

SPORTS

Mallards make ballpark improvements this season

By Conor Caloia

The Madison Mallards 2010 season opens June 2 at the "Duck Pond" at Warner Park. The Mallards made several ballpark improvements for the upcoming season. For questions or more information please contact the Mallards office at 316-DUCK or info@mallardsbaseball.com.



TDS Triple Play Club

Featuring 228 original, wooden Wrigley Field seats in a newly-added section down the left field line, the TDS Triple Play Club offers a unique, VIP experience featuring all-you-can-eat-and-drink ballpark food and soda, three alcoholic beverages per person per game, guaranteed giveaway items and a Never-a-Wasted ticket exchange policy in the best seats at the ballpark. The TDS Triple Play Club also offers field level seats with no visual obstructions and all the amenities a Mallards fan could need. Available for a limited time are 9-Game Packages in the new TDS Triple Play Club. Get one before they're gone!

McDonald's® Friends and Family Package

Extraordinary value for an exceptional price is the best way to describe the McDonald's® Friends and Family Package, available for the first time this season. For only \$32, fans receive four bleacher tickets, four Mc-

Donald's Extra Value Meals®, and four Mallards hats. That's \$114 of value! To order, shop online at Mallardsbaseball.com, over the phone by calling (608) 316-DUCK, or buy in-person at the ticket office.

The Diamond Center Concourse Area

Located in the heart of the Duck Pond, the Diamond Center Courtyard is a great gathering spot for any Mallards fan. Located between the main concession stand, the main beer stand, Stoddard's Smokehouse and the Souvenir Stand, the Diamond Center Courtyard features picnic tables and common areas for every fan to interact before, during and after the game.

Maple Leaf Landscaping Patio Oasis

Located just inside of the Duck Pond's front entrance, the Maple Leaf Landscaping Patio Oasis offers fans a new and fun area to sit and converse in the Family Area near the children's

large sandbox. A number of giveaway items are distributed from this area as well. To inquire about incorporating a patio-type area on your property, simply call Maple Leaf Landscaping today at 845-2203.

Improved Sound System

The new-and-improved sound system was re-engineered to retain sound from its speakers while providing a more balanced sound throughout the stadium. The system also lessens the impact of sound pollution on surrounding neighborhoods.

SYSCO Garden

The newest and healthiest addition to the ballpark for 2010 is the SYSCO Garden. With the help of SYSCO, the Mallards will grow vegetables and herbs at the ballpark in a small garden located near the front entrance of the ballpark. The herbs and vegetables grown in the garden will be served at the ballpark throughout the summer.

Addition of Centerfield Camera and Home Plate Camera

Live action and instant replays on the outfield video board are better than ever with the addition of a remote centerfield camera and home plate camera to bring fans never-before-seen views. And when the Mallards are on the road this summer, fans can catch all action live by visiting www.webcast50.com throughout the season.

NESYB thanks northeast Madison for support

By Michelle Rice

North East Side Youth Basketball (NESYB) would like to thank the families and residents of the north and east sides of Madison for their many years of support to our club and to the kids who play on our teams. Started more than 20 years ago by Terry Tiedt, NESYB remains the largest club feeding both boys and girls to the Madison East High School basketball program. We are very proud of our strong connections to this side of town — most of the coaches, directors and board members live and work on the north and east sides of Madison in addition to volunteering their time with us. The solid training and dedication of our coaches and directors and the opportunity for the kids to perform in tournaments at local, regional and national levels — along with the hard work on their part — has produced many, many quality high school and college level players year in and year out. Many of these players have returned to the club as coaches and/or advisors, which allows us to show our current teams how far their practice, good grades, and determination can take them.

For information on how to join this organization as a player, coach, or to contribute in some other way, please visit www.nesyb.org.

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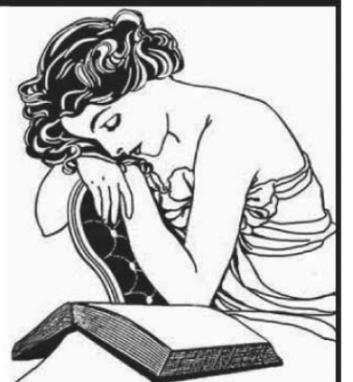
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HEALTH TIPS

Take the lifting challenge

On Saturday, June 12, bring the family to the Capitol Square for Safety Saturday. This free annual event is designed to teach kids and remind the rest of us how to live safely, avoid accidents and what to do in an emergency.

Safety Saturday is coordinated by the Madison Fire Department and sponsored by MG&E, Madison Chiropractic, Magic 98, St. Mary's Hospital, Dean Clinics and others. Demonstrations will include bicycle safety, residential fire sprinklers, jaws-of-life, fire trucks and med flight landing. My colleagues and I will be teaching proper lifting techniques. If you can't make it to the Square, you can take our "Lifting Challenge" right now.

We all lift throughout the day. In fact, we lift so much that we do so without really thinking about it. That's the problem. We subconsciously develop poor lifting techniques. Most of the

lower back injuries we see in our clinic are the result of lifting improperly. Take five minutes and test yourself on the following stages of lifting:

STANCE: Approach an object on the ground that you are about to lift. Are you as close to the object as you can be? Do you have one foot a little further out in front of you than the other? Are your toes flared out?

SQUAT: Are you bending at the knees: not in the back? Is your back vertical?

PREPARE TO LIFT: Did you slide the object closer to you? Did you check the weight of the object? Did you tighten your abdominal muscles?

LIFT: Did you lift by straightening your knees and keeping your back vertical?

Did you keep the object close to you throughout the lift?

If you answered "yes" to all the above questions, *congratulations*, you are an accomplished lifter. If you could not answer "yes" consistently, then you have some room to improve. Try the Lifting Challenge again and again until you do it flawlessly. Experts say it takes only three weeks to establish a new habit, and lifting correctly to avoid back injuries is well worth the effort. Are you up to the challenge?



From
DEBORAH ROUSSOS

MS, RD, CD



And
ANN MARTIN

RD, CD, CDE

NUTRITION TIPS

It's healthy grilling season again!

Grilling is not only a flavorful and fun way to cook, but also a healthy way to eat. By grilling foods that are low in fat, high in nutrients and full of flavor you can create great meals that are good for you. What you put on your grill and how long it's on the grill can affect your health.

Grilling has been related to cancer because it can form cancer-causing substances. Two such carcinogenic substances are heterocyclic amines (HCA) and polycyclic aromatic hydrocarbons (PAH) that are formed mostly from fat coming in contact with intense heat and flame or by the smoke created by fat burning. The old fats in the bottom of your grill also add to this problem.

Marinades and herbs can reduce the formation of these substances. To reduce the risks of grilling foods follow these basic tips:

- Choose lean meat cuts (loin/round), poultry and fish. Trim excess fats from foods.
- Use marinades that contain olive oil and/or citrus juices.
- Use herbs (basil, mint, rosemary, thyme, oregano, and sage) in marinades.
- Keep your grill clean. It not only cooks better it is safer in every way.

- Avoid flare-ups by keeping your fire under control. Use a water bottle when necessary.
- Line the grill with foil and poke small holes in it so the fat can still drip off, but the amount of smoke coming back onto the meat is less.
- Pre-cook meats ahead of time in the microwave or oven so they do not have to sit on the grill as long or at such high temperatures.
- Avoid charring meat or eating parts that are especially burned and black.
- Add some colorful vegetables and fruit to the grill. Red, yellow and green peppers, yellow squash, mushrooms, red onions, zucchini, eggplant, pineapple ... all of this produce not only grills well but also contains cancer prevention substances.
- Look for great grilling recipes at:
 - www.eatingwell.com/recipes/menus/collections/grilling
 - www.basicsofcharcoalgrilling.com/healthy-grilling-healthy-grilling-recipes

Eat as well as you can, as often as you can.

All Northsiders are invited to attend the Northside Planning Council Community meeting at 6 pm on June 23 at Warner Park Community Recreation Center.



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POLICE & FIRE

From
CAPTAIN
CAM
McLay



NORTH DISTRICT POLICE

Greetings from the
North Police District!

The past couple of months have been extremely busy for the officers of the North Police District. The early spring brought an increase in calls for service, as is often the case with the emergence of warmer weather.

The key event that has kept us busy, of course, was the shooting death of a young man in the 2200 block of Fordem Avenue on Apr. 28. This case had a great deal of complexity for officers conducting the investigation, as most parties involved in this case were gang involved and many were undocumented aliens. Both of these factors often make those involved reluctant or unwilling to share information with police, and as such, can make it difficult for police to obtain a clear understanding of what had occurred and who was involved.

I am extremely pleased and proud of our officers and detectives. Within 48 hours of the crime, we had successfully identified the primary suspects. At this point, we have positively identified all suspects; three are in custody

and two are at large out of state, being actively sought by federal law enforcement officials.

Our efforts to deal with violent, gang-involved individuals will be a high priority in the coming weeks and months, as such conduct is unacceptable. The levels of cooperation and support by our Latino community helped make this all possible, and we will continue to work closely with them as we seek to address the issues of gang violence.

Another factor that helped solve this crime quickly was the support and assistance of members of the new Madison Police Crime Prevention Gang Unit (CPGU). Members of this team specialize in knowing and understanding gangs and gang members, and have the experience to better respond to gang issues. This unit expands the number of officers within the MPD focusing directly on the issue of gang crime. Starting in June, there will be a CPGU officer assigned to each district, and I am very excited to have an officer assigned to my district whose primary area of focus is the prevention of crime, with particular emphasis on crime related to gangs. The Crime Prevention Gang Unit will be holding a meeting for community stakeholders before the expected start date of Mon., June 14. Please contact me, or check the MPD website, for more details on this meeting.

That is all for now. Take care, and be safe ...

Thank you!

Thank you to all our Northside contributors, writers and photographers — you keep our community newspaper vital.
Northside News staff

Paul Rusk
Dane County Board
District 12



Paul Rusk

Dear Northsiders,

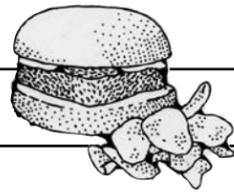
Your continued trust in me as your County Board Supervisor is deeply appreciated.

Sincerely,

Paul Rusk

Paul Rusk
1422 Wyldewood Drive
Madison, WI 53704
249-9667
rusk@co.dane.wi.us

Authorized and paid for by friends of Paul Rusk, Laura Vogel, Treasurer



Grilling safety

By **Eric Dahl**
Public Information Officer
City of Madison Fire Department

Many people enjoy cooking on their barbeque grills throughout the year, and that's why grilling safety is more important than ever. Careless grilling has led to many structure fires that have damaged homes and apartment buildings in Madison. Whatever type of grill you use, the following safety tips must be followed to ensure everyone stays safe.

Did you know that 33 percent of home grill structure fires start on an exterior balcony or unenclosed porch?

Did you know that charcoal ashes may reignite 48 to 72 hours after use?

Within the City of Madison, grills and other cooking devices with an open flame shall not be operated on combustible balconies or within 10 feet of combustible construction. The only exceptions include:

- One- and two-family dwellings
- Where buildings and decks are protected by an automatic sprinkler system

Basic Safety Tips

- Propane and charcoal BBQ grills should only be used outdoors.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always follow manufacturer's instructions.
- Perform an annual safety inspection prior to the first cookout of the season.



Charcoal Grills

- If using a fluid to start the charcoal grill, use only a fluid intended for lighting charcoal. Do not use any other liquids to light the grill.
- Never apply charcoal lighter fluid or any other flammable liquids after the charcoal has been lit.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.

Propane Grills

Before using your gas grill for the first time each grilling season, check the gas hoses and fittings for leaks. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call 911. If you smell gas while cooking, immediately get away from the grill and call 911. Do not move the grill.

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OUTDOORS



Photo by June Brooks

June's dog, Bean, cooling off in her pool.

Keep your pets happy and healthy this summer

By June Brooks, DVM
Northside Animal Hospital

Ah, summer! Who doesn't enjoy the warm and wonderful months in Wisconsin? You and your pet will have a healthy, happy season with a few simple steps.

If your dog has been a couch potato all winter, start exercise slowly. Dogs can overwork and strain muscles just as we can when we start summer activities. Build your dog's stamina over time to prevent injuries and improve conditioning. Swimming is a wonderful activity for dogs when you take precautions. Your dog should avoid swimming in or drinking from ponds or lakes with blue-green algae blooms because blue green algae produce toxins that are life threatening. After swimming, rinse your dog with water and dry ears with cotton gauze. This will help prevent skin irritation and ear infections.

If you plan to travel with your pet, remember to bring fresh water, your pet's regular food, some familiar toys and your pet's medication. Fill plastic water or soda bottles with water and freeze, then place under a towel in your pet's crate during travel. These will provide a mini-air conditioner for your pet on warm summer days. Be sure to

check with airlines and your accommodations for their rules and requirements for pets. *Avoid leaving your pet in a parked car.* Temperatures can soar to well above 100 degrees within minutes even if the windows are open. Pets left in cars are at risk for heat stroke. This is a very serious condition that can result in death.

When the dog days of summer are upon us, keep your best friend cool. Take walks and runs in early morning or later in the evening. Avoid the heat of the day. Pavement and sand become hot in the summer sun and can burn your dog's pads. This is one time when dogs should "keep on the grass!" Dogs can sunburn – especially those with light colored hair and/or pink skin. Pet-approved sunscreen should be applied to exposed areas. Make sure your dog has access to shade and plenty of fresh cool water. Take a water bottle along for your dog on long walks or runs. A small plastic wading pool in the backyard is a great place for your dog to cool off, but be sure to change the water often.

Enjoy the best of summer while keeping your pets healthy and happy!

This article was written by June Brooks, veterinarian at the Northside Animal Hospital.

Northside man enjoys being a beekeeper

By Milt Leidner

Antonio Colas likes bees, a passion that started when he was a child watching bees while picking strawberries commercially in his home state of Oregon. His family moved to Madison in 1968 when his father joined the UW faculty as a biochemistry professor.

His interest came alive when he read a brief article in the *Northside News* on a bee-keeping seminar sponsored by the Wisconsin Beekeepers Association at Warner Park. Attended by about 100 people, classes were taught by the all-volunteer Madison Bees club, plus they received hands-on experience with the bee-hives at Troy Gardens. These classes will resume at Troy next fall and all are welcome to sign up.

A jack-of-all-trades handyman that enjoys carpentry, Antonio built his own hives in his Northside backyard at Huxley and Sheridan. The bees were shipped in May from California, each colony with its own queen. The bees were carefully transferred by Antonio while wearing a protective outfit. After the bees settled in for a few days, they were soon pollinating Madison's ample supply of flowers.

Honey is a huge business in the US with companies bringing trailer loads of hives from the south each



Photo by Milt Leidner

Beekeeper, Antonio Colas

spring to local farmers. Many farmers sell honey from their hives at local farmers' markets. The world food supply is critically dependent on pollination by bees, but is concerned with a great decline caused by bee-colony collapse.

Antonio is busy most the time working with Virginia Oliver at Reindahl Park community gardens near East Towne. A large, friendly man, he hopes his bees will contribute to the community as much as he enjoys taking care of them.



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Photo by John Weir

Local geese hatch a plan

The Goose Underground was recently activated on Madison's Northside. Mother geese everywhere were alerted that baby geese were going to be killed at Warner Park. So an escape plan was hatched. Forced to run for their lives (since flying would garner too much negative attention), each mother goose gathered 40 young goslings under her wing and navigated them away from imminent danger. In order to avoid detection, the flock of geese waddled quickly under the cover of darkness by a network of secret routes, to the safety of the nearby Cherokee Golf Course — a place where all they have to fear is a dog, who isn't allowed to chase them until they are big enough to fly.

ELECTED OFFICIALS

From
**MELISSA
SARGENT**



DISTRICT 18 SUPERVISOR

You have given me a great honor and a serious responsibility by electing me as supervisor for the 18th District on the Dane County Board. I am committed to helping Dane County and the Northside move forward. As your supervisor I will work with all residents of the Northside to make sure that Dane County puts families first, grows our economy, keeps us safe and protects our natural resources.

I believe that Dane County must adequately fund human services. We know that in times of economic crisis people are at their most vulnerable. In the current tough times we must be there for one another. We must place a priority on basic services that keep families whole and protect our children, seniors and veterans as well as the developmentally and emotionally disabled.

I know that Madison's Northside is an emerging area. Dane County needs to focus on encouraging growth and development so that businesses on Madison's Northside can not only compete, but also thrive and serve our growing community and its surrounding areas. Strengthening our position as a place for business improves economic opportunity for all Northsiders.

Balancing the growth and economic development on the Northside with what makes our district so special — our natural resources — is another priority of mine. I know that our continued quality of life here on the Northside and in all of Dane County is dependent on ensuring that we have a true commitment to our environment and making sure that it stays healthy so our future generations will be able to enjoy these Northside treasures.

As a part of this balancing act, I have already voted to endorse the findings of the Environmental and Transportation Study of the North Mendota Parkway and Resource Protection Corridors. We can now move on to the next step to improved safety, opening paths for economic opportunity while also prioritizing our environment and natural resources.

I am pleased to be serving on the following committees and commissions: Health and Human Needs Committee, City-County Liaison Committee, Youth Commission, Commission on Sensitive Crimes and Local Emergency Planning Commission.

I look forward to working with you, my neighbors, and representing your Northside voices, values and concerns on the Dane County Board. Feel free to contact me with your thoughts, concerns or ideas via my cell phone: 608.220.2273 or e-mail: sargent@co.dane.wi.us

You can also find me on Facebook: <http://www.facebook.com/pages/Melissa-Sargent-Dane-County-Supervisor-District-18>.

From
**PAUL
RUSK**



DISTRICT 12 SUPERVISOR

Your continued confidence in me as your county supervisor on April 6 is very much appreciated. These continue to be difficult times for county government but there are growing signs the recession is moving slowly towards recovery. Although our area is better off than many parts of the country, many people are struggling.

I was re-appointed to public protection and judiciary and was re-elected chair. This committee deals with all matters pertaining to law enforcement and the courts. Four of the seven committee members are new, so I'm busy arranging briefings and tours of the jail, 911 center, courthouse, etc. to help bring everybody up to speed as the issues are complicated. I was also reappointed to the Airport Commission, Tree Board and Commission on Sensitive Crimes. On May 6, I was honored

to coordinate the Wisconsin Urban Forestry Council partnership award presentation to Dane County for our emerald ash borer plan, which is being used as a model statewide.

The decision by the Madison Parks Commission to reverse the proposed Warner Park geese kill shows that you can indeed oppose "city hall" successfully in Madison. We need additional study of the need for action along with a comprehensive environmentally sensitive plan to deal with geese humanely if action is deemed necessary. The Airport needs to be more accountable to the public when asking for such measures.

With the troubled economy and many units of government around the county experiencing tight budgets, the county is re-evaluating the proposed \$30 million emergency communications system to see if we can meet federal standards and improve local communications at a lesser cost. Both the initial capital expenditure and the annual maintenance is a challenge. I think this is very prudent as the initial decisions were made when the economy was significantly better.

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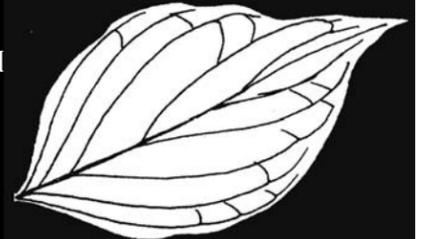
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ELECTED OFFICIALS

From
DAVE CIESLEWICZ



MAYOR OF MADISON

Building a great new library

The Madison City Council decided recently, at my urging, to move ahead with a new Central Library on the site of the existing building. This nearly unanimous vote follows a vote last fall to build a new Central Library on a different site.

But it does not mean we are settling for a lesser project. We're adjusting to a new direction and building a library that we can be proud of for generations. I believe a new library on the current site will be just as exciting as the original project.

In fact, there are several advantages to the new project:

- We can get a third more space for less money.
- It can be completed 12 to 24 months

- sooner than the original project.
- It can be the greenest of buildings because we will reuse the superstructure of the building.
 - It will require less private fundraising than we were counting on for the earlier project.
 - It should be more efficient and less expensive to operate because staff can be more efficient on three floors instead of six.

But the most important point to remember is that this will not be a remodeling, renovation or rebuilding of the current library. It will be a brand new building on the same site. The only parts we will reuse are the floor plates and pillars of the current building.

I have said often that we needed to take advantage of this moment in history to get this project done. We'll never get lower construction prices, and workers need the jobs now. I'm pleased the Council and the community will not miss this opportunity to change direction and build a great new library, one that a city that values learning above all else deserves.

From
KATHLEEN M. FALK



DANE COUNTY EXECUTIVE

Dane County's crown jewels shine in the summertime

Those of us who have called Dane County our home for many years have long known the many treasures that make our home such a great place to live.

Not far from the hustle and bustle of downtown Madison, 2,500 farms are nestled in the countryside, there's gorgeous rolling landscape and fish-filled waterways. There are hundreds of miles of bike paths and hiking trails.

Rest, relaxation, and quality time with our families are only minutes away. We're working hard to keep improving the places that make our quality of life so high.

Our county parks host everything from campers and hikers to swimmers and disc-golfers. To make an online park reservation or see a listing of the coun-

ty's parks and their many features visit: www.countyofdane.com/lwrdr/parks.

This summer we're opening a historic swimming area and beach at the newly restored Stewart Lake near Mount Horeb. Staff and volunteers have been busy improving our first county park – this treasure tucked along County Highway JG first opened in 1935.

A new group campground is opening at McCarthy Park near Sun Prairie. A new shelter, made from trees harvested from the property, is being built at Scheidegger Forest near Verona. Planning is under way to add a disc-golf course and dog park at Lake Farm Park south of Monona.

A bike trail along Koshkonong Creek linking Cambridge and Rockdale is in the final stages of construction and the important Ice Age Junction bike trail in Verona connecting the Military Ridge State Trail to Highway PD is nearing completion as well.

Whether it's taking in a sunset after a long day, wetting a line in hopes of a big catch, or sitting and sharing a laugh with friends and family across a picnic table, Dane County's crown jewels are ready to shine this summer. Come on out and relax!

From
JON ERPENBACH



STATE SENATOR

CORE Jobs Act signed into law

The economic downturn has heightened the focus of the Legislature on job creation, worker retraining and supports to existing and new businesses. Announced last fall in the 27th Senate District at SoloGear in Middleton, the C.O.R.E. Jobs Act will be signed by the governor. C.O.R.E. is about protecting the jobs we have, helping dislocated workers receive retraining and building our economy for the future.

The C.O.R.E. Jobs Act connects entrepreneurs with investors and the tools they need to turn their ideas into reality and new jobs. The C.O.R.E. Jobs Act adds funding to *Accelerate Wisconsin*, the state's successful angel and venture capital investment tax credit program, by \$3 million for 2010

and by \$12 million every year thereafter. Because of the *Accelerate Wisconsin* tax credits, angel investors spent \$15 million on 53 deals in Wisconsin in 2008, compared with just \$1.74 million and 11 deals in 2003.

C.O.R.E. also adds resources to help keep businesses open and attract new ones to Wisconsin communities, and provides incentives for closed factories for converting into green energy industries. Finally, C.O.R.E. will help workers build new skills to help their employment ability and assist the businesses in our communities. More than 100 companies used this funding to train 4,135 workers in high-skilled trades. The C.O.R.E. Jobs Act includes \$2 million for a tax credit for businesses who pay university or technical college tuition for their low-income employees. The classes paid for must lead to a degree or certificate.

C.O.R.E. will go to work for our communities. For more information on the C.O.R.E. Jobs Act, contact my office at (888) 549-0027 or (608) 266-6670, or via e-mail at sen.erpenbach@legis.wi.us.

From
KELDA HELEN ROYS



STATE REPRESENTATIVE

For over a year, Congress passionately debated how to reform our nation's broken healthcare system. But, with healthcare costs taking an increasing chunk of middle class families' paychecks, Assembly Democrats weren't going to wait for Washington to act. We took action to cut healthcare costs, increase access to care, improve quality and promote transparency in our healthcare system.

I'm proud that our successful efforts have made Wisconsin first in the nation for healthcare quality and second for access!

I co-authored and supported several commonsense measures to reduce costs and increase access to healthcare for middle-class families. Among the most significant changes are those that allow young adults to stay on their parents' insurance if they cannot get coverage through their employers and measures that stop some of the most

egregious insurance company abuses. These include denying care to children with autism and hearing loss, and combing through private medical records to discover "pre-existing conditions" and then canceling coverage when someone gets sick. We put a stop to those abuses to ensure that policyholders get the coverage they paid for and deserve. We also passed mental health parity, which will not only help people remain productive members of society but also save taxpayer dollars in the long run, and extended Wisconsin's popular SeniorCare prescription drug program.

Finally, Assembly Democrats expanded healthcare access by creating the BadgerCare Core Plus and Basic plans. While Wisconsin leads at providing access to affordable healthcare, thousands of people still fall through the cracks. The Basic plan will provide 30,000 Wisconsinites with an affordable option for health coverage. Importantly, this new program will be paid for entirely with participants' premiums — not one taxpayer dollar.

These measures won't fix everything that is broken in our healthcare system, but I'm proud that Wisconsin is now a leader in ensuring affordable, quality healthcare for all.

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SENIOR

From
**CHERYL
BATTERMAN**

cbatterman@nescoinc.org



NESCO EXECUTIVE DIRECTOR

16th annual summer concert series brightens summer

Ninety six! That's the total number of free summer concerts the North/Eastside Senior Coalition has sponsored over these past 16 years. Averaging six concerts a year, one can only imagine the number of community members attending these traditional summer outings.

On Monday evenings at the Warner Park Shelter (6-7:30 pm), senior adults and their families (of all ages) can sit under the beautiful skies and enjoy a diverse selection of live music.

This year's artists will include: North Country Drifters — country music (June 14); Ladies Must Swing (June 21);

Impact of Brass Band — patriotic music (June 28); Grupo Candela — merenga and salsa music (July 12); Beal Street Jazz Band (July 19); and Copper Box — accordion swamp rock music (26 July).

The concerts are supported by: Alliant Energy Foundation, Dane County Cultural Affairs Commission (with additional funds from the Pleasant T. Rowland Foundation), M&I Bank, Madison Arts Commission (with additional funds from the Wisconsin Arts Board), Madison Mallards, Target, Dennis Tiziani and Westmont Law Offices. Goodwill donations are also collected during intermission.

Returning this year is the option to purchase grilled brats and hot dogs, in addition to freshly popped popcorn, delicious root beer floats and brownies. Transportation is also available for senior adults in the north/eastside of Madison. Please call 243-5252 to arrange a ride. Additional details can be found at www.nescoinc.org.

SENIOR Activities

For over 33 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 (WPCRC), 1625 Northport Drive and include the following:

Bingo:
Every Friday, 10:30 am and the second Tuesday of every month. 5¢ a card (two card limit/game) with cash prizes. Note: No Bingo on June 25.

Cards and Puzzles (FREE):
Monday-Thursday, 10:30 am at WPCRC; Euchre, Monday, 9:30 am; Sheephead, third Wednesday each month, 1 pm; Bridge, second and fourth Wednesday each month at 12:30 pm, call ahead to assure correct numbers.

Caregiver Support Group:
First Thursday each month, 7 pm, Bashford United Methodist Church, 329 North St.

Case Management:
Provides support, resources, and community services to enable seniors to safely remain living in their own homes; call 243-5252 for more information.

Cultural Diversity:
Hosts monthly programs for African

American and Latino seniors; call 243-5252.

Foot Care Clinics:
NESCO and Interim Health Care co-sponsor five foot clinics each month for individuals who can not do their own foot care and do NOT have diabetes. The cost is \$15, call 243-5252 to make an appointment.

Home Chore Program:
Volunteers are needed to help with spring cleaning for seniors. This is a flexible volunteer opportunity that can fit into your busy schedule and is very rewarding. Call Katie at 243-5252.

Low-Vision Support Group:
Third Thursday each month, 10:15 am

Nutrition Education (free):
Wed., June 23 and Wed., July 28, 11 am

Nutritious Lunches:
Monday-Friday, 11:30 am at WPCRC; door-to-door bus service is available (50¢ each way and free on Tuesdays and Fridays). Guests 60 years of age and older are invited to enjoy their meal on an anonymous donation basis. Suggested donation \$3. Anyone under 60 is asked to pay the full cost of the meal (\$5.75). Reservations required by 11:30 am the day prior.

Senior Exercise (FREE):
Wednesdays at 10:30 am

Free caregiver training offered at Waunakee Senior Center

By Diane Walder

Many people become caregivers overnight without having the basic skills to safely care for their spouses, parents or other older adults who return home from a few weeks or months in a nursing home rehabilitation facility. The home may not be set up with adaptive equipment like safety bars and rails to make the home safe.

Caregivers risk injury to themselves and their care recipient if they lift or position improperly, and they may not know how to communicate effectively with the healthcare team.

The free, four-week session provides comprehensive hands-on training that teaches caregivers practical skills that make them better caregivers. The hands-on training includes falls prevention, lifting and positioning, skin care, medication safety, toileting and dress-

ing, bathing and shower safety, dealing with incontinence and much more.

Jean Mueller, a registered nurse with Catholic Charities and a member of the Dane County Caregiver Alliance, teaches the workshops and has more than 30 years of caregiving experience both professionally and personally.

Each participant receives a free gait belt and bed pad. Refreshments and drawings for gift certificates are included.

For details and to register, visit www.ccmadison.org or contact Diane Walder, 442-7248 or diane.walder@att.net.

Caregiver Training Workshops

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Mark your calendars for these special upcoming NESCO events:

June 7 – 11 am WPCRC **Farmer's Market voucher distribution	June 15 from Noon–1 pm Free Blood Pressure Clinic (for all ages)
June 11 – 1 pm at WPCRC **Euchre Tournament (WI Senior Games)	June 29 – 10:30 am Travel Show: Branson Christmas Show (trip is Nov. 18–22)
June 14, 21, 28 from 6–7:30 pm Warner Park Shelter Free Summer Concerts at Warner Park (for all ages)	June 30 4:45 pm Warner Park **Senior Tailgate Party and Mallards Game
June 15 – 10:30 am History of Madison's Northside with Ann Waidelich	July 12, 19, 26 6 pm Warner Park Shelter Free Summer Concerts at Warner Park (for all ages)

***Must pre-register at 243-5252.
For more information on NESCO programs, please call 243-5252 or info@nescoinc.org.*

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From
BRAD WEISINGER
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FACILITY MANAGER

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Grass Volleyball Tournament

Here's your chance to have some great team fun. A volleyball tournament is scheduled on the grass at Warner Park on Sat., July 17. There are four skill levels from power to high school and play will be round robin. Gift bag prizes will be awarded to the first and second places within each division. For more information, pick up a brochure at WPCRC and other locations throughout the city. Get your team together and keep on diggin' it.



WPCRC Summer Hours

JUNE

M, W, F 8 am–10 pm
Sat 8 am–2:30 pm
Sat 8 am–2:30 pm
Sun closed

JULY & AUGUST

Mon–Fri 8 am–8 pm
Sat 8 am–2:30 pm
Sun closed

Please take note that the exercise room closes 15 minutes before the building closes.

2010 Customer Survey Results Summary

Level of Customer Services	98% Good to Excellent
Cleanliness of Facility	95% Good to Excellent
Quality and Variety of MSCR Classes	97% Good to Excellent
Quality and Variety of NESCO Programs	100% Good to Excellent
Fees for services	92% Good to Excellent
Exercise Room condition and value	100% Good to Excellent
Would you like the exercise room expanded	73% Yes
Hours of Operation satisfaction	88% Yes

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Pounding the pavement for the Warner Pool

By Dorothy Borchardt

By the time you read this article the Golf Outing at Bridges will be a fun memory. Now we are getting ready for the second half of the golf/walk fundraiser. Mark your calendars! On Sat., Aug. 28 join us for the sixth annual Pounding the Pavement for the Warner Pool, an event sponsored by Madison Park Foundation (MPF) and Warner Park's Circle Of Friends.

Walk around the Warner Lagoon to raise funds and awareness for Madison's second pool, slated to be in Warner Park. Don't be left out! Make sure your neighborhood, business, family and friends are listed on the 2010 walk t-shirt. All it takes is \$100 — 10 walkers — to form a team. That's \$10 for each team member. Teams must be registered and have paid the \$100 by Aug. 1. Once your team is registered, you can continue to add to your team right up to the time of the walk, but they can't be counted as additional team members after August 20. Go for the largest team and win the traveling trophy!

For those that don't have a team? Not to worry, you can still participate. You too can register right up to the time of the walk. If you want to

make sure you receive a shirt in your size it is better to register by Aug. 1.

For more information and registration forms stop in at the Warner Park Community Center, go to our web page at friendsofwarner.com or e-mail dborchardt1@charter.net or Steve Nelson steve@onelly.com

A huge thanks to our 2010 Golf Scramble and Walk Sponsors!

Madison Chiropractic – North, DuWayne's Salon, M&I Bank, FIS Merchant Service, Borchardt Builders, Magna Publications, Chet's Car Care, Ryan Funeral Home, Tiziani Golf Cars, PDQ Food Stores, McKinney Dental, Jo Ann Walker, Summit Credit Union, Kraft/Oscar Mayer, 5Nines Data, Benvenuto's, Pedro's, Woodman's, Esquire Club, Club LaMark, Home Savings Bank, Savidusky's, Silver Leaf Design Gallery, Rocky Rococo Pizza, Meilkes True Value, Anchor Bank, Copps Food Center, Mallards, Sherman Plaza Hairstyling, Pierce's Food Store and V-Nails

Please patronize the above businesses to thank them for their commitment to our community! We couldn't do it without their support. Shop Northside!

SUMMER CONCERTS at Warner Park

All shows are Monday evenings at 6 pm and open to the public!

- 14 JUNE** — North Country Drifters (Country)
- 21 JUNE** — Ladies Must Swing (Swing)
- 28 JUNE** — Impact of Brass Band (Patriotic)
- 12 JULY** — Grupo Candela (Merenga & Salsa)
- 19 JULY** — Beal Street Jazz Band (Good Old Jazz)
- 26 JULY** — Copper Box (Accordion Swamp Rock)

Supported by Alliant Energy Foundation, Dane County Cultural Affairs Commission (additional funds from the Overture Foundation and Pleasant T. Rowland Foundation), M&I Bank, Madison Arts Commission (additional funds from the Wisconsin Arts Board), Madison Mallards, Target, Dennis Tiziani, and Westmont Law Offices, S.C.

Northside SENIOR Coalition

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