



NORTHSIDE NEWS

Vol. 20, No. 5, Issue 119

20TH ANNIVERSARY COMMEMORATIVE EDITION

April / May 2015

Is open space empty space? *The many lives of Warner Park*

By Jim Carrier

Enter the lobby of Warner Park Community Recreational Center (WPCRC) and look left. On the wall is a large framed sepia sketch labeled, “Warner Park Master Plan.” Drawn around 1990, the map inscribes a cautionary tale — a plan is subject to change.

The building it hangs in, for example, is not on the map. Nor is the dog park or the current Mallards baseball complex. In fact, the six-decade history of Warner Park — from farmland to flooded marsh to its current 213 acres — is a story of regular redesign. Now, more revisions could be in the wind.

On April 29, from 6–8 pm at WPCRC, the Madison Parks Department will hold a “visioning” session to gather opinions on Warner Park’s future. According to Alder Larry Palm, the event was prompted by a “fairly broad community discussion about things the park should be doing or not doing.” Among the proposals, he said, are a swimming pool, a splash pad, a library, a



Above: Brentwood Neighborhood children look for bass in Warner’s lagoon. (Trish O’Kane). Top right: Boys play basketball at Warner’s court near Culver’s (Jim Carrier); Middle right: Mallards Baseball attracts more than 250,000 people to Warner Park each summer (Mallards Baseball); Bottom right: A great blue heron is one of 136 species of birds found in Warner Park (Jim Carrier).

Brentwood neighborhood center, expansion of the existing recreation center, and a remodel of the Mallards’ Duck Pond.

There is also resistance to change. “The park can’t accommodate everything,” Warner Park continued on Page 26

In the know about traffic flow

By Anita Weier

The results are in for a study of the effects of the 2013 redesign of North Sherman Avenue from a four-lane configuration to two lanes with a center turn lane and bike lanes. The study by the City of Madison Traffic Engineering Department shows the street is safer, vehicle speed has slowed slightly and traffic is somewhat reduced, although critics note that the study does not include the effects on business volume or diverted traffic to Packers Avenue.

The results indicate that traffic volume declined 13 percent at 2200 Fordem Ave., 14 percent at 500 N. Sherman Ave. and six percent at 2400 N. Sherman Ave. Traffic increased 14 percent at 1800 Commercial Ave. but dropped 21 percent at 1700 Aberg Ave. Speed decreased from 38.2 miles per hour (mph) on the 2400 block of North Sherman Avenue to 37.5 mph. On the 400 block, speed decreased from 39.5 mph to 35.6 mph. Vehicle crashes were reduced from 22 in 2012 to 10 in 2014.

Traffic Engineering also studied whether traffic queues would develop on Sherman Avenue at Aberg Avenue, the signalized intersection with the most traffic. It found that traffic queues currently clear the intersection during each green phase during peak traffic volume times. City staff said they could not make valid comparisons of traffic queuing at the

Sherman Traffic continued on Page 11

Martial arts for all

By Laurel Sampson
Northside News

“You don’t have to be the most talented. You don’t have to be able to do the splits. You don’t have to have big muscles. You don’t have to be able to kick through a brick,” explained Charles Dean, instructor and owner of Hwa Rang Do’s (HRD) newly opened Northside location. “The benefits of studying martial arts reveal themselves through balancing the physicality of the sport with the meditative components.”

Dean understands that the idea of martial arts might be intimidating at first but believes in the universal benefits of HRD. “Once you start moving on the floor and you see that you can do everything that everyone else is doing, it changes everything. People have different reasons why they come here. The little kids can gain discipline and self-control. We start at 3 years old and tailor the classes accordingly to focus on listening, following directions, coordination, agility and basic components of martial arts. Then, as they get older, it helps develop physical fitness and their ability to stand up for themselves. As an adult, sometimes you are looking for the comradery, the social connection to other people, or you are interested in the competition component.”

Different life experiences also bring students to HRD. “Whether you are a youngster, someone who is experiencing one-side paralysis, someone who might



Photo by Jamie Johnson

Hwa Rang Do owner Charles Dean

be a little overweight, or a man or woman who was in an abusive relationship, it’s the perfect outlet,” Dean said. “Being able to handle yourself assertively and feel in control can be empowering.” HRD teaches the building blocks of self-defense — how to be vocally assertive, speak directly and use good eye contact. After learning the stages of self-defense, the curriculum moves to Tae Soo Do and graduate level Hwa Rang Do.

HRD is unique in its humanitarian focus. It was instilled in Dean to be an active part of the community. “Our founder says you can teach anyone how to punch or kick, but it’s harder to help, heal and nurture.” HRD provides free self-defense seminars to the Girl Scouts and Lunch ‘N Learns for area organizations.

After briefly detailing some of his competitions around the world and other achievements, Dean is quick to point out that “everything in the universe possesses an equal opposite. There has to be balance

Hwa Rang Do continued on Page 9



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NORTHSIDE NEWS



Happy 20 Years to the Northside News!

By Abha Thakkar
Northside News

Welcome to our commemorative issue celebrating 20 years of the Northside News. Just how important has this newspaper been to our community? We thought we'd let the words of Northsiders speak for themselves. You'll find their reflections and well wishes scattered throughout this issue. Enjoy!

Thanks to our Northside business supporters

You'll also find our celebratory badge (see above) on ads throughout this edition. These advertisers donated \$25 in support of Northside News technology and infrastructure upgrades. Thanks to the following businesses for their support:

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with \$24 to receive your free Northside t-shirt. Thank you!

Reflections from two former editors

Jim Powell, NPC executive director and Northside News editor, 2001-2008
The Northside News really forged the community's identity as "the Northside" (and it's one word, not two). The projects NPC took on during my tenure — library expansion, new grocery store, keeping elementary schools open, school equity, guiding Troy Gardens' evolution into an independent organization, the North Star Awards, the TimeBank, Dane County United, Grassroots Leadership College, protecting Cherokee Marsh from development, aiding residents in troubled apartment complexes — became the Northside's priorities because of the newspaper's seminal role in educating and motivating a community that wanted to work toward the common good. With my old colleague back on board as editor in its 20th year, I am confident the paper will continue and expand on that tradition.

Lauri Lee, Northside News editor, 2009-2013

The Northside News has been valuable over the past 20 years to help connect the people living and working in our diverse Northside community with those around them. Like a cheerleader, it champions the community to boost local business, support local nonprofit organizations and help us get to know our neighbors a little better. I served as the editor and advertising manager from 2009-2013, but because I am so passionate about the publication's significance to the community, I've continued as a business writer and proofreader. The newspaper's strength lies in the volunteer writers and contributors, as well as loyal advertising support that keeps it responsive to our local community.

Happy Anniversary to the Northside Planning Council and Northside News.

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 Or, email it to us at editor@northsidenews.org

Include your full name and either your phone number or email address so we can contact you if you win.

And the February / March 2015 winners are...

Antonio Colas	Rachel Kerry Daley	William Beese
Jim Quinlan	Charles Sabeau	

We'll be in touch with your prizes! Thanks to everyone for participating!

NORTHSIDE NEWS

www.northsidenews.org

Published bimonthly and copyright by the Madison Northside Planning Council, Inc.
 Circulation: 13,000 Households and Businesses
 2702 International Lane, Suite 203, Madison, WI, 53704
 608.230.1222 • editor@northsidenews.org
 Printed and mailed by JB Kenehan, Beaver Dam

Publisher: Northside Planning Council
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 Proofreading: Rita Lord, Lauri Lee, Terrie Anderson
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Next Edition: June / July 2015
Contribution Deadline: Monday, May 4, 2015
Distribution Dates: May 29–June 2

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1/8 Page (vertical)	\$120	Add \$35	2.375" W x 8" H
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1/4 Page	\$240	Add \$55	4.917" W x 8" H
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NORTHSIDE NEWS

From
ABHA
THAKKAR



EDITOR

Letters

To the Editor

Forward together

On the Monday following Tony Robinson's shooting death by Madison police officer Matt Kenny, I came home to discover that my own house had been broken into.

No one had been home during the crime, but my husband found the door broken in and called the police. Eight squad cars arrived at our house, and a pack of police officers, guns drawn, scoured every room for a suspect. All of this, as my three-year old daughter and my husband watched from the front lawn.

A wave of fear washed over me. And then relief that my small family was safe. And then sadness that our sense of security was now shaken. And then the anger settled in. Surprisingly, it wasn't at the perpetrator. It was at the people who would use moments like these to try to manipulate me into fearing my neighbors. I won't do it. I won't live in fear of other human beings because one person broke the law.

In the following days, a black man was arrested as a suspect in the case. His boots perfectly matched a print that was taken off of our front door. It appears that, in his addiction to heroin, he was searching our house for cash.

I wondered: Why does this same story keep being re-played? How do we change the narrative? How much of his circumstances could be chalked up to institutionalized disparity and how much was just plain bad decision-making on his part? What if the police had found him and he had acted belligerently? Would he have been shot and killed in our home? Would he have deserved to die for this? But wouldn't the officers who stepped up to serve have the right to defend themselves? And how would they have felt, after taking a man's life? How would that have changed their lives irrevocably? And wouldn't I have rather given up a television and an iPad than know that a man's life had been lost in the name of our stuff?

Thankfully, that worst-case scenario didn't happen, but my heart ached with helplessness.

As the victim of a crime, I resolved to do what I could to ensure that the perpetrator gets the treatment he needs, that he is not left alone to overcome a life-devouring addiction, and to also ensure that he cannot be a danger to the families in our neighborhood again. I will thank the police officers who came to protect us. I will get to know

my neighbors so that we can watch out for one another. I will work to change a world in which a lack of opportunity spirals so readily into crime.

So, whose side am I on? I reject the idea that there are only two sides here and that we must pick one. There is another way. I am on the side of compassion. I am on the side of empathy for all of the complex, imperfect, precious human lives involved. I am on the side of self-leadership, of believing that people are capable of marshaling their best selves for the collective good when given the opportunity and tools to do so. And I am on the side of grace for when we make mistakes — as we all inevitably do.

I am also on the side of real, face-to-face relationships, knowing that when we look another person in the eye, we cannot deny their humanity, our suspicion cannot sustain itself, our stories become intertwined with each other's, our assumptions are transformed. It is that kind of deep investment in one another that will eventually save us from ourselves.

But none of this happens automatically or easily. We must commit to the work. We must be intentional but authentic in our relationship-building. We must be patient and listen more than we talk. We must be willing to be uncomfortable and put away our defensiveness. We must question our systems and learn to tolerate dissent and ambiguity. We must accept that sometimes we will celebrate and sometimes we will despair, and sometimes we will need to keep to ourselves, because the work is asking more than we have to give.

I don't have all the answers, but I believe we already have all the tools we need in one another. By embracing each other, we can haltingly, step-by-precarious-step, find our way forward together.

If you would like to do this work with us — this challenging, sometimes exhausting, deeply rewarding work — please get in touch for more information: editor@northsidenews.org or 230-1222.

Cry now, fight in time

By Kate Howard

Tony Robinson was a beautiful young black man. Tony Robinson was a well-loved and compassionate young man. Tony Robinson was not, is not, some statistic. Tony Robinson was very important

to his friends and family, and he did not deserve to be gunned down by the police who were called and asked to help him.

I am a Northside resident who belongs to a family that looks like Tony's family. My son looks very much like Tony Robinson. That is one of the reasons my family has been so comfortable living in the very diverse Northside community. Since I am a white woman born and raised in northern Wisconsin, my experience with racism only began when I left my small town and went to college. Unfortunately, 36 years later I am still being educated in racism.

I have had to discommunicate people from my life this week because their thoughts and words have been nothing but hurtful and not truthful. Tony's death has made me realize how deep the roots of racist thinking run in our society. There are no statistics or facts that can justify any death of an unarmed black man or youth. During this week, someone stated to me that things seem to be getting worse. I had to remind them that black and brown people have been being killed and unduly incarcerated in this country without repercussion since our country's beginning.

At Tony's funeral, Tony's aunt, Lorien Carter, stated in a poem she wrote, "Cry for him now, but fight for him in time." Many of us, myself included, have been crying for Tony and his loved ones all week, and I am not sure when the sorrow will end. I am starting to understand more fully the heavy sorrow that many black people in our country carry in their hearts, and that as a society we have built up, and continue to build, a persecution complex for minorities. Our voices will not be quiet as to lessen the discomfort of those who claim to be neutral or do not understand the very real injustice that has been committed.

Trust the rule of law

By Shawn Smith

I need to express my views on this situation revolving around the investigation of the Anthony Robinson case. I understand the complexities of the issue, but I admit that I am tired of the media automatically indicting the police and claiming they are the risk to the public's safety. Public safety includes keeping violent offenders off our city streets, and it is an infallible fact that Mr. Robinson was a convicted violent felon. I address him as "Mr." because he was an adult who knowingly broke into a home

and robbed the inhabitants with a weapon. I am not sure why these facts are forgotten, while speculation and naive emotion dominate the narrative surrounding this case.

As a husband and soon-to-be father, I worry about my family's safety on a daily basis. Knowing there is a justice system that is allowing violent offenders to remain on the streets is beyond concerning to me. Research the following article and tell me the differences Mr. Robinson had in his case: http://journaltimes.com/news/local/target-robber-sentenced-to-three-years/article_2d720611-f94a-5945-b859-ebab1be0d53f.html.

I'll save everyone some time and tell you there is absolutely nothing different between the two robberies. I went to school with those exact kids in Racine, and everyone involved served time for robbing the Target Store with BB guns and toys. The judge made the statement that "a message needs to be sent," and I believe that sort of message needs to be sent to criminals in Madison to keep our streets safer. We need to elect judges who are willing to impose penalties for violent offenders because the FBI Uniform Crime Report even confirms that some of the highest recidivism rates are among violent offenders. Keeping violent offenders off our streets will lower crime rates, and no one in good conscience would be able to justify a scenario where neighborhoods are safer when violent criminals roam free on probation. Again, I emphasize violent criminal offenders because the intent behind those crimes imposes a direct risk to the men, women and children of our city.

I read comments in various articles posted online that other citizens are wondering what can be done to help the city of Madison and the African-American community in this area beyond holding more public hearings and meetings. I do not think it is farfetched to believe that African-Americans want what everyone else wants: a justice system that creates safe streets and neighborhoods. Police officers do not come to the decision to draw their weapons lightly, and the knee-jerk reaction of assuming there must be an investigation for wrongdoing by the officer is ignorant and naive. Do not misconstrue my faith in the police department as blind; I believe in accountability, and the Madison Police Department should conduct an investigation because it is the law — something Mr. Robinson had no regard for when he committed armed robbery.

It will be dark times in our great city if the men and women who protect our neighborhoods need to second-guess themselves on whether or not to defend their lives and ours, and I am willing to put my trust in their judgment every day because that is what they took an oath to do.

Northside Community

Sunday Supper

FREE!

Sun. March 29
4-6 pm

WARNER PARK COMMUNITY
RECREATION CENTER

Menu: Irish Stew
Featuring!
Community Groundworks' Pies

Sunday Supper Committee:

NPC, Northside Farmers Market,
MSCR, WPCRC, Boomerangs

UPCOMING SUNDAY SUPPERS

May 31
4-6 pm • Menu TBD
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Picnic at Warner Park Shelter
Guest Host: Open

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Guest Host: Open

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NORTHSIDE NEWS



Rebecca Kemble for Alder



Peng Her for Alder



Rebecca Kemble has my wholehearted support for alder of the 18th District. In the last few months, she has knocked on many doors, talked with residents, heard their concerns and now she is ready to represent us. She will take our concerns to the Common Council and show leadership in offering fresh and creative ideas for making our city government work for us. Rebecca will bring her knowledge and experience as a small-business owner and leader of workers to inspire economic development on the Northside. Vote for Rebecca Kemble April 7.

Dorothy Wheeler, former District 18 County Board Supervisor

Rebecca Kemble will be an excellent alder for the Northside. She is an intelligent, honest, caring person who gets things done because she works hard. To come into her home is to be welcomed warmly with friendship and humor by a loving family.

Anita Weier, District 18 Alder

Rebecca understands the importance of creating positive and educational opportunities for young people in our community. I'm proud to endorse her candidacy for Madison's Common Council.

Michele Ritt, District 18 County Board Supervisor

Rebecca has the experience, energy and commitment to be an effective voice for good jobs, good neighborhoods, and protecting our land and water resources on the Northside and citywide. With her background in business, education and nonprofits, she will bring unique perspectives to the Common Council.

Jan Axelson

Rebecca Kemble is both principled and practical. She has deep ties to her district and a demonstrated ability to work cooperatively to build the inclusive, vibrant communities that make us proud of our neighborhoods, our businesses, our schools and our city.

Margaret Bergamini, City of Madison Transit and Parking Commission

Rebecca Kemble could be the poster girl for the slogan "If you don't like your neighborhood, don't move — change it." She is that special kind of person who doesn't just talk about things that need to be done; she organizes the crew. When Lindbergh School was threatened with closing, Rebecca worked with the Northside alders and interested parents to get that decision reversed.

Later, when the school board pulled funding for all Northside summer programming

at a date too late for parents to make alternate plans because other programs were already full, Rebecca organized a contingent of people to speak at a special school board meeting that included public hearings on a number of cuts. That meeting lasted until after midnight but the board decided to discuss two decisions before going home that night. Funding was restored for The Safe Haven program on the Northside. And when Rebecca got involved with alders and our local assembly and senate officials to address healthy food choices, the Black Hawk Community Gardens became a reality.

Rebecca knows the Northside as a life-long resident and activist. She understands that our vitality depends on maintaining diversity through a wide spectrum of housing options and that economic development is critical. Growing businesses need to know about the Northside and all it has to offer, and residents need to feel empowered to start their own enterprises. She also respects our special Northside ecosystems and how important they are to the quality of life we enjoy.

Members of the Madison Common Council sometimes forget that they are stewards of the entire city with special expertise in their own districts. Alders need to advocate for local issues but not at the expense of keeping the city moving forward. Rebecca is uniquely qualified to negotiate those waters through her work with cooperatives and mediation. Almost any situation can result in a win-win outcome if the parties stay focused on the big picture.

We are proud to endorse Rebecca Kemble for City Council and hope you will vote with us April 7.

Dan & Char Tortorice,

I am writing to the Northside News to enthusiastically support the campaign of Rebecca Kemble for alder of District 18. Rebecca will be a strong voice for the Northside, listening and then leading on behalf of all residents. Rebecca has an impressive background with the type of economic development we need — community oriented that creates opportunities and expands resources for working families. We need a leader who supports investing in our present needs and preparing our community for a sustainable, quality future that we deserve. Vote for Rebecca Kemble April 7.

Ken Opin, Chair, Madison Plan Commission, District 18 resident

I can sum up my support for Peng Her with one word — diversity.

The Northside is Madison's most distinct and attractive area because of two features: its environment and its multicultural populations. The health of both requires a mix of lives, a nurturing base, food and air, cooperation, opportunity, and space to grow as individuals and as a community.

If this sounds airy-fairy, think of the Northside before the plow. The prairies and wetlands and woods that humans found here had thrived for eons because of ecological diversity. What kept them healthy, strong and sustainable are the same elements that build strong neighborhoods.

Peng Her embodies this promise. A war refugee, he found in the fertile space of Wisconsin the comfort of his Hmong family and the courage to strike out as an American entrepreneur. He has spent his adult life bridging divergent cultures — whether serving a plate of homemade food, teaching the value of fresh fish and gardens, teaching his children to hunt and fish, explaining in multiple languages ancient ethnic ways, or searching Madison's most challenged corners for ways to occupy and employ our children.

Peng and I do not look alike — that's the first thing you notice when he knocks on your door. But from the moment he started talking I saw a man whose values did not come from reading a book, but, rather, from overcoming adversity, listening, engaging and embracing both our differences and our shared humanity.

Jim Carrier

Northside Madison is lucky to have Peng Her as a candidate for Madison's Common Council. I've known Peng and his beautiful family for two decades. Over that time, he has shown his commitment to Madison in general and the Northside specifically in many roles: as a small-business owner, an educator, a community organizer and a cultural worker.

Peng's personal journey is one of fortitude and resilience, being a young child in a Laotian refugee camp, moving to a completely foreign place (the USA), learning a new language and culture, and eventually thriving in his new home. While becoming a respected American, Peng remained grounded in Hmong traditions. This shows in his deep respect for elders, his devotion to family, and his commitment to help advance the status of all Hmong in Wisconsin.

Yet he is not focused on working on behalf of only one group. Peng cares about the common good and, because of his unique cultural background, is able to bridge cultural differences while working on behalf of all. This is evidenced by his recent work with the Madison Urban League and the Center for Resilient Cities Community Center.

I also appreciate Peng's commitment to the arts. He knows that art of all types — visual, music, dance, theater and story — expresses key ideas about who we are as humans. Peng has helped both traditional and contemporary art forms thrive in communities.

Peng Her is a dedicated and hard-working public servant who will do his best on behalf of the entire community.

Anne Pryor

As a public servant for nearly four decades in my role as the Dane County Aging and Disabilities Services Manager, I gave constantly of myself for the betterment of the citizens of Dane County, Madison and my home — the Northside. I write this letter to you today, neighbors, because I believe the outcome of the April 7 election for city council will have a profound impact on our future. I hope you'll join me in supporting Peng Her.

Peng, too, has been a longtime public servant. As a former member of the Dane County Human Services Board, former board member at Troy Gardens and Community GroundWorks, and former member of the Northside Planning Council, Peng knows the Northside in and out. He has been president of the Cherokee Park Neighborhood Association. His three children attend Gompers and Blackhawk. Peng can tell our story.

Peng is also a member of Chief Koval's Community Engagement team, promoting safety in our neighborhoods and focusing on the continued expansion of Madison's strong tradition of community policing. Combined with his experience building strong neighborhoods, Peng is the candidate we need to sustain a safe and engaged Northside.

The city and the county recognized his experience and service this year with the Dr. Martin Luther King Jr. Humanitarian Award, a great honor and a signal of his level of devotion to our community. So please join me April 7 in voting for Peng Her for City Council. He's the leader we need to tell our stories, the story of the Northside.

Theresa Sanders

St. Paul Lutheran Church Annual RUMMAGE SALE

Thursday, May 7 8 am-4 pm

Friday, May 8 8 am-4 pm

Saturday, May 9 8 am-noon

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NORTHSIDE PLANNING COUNCIL

From

NIKKI SANDERS



NPC BOARD CHAIR

Greetings, neighbors

I can't believe the Northside News has been coming to our homes for 20 years. Think back to where you were 20 years ago. I was 24, pregnant with my son, Robert, and living in Monona. In 1997 we bought our first house on Sheridan Drive, and I was introduced to the Northside Planning Council (NPC). My neighborhood association needed someone to represent us on NPC's board. I was new to the neighborhood and wanted to get involved. What better way?

What better way, indeed. Since those days, we have grown the Northside News to be the best community newspaper ever (in my humble opinion), helped get Warner Park Community Recreation Center (WPCRC) built,

helped get Troy Gardens (now Community GroundWorks) up and running, brought a farmers market to the Northside, started the Northside Youth Council, built the FEED Kitchens, and are now serving our community with the Year of Equity initiative.

You may find yourself like I was 20 years ago — new to the area or just wanting to get involved. I highly recommend that, by the way. You can join in the Northside wave in multiple ways. Sign up for a program at WPCRC, join us for a free Sunday Supper March 29, take a tour of FEED Kitchens, write an article or submit a photograph to the Northside News, buy a share from Troy Community Farm, volunteer at the next Youth Empowerment Summit, join the Year of Equity movement or just be neighborly.

Remember, you don't have to move to live in a better neighborhood; you just have to get involved with the neighborhood you live in. I truly believe that and hope you do, too.

See you around the neighborhood.

Join in the conversation. Stay in the loop

Northside Discuss

Northside Discuss is the Northside's unmoderated e-list created by NPC in 2002 to provide a forum to post and discuss information and events of interest to residents of the Northside community of Madison. You can join the group at: <http://groups.yahoo.com/group/northsidediscuss/join>.

Northside Information and Community Events (NICE):

NICE is a Google Group that focuses on Northside announcements but without discussion. To join NICE, visit <http://groups.google.com/group/northside-info-and-community-events>

Celebrating 20 years of Northside News

As a neighborhood partner, and on behalf of the Bruns' family who has lived for four generations on the Northside since 1865 when Great Grandfather Ernest Bruns arrived from Hamburg Germany, we are very proud of our community. We congratulate and thank you for your wonderful work. The professionals who represent the Northside News continue to do an outstanding job of building community spirit. They are a very valuable resource and play a huge role in our community. Congratulations to the Northside News on 20 wonderful years of excellent reporting and neighborhood support. People like: Lauri Lee, Abha Thakkar, Sue Gleason, and other wonderful leaders who have worked in key roles for the Northside. *Thanks*

David W Bruns, President, Sherman Plaza Inc.

It has been a pleasure to participate in the Northside News as both a contributor and an avid reader. By no other means can I learn more about my community. Happy Birthday, Northside News!

— Ross Royster, Madison Chiropractic and Northside News columnist

Madison Gas and Electric Company (MGE) appreciates our partnership with and congratulates Northside News on its 20th anniversary! For the last 20 years, Northside News has provided a valuable home-grown communication service to Northside residents and businesses.

David J. Benforado, Community Services Manager, Madison Gas and Electric Company

MGE continues its support of FEED

The Northside Planning Council would like to extend our sincere gratitude to the MGE Foundation for its recent \$5,000 grant in support of the FEED Kitchens. MGE has been an invaluable partner in supporting FEED's community service mission, which includes job

training programs, small business incubation, increasing access to healthy foods, and improving the quality of life for all Northsiders. We are grateful to the MGE Foundation's contributions to making our community a better place to live and work.

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NORTHSIDE PLANNING COUNCIL

Carts comes calling

By Adam J. Haen
FEED Kitchens

Spring has sprung in Madison and that means the food carts have hit the streets. Here at FEED we have an ever-growing number of carts working out of the kitchens. Two of our newest highlight what is great about our facility and what we offer the community: the chance for new businesses to get started and for existing ones to expand or change their current model.

Delights is an Asian comfort food cart run by Mimi Phan-Dinh and Soheat Chau. They are brand new to the food cart scene, but saw an area that wasn't covered, especially with the high number of Asian students and Asian food enthusiasts on and near campus. They have Steamed Bao, Summer Rolls, Bahn Mi (Vietnamese sandwiches), Curry Chicken and Rice, and Shaved Snow in a variety of flavors. Their cart is bright and colorful, with lots of flowers drawn on it. You also get a bright smiling

face greeting you when you walk up.

Our other new user is no stranger to the Madison cart scene and an old hat at cooking fantastic food. Thony Clarke of Café Costa Rica closed his restaurant on Willy Street last fall and is concentrating on his already popular food cart and sauce line. FEED offers him the chance to go out in the cart, do catering, and work on his sauces without the overhead (and headache) of maintaining his own space. It also gives him the chance to spend time with his family and friends.

Within days after Thony's cart was parked in front of FEED, we were getting calls and he was getting Facebook messages from excited fans asking when he was going to be out again and when they could expect to see his sauces around town. We couldn't be happier to have him here.

Most of the food carts currently working out of the kitchens are new businesses, but we have had several existing carts come



Photos by Adam Haen

Two new FEED users from left to right: Delights, an Asian comfort food cart, and the Café Costa Rica food cart.

here, either because they had to move from their former location or because we are a more convenient location for them. We will have a few more carts starting up this spring and summer, along with bakeries, caterers, sauce makers and some we don't even know about yet. They come from all walks of life and experiences. We welcome them all. We help those that need it and stay out of the way of experts like Thony.

As the year goes on, we will keep highlighting new users and showcasing all of our users at our Open House Bazaars. The

next one is Saturday, April 11, and we hope to have a few of our food carts here, weather permitting. Our summer Open House Bazaar is Saturday, July 11, and we should definitely have a number of carts here then.

If you want to see who is working at FEED and what is going on, check out our website, www.feedkitchens.org. For more information about FEED Kitchens, how to use the facility, or to set up a tour, contact our manager, Adam Haen, at feedmanager@northsidemadison.org or call 204-7015.

Photos by Terrie Anderson & Sue Gleason



BOWLS ARRIVE EMPTY, HEARTS LEAVE FULL

More than 250 people attended the Northside Empty Bowls event at Warner Park Community Recreation Center (WPCRC) Saturday, March 14. The food was delectable, the locally made pottery was stunning, and the sense of community was strong. The event raised over \$1,800 for the FEED Kitchens. A huge thank you to Jacob Tissue at WPCRC, Madison Parks, MSCR, Northside Farmers Market, River Bakery, Cajun Cook, Mandy's Mood Foods and the

Northside Youth Council for their contributions. Empty Bowls is an international grassroots effort to fight hunger and was created by The Imagine Render Group. The basic premise is simple: Potters and other craftspeople, educators and others work with the community to create handcrafted bowls. Guests are invited to a simple meal of soup and bread. In exchange for a cash donation, guests are asked to keep a bowl as a reminder of all the empty bowls in the world.

Join Representative Melissa Sargent in supporting Mayor Paul Soglin



"Madison is a strong city that faces challenges. To be the best we can be, we need Mayor Soglin and his vision, leadership and unmatched ability to get things done."

— Representative Melissa Sargent

The Northside Votes!
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NORTHSIDE PLANNING COUNCIL

Timebank turns 10

By **Stephanie Rearick**,
Dane County TimeBank

The Dane County TimeBank wishes a very happy birthday to the Northside News. It's almost like our parent's birthday, since the Northside Planning Council (NPC) and the Northside News were instrumental in the birth of the Dane County TimeBank in 2004-2005.

The TimeBank is a mutual credit neighbor-to-neighbor exchange system. Each person or organization who joins lists what kinds of help they can offer and what they need. Then members link up to provide stuff (mostly services) to each other, and receive an hour's worth of credit (a number in an online account) for the exact amount of time they spent helping. They can then pass that credit on to get help from other members. Everyone's time is valued equally and it's a great way to connect people with the resources they need, which is often each other.

We knew we wanted the TimeBank to become countywide but also knew we needed to pick one neighborhood to start in. The Northside was a great choice. One reason was that the Northside is diverse in age, race, ethnicity and socioeconomic conditions. Another reason was that the Northside had a clear need because, at the time, it was without a grocery store. But the biggest reason was that the Northside was really organizing to make a great com-



Photo provided by the Northside News

TimeBank members building community over the years. To join the TimeBank now, visit danecountytimebank.org or call 663-0400.

munity, and NPC was at the heart of it.

Once the NPC staff — Jim Powell and Abha Thakkar were completely instrumental — and board signed on, we partnered to get a \$6,000 Neighborhood Leadership and Capacity Building grant and got started. The Northside News played a huge role, with the fantastic Terrie Anderson writing a bimonthly column in the Northside News on timebanking that generated the initial interest that made it work.

We started with a group of about 20

awesome people who came to Lakeside Library and became our first members. We held our kickoff at Lakeview Lutheran Church Oct. 20, 2005.

That means we turn 10 this year, just as the Northside News turns 20. To me, that is very auspicious synergy and I couldn't be more proud to share a milestone birthday year with one of our "parents."

And speaking of parents, one of my very proudest accomplishments was helping to bring together two wonderful people, Ben Schumaker and Abha

Thakkar, the current editor of the Northside News. They met when Ben was the TimeBank's first intern. Now Abha and Ben are married with a daughter.

The Dane County TimeBank now has almost 3,000 members around Dane County, and people around the world look to us for support and guidance. We're starting to pioneer some new ideas, like Neighbor-to-Neighbor Care Teams and Mutual Aid Networks. We hope you and other Northsiders will be part of it for a long time to come.

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- Improving Quality of Life:** Safeguarding our parks, our marsh, and the lake

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Peng pictured with Community Engagement partners Chief Koval and Michael Johnson as well as receiving the MLK Humanitarian Award from Joe Paris (inclusion in picture does not signal necessarily endorsement)



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LEADERSHIP for the NORTHSIDE

BUSINESS

Impact of Madison Chiropractic North doctors spans the globe

By Lauri Lee
Northside Business Association

Headaches and sciatica (leg pain) both played a key role in the birth of Madison Chiropractic North, which in April celebrates its 35th anniversary and honors Dr. Brent McNabb's retirement from the clinic. Launched in 1980 as Family Chiropractic by Dr. Ross Royster and Dr. McNabb, they wanted to help people enjoy good health and provide relief to those in chronic pain. Throughout the years, both doctors have been committed to helping others and responding to opportunities as they arose. Their impact spans the globe from the local Northside community to Latin America.

Brazil is where the story begins and continues over the years. McNabb and Royster met while serving as Peace Corps volunteers in Brazil after graduating college in 1972. McNabb worked in Brazil on community health projects with a young medical doctor, Dr. Sira Borges, from 1972-75. During this time, McNabb's mother, Dr. Betty McNabb, a doctor of chiropractic, visited Brazil to treat people in the community. While there, she treated Borges' mother, who had chronic headaches and sciatica. Borges was impressed that, from this introduction to chiropractic, her mother had found the first relief from pain in months. Life transformational for McNabb, he decided to become a chiropractor.

In 1975, Betty McNabb also introduced Royster to chiropractic. In 1976, both men attended Palmer College of Chiropractic in Davenport, Iowa. In spring 1980, wit-



From left to right: Dr. Daniel Soderholm, Dr. Ross Royster, Dr. Justin Rodriguez, and Dr. Brent McNabb of Madison Chiropractic-North.

chiropractic degrees in hand, they headed to Madison to start their business, which opened Feb. 2, 1981.

In 1985, Borges came from Brazil for a visit. She was impressed to witness firsthand what her friends were able to do with chiropractic and invited them to practice with her in Brazil. They responded to this opportunity and their business went international, more than 5,000 miles away, back to Brazil. Throughout 1986 and 1987, McNabb and Royster rotated three-month stints — one in Madison and one in Brazil.

By the end of 1987, Borges decided the time had come for her to be a chiropractor. McNabb and Royster connected Borges with Palmer College, which provided her with a scholarship. The doctors enlisted help from Wisconsin Chiropractic Association chiropractors throughout the state to help support Borges and her four sons while she completed her degree. After graduating in

the early 1990s, Borges went back to Brazil to establish a Brazilian Chiropractic Association with two other doctors.

In the mid-1990s, Feele University in southern Brazil contacted Borges to start the first chiropractic school in Latin America. McNabb and Royster again called on Palmer College, which helped start the first class of doctors and physical therapists as students in a two-year course. The professors flew in from Palmer College. In 2000, when the first 28 students graduated, McNabb and Royster flew to Brazil for the festivities. Some of these graduates later became professors for the full five-year course, which is similar to medical training. Today, there are more than 700 doctors of chiropractic in Brazil, with two university-based schools and about 700 students. Two of Borges' sons are now chiropractors, as is a nephew. Her daughter-in-law is currently in chiropractic school.

Meanwhile, back home, McNabb and Royster love the Northside. "We support the Northside in various ways," said Royster. "From annual food drives to contributing to Northside nonprofit organizations, we try to help in any way we can." Both doctors were founding members of the Northside Business Association, and Royster served as the organization's president in the early 1990s.

Madison Chiropractic has supported the Northside News since the very beginning. They've advertised in every edition and Royster has also written the Health Tips column. "It's been a privilege to write for the Northside News and watch the newspaper grow a sense of community over the years," said Royster.

McNabb might be retiring from the Madison Chiropractic North clinic but, certainly, not from helping others. "I plan to lecture on a speaking tour to Mexican chiropractors and help young graduates gain business experience," said McNabb. "There is no clinic model for them to follow about how to open a clinic and make it work."

McNabb's door sports a sign that summarizes his philosophy and that of Madison Chiropractic in a nutshell, "We make a living by what we get but a life by what we give." Happy 35th Anniversary to Madison Chiropractic North and a fulfilling retirement for Dr. Brent McNabb.

Madison Chiropractic North is located at 2205 N. Sherman Ave. Dr. Daniel Soderholm joined the clinic in 2005 after 24 years of practicing in Madison, and Dr. Justin Rodriguez started in 2008. The phone is 244-0044 and the website is www.madisonchironorth.com.

Photo provided by Madison Chiropractic

Rebecca Kemble's caring, committed and cooperative vision:

EDUCATION Building more collaboration between Madison schools and the city, to ensure all our students, including special needs and at-risk students, get the resources they need to succeed.

JOBS Working to create jobs for Northsiders. With the support of neighborhood leaders, we will develop a community jobs program targeted at creating and attracting locally owned businesses on the Northside.

HOUSING Support for working families; investing resources to northside families to stabilize neighborhoods. Partnering with Madison schools, we can develop a pilot program for the Northside that focuses on complete support for students and their families, to keep them in their homes.



Rebecca flanked by District 18 Dane County Supervisor Michele Ritt and retiring District 18 Madison Alder Anita Weier

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