

NEWS & VIEWS FROM ELECTED OFFICIALS

From  
**PAUL  
RUSK**



**DISTRICT 12 SUPERVISOR**

**Budget Woes.** I'm very concerned that ongoing national economic upheavals will have a negative impact on the County's ability to pass a sound 2009 budget this fall. As chair of public protection and judiciary my 7 member committee has primary responsibility for the sheriff and the jail, district attorney, courts, coroner, emergency management, public safety communications and juvenile detention. Fortunately much of the comprehensive independent audit of the 911 Center will be completed in time for budget deliberations. Our goal is a property tax increase no more than inflation plus growth. This becomes harder as the demand for county's services increases while economic times are tough, and revenue sources decline. We also need to increase our commitment to cleaning up our lakes and waterways. We have a big job ahead. The county executive's proposed budget is presented Oct. 1.

**Smoking Ban/Domestic Partnerships.** We had powerful testimony (until 1 a.m.!) in favor of a smoking ban (unincorporated areas) and for an ordinance requiring equal benefits for employees of those contracting with Dane County. I am a sponsor of both quality of life measures. Second hand smoke is a serious public health issue, and although a state-wide ban would be preferable, the County's action reduces islands while putting pressure on the State Legislature to pass a statewide ban like our neighboring states have done. Madison, Monona, Middleton, Fitchburg, Shorewood Hills and Waunakee have passed smoking bans. The domestic partnership ordinance, which was first discussed twenty-five years ago, will have minimal cost while providing a critical benefit to those in domestic partnerships. In addition to basic fairness for all citizens, it enhances economic development by helping to attract and retain the most qualified employees.

**NPC Anniversary.** As a founding member of the NPC I'm looking forward to the 15 year celebration on October 10!

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

From  
**DOROTHY  
WHEELER**



**DISTRICT 18 SUPERVISOR**

Budget season is upon us and now we must spend money to support the values and mission of this great county. We heard from constituents and participants of human services, many of whom thanked the county for the support they get and can depend on. And, of course, from many whose needs are not being met entirely. A week after these hearings, we met as the Committee of the Whole to hear from department heads about how they are saving money in their departments to follow the directive of the county executive and how that impacts their programs. Members of the public could speak that night, also, and many people came forward to speak in favor of the funds proposed by the Lakes and Watershed Commission to use capital expenditures to invest in our lakes.

Most of this money would be used to buy additional land in the Lake Mendota Watershed which would stay development in areas where we need natural land to filter run-off that now pours into the Yahara Lakes from many locations causing nonsource pollution.

Some supervisors will argue that we should not spend \$9 million purchasing land when we can't meet the needs of all our citizens. They are comparing the capital budget to the operating budget which has different impacts on tax structure. With a budget of \$226 million for human services, (\$62.6 million are county taxes.) the county should fund both human services and environmental needs, most supervisors agree. Jon Becker testified in favor of spending this money for lakes and streams reminding all of us that the health of our citizens may be at stake if we don't take the necessary steps to protect our priceless water resources. The county executive submits her budget on Oct. 1.

Public hearing - Oct. 25.

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

From  
**KATHLEEN M.  
FALK**



**DANE COUNTY EXECUTIVE**

**Focus on Families, Basics During Tough Times**

These are challenging times. Our friends, families, and neighbors are hurting.

Many are working two or three jobs and burning the midnight oil just to try and keep up with the stack of bills.

Despite our hard work, more of us are having trouble keeping up. Too many are fighting to keep a roof over their heads. We have seen a 15% increase in the number of Dane County families needing food. Our human services department is helping 3,000 more families now than it did in 2007 with basic daily necessities. Home foreclosures are up more than 50% here this year. I paged through one local newspaper recently and found four straight pages of foreclosure notices.

From tanks of gas to bags of groceries, we're paying more for the things our families need.

With continued economic uncertain-

ty and prospects for record-setting winter heating prices ahead, it doesn't seem that real relief is in our near future.

Just like you and your family, we in county government are taking a really close look at everything we're doing and making sure the basics come first.

That's why my next county budget will stick to our shared priorities and values: keeping our neighborhoods safe and continuing human service programs vital for our most vulnerable citizens all while protecting property taxpayers.

These have been my priorities as your County Executive for the 12 budgets I've had the privilege to prepare for you.

My budgets have added 128 new positions in the sheriff's department and initiated cutting edge technological advances in our 911 Center to enhance public safety.

We're fixing up flood-damaged roads and protecting more wetlands to help keep water out of our basements during future rains.

Continuing to put these fundamentals first and sticking together will help us all as we try to navigate these rough economic waters.

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

**Upcoming County Board of Supervisors Meetings**  
October 16 ~ November 4 ~ November 18  
All County Board meetings are on Thursdays at 7 pm in Rm. 201 at City-County Bldg. 210 Martin Luther King, Jr. Blvd.

**GROWING IN OUR FAITH**  
MADISON COMMUNITY  
SEVENTH-DAY ADVENTIST CHURCH

**Church Location**  
1926 Elka Lane,  
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**Worship Service**  
Saturday (Sabbath)  
morning  
Bible Study - 9:30 am  
Worship Service - 11 am  
Pastor Swamidass can be reached at 246-0974.

**Hmong-language**  
Saturday (Sabbath)  
afternoon  
Kawm Vajluskub 1:30 pm.  
Pehawm Vajtsww, 2:30 pm.  
Pastor Saelee can be reached at 443-6575.

**Online**  
As always, if you miss a sermon in person, you can listen online on our web site!

Also available are Links to web broadcasts 24/7 from the Adventist Channel and Amazing Facts TV.

**DISCOVER ANCIENT PROPHECIES THAT OFFER HOPE FOR TODAY AND TOMORROW!**

Does the ancient past hold the keys to our future? The Quest for Truth begins October 24. **FREE admission.**

Join Mark Finley, well-known author, speaker and television host, for his fully-illustrated presentations that reveal the secrets of the ancient past and their meaning for our lives today!

**DISCOVERIES '08**

**OPENING NIGHT, 7:00pm:**  
**Fri., Oct. 24:** Amazing Discoveries in the Lost Cities of the Dead!

**CONTINUING SCHEDULE**  
**Sat., Oct. 25:** Iraq, an Ancient King's Dream, and Our Future  
**Sun., Oct. 26:** Jesus, Jerusalem and Startling End time Predictions

**Tues., Oct. 28:** Good God! Bad World! Why?  
**Wed., Oct. 29:** Echoes of Eternity

**Fri., Oct. 31:** The Child Born in the Middle East who will Change the World  
**Sat., Nov. 1:** The Rumble of a Crumbling World  
**Sun., Nov. 2:** All Eyes on the Temple

**Series continues:** 4 nights a week until November 29.  
**Location:** Madison Community Church, 1926 Elka Lane, Madison. Free children's program provided nightly.

**Call:** 1-800-467-6435 for information or visit [www.MadisonCommunitySDA.org](http://www.MadisonCommunitySDA.org).

**AN EPIC CRISIS OF GLOBAL PROPORTIONS CONNECTS THE ANCIENT PAST WITH THE FUTURE OF PLANET EARTH...**

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**Northside Home For Sale: \$145,000**  
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Or call 608-280-0131 ext 22

**NEWS & VIEWS FROM ELECTED OFFICIALS**

*From*  
**JON ERPENBACH**



**STATE SENATOR**

**The Right to Vote**

In many countries around the world where democracy is fresh and the goal is full participation, all you need to do to vote is to show up and have your hand marked when you have voted. In America, where our democracy is older and the model for the world the right to vote has become more complicated and with that complication the number of disenfranchised voters has grown.

We want to make sure that everyone votes only once and that every person's vote counts; we all understand criminals may commit fraud when they try to vote. Unfortunately now though, the politics of throwing out the dirty word of "fraud" has made the system very complicated for someone without an advanced degree. In addition, the stories of fraud that are

proven later to be false create the illusion that our democratic elections are somehow corrupted.

Our embattled and bruised electronic voting system has finally reached full operational status. It is ready and all voters can feel confident that their vote counts and no one else's will count twice. Voters can feel secure that all felons are tagged and not allowed to vote. They should also know that no one without US Citizenship will vote. What we cannot know is how many people will just stay home because of the lies, public drama, and illusion of fraud.

It may be a bit bruised because of the politics of the day but Wisconsin's election system is one of the best in the country. As we enter the presidential election cycle plan to vote no matter what. Let's vote this year like our children are dying for our democracy, because they are. Let's vote this year like our democracy is new and we love it above all else, because it should be.

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

*From*  
**DAVE TRAVIS**



**STATE REPRESENTATIVE**

**Travis Remembers and Honors The Heroes of August 22nd, 2007**

A year ago, on August 22nd 2007, we had a tragedy on the Northside of Madison where Lakisha Dancy and her two year old daughter, Maya Reese, were electrocuted while running through a puddle of water to catch the bus. There were many heroes that day, including Demetrius Dobbs who after reaching the bus safely, turned around and saved Dancy's 7 year old son who was shocked by the downed power line. Dobbs and Darcy's son both attempted to help Dancy and her two year old daughter. However, Dobbs' fiancé kept Dancy's 7 year old son safely on the bus while

Dobbs left the bus a second time to save Dancy and her daughter but was subsequently electrocuted. The Madison Metro Bus driver tried to help those outside the bus, but was shocked and thrown back into the bus where he closed the doors to keep others out of harms way. The investigation by the Public Service Commission's report indicated that the equipment was working properly that day. It was important for the Public Service Commission to conduct an independent investigation and issue this report. The public should be assured that while the equipment worked properly and circuit breakers are installed that even an accident could happen.

The residents of the City of Madison owe a great debt to those citizens who were heroes that day and I, for one, will never forget them.

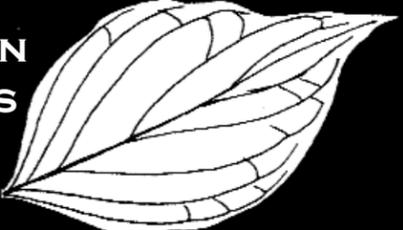
*State Rep. Travis (a Northside resident) can be reached at 266-5340 or rep.travis@legis.state.wi.us*



**Save the Date!**  
15th Anniversary Celebration  
**Friday, October 10**  
Warner Park Community Recreation Center  
**Check out the Silent Auction!**

*15 years of building community*

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AFP

**FRIENDS NEEDED**

**S**hare two hours a week with St. Mary's Adult Day Health Center, and reap the rich rewards of joy. Assist with a craft project, serve a meal or just engage in conversation with the young at heart whose health is frail. Or be an escort on van trips into the community. Week days from 8 a.m to 4:30 p.m. Come help make someone's life happier and emotionally healthier. Call Jim at 249-4450

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COMMUNITY RESOURCES



Introducing...

**JANE KELLY**

246-4547

**LAKEVIEW YOUTH LIBRARIAN**

The best moment for a librarian is when someone discovers something new about the library. It always makes me smile when I hear, "I didn't know you had movies," or "Can anyone use those computers?" This sense of discovery in the library is the reason I enjoy working with children and teens, because for them there is always something new around the corner.

I am thrilled to be joining the dedicated and talented Lakeview Branch Library staff as the Youth Services Librarian. I have always appreciated the Northside's diversity and sense of community. As a native of Monona and a recent resident of the far Northeast side, I look forward to getting to know my community better through its young people.

I was a Teen Librarian Specialist in Washington State, so I have a special passion for the energy of our teen and preteen patrons. If you are a teen and a regular library user, I look forward to getting to know you and hope to hear from you about what you would like from your library.

I am a new mom of a four-month-old daughter, so I am getting a lot of off-the-job training. I now have my own testing grounds for which picture books will work well for the under-one set. Currently, my daughter likes to taste books to determine quality. I look for other features.

As a new parent I am very aware of all the things you are told to do for your child to make them better people. I find the list overwhelming. To other parents, I am sorry to be adding to your list but reading to your children is one of the greatest things you can do for their development. Reading to

**Library Hours**  
**Mon - Fri: 10 am-8 pm**  
**Sat: 9 am-5 pm**  
**Closed November 27 & 28**

your babies helps them discover that reading is fun and valued. Reading to toddlers helps them learn critical pre-reading skills like how words, stories and books work. Our Book Baby/Toddler Time can help you get started. We use songs, rhymes and play to teach about books, and the babies get to visit with other babies. Then you can continue the fun and skill building with the library's Preschool Storytime for three to five year-olds.

New sessions of Lakeview's Book Baby/Toddler Time and Preschool Storytimes will start on Oct. 7 and continue until Nov. 25. **Preschool Storytime** for ages three to five is every Tuesday at 10:15. **Book Baby/Toddler Time** for ages 0-35 months is every Tuesday at 11:15. No registration is required.

For older kids and teens we have a **Game Club** that meets from 3-5 pm on Mondays through 2008. You do not need to register and snacks are served along with fun and challenging board and card games.

We also have some special guests stopping by. On **Sat., Oct. 18** we will be hosting **The Bat Chorus: the Unhuggables**. Songs, stories, puppets and live creatures that people tend to hate will be "on hand" at this exciting event with David Stokes. Bring your camera! On **Sat., Nov. 1** the **Amazing Shu** will give us a magic show filled with humor and fun.

Call the Lakeview Library at 246-4547 for more information on these programs or just stop by and say, hello. I love to help people discover something new at their library.

From  
**DENNIS MCQUADE**  
 241-4849



**COMMUNITY SOCIAL WORKER**

**JFF Northeast/Truax Fall/Winter & Holiday Information**

As the holidays approach, the Northeast Joining Forces for Families office wants to remind northeast residents about some important holiday and fall programs.

Now through Oct. 26, WISC-TV3, Klinke Cleaners, the Community Action Coalition, and Magic 98 (98.1FM) invite you to participate in the 23rd annual KOATS For KIDS program

In order to receive winter coats and other outer gear from KOATS For KIDS, pre-register now at the Community Action Coalition Clothing Center (1717 N. Stoughton Rd.). Recipients must provide one of the following forms of identification for each person: Social Security card, medical card, insurance card, drivers license, referral from another agency or a Clothing Center Shopping Slip. Distribution will be at Northgate Shopping Center at Sherman and Aberg Avenues a block north of the north bus transfer point on Thurs. and

Fri., Oct. 23 and 24 from 10 am to 7 pm, Sat., Oct. 25 from 9 am to 5 pm and Sun., Oct. 26 from noon to five pm.

The sign-up for the Thanksgiving Basket program is from Sat., Sept. 20 through Sat., Oct. 18 for families with children, at local food pantries—including St. Paul Lutheran Church, the River Pantry, Atwood Community Center, S.S. Morris Church and St. Stephens. Individuals without children may sign-up for the baskets through United Way's 2-1-1 from Oct. 21 to 24. Bring identification for every current member of your household as well as proof of your current address including apartment number and zip code (post office boxes are not accepted).

There will also be some community "dine-in" Thanksgiving meals. Contact 2-1-1 or the JFF office for further information. Sign-up for Holiday/Christmas gift give-away programs such as the Empty Stocking Club and Toys for Tots has not been publicized yet, but will be beginning soon. Call 2-1-1 or the JFF office (241-4849) for further information.

Lastly, if you are experiencing repeated shut-offs or threatened shut-offs by the utility companies more than one year in a row, contact the JFF office at 241-4849 to learn if you would qualify for programs that may help prevent this.

**There's money in your mailbox!**

**Mysterious amounts to show up at homes all over Madison**

By Tammie Stuntebeck



MADISON -- You thought it was just another Monday when you strolled out to get the mail. The usual bills, credit cards, coupons sweepstakes, carpet cleaning, and -- a check?

It was an official-looking envelope, and it looked like there was a check inside. It must be one of those fake checks worth \$10 off a \$1,000 purchase from one of those mail order companies. You feverishly ripped open the envelope, ready to be disappointed, when -- wait -- it really was a check! A real check! \$176.27 real.

You looked at the accompanying letter and realized it was a rebate on the car loan you got last year and from your savings account. You remember the **Post Office Credit Union** loan officer mentioning the money back then, but you dismissed it as one of those, "yeah, right" deals.

But there it was. She had told

you it was the Credit Union's philosophy to share their profits with their members and give back a bonus on savings or other accounts and rebate checks on interest paid.

No, you won't find a bank doing it. But that's why you joined the **Post Office Credit Union** in the first place. You felt like they really cared and connected with you as a customer and a member. And it was easy to join. You just had to live or work in Dane County.

So, your step was a little quicker -- maybe even skipping -- as you went back to the house, happy in knowing two things. You just got money back in your pocket when you least expected it, and you made a really good decision a year ago to get that car loan from **Post Office Credit Union**. You actually whistled your way back into the house and had already begun thinking about ways to treat yourself with next year's check!

**Please join us!**  
**15th Anniversary Celebration**  
**Friday, October 10**  
 Warner Park Community Recreation Center  
 See page 3 for more information  
 15 years of building community

POST OFFICE CREDIT UNION  
 151 West Corporate Drive  
 Madison, WI 53714  
**608-244-3518**  
 NCUA MEMBER LENDER

COMMUNITY RESOURCES

HEALTH TIPS



**From Your Neighborhood Chiropractor**

By Dr. Ross Royster, D.C.

**Car Sales**

A recent article in the State Journal by columnist Dr. Peter Gott reminded me of my car buying experience. I had been looking at a Chevy, and the salesman was most helpful. But, after he spent considerable time with me, I explained that I still wanted to compare the car to others. Well, I ended up buying a Honda, and I dreaded having to explain this to the Chevy salesman, who would be calling. Upon hearing the news, he stunned me by saying, "I know you are going to like your Honda, because that's what I drive." I shouldn't have been surprised he didn't mention this earlier. A good Chevrolet salesman is going to tell you only about his product.

Now, in Dr. Gott's advice column a reader writes, "My sister has been suffering with back pain for a very long time, and her doctors haven't been able to find out what the problem is. She's had all kinds of testing, and they've put her on many different pain medications that haven't done her any good. Now they are giving her morphine." The reader goes on to ask if a vibrating recliner might help.

Dr. Gott's response is to explain a number of possible causes of back pain. His advice is for the sister to return to her physicians for a diagnosis and appropriate referral to a specialist. In other words, she should return to the doctors who have been unable to help her in the first place! I am just as frustrated by this advice as the reader must be. Dr. Gott does not mention the treatments for low back pain that have been proven most effective. Research has shown that simple over-the-counter pain medications (Tylenol is preferred) may be helpful. Stronger pain medications (including morphine) and muscle relaxants have no additional advantage according to the U.S. Agency for Health Care Policy and Research. Manipulation (chiropractic adjustments) and early exercise after minimal rest time should also be used. Dr. Gott doesn't even mention these as options. There is more research for spinal manipulation than other treatments for low back pain, so he must be aware of it. It appears, though, that he is hell-bent on selling Chevrolets!

The lesson here is to shop around for your health care, just as you would shop for a car. Do not trust any one health care practitioner to have an all-knowing and unbiased point-of-view. Your best bet is to recruit a health care team of practitioners from various disciplines. The more information you have, the better health decisions you will make.

NUTRITION TIPS



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



**Healthy Breakfast: The Meal of Champions** Have you ever heard the saying "Breakfast is the most important meal of the day?" Most people wonder how much truth really lies with this statement. Breakfast is indeed the most important meal of the day. We are going to discuss why it is so important, ways to incorporate breakfast into busy schedules, and provide some quick and simple breakfast ideas.

Breakfast is the main meal that refuels your body and gives you the energy needed to start a new day. People who consume a healthy breakfast on a regular basis are more likely to...

- Control their weight
  - Consume nutrients good for your body such as vitamins and minerals
  - Consume less fat and cholesterol
  - Be more alert and productive during the day
- Many people know they should eat breakfast, but have no time in their busy morning schedule. Some great ways to make sure breakfast is part of your morning routine include...
- Getting up 10-15 minutes early
  - Planning/preparing breakfast the night before
  - Choosing items that can be con-

sumed on the run  
Breakfast can include dairy, fruits, vegetables, proteins, and grains. Some quick and simple healthy breakfast ideas...

- Yogurt, fruit, and granola
- Ready to eat cereal
- Whole grain muffins, toast, pancakes, or waffles
- 100 percent fruit/vegetable juice
- Cottage cheese with fruit
- Oatmeal
- Mixed nuts
- Fruit smoothies
- Remember leftovers can be a breakfast meal

Now that you know the many benefits of breakfast instead of making excuses, start making some lifestyle changes to start including a healthy breakfast into your daily life. You may be amazed with how breakfast can make you feel better and prepare you for anything!

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



**SATURDAY, NOVEMBER 1 ~ 10 AM - 4 PM**  
**MAPLE BLUFF VILLAGE CENTER, 18 OXFORD PLACE, MADISON, WI**

**"OLD STUFF AT THE BLUFF"**

**Antique Appraisal & Sale**

- Bring your heirloom items for verbal appraisal by accredited appraiser
- Shop for vintage treasures from area antique dealers
- General Admission: \$3 • Appraisal by appointment only with Ticket: \$10 for five minutes • Refreshments available for sale

**Please Note:**

Limited five-minute time slots are available... be sure to order your ticket by October 17. For more information or to reserve your Appraisal Ticket, please call Kathi at 608-237-8111.

Proceeds from this event support the Wisconsin Council of the Blind and Visually Impaired, a not-for-profit organization.

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**Open House**

**Tuesday, October 14**  
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SENIOR

From

CHERYL

BATTERMAN MPA  
cbatterman@nescoinc.org



NESCO Executive Director

Caregivers Get Help

There's a new catch word in the senior adult community that's getting a lot of much deserved attention: caregiver. Acting as a caregiver can mean a variety of things—and many caregivers may not even consider themselves such. At the North/Eastside Senior Coalition (NESCO), we consider caregivers anyone actively involved in helping make the lives of those they care about better—whether it be through cleaning a home, helping with personal care or grocery shopping, offering rides, living with someone, or simply monitoring someone's health. The person receiving care may be a family member such as a spouse, parent, child, or sibling—or it may just be a friend or neighbor you care for. Either way, offering such caring services can take a toll on the lives of caregivers over time.

NESCO offers three monthly Caregiver Support Group programs for caregivers. Two English-speaking programs occur either the first Tuesday of every month, 10-11:30 am at Warner Park Community Recreational Center or the first Thursday each month, 7-8:30 pm at Bashford United Methodist Church. A Spanish-speaking program (Grandparents Raising Grandchildren) occurs the fourth Wednesday of every month,

6-9 pm, at Madison Senior Center. These programs provide an opportunity for those providing care to loved ones to come together to share their feelings, experiences, and coping strategies with others in similar situations. It is a place you can get advice, information, and support. Refreshments are served.

With the financial help of United Way of Dane County and Attic Angel Association, NESCO also offers a workshop series "I'm a Caregiver...now what?" This 3-part informational session will be offered Oct. 6, 13 & 20, 5:30-7:30 pm at United Way (2059 Atwood Ave). Topics include practical skills (moving, lifting, transferring, infections control, etc.), power of attorney (healthcare and finance), and caring for someone with Alzheimer's or dementia. Transportation and respite care are available; call 243-5252 to RSVP.

For more information about NESCO caregiver programs, contact Cortney Doescher-Hino (English-speaking) at [chino@nescoinc.org](mailto:chino@nescoinc.org)/243-5252 or Yolanda Salazar (Spanish-speaking) at [ysalazar@nescoinc.org](mailto:ysalazar@nescoinc.org)/243-5252.

The holidays are a hectic time for everyone—caregivers especially need to take care of themselves. We encourage caregivers to look into these free resources to help ease the stress of caregiving.

**THE NORTHSIDE NEWS:**  
**Your Community**  
**Newspaper**

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 Bashford United Methodist Church (329 North Street) and include the following:

**Bingo:** 1st Tues. each month & all Fri.s, 10:30 am/WPCRC; 5¢ per game with cash prizes.

**Cards & Puzzles (FREE):** Mon.-Thurs., 10 am/Bashford and WPCRC

**Caregiver Support Group:** 1st Tues. each month, 10 am WPCRC & 1st Thurs. each month, 7pm Bashford United Methodist Church

**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

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

**Low-Vision Support Group:** The third Thurs. of each month, 10:15 am/WPCRC

**Nutrition Education (FREE):** 2nd Thurs. each month, 11 am/Bashford & 4th Wed. each month, 10:30 am/WPCRC

**Nutritious Lunches:** Mon.-Fri., 11:30 am/Bashford & 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.

**Senior Exercise (FREE):** Wed, 10:30 am/WPCRC & Thurs, 10:15 am/Bashford

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



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**WARNER PARK COMMUNITY RECREATION CENTER NEWS**

From  
**BRAD WEISINGER**



**Community Services Manager**

**Food for Free Fitness**

WPCRC wants to help our Northside Neighbors. From Oct. 13-31, if you bring in non-expired and non-perishable items (i.e. canned goods, sealed boxed foods, sugar, flour and hygiene products) we will support our Northside Neighbor LakeView Food Pantry. Help us help others during October. Let's show all Northsiders that together we can make a difference. Your non-perishable items will give you access to the exercise room or open gym. WPCRC ID cards are still required. Bring your item to the front desk and you will help two people – you and your Northside Neighbor.

**Childcare Room**

October – December 30  
Mon, Wed and Thur: 5–8 pm  
Tues & Thurs: 8:30–11:30 am

Annual Membership holder:  
\$2 first child, \$1 each additional  
WPCRC ID card holder  
\$3 first child, \$2 each additional

The playroom may close 30 minutes

before the scheduled ending time if there are no children present.

**Gift Certificates:**

WPCRC will gladly customize a gift certificate for an annual membership or a 20-visit pass for that special person in your life. Just give us a 24-hour notice and we'll have it ready for you at our customer service desk. Just call 245-3694.

**Holiday Fun at reasonable prices**

WPCRC has several rental dates available in November and December if you are planning a holiday party for your family, friends or business. The winter views from the community rooms are lovely and best of all, the WPCRC staff will do all of the set up and take down for you. WPCRC is a great place to be - especially during the busy holiday season! Make your reservation today. Call Diane at 245-3694 for rates and additional information on how to make your holiday event extraordinary.

**Holidayfest 2008**

The Center's 9th Annual HolidayFest Art and Craft show will be held Dec. 6, 9 am-3 pm. There will be food, entertainment, door prizes and lots of shopping – DO YOUR HOLIDAY SHOPPING AT WPCRC. Come for the fun and enjoy the day. There is a \$1.00 admission. Age 18 and under are free. Concessions available.

**See you at the Center!**

Sat 8 am–8 pm  
Sun 11 am–6 pm

For information on MSCR classes please call 245-3669.

**Fall/Winter Hours at WPCRC**

Exercise room closes 15 minutes before the building.

**September-December**

M, W, F 8 am–10 pm  
Tu, Th 6 am–10 pm



**NORTHSIDE PLANNING COUNCIL**

★ 15 years of building community

**Please join us!**  
**15th Anniversary Celebration**

**Friday, October 10**

Warner Park Community Recreation Center

See page 3 for more information

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**COF busy raising pool funds**

By Dorothy Borchardt

Circle of Friends

**Walking for a pool**

On Aug. 23, the Circle Of Friends held its fourth annual walk to raise money and community awareness for the Warner Pool. The weather was perfect and the PDQ brownies were delicious. To quench our thirst we had bottled water from Walgreen's and Crystal Lite from Kraft. It was an enjoyable walk with our friends and neighbors. We had participation of all ages, from grandmas to grandchildren.

The walk is one half of our golfing and walking for the Warner Pool. The two events alone raised \$11,674 in 2008.

Congratulations to Helen Falch and her team, Helen's Hoofers, for winning the traveling trophy for the largest team and to Steve Nelson from DuWayne's Salon for coming in second this year.

Thanks to the the team Captains of the Brentwood Village Neighborhood, Chet's Car Care, East High Fabulous 50s, Grandma's & Gremlins, Jazzetts, Kiefer for Assembly, North/Eastside Senior Coalition, Northport Apartments, The Yoga Room and to all the volunteers and sponsors that helped make the walk a special event.

**Cookies for a pool**

To those of you that vote at the WPCRC you know the Circle of Friends sells fresh baked Chocolate Chip Cookies on Election Day. Thanks to all of you, for not only voting, but for buying cookies to help the Warner Pool fund. Huge thanks to the bakers and the sellers and Center staff. When you vote stop and see us on Election Day, Tues., Nov. 4.

For more photos and list of sponsors please check out our website at [wpcrcfriends.com](http://wpcrcfriends.com)

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**SPORTS & RECREATION**



**Madison Stars off to a shooting start**

By Lynelle Harrison

The Madison Stars Basketball Club, Inc., just started their fall/winter basketball season. Over 60 girls are playing this inaugural season. The girls range from kindergarten through eighth grade. They will play in the Tri-County league, YMCA league and attend tournaments in the Madison area and other southern Wisconsin cities. Our home games will be played at Warner Park Community Recreation Center and Sherman Middle School on the weekends.

The Madison Stars is a non-profit 501c3 youth basketball organization based on the north/east sides of Madison. Our mission is to "promote good sportsmanship and healthy, active lifestyles to children through the sport of basketball". These young girls sure get their exercise during our skills development clinics and their team practices. They are also developing friendships and learning teamwork, respect and responsibility.

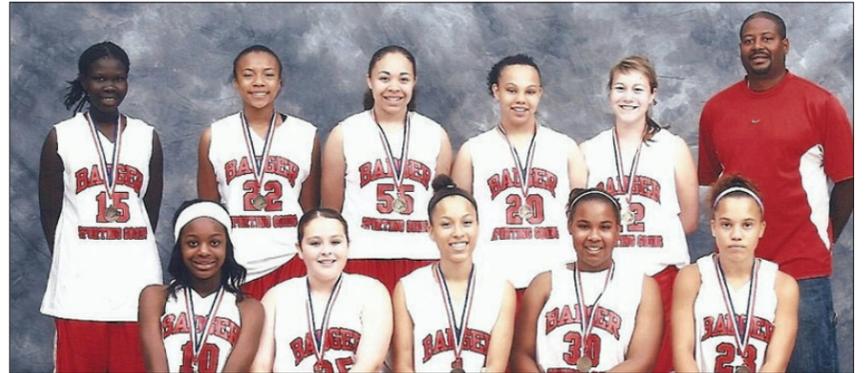
This past summer, we raised over \$1,000 for our Rising Stars Scholarship Fund. The fund makes it possible for those who would otherwise not be able

to participate. Because word is spreading and more girls are joining, our funds are almost depleted. We don't want to deny any player from participation, and we won't. We are asking for the community to help and support the Madison Stars because these girls truly are "rising stars"! Any donation amount, large or small, will be accepted! Your donation is tax deductible. You can send your donation to: Madison Stars Basketball Club, Inc., PO Box 14582, Madison, WI, 53708-0582.

A big THANK YOU to our sponsors: Underground Printing, Impact Sports, Uno Chicago Grill, Benvenuto's, MSCR, Grins and Giggles Childcare and Madison Chiropractic. With these generous sponsors, we gave our players a Madison Stars t-shirt, which they can proudly wear all over the Northside!

Although our season has started, we are still accepting players of any skill level to play for the Stars. Please join us! Visit our website for more info and our pictures at [www.madisonstarsbasketball.com](http://www.madisonstarsbasketball.com) or contact Lynelle Harrison, Founder/ President, at 692-0218 or [madisonstars@hotmail.com](mailto:madisonstars@hotmail.com).

**Northside 9th grade girls win first place in national tournament**



**Top row: Chol Bading, Leigha Hodges, Makailah Dyer, Mariah Burmah, Jennifer Kjin, Coach Tyrone Cratic. Bottom row: Labreya Johnson, Shiyalyn Schumacher, Deja Daniels, Kristina Clair, Adrianna Stephens. Not pictured: Airanna Silva, Kaitlin Morrison, Coach Mike Morrison**

By Sonci Clair-Thomas

The North/East Sherman Youth Basketball Programs ninth grade girls team, sponsored by Badger Sporting Goods, earned the first place trophy in the American Youth Basketball Tour's National Tournament played in July in Bloomington Illinois. After a 6-1 record in pool play where they prevailed over teams such as Windy city, Chicago Style, Lady Jays, and Dunlap, the girls went into the championship against the Predators, who were undefeated. The game was a nail biter, with both teams staying neck and neck. Tied with 15 seconds left in the game, Badgers guard Adrianna Stephens put the team up by three points. A last second block of a three-point attempt by Chol Bading, who only allowed them to get two points, gave the Badgers the

win by one point. These girls have worked hard to all summer even beating the AAU team Wisconsin Swing at the Jimmy V Classic in the Dells the weekend before.

This is Coach Tyrone Cratic's fourth first-place team in this tournament. Cratic is also one of the co-directors of North/East Sherman Youth Basketball program with Terry Tiedt. This program has 12 teams for their spring-summer calendar this year, with players from not only the north and east side of Madison but the outlying towns such as Waunakee, Sun Prairie, and as far a Beloit. The name NESYB / BSG has been working for the youth in and out of the community for many years.

For more information about the NESYB program, please visit [www.nesyb.org](http://www.nesyb.org).

**NORTH/EASTSIDE YOUTH BASKETBALL AKA BADGER SPORTING GOODS REGISTRATION DATES**

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Boys & Girls K-3 Grade for Eagleball 3vs3  
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4th-8th Grade Boys Skills & Fundamental Camps  
Oct. 20 Sherman M.S. 4th-6th, 6-7:30 pm & 7th-8th 7:30-9 pm



We still have opening for our girls teams, 5th-8th grades. If interested, call Sonci at 209-2793

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# The Northside *TownCenter* Almanac



## What's Happening in Your Neighborhood



## *The Past, The Present, The Future*

One hundred and fifty years ago our Great Grandfather, Ernest (Ernst) Bruns, acted on his dream to come to America, to the "new world." The journey itself was hazardous. Nearly thirty percent of those traveling here died on the boat. But look at the faces of those who survived (Great Grandfather, Ernest is bottom row, right, in the photo, our Grandfather, Ernest August Bruns, is immediately behind him, Johanna Bruns, née Helmke, our Great Grandmother is sitting with the girl, Minnie, to the left). They were strong and they had a strong vision of a better life. Today the Bruns farm is the site for The Northside TownCenter, The Trafalgar Apartments and The Northside Professional Building.



Just fifteen years ago marked the creation of the Northside Planning Council, which has been instrumental in building the Warner Park Center, expanding the Lakeview Library and bringing us our own Farmers' Market. Its members have also been people with vision for a better life.

And now with the rise in gas prices, high costs of suburban mortgages and a general feeling of estrangement, we are again looking to neighborhood. A place where we can live together, work, shop and enjoy a park, a baseball game or a dinner out. That is our vision: "The world within an easy walk." We are glad we can help create this with you, together.

—Dave and Don Bruns



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**The World Within An Easy Walk!**