Members of the team will be attending the Brentwood Neighborhood Picnic, where they hope to meet more residents and invite them to share their thoughts. If you live in or near Brentwood, have a child between the ages of 11 and 15, and would like to participate in the project please contact Olivia Little at olittle@wisc.edu or 260-0086.

MSCR Shabazz After School Program participates in FACT

By Nicole Graper

Participants in an after school program at Shabazz City High School are eagerly anticipating the date of July 5, 2010: the day the state of Wisconsin goes smoke free in all indoor public locations.

The program is part of the statewide FACT movement, which is aimed at reducing youth tobacco use by truth in marketing practices. FACT stands for Fight Against Corporate Tobacco. At Shabazz, students engage in "FACTivisms" to celebrate a smoke-free Wisconsin and derail the stereotype that a smoking culture lies embedded in their school. Participants passed out stickers announcing 7-5-10 as the date Wisconsin goes smoke-free, and chalked messages on the sidewalk. The biggest project the group took on this year was their production of the short documentary feature *American Smoke*. The film surveyed youth and adult attitudes about youth tobacco use and matched responses with C-Span footage from the Master Settlement Agreement hearings. The film was entered into the annual C-

SPAN StudentCam youth documentary competition.

FACT is part of the State Department of Health and Human Services Tobacco Prevention and Control Program (TPCP), and is administrated in the state by the American Lung Association. The program is funded from the Department of Public Instruction through the Master Settlement Agreement of 1998, which has funded TPCP since 2000.

FACT is one of many MSCR after school programs. At Shabazz, MSCR has been successful engaging students in a variety of leadership and co-curricular opportunities. For more information, call 204-2445.

MSCR offers many recreation programs for all ages at affordable prices. Programs include: sports leagues, arts and enrichment, fitness, recreational sports, swim lessons and many other fitness and leisure opportunities. Please call 204-3000 or stop by MSCR at 3802 Regent Street for more information. Or visit MSCR's website at www.msqr.org.

New MSCR Mendota Community Learning Center running club

By Nicole Graper

MSCR Mendota Community Learning Center held a new running club this spring. John Brown, an MATC student studying recreation management, initiated the running club to teach children that exercise is an enjoyable part of life. Brown is a volunteer and says "running is a great way to build your self confidence, self esteem and relieve stress." Brown got the idea from Lucy Chaffin, one of his MATC instructors. Chaffin is also the MSCR executive director.

About 20 children in the MSCR after-

school program participated in the club. The participants in grades 3 to 5 have been training to run a mile since March. On April 29, the club celebrated the season's success and ran a mile around the field adjacent to the Mendota playground. The runners received awards, athletic socks, water bottles and more.

Movin' Shoes, Madison Trek Bike Stores, All Season Runner Store and Pizza Hut donated the gifts for the runners. The running club is just one of several clubs that MSCR offers. For more information call 204-3000.

Lindbergh School's garden has grown

By Rebecca Kemble

Lindbergh expanded its school garden this year to include a Community Garden component. With help from Community Action Coalition and a number of generous individual donors, we doubled the size of the garden and created 20 10'x20' plots for community gardeners. Most have already begun planting and we look forward to

a fun and fertile first year. Lindbergh Safe Haven students will be working on the school garden all summer and will collaborate with community gardeners to cultivate and maintain a plot for the Kennedy Heights Food Pantry. The garden is located behind the parking lot on the south side of the playing fields. If you're taking a walk down Kennedy Road, amble up to see what's growing!



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Northside Community Council



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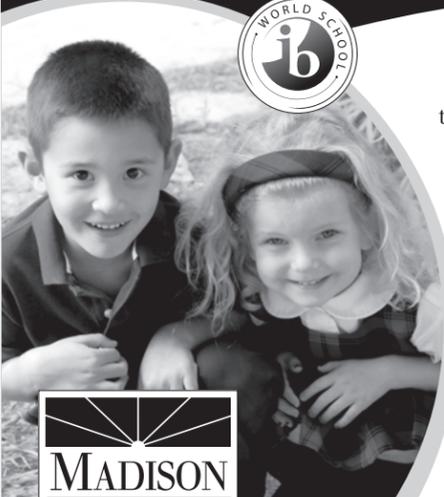
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SCHOOL

East High School Math News

By Cynthia Chin

Calculators needed

Watch for calculator sales this summer. In order to learn and apply the mathematics covered in most classes at East, *students will be required to use a graphing calculator.* (Geometry courses are the only exception.) This is a versatile tool and a worthwhile investment. Students often find it helpful in science classes and are also expected to be familiar with this technology when taking standardized state exams, the SAT or ACT, and Advanced Placement examinations. Sharing is difficult because the calculator is used on a daily basis in class and at home.

The specific models recommended are all made by Texas Instruments: TI-83, TI-83+, TI-84 and TI-84+. "Silver editions" have higher computing speeds and more memory, but are not required. Please do *not* consider any models other than the ones listed above, as they will not be supported in class.

We understand this is an expensive purchase. East High School offers a calculator rental option to families in need of assistance. The \$15 rental fee is for the entire school year. The East Math Club funds a few rental scholarships each year in cases where rental fees present a hardship. The rental agreement will be available at registration. Completing the form and making the rental payment (or obtaining an official waiver) will ensure that your student obtains a calculator during the first two weeks of the school year.

Donations of a new or used calculator, or replacement batteries to the school rental program, would be *very* much appreciated. Direct donations to math department chair Karen Paschke, 204-1529 or kpaschke@madison.k12.wi.us.

Awards and Acknowledgements

Five East students participated in the *UW-Madison Mentorship for Young Women* in math and science this year. Joined by their faculty and graduate student mentors, they shared the results of their twice-a-month evening research sessions at a public presentation in March. Lydia Auner and Maggie Johnson discussed differential equations that describe the spread of a disease epidemic. Samantha Garity, Nancy Vang and Austen Wygocki demonstrated theorems they had proven about various tilings of the plane — covering flat surfaces and curved ones

with combinations of square shapes. New participants are being sought for fall 2010. Learn more by contacting Professor Gloria Mari Beffa at the UW-Madison Mathematics Department. maribeff@math.wisc.edu.

The **East Engineering Club** wishes to acknowledge the support of the Alliant Energy Foundation and Dane County United Way By Youth For Youth during 2009-2010. Grants from these organizations paid for five workshops that East students conducted with students from Black Hawk, O'Keefe, Sherman and Hamilton Middle Schools, culminating in an inventor's competition and a field trip to the Cedar Ridge Wind Farm in Eden, Wis. We are also grateful for donations of time and effort by middle school teachers Joan Brennan, Suzanne Folberg, Kelley McCann and Kristi Slovik.

New students are welcome to join the club any time to participate in these and many other activities.

Students on the **Pine Ridge Reservation Service Trip**, coordinated by Ms. Paulson, had a powerful, eye-opening (and fun) experience during spring break. Thank you to everyone in the East community who supported their many fund-raising efforts over the past several months. Next year's trip is already being planned. Want to get on the list? To help fund-raise, contact mpaulson@madison.k12.wi.us or 204-1523.

Amazing raise: Students in the classes of Mr. Arnold, Mr. Galarowicz, Ms. Vlachakis, Ms. Paschke, and Ms. Chin contributed \$966 for each of two causes (a total of \$1932!) in February — to the Engineers Without Borders' infrastructure projects in Haiti and the East Engineering Club trip to the National Society of Black Engineers conference in Toronto. Thank you, East math students!

In the **Math Modeling** competition, the team of Donale Richards, Paul Miller, Grady Olson and Ian Olson earned a Meritorious ranking for their paper outlining a national freshwater strategy for 2010, designed to meet projected U.S. needs for 2025. Scott Wilton, Conor Lenon and Isabel Jacobson achieved the same result — for the second year in a row — with an entry about quantifying earthquake and tsunami effects on coastal cities. Three other East teams were awarded Honorable Mentions for papers on the same topics.

"The report of Lindbergh school's death was an exaggeration!"

By Rebecca Kemble

Co-President Lindbergh School PTA

Lindbergh School is alive and well at 4500 Kennedy Road. Our community of students, parents, staff and neighborhood supporters successfully persuaded the Board of Education to reject MMSD Administration proposals to consolidate Northside elementary schools and eliminate Lindbergh's summer program. Thanks especially to the East Attendance Area PTO Coalition, Kennedy Heights Director Alyssa Kenney and Char Tortorice of the Northside Planning Council for their advocacy behind the scenes, as well as in written and public testimony.

Although this year's battle was won, the struggle to maintain a high quality of education for our children continues. As federal and state financial support for public education continues to decline, more and more pressure is put on local school boards — and therefore property tax payers — to find creative ways to keep our schools open and serving students well.

Our current Board of Education is working hard and in good faith to find

efficiencies within the District that do not adversely affect classroom teaching and learning, and also to seek out new resources to support our schools. After-school and summer programming at Lindbergh are still in jeopardy for next year, and the PTA and community supporters are beginning to brainstorm ideas about new ways to provide programming and services for Lindbergh kids. If you have any ideas or interest, please contact me.

While we might not be the neighborhood with the most money in Madison, the Northside has a wealth of other resources that we bring to our schools. Many Northside businesses and individuals support our schools by donations of materials, time and volunteering directly with kids at school. There are many opportunities at every school for you to help and I encourage anyone who is interested to seek them out. Most of our schools are members of the Dane County TimeBank (and those who aren't should contact me), so you can be compensated in TimeBank hours for your efforts.

Engineering a global impact

Students attended 36th annual NSBE Convention

By Richard Lyons

NSBE Advisor

Madison East High School students attended the first international National Society of Black Engineers (NSBE) Conference located in Toronto, Canada during spring break. Trip sponsors included: NSBE PCI Chapter Relief, MSBE-WBESS at UW-Madison, Springs Window Fashions, Copps and Kraft Foods. This trip would not have been possible without the outstanding support of East students and staff and the coordination efforts of club advisor Ms. Chin. East shared the bus ride to Canada with NSBE members from UW-Madison (chaperones Kendra Allen, Brittany Ardrey and five others), UW-Milwaukee, Marquette University and Milwaukee Area Technical College. A UW-Madison team consisting of Ms. Allen, Ms. Ardrey and 2009 East graduate and past NSBE PCI President Andrew Goldsby took first place in the Boeing Glider Flight Competition.

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