

NEWS & VIEWS FROM ELECTED OFFICIALS

**From
PAUL
RUSK**



DISTRICT 12 SUPERVISOR

With the worst recession since the Depression, Dane County is seriously strapped as our sources of revenue are in decline with an anticipated shortfall of \$5 to \$6 million. Remember that only about 25% of the overall budget comes from property taxes with the remainder coming from sales tax, state and federal dollars, and fees. For the past twelve years we have been increasing spending at the rate of inflation plus growth to keep the county portion of property taxes in check. This has led to the elimination of several hundred positions. It is difficult to determine what additional cuts should be made. The Sheriff's Office, Badger Prairie Nursing Home, and the 911 Center are areas that can't be cut if we want to ensure public safety and keep quality care for vulnerable elderly folks. It is important not to be "penny-wise and pound-foolish" as

our grandparents said. Based on the economy and state budget deliberations, it appears that next year will be worse.

The Department of Human Services announced a 2% across the board cut to all purchase of service contracts effective July 1. I'm concerned that those who do not receive services promptly end up costing taxpayers much more as criminal justice and health care costs increase. Under consideration are hiring moratoriums, furloughs and layoffs that must be negotiated with our unions under state law. We will likely delay land purchases for greenspace. New hires and training are frozen. Much of our spending is mandated by state and federal law without full reimbursement, leading to millions of dollars of unfunded mandates. I would appreciate knowing about any specific areas of county spending that you could identify that we should examine. The solution will be a combination of reductions throughout County government as, unlike the federal government, our budget must balance!

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

Upcoming County Board of Supervisors Meetings

June 18 ~ July 16 ~ August 6

All County Board meetings are on Thursdays at 7 pm in Rm. 201 at City-County Bldg. 210 Martin Luther King, Jr. Blvd.

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**From
DOROTHY
WHEELER**



DISTRICT 18 SUPERVISOR

County Budget

The county is encountering revenue losses from the expected sales tax, fee collections, state and federal aids and even property taxes. The result of these shortfalls is the need to balance the budget with draconian cuts in expenditures for the rest of 2009. The Human Services Department is facing cuts of \$3.5 million to their operation of valued and necessary human services. The Health and Human Needs Committee will continue to hear and understand the options, and then pass along recommendations to the Personnel and Finance Committee and the County Executive. At their last meeting, the Land Conservation Committee heard about the cuts that will be recommended for the Land and Water Resource Department. This Department will close Tenney Locks on Monday, Tuesday and Wednesday of each week because those days have the lightest use, they will only run six weed

cutters instead of 10 and concentrate their efforts on keeping channels open for optimum water flowage downstream. They will hire fewer LTE's (limited term employees) to help with summer park management, and they will terminate their employ on Labor Day. More volunteers will be needed!

Lake Levels

On May 21 the county board passed Resolution 303 regarding lake levels. Although the county physically controls lake levels, the DNR sets the maximum and minimum levels for summer and winter. In our resolution, which referenced the three dams under county control and the difficulty of keeping the water flowing downstream especially in high water conditions, the county board requested the DNR to bring the stakeholders to the table in an effort to adopt a comprehensive approach to managing lake levels. Community leaders in the Yahara Watershed should agree and collaborate on authorizing the temporary lowering of lake levels to increase storage capacity of the lakes in anticipation of severe storm events.

Supv. Wheeler can be reached at 244-4711 or dorothywheeler@tds.net

**From
KATHLEEN M.
FALK**



DANE COUNTY EXECUTIVE

Dane County: "Stay-Cation" Destination

Over the past several months we've seen friends and neighbors lose their jobs, watch retirement accounts dry up and family budgets get squeezed like they've never been before. The effects of the national economic slowdown have touched every corner of our community.

As you've likely seen or read in the news, more families are taking "stay-cations" as a way to make sure that despite these challenging times they have time together for some rest and relaxation. For Dane County citizens, opportunities for close to home getaways are limitless.

Our community is one of the few in the country with a free zoo. Through early May, attendance at the Henry Vilas Zoo exceeded 130,000 people for the year; 60,000 more than a year ago. With new exhibits, animals and

birds from across the globe, and an expanded children's zoo including a train and carousel, it remains a family favorite.

Dane County offers everything from miles of public fishing access on some premier trout streams in the country to beaches, campgrounds, dog parks, historic sites and hiking and horse trails. Our county has one of the best year-round off-road bike trail systems with 150 miles of paths. Nearly 162,000 cyclists got on the Capital City Trail in Lake Farm Park last year alone!

Our 30 parks saw over one million visitors in 2008. With more people looking for close to home, low-cost getaways that number should climb this year. A map detailing the locations and features of our fabulous parks can be found at www.countyofdane.com/lwrd/parks/map.

Whether it's a picnic lunch on the shores our beautiful lakes, a walk on a sunny, summer day through our parks, or watching prairie dogs hard at work at the zoo, Dane County is the perfect "stay-cation" destination this summer. See you soon!

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

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NEWS & VIEWS FROM ELECTED OFFICIALS

From
**JON
ERPENBACH**
 STATE SENATOR



**Healthier Workplaces a Reality:
Smoking Ban Enacted**

There is a significant change coming in workplace health with the Legislative passage of a statewide smoking ban which will go into effect July 5, 2010. By next summer all Wisconsin businesses will have the same rules banning indoor smoking and the same parameters of outdoor smoking. I am happy to have played a part in making this happen and I think the ban is good news for Wisconsin; in addition the timeline is what will work the best for businesses that still allow smoking.

My priority when I became a part of the negotiation on this issue was to work to get a clean ban; I am pleased with the outcome. I remain concerned about local taverns struggling with

business anyway in this economic downturn, but I know that the hodge-podge of local ordinances was just as difficult and the local fights had become exhausting. Businesses that still allow smoking have been fighting a statewide ban for several years and in that time hundreds of local ordinances have developed which made planning for businesses difficult and knowing what to expect when you walk in the door a problem for consumers.

We know that second hand smoke is a health risk for everyone. Banning smoking in the workplace will help make our citizens healthier and in turn save on health care costs for the state and the private insurance pool.

Thank you to everyone in the 27th Senate District that has contacted my office either in favor or against a statewide ban; I truly value your input and thoughts. Keep those contacts coming! For more information on the statewide ban contact my office at the contacts listed below.

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

From
**KELDA
HELEN
ROYS**
 STATE REPRESENTATIVE



As a State Representative, helping constituents is an important part of my job. In these economic times, fraud and financial predators are more active than ever. I am constantly working on legislation to protect consumers from scams, but education and prevention is just as critical to stopping fraud.

Identity theft continues to pose a threat to Wisconsinites. When a credit card company called a Beloit resident to confirm a \$1,300 balance transfer, she recognized the fraud. The company refused to tell her who attempted the transfer or how personal information fell into the wrong hands. Protect your private data—always check your credit card bills carefully to ensure that charges are correct.

Another problem is unsolicited mail and phone offers from companies purporting to extend your vehicle's warranty. These solicitations look like they come from your car's manufacturer.

er, yet frequently they are from unconnected companies. They are selling service contracts, not warranties, and they have no information about your current coverage. Some of these companies routinely violate Wisconsin's Do Not Call law, which is why I have authored a bill to increase the fines for intentionally violating the law.

Fortunately, you have tools to protect yourself. The Wisconsin Department of Financial Institutions is a great resource for reporting suspected fraud or confirming the validity of a business. Northsiders can access these services at www.wdfi.org/fi/securities or 1-800-472-4325. Wisconsin's Consumer Protection Hotline at 1-800-422-7128 also offers assistance on issues ranging from identity theft to filing or reviewing consumer complaints against auto insurance or other companies. To add your number to the Do Not Call list, sign up before June at 1-866-966-2255 or at nocall.wisconsin.gov.

If you have comments regarding consumer protection or any other state issue, please do not hesitate to contact my office.

*State Rep. Roys can be reached at
266-5340 or
rep.roys@legis.state.wi.us*

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 Peahawm Vajtswv, 2:30 pm.
 Pastor Saelee can be
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Bible Study on the book of Revelation, 7:30 p.m., at the church. *Revelation 1:3 nkjv:* "Blessed is he who reads this prophecy."

June 13
 Baptism Service.

June 19 - 27

Wisconsin Conference Camp Meeting. For more information, check our online calendar or call 920-484-6555.

Camp Meeting is a very special opportunity for evangelism—a time for members and families to connect in social and spiritual settings. Historically, these are reflective, fun-times when Seventh-day Adventist members and friends come together to study, sing and pray. Our church is open during Camp Meeting.

The Hope Channel

New Channel on basic DIRECTV lineup: Channel 368, family-friendly programming.

Won't You Join Us?

Welcome in advance! Join us as we worship God together in multicultural Madison Community Church, located on Madison's Northside. Madison Community Church is a friendly and warm, Bible teaching and believing, Christian church, and we want to meet you!



COMMUNITY RESOURCES

From
KATIE
SCHARF
 246-4547



LAKEVIEW BRANCH LIBRARIAN

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

Be Creative @ Your Library!

The 2009 Summer Library Program, a reading incentive program for kids from preK-teens, has begun! Stop at Lakeview to pick up your Summer Reading Sketchbook or register online. Prizes are available beginning June 19.

Lunch Bunch

Every Wed. from June 24 –July 29, noon – 1 pm

Featuring fun, food, stories and crafts for kids in grades K-5. Librarians read aloud while kids munch! Bring a sack lunch. Call 246-4547 to register for the series.

Junk Band

Thurs., June 25 at 2 pm

Plastic bottles, metal lids, cereal boxes and rubber bands and other odds and ends make beautiful music in a junk band! We provide the junk, but you're welcome to bring extra supplies from your recycling bin if something in there inspires you. Let your creativity lead the way! Call 246-4547 to register. For kids in grades K-5.

So Many Ways to Be Smart: Celebrating Creativity Every Day

Tues., June 30 at 11:30 am

Join songwriter, storyteller and author Stuart Stotts for an interactive program of music and stories that celebrate creativity in its many forms. We'll sing together, move together and laugh together during this program for the whole family.

UB the Band

Tues., July 7 at 6:30 pm

Sing, play, or try your hands on the drums and other instruments in your own, live rock band! No experience necessary and we'll provide the instruments. We've got regular sized guitars and drums, plus special children's sizes drums and guitars, including a panda, a giraffe, a shark, a fish, and even a star shaped guitar for a fun time together. Call 246-4547 to register beginning June 23.

Stories That Go Everywhere With Susan Pagnucci

Tues., July 14 at 11:30 am

Children from the audience actively help tell stories familiar and new. Also learn how to make your own shadow puppets at home using simple items like a flashlight and cardboard boxes.

Super Smash Brothers: BRAWL Tournament

Wed., July 22 from 2-5 pm

Think you have what it takes to be Madison's Super Smash Brothers BRAWL champion? This is one of six qualifying rounds that will be held at a different library each week during the summer. The top three players from each qualifying round will be invited to compete in the championship at the Central Library in downtown Madison on Wed., July 29.

Duct Tape Mania II

Thurs., July 23 at 2 pm

Snacks, colored Duct Tape and loads of fun! All ages learn how to make wearable art. Patterns will be available to get you started. Children under 7 need an adult helper. Call 246-4547 to register beginning July 9.



Create a Play

Tues., July 28 at 11:30 am
 The Atwood Players will be performing "Create a Play" by taking hats, glasses, wigs, and other props out of a trunk, and creating improvisational scenes based on children's literature. Audience members choose which scene is enacted and may participate in the scenes as well. Call 246-4547 beginning July 14 to register.

Music Together

Thurs., July 30 at 2 pm
 Back by popular demand! Jo Simons presents a fun music program incorporating simple musical instruments and active movement. PreK – 5 years old. Register by calling 246-4547 beginning July 16.

Be Creative Concert and Picnic

Tues., Aug. 4 at 6:30 pm
 Pack a picnic and head to Olbrich Botanical Gardens for a fun-filled family concert. Find the hidden artists and play with bubbles. At 7 pm Dave Landau will get you singing and laughing while you munch!

Summer Library Carnival

Tues., Aug 11 at 10:30 am-12:30 pm
 Celebrate reading! Enjoy the magic and comedy of Miller & Mike at 10:30 am at Overture Center. At 11:15, come next door to the Central Library for carnival games, crafts and more!

Other Summer Activities

Lakeview Chess Club

The second and fourth Monday of the month at 6 pm. Players of any age or skill level welcome.

Sweets and Stories on Second Saturdays

Sats., June 13, July 11 and Aug 8 at 10:30 am

Saturday morning fun for the whole family with stories, donuts, coffee and juice.

Game Club

Second Mons., June 8, July 13 and Aug 10 from 2:30-4:30 pm
 Kids 8 to 18 eat snacks and play fun, exciting and challenging board games. Beginner and advanced gamers welcome!

Preschool Storytime

Fridays, June 26 – Aug 14 at 10:30 am
 Stories, songs, fingerplays and more for children ages 3-5. Younger siblings welcome.

Storytime for the Very Young

Fridays, June 26 – Aug 14 at 11:30 am
 Stories, songs and rhymes for children ages 0-35 months. One adult per child is recommended

Knitting at the Library

Every Wed. through July at 6:30 pm
 Drop-in knitting for any age or any level of expertise. Learn a new skill or dig out that unfinished project!

Scrabble for Adults

Every Wednesday at 10 am
 Give the regulars some competition!

A wealth of additional information about activities at Lakeview Branch Library can be found at: www.madisonpubliclibrary.org/about/lakeview.html

From

DENNIS
MCQUADE
 241-4849



COMMUNITY SOCIAL WORKER

Food Pantry Resources

There have been recent changes in signing up for and obtaining information on food pantries in Dane County. If the pantry does not require you to pre-register, just go to the pantry as a "walk-in" at the appropriate time. United Way's "2-1-1 or 264-HELP" line has recorded information on pantries that are open each day, but no longer takes referrals.

The following pantries, which require you to pre-register, are available to northeast side residents:

The Lakeview Lutheran Church pantry at 4001 Mandrake Rd. is open Mon. between 5:30 pm to 7 pm. Call 244-6181 between 9 am to 12 pm to pre-register. Also, the Bashford United Methodist Church pantry, 329 North St., is open Mon., Wed., and Fri. from 9 to 10:15 am. Call 249-9222 Tues. and Thurs. from 6 to 7 pm to pre-register.

In addition, the United Asian Services pantry at 2132 Fordem Ave is open the first Fri. of the month 12 to 2 pm and requires you to pre-register at 256-6400.

There are also walk-in pantries, which are available to northeast side residents. They include the Goodman Community Center pantry, 149 Waubesa St., which is open Tues., 9:30

am-12 pm, Wed., 6:30 to 8:30 pm, and Sat., 1 to 3 pm.

The Solutions pantry at 3245 E. Washington Ave. is open the second Fri. of the month from 4:30 to 5:30 pm.

The River Food Pantry, 2201 Darwin Rd. has pantries Tues. and Thurs. from 12 to 1:30 pm; Tues., 5 to 6:30 pm; Fri. 6 to 7 pm and the third Sat. of the month 12 to 1:30 pm.

The East Madison Community Center at 8 Straubel Court has a pantry on the 4th Tues. of the month from 12 to 3 pm.

The Salvation Army pantry, 3030 Darbo Dr., has pantries from 9-11 am Mon., Wed., and Fri. as well as Thurs. 1 to 3 pm.

Finally, the Bread of Life Food Pantry at St Paul Lutheran Church, 2126 St. Paul Ave., is available Wed., 9 to 11 am.

Please remember that most of the pantries require current identification for all members of the family as well as some proof of your current address (an envelope with address).

To obtain a list of all the Food Pantries in Dane County, go to <http://www.resourcehouse.com/en/uwdc/cgi-bin/location.asp> on the internet and complete the six-step community resources process.

Staff from the Joining Forces for Families office are available at the Vera Court Neighborhood Center to assist a potential or existing Northside resident who is having a housing or any other social service type problem. They can be reached by phone at 241-4849 or 240-2045.

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COMMUNITY RESOURCES

HEALTH TIPS**From Your Neighborhood Chiropractor**

By Dr. Ross Royster, D.C.

Relief For Aching Backs

The title of this article is the same as that of an article in this May's Consumer Reports magazine. Consumer Reports surveyed 14,000 people who had lower back pain in the previous year. More than half of those surveyed said that the pain "severely limited their daily routine for a week or longer, and 88 percent said it recurred through the year. Many said the pain interfered with sleep, sex, and efforts to maintain a healthy weight." Because back pain can be difficult to treat, most of those surveyed tried 5 or 6 different treatments. In the survey, they rated the effectiveness of the treatments and their satisfaction with the health-care professionals they visited.

Not surprisingly, chiropractic was clearly the most effective and satisfying to the patient. "Fifty-eight percent of those who tried chiropractic manipulation said it helped a lot, and 59 percent were 'completely' or 'very' satisfied with their chiropractor." Physical

therapy came in second with a highly satisfied rate of 55 percent, followed by acupuncture at 53 percent, medical specialists at 44 percent, and primary medical care at 34 percent.

The reason I say that these findings are not surprising is because the results of this patient survey reflect what the bulk of low back research has been saying over the last 10 to 20 years. Back pain is usually a functional, or mechanical, problem that responds well to a mechanical solution. Medication rarely is effective. The logical treatment is to get it moving and keep it moving, which is exactly what chiropractic does.

Consumer Reports goes on to say that 44 percent of the respondents found exercise to be effective, making it the best self-help measure. Fifty-eight percent wished that they had done more exercise to strengthen their back in the first place. The lesson here is obvious: prevention is the best cure! The article says to use caution with back surgery and narcotics, because of their relatively poor performance and dangerous side effects. While Consumers Reports' survey may not be solidly scientific, the fact that 14,000 people were involved certainly gives it credibility. Hopefully, this is information you can use to your good health.

NUTRITION TIPS

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

Hidden calories in liquids!

The summer season of picnics, graduation parties and outdoor work means opportunities for liquid refreshment. People know that they consume liquid calories. Sweetened soft drinks, fruit drinks, drink mixes, specialty coffee and tea drinks and, of course, alcoholic drinks have calories. Sweetened drinks can hinder weight loss and can lead to higher blood sugar and blood fat levels (especially triglycerides).

Research has shown that these liquids do not offer as much fullness as foods that require chewing. You may feel full right after drinking a calorie-laden liquid, but this fullness most often does not last as long as the fullness from eating a solid food containing the same number of calories.

For example, a medium size apple will take you longer to eat and keep you feeling fuller longer than the juice. The apple provides texture, crunch and juiciness.

The source of calories in most liquids is sugar. A 12-ounce sweetened soda contains about 10 teaspoons of sugar. This amount of sugar enters the body quickly and the blood sugar level increases rapidly. This makes the body release insulin that may result in a quick drop in blood sugar. This blood sugar drop may lead to the quick return of hunger and the desire for more food (especially sweet foods).

Sometimes the sugar in drinks is added by the food processor (sweet-

ened soda). Sugar is naturally found in many foods such as fruit juice. "No sugar added" fruit juice has about the same amount of sugar as the same amount of sweetened soda. Fruit juice does add vitamins and healthy nutrients, but limit juice to 4-8 ounces to avoid extra calories.

Large amounts of sweetened drinks are not recommended, but it is important to drink enough fluid each day. Aim for 64 ounces of fluid per day. Water, coffee, tea, diet soda and other artificially sweetened drinks can help you meet your fluid needs without extra sugar. Milk can be a part of the fluid intake; it adds calcium, protein and other nutrients.

Checkout the sugar in the following beverages: (Divide the number of sugar grams by 4 to find the sugar teaspoons.)

32 oz. sweetened soda—25 tsp, 400 calories

20 oz. sweetened soda—17 tsp, 208 calories

12 oz. Frappuccino—11 tsp, 260 calories

8 oz. cranberry or grape juice—10 tsp, 160 calories

20 oz. Gatorade—9 tsp, 144 calories

8 oz. orange juice, unsweetened—6tsp, 96 calories

½ cup gelatin dessert—5 tsp, 80 calories

To help control liquid calories

Read labels to learn how many calories are in the liquids you are drinking.

Choose smaller amounts of liquids that contain calories.

Choose sugar-free beverages more often.

Drink 64 oz. of some type of liquid per day.

Remember to eat as well as you can as often as you can.



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From
CHERYL
BATTERMAN MPA
cbatterman@nescoinc.org
NESCO Executive Director

**Summer Numbers**

96—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. Offered on Monday evenings in Warner Park at 6 pm, senior adults and their families (of all ages) can sit under the beautiful sky and enjoy a diverse selection of live music.

This year's artists include The Midwesterners (June 15), Ladies Must Swing (June 22), Waunakee Community Band (June 29 @ 6:30 pm), Davis Family Band (July 13), Grupo Candela (July 20), and North Country Drifters (July 27). The concerts are supported by: Alliant Energy Foundation, Dane County Cultural Affairs Commission (with additional funds from the Overture Foundation & Pleasant T. Rowland Foundation), M&I Bank, Madison Arts Commission, Madison Mallards, Target, and Dennis Tiziani. Good will 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; call 243-5252 to arrange a ride. Additional details can be found at www.nescoinc.org. So bring your lawn chair and be ready for a delightful evening!

One—that's the target date in July a mini-van will be available for Northsiders! With funding provided by the Madison Community Foundation, NESCO is sponsoring a mini-van through Community Car. The van will be parked in the Warner Park parking lot—and accessible to all Community Car members. Although NESCO has been using a Community Car for several years, it's been minimally effective as the mini-van has been parked downtown—too far to use on a regular basis.

We're very excited about the possibilities having a mini-van Community Car located on the northside will present to our seniors—it will enable our volunteers to provide more transportation options to our disabled and frail senior adults. And just think about the local trips we can now offer—we won't need to fill a big bus, but facilitate smaller groups. Our seniors who don't have access to a vehicle can now become Community Car members, reserve the mini-van at Warner Park (or any of the other 17 Community Car vehicles parked throughout Madison), and have more independence in their community. And that's our mission!

Mark your calendars for these special upcoming NESCO events:

6/4	Noon	The Empire Strikes Back	St.Paul's Lutheran Church
6/8	10:30 am	Birds in Wisconsin	WPCRC
6/15	6 pm	Free Concert: The Midwesterners	Warner Park Shelter
6/18	6:30 pm	Does the USA have an intellectual history?	WPCRC
6/25	1 pm	Dance: Senior Showcase Band (Big Band music)	WPCRC
7/13	6 pm	Free Summer Concert: Davis Family Band	Warner Park Shelter
7/14	10 am	Free Blood Pressure Clinic w/ Care WI	WPCRC
7/30	1 pm	Dance: Senior Showcase Band (Big Band music)	WPCRC

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SENIOR Activities

Foot Care Clinics: NESCO and Home Health United co-sponsor six foot clinics each month for individuals who cannot do their own foot care and do NOT have diabetes. The cost is \$20; 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 Breena at (243-5252).

Low-Vision Support Group: Thurs., June 18 & July 16, 10:15 am/WPCRC. **Nutrition Education (FREE):** Wed., June 24 & Wed. July 22, 10:30 am/WPCRC.

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

Caregiver Support Group: First Tues. each month, 10 am/WPCRC, first Thurs. each month 7 pm/Bashford United Methodist Church, 329 North St, Madison. **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.

For more information on NESCO programs, please call 243-5252 or info@nescoinc.org.

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FACILITY MANAGER

Over the past ten years the award-winning Warner Park Recreation Center has prided itself in offering recreational, educational, cultural and community programs and activities for all. These successes and accomplishments will be celebrated with a 10-year anniversary celebration beginning Sunday, September 13 with a Recognition Brunch and following with a week of festivities including free classes, a membership sale, games, dancing and more.

The past ten years have brought numerous successes to the WPCRC, including increased neighborhood use and continued community partnerships and programming that deeply reflect the mission of the Center: to be a gathering place that provides innovative growth and enrichment opportunities for the Madison community and connects people of all ages, races and cultural backgrounds.

Looking Back to the Beginning:

Talk of the need of a community center such as the WPCRC date as far back as the 1960's, but the idea really got rolling when a community center was one of the highest priorities identified in the first Northside neighborhood plan completed in 1992. In 1993, then Mayor Paul Soglin charged the newly formed Northside Planning

Celebrating ten years of success ~ 1999-2009

Council with exploring the idea of a Northside community center and developing recommendations about the center's purpose and location.

Through multiple community meetings, site visits to other communities, and discussions with smaller Madison neighborhood centers, NPC found strong support within the Northside community for a multi-purpose center that would provide a mix of recreation, education, cultural, and community activities appealing to all age groups, with special focus on seniors and youth. Warner Park, already a central focal point for the Northside, was identified as an ideal location for the center.

These recommendations were unanimously accepted by the Common Council, and a City staff team led by the City's CDBG office, and Center architect Doug Kozel of KEE Architecture, worked closely with the Northside community for several more years to develop the more detailed plans needed to complete the 32,000 square foot community recreation center.

Funding for the WPCRC came from a combination of a CDBG grant from Housing and Urban Development, the Madison City budget and an \$800,000 fundraising campaign led by the Northside Planning Council and supported by the North/Eastside Senior Coalition and numerous northeast side businesses and residents.

A Grand Opening:
On September 19, 1999 the WPCRC

officially opened to the public boasting a gymnasium, a fully equipped exercise room, game rooms, dry and wet craft areas, meeting rooms and numerous community spaces. The WPCRC also served as an important example of community and local partnerships, utilizing youth programming by the Madison School-Community Recreation (MSCR) and senior programming by the North Eastside Senior Coalition (NESCO) while being owned and operated by the Madison Parks Division.

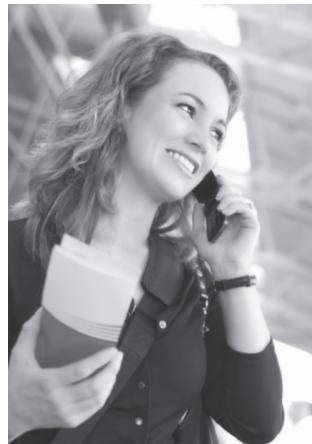
In the coming years the WPCRC

hopes to expand its impact in the community through the addition of more youth programs, an increased emphasis on community service and enhanced relationships with Northside Middle Schools, the Northeast Side Youth Basketball Program and the Madison Stars Youth Basketball. As things continue to evolve in our city, the WPCRC's community-centered approach will remain steadfast for the next 10 years and beyond.

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www.wpcrc.com.
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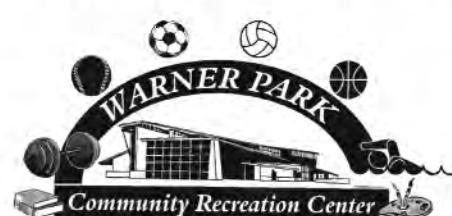


Celebrate!
10 Year Anniversary
September 13 - 19, 2009
Stay tuned in for Details...
www.wpcrc.com



Warner Park Community Recreation Center

1625 Northport Drive, Madison, WI 53704
Phone: (608) 245-3690
Website: www.wpcrc.com



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WPCRC
10 Years of Excellence
Northsiders - Come and Celebrate the 10-year anniversary of WPCRC. The party begins Sunday, September 13 with a Recognition Brunch and followed by a week of festivities including free classes, a membership sale, games, dancing and more.

WPCRC
A Place to Celebrate
Are you planning a wedding, anniversary, or company banquet?

Call today to reserve space in the beautiful WPCRC Community Room overlooking Warner Park. WPCRC is the perfect location to celebrate with your family and friends.

WPCRC
A Place to Get Fit
Will you be running in your first 5K fun run? Or training for your 5th marathon? Stay fit this summer without breaking your pocket book. Become a member of WPCRC!

SPORTS & RECREATION

Madison Stars Basketball Club offers free clinics

By Lynelle Harrison

The Madison Stars Basketball Club will be offering FREE skills clinics during the summer for girls currently in kindergarten through seventh grade, starting in June. We are a non-profit youth basketball organization, focused on skills development of our players, teaching the basic fundamentals of basketball. All skill levels are welcomed.

Our fall season will be here soon (starts in September). We will be forming competitive and recreational teams for girls in kindergarten through eighth grade. Our teams play in leagues and tournaments during the fall/winter season. We will start accepting registrations in July.

Please visit our website for more



detailed information about our basketball club, our summer skills clinics and the fall/winter basketball season at www.madisonstarsbasketball.com or call/email Lynelle Harrison at 692-0218/madisonstars@hotmail.com.

The Madison Stars Basketball Club is for girls that live or attend school in the Madison East High School district. One of our goals is to get girls playing basketball together now, help them improve their skills, so that by the time they get to high school, they are ready to play competitive high school basketball games as an experienced team. Last year, which was the first year of our club, we had 6 girls teams (k-grade 7), comprised of more than 60 girls from the area. Check us out! Our volunteer coaches are eager to teach more girls the sport of basketball.



Photo submitted by Michelle Rice

North East Side Youth Basketball teams have player openings

By Michelle Rice

North East Side Youth Basketball is a non-profit organization whose mission is to help kids develop leadership skills and parent/neighborhood/school involvement through basketball. We have recently started our Spring/Summer Program. This season began with all teams participating in skill training camps that will be repeated during the summer. Our teams are having a very successful start to the spring/summer season with the Varsity Girls taking first place in the Waukesha Shootout, the Seventh Grade

Boys dominating at the Hugh Roberts Classic in the Dells—taking first place, and our Fourth Grade Boys (Hawkins team) taking second place in the Milwaukee Shootout. We do have a couple teams with player openings. For more information on this, other information about the North East Side Youth Basketball Program or to send donations, visit our web site www.nesyb.org or call the NESYB President Kevin Mitchell 1-920-261-1935, Vice President, Terry Tiedt 575-8702 or Basketball Director, Tyrone Cratic at 575-7346.



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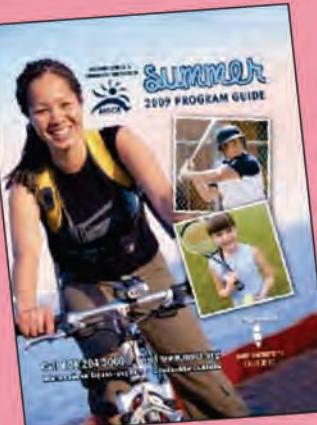
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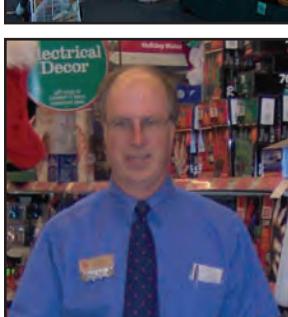
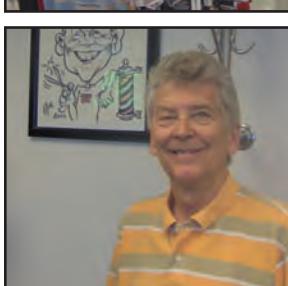
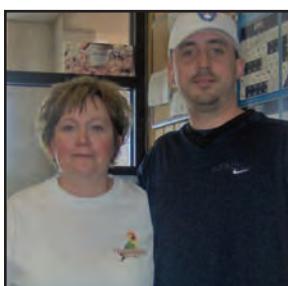
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The Northside TownCenter Almanac



What's Happening in Your Neighborhood

"These are a few of our favorite things": Why the TownCenter is wonderful!



TownCenter Owners: A big difference here is our store managers and owners who do everything possible for customers. You just don't get that in the big boxes. Jeff at True Value, Darlene at Altered States, Sally of Spirits Unlimited, Cathy at the Library, Jim at Walgreens (he's been doing this for over 20 years). The list goes on...

Anchor Bank: Our investment services division is committed to helping our customers develop and implement an effective, long-term investment approach, customized to their personal goals and needs. We want this relationship to endure for years, and possibly even generations. Now, more than ever, people need objective advice. Our independence is key to our ability to deliver just that.

Altered States Alterations: Darlene orders us to clean out our closets, get those old favorites over to her for alterations and repairs. "Why buy something new when, with a quick trip to Altered States, a little goes a long, long way."

Associated Podiatrists: People take an average 10,000 steps in a day, adding up to 115,000 miles in a lifetime, enough to circle the planet four times. We're here to answer your questions if your feet are giving you any problems on this lifelong journey, 244-1772.

Benvenuto's Italian Grill: Customers love the \$2.50, 23 ounce drafts of Miller Lite and Bud Lite. Perfect with our hand-stretched, wood-fired pizzas. By the way, a 10" three meat combo is only \$9.99 to go.

Chris Bruns, Realtor: If you are in the Northside area and are thinking of buying or selling call Chris, He lives here, loves it and will give you the kind of personal attention that makes a real difference. 576-3625.

Family Dollar: Unbelievable prices on summer wear for women, men and kids. Amazing. So cheap it's like you're traveling back in time.

Hamann Charcuterie: Fresh bacon and sausage from local ingredients. Watch for our new deli. But if you can't wait and want bratwurst, baconwurst, spicy Italian, hot links or game now e-mail: hamann_charcuterie@yahoo.com.

Lakeview Library Staff Picks:

Jenny: *The Underneath* by Kathi Appelt

Lisa: *American Gods* by Neil Gaiman

Jill: *Seven Pleasures* by Willard Spiegelman
The Absolutely True Diary of a Part-Time Indian
by Sherman Alexie.

Katie: *Brooklyn* by Colm Toibin

Todd: *A Voyage Long and Strange: Rediscovering the New World* by Tony Horwitz

Mary: *Olive Kitteridge* by Elizabeth Stout

Raquel Salazar-Foster: *The Ugly American* by William J. Lederer

Madison Hair Transplant Clinic: In conjunction with Surgical Hair Restoration, Propecia® helps our patients keep and grow hair with a 90% result in current hair counts. Keep the hair you have and restore the hair you lost. 241-1772.

Magna Communications: How great is it to walk to shops, restaurants and Warner Park during lunch? Who said coming to work couldn't be fun.

Northside Farmers Market: Fresh! Plants, herbs, veggie seedlings, hanging baskets, asparagus, cheese, leeks, grass-finished beef, morels, herbs, honey, syrup, green onions, preserves, radishes, rhubarb. Also available: Smoothies, free coffee, biscotti, cookies, bakery and a hot pancake breakfast! Every Sunday morning from 8:30 to 12:30...

Pierce's Northside Market: The Chairman's Reserve Beef that we feature is from the top 6% of the cattle raised by the Iowa Beef Producers. Perfect for barbeques. Try the rib eyes and tenderloins. You'll be in cook-out heaven. Pierce's also has its own brats and chorizo with jalapenos (just \$2.99) a pound.

Road Ranger: While you're gassing up your car, remember we're a quick place to pick up ice (small bag \$1.99, large \$3.99) and a handy cup of coffee. Buy 6 cups get your 7th free. Five different blends to choose from plus hot water for a selection of teas. 16 oz is \$1.19, 20 oz \$1.29, 24 oz \$1.39.

Rocky Rococo & Taco City: We're offering \$4.99 rib tips, and celebrating Rocky's big 25th anniversary. Come in and sign up for our big sweepstakes.

Serenity Salon & Day Spa: Customers have taken to the Aveda products used and sold by the salon. That company uses a natural, earth-conscious approach in which up to 99% of their hair products are naturally derived from flowers, plants and non-petroleum based minerals. The results are bold and edgy. Stop by and take a look.

Sherman Plaza Hairstyling: Never ask a barber if you need a haircut. But those of you who are tempted: "Yes, you do." say the staff of one the oldest and friendliest spots in the TownCenter.

Spirits Unlimited: Box wine is more popular than ever, as well as premixed margaritas, Long Island ice tea and Smirnoff martinis. Michelob has just introduced Ultra flavored beer (lime cactus, Tuscon orange grapefruit, pomegranate raspberry). It's great tasting and low in calories. We're featuring it at 20 bottles for only \$14.99.

State Farm Insurance: People call about competitive rates, but most don't know what automobile insurance covers or doesn't cover. We're here to explain. 661-5700

Subway Subs: Check out our \$5 prices for footlongs and also pick up a free Child Print ID Kit for peace of mind about your son's or daughter's safety. Eat Fresh!

The Trafalgar Apartments: People love the condo style apartments and our pet friendly policy. Currently we're full, but check our web site and get on a waiting list, www.TheTrafalgarApartments.com.

True Value Hardware: Solar path lamps (4 for \$11.99 instead of the regular \$24.99), Toro lawnmowers, Weber grills, fertilizers (Weed and Feed—weed control plus lawn fertilizer is only \$10.99. It's usually \$14.99.) top our customers favorites list for this time of year.

Walgreens: Get 4 x 6 digital prints for 15 cents each (100 minimum) or with a coupon available at the store buy 25 and get 10 free. And what about gift cards for weddings, graduation, father's day? They're as low as a dollar. Some have sound and with others you can actually record your own message.

White River Sportswear: Our customers are high schools, churches, youth groups...anyone who wants their name and logo embroidered on a quantity of sweatshirts for the best cost and best quality available anywhere.

Wong's Acupuncture: Acupuncture restores balance to the body so that it can take over and heal itself. This approach removes stress and offers relief that lasts. Find out more: 301-0797.

