

KENNEDY HEIGHTS CORNER

Fun in the sun at Kennedy Heights this summer

Editor's note: Each of the neighborhood centers on the Northside, Northport Community Learning Center, Packers Community Learning Center, Vera Court Neighborhood Center and Kennedy Heights Community Center provide invaluable summer programming for children in their area (and even for visiting family and friends). They offer a safe, fun environment for kids to participate in countless recreational and enrichment activities and serve hundreds of elementary and middle school students each summer. The staff act as dedicated mentors and tireless logistics coordinators. We visited Kennedy Heights to ask some of the kids there what they were up to this summer.

By Taliyah Garrett, age 12

During summer camp I am in a lot of different clubs. Let me tell you about them.

On Tuesdays I have horseback riding. It is fun. We get to go out to a horse farm. When we are there, we pet the horses and lead them through obstacles. After we learn more, we will get to ride them.

On Wednesdays I have jewelry club and sewing club. In jewelry club we get to make a lot of jewelry, like bracelets and necklaces. So far we have used string, rubber bands and beads. Soon we are going to use shells that Ms. Jaimie found when she was at the ocean. In sewing club I made a backpack. It was kind of hard, but my teacher helped me a lot.

On Thursdays I have pottery and music. Pottery is super fun. Right now we're making pebble bowls. We have to roll little balls of clay into a round kind of bowl then we push them down and pull the bowl out and put legs on the bottom of the bowl. Music is fun because we might make a music video or write our own song. We haven't decided yet.

This is my first year at Kennedy Heights Community Center and I'm glad I came to summer program. I am going to come to Girls Inc. once school starts in September.

By Destiny Madge, age 13

When we come to the center, we have different activities. The activities I picked were horseback riding, music, fashion and fitness. In horseback riding we learn about how horses live. In music we learn how to write music and we write our own songs. In fashion club we make stuff with different kinds of material. In fitness we work out. Every Monday we go swimming.

By Precious Owens, age 10

The summer program at Kennedy Heights Community Center is fun. I am in the elementary program. There is a middle school program, too.

We play a lot of games, and my favorite is dodge ball. My team lost when we played but everybody was a good sport. I hope we get to play again.

We go on a lot of field trips and my favorites are the library and swimming. At the library we got library cards. Sometimes I get to go swimming with the middle schoolers, too.

Another thing that is fun about summer program is making new friends. My new friend is Tyonna. We have lived in the same neighborhood for a long time but just met at summer program.

By Kevyana Holmes, age 11

My favorite club at summer camp is horseback riding. On the first day, I was scared when the horse came running toward me, but now I like being around the horses and can't wait to ride after we learn more. Before we get to ride, we have to learn about the horses and the farm and we have to help clean up. It is gross but I do it for my horse. My horse's name is Jellybean. She is nice. I hope I get to ride fast.

By Mia Yia Yang, age 13

Lunch is served at noon. Summer program starts at 12:30 pm. On Mondays we go swimming at Goodman Pool. We also have clubs that you can choose to be in. In the horseback riding club, we learned about horses' food and that each horse has to be fed the right amount or they can get sick. We also learned that, when cleaning the beds, you have to remove all the pee because the pee burns their skin. At the end of summer program, we take a field trip to Mount Olympus.



Photos provided by Erik Beach

Students work on sketches for the Warner beach house mural as part of Kennedy Heights Community Center's youth summer programs. They're working with Northside artist Alexis London to create wooden panels that will wrap around the beach house. Read more about the beach house mural on page 17.

For more information and online copies of Northside News visit: NorthsideMadison.org

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KENNEDY HEIGHTS CORNER

You are invited to the First Annual Kennedy Heights City Talent Show



By Kevin Graham age 13

Kennedy Heights Boys Group/Leadership Group is hosting a citywide back-to-school talent show. Kevin Graham is the director of the talent show. Anyone who wants to show their talent may audition for this event. You can dress classy and amaze people with your great talent.

Auditions are two weeks prior to the show so we can see what acts the participants are doing. Auditions will be held at Kennedy Heights Community Center Friday, Aug. 8, at 3 pm. Performers will be able to sing, dance, do

skits, etc. Performances must be four minutes or less. There cannot be profanity or anything that will be unacceptable for a group of youth in your lyrics or act. We would like at least 35 acts in the talent show. Please contact Erik House at youth.program@khcommunitycenter.org or by phone at 244-0767.

The Kennedy Heights Talent Show will take place Friday, Aug. 22, from 6–8:30 pm. All community centers of Madison are welcome to attend or to be in the talent show. This is a city-wide event, so everyone in the city of Madison is welcome to attend the talent show. Bring everyone you can to this event. We hope to see everyone there. It will be a blast.

Kennedy Heights Youth Programs



By Alex Sannikov age 14

Kennedy Heights Community Center helps children by taking care of them every day. They serve lunch at 12 pm and a snack at 4–4:30 pm, and that's open to anyone in the community who walks into the center.

They pick children up every day at White Horse Middle School. The boys' group meets every Tuesday and Thursday from 2:30–7:30 pm, and Girls Inc. meets weekly as well. This is a great place to let your kids have fun. We always go to the Goodman Pool on Monday, and we go on trips on Friday. This program keeps kids off the streets.

Kennedy Heights also makes sure your grades are good. The center offers preschool for children ages 3–5 year-round and offers a half-day 4K program taught by a school district teacher. Children in kindergarten through third grade can attend Kennedy Heights' after-school program, which allows children to play and helps them with homework. Children in fourth and fifth grades can attend the after-school program, which offers help with homework, provides snacks and technology access. The youth program actively engages youth in decision-making roles and focuses on helping youth explore positive options for their future. They take you to colleges so you can be interested in a lot of colleges.

Homeschool versus public school

By Daejah Gutierrez age 13

I went to public school in Madison until the middle of seventh grade. In my opinion, homeschool is way better than public school. Being taught in the on-line program K-12 is the best choice I made this year because they allow you to take your time and take the time to help you. When you feel overwhelmed, you can take a break and log back on when you feel comfortable enough to continue your lesson.

Being taught in a public school is a little challenging because when you get an assignment, it's usually due the next day, and you constantly have to do work throughout the day. You can get overwhelmed. Also, at a public school you have kids constantly being bullies and talking back to teachers and staff. In homeschool your child doesn't have to worry about getting bullied, and parents don't have to worry about their children talking back to teachers. That's why I prefer homeschool, rather than going to public school.

Girls Inc. at Kennedy Heights Community Center

By Rayajah Bailey age 15

I joined Girls Inc. this year when I moved into Kennedy Heights. It's a lot of fun. We have fun at the center and go on field trips. The center always has snacks or we have dinner that they cook for us.

The center also has a homework

club, which is the first group I came to. I live with only one parent, and she doesn't have time to help me with my homework, so I go to the center to get help or answers to questions.

I also like to come to the center so I don't get into trouble, and it is a place to get away from my brothers at home.

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POLICE & HEALTH

From
**CAPTAIN
JAY
LENGFELD**
NORTH DISTRICT POLICE



I hope everyone is having a great summer. As the weather warms, we generally see an increase in property crimes, and that has been the case this summer. It is important to keep your doors locked, keep the garage door down, never keep valuables in your vehicle and, most importantly, watch over your neighborhood. If you see someone or something suspicious, call the police right away. We want you to make the call.

We continue to have great success in clearing felony cases this year, which has helped reduce crime. We have also been working on a number of problem-solving initiatives.

The Fourth of July celebration on July 5 was a big success, from the Gold Wing parade to the all-day family activities to the fireworks show. A big thank you to the Northside Planning Council and the Madison Mallards baseball organization for making this event happen.

Mark your calendar for the National Night Out. On August 5 from 5–8 pm, come to Warner Park and watch demonstrations, get a close-up look at police vehicles and equipment, receive safety information and meet other residents. This is a great community event and fun for the whole family. The Madison Mallards will host a bike parade between the doubleheader baseball games and will have a station to fix bikes and give out bike helmets.

If you cannot attend the event, please turn on your porch light that night as part of the national effort to invoke a sense of safety, pride and community.

Be safe.

Hero from Page 1

return to Madison, Frank became known for his generous spirit, kindness, patience and loyalty. He married Geraldine Melby in 1951 and they were blessed with two daughters and a son.

Frank continued his dream of living and raising his family on Madison's Northside, where he worked to protect his neighbors as a Madison firefighter for 35 years. Although Frank retired in 1982, he vividly remembers the names and details of the other firefighters on his first crew. Frank passed away a few weeks af-

ter the firefighters visited him but countless memories were rekindled for Frank that lead to joyous conversations for his whole family thanks to the Madison Fire Department.

The Ladder 8 crew, like so many of our public workers and everyday heroes, has deep roots in our community and neighborhoods. Their recent visit with Frank Leverentz, the work of Local 311 and Chief Steve Davis, who also lives on the Northside, are quiet, steady reminders of our shared values and strong community.



Putting MyPlate on the grill

Nothing quite says dinnertime like a meal on the grill. Tantalizing smells, savory flavors and gatherings with family and friends — it all adds up to a tasty way to eat on a weekday evening or as a weekend treat. The new USDA healthy eating icon, ChooseMyPlate.gov, can also be a delicious guide to grilled meals.

Plan

Stock up on summer produce. While meat, poultry and fish are traditional, you can grill everything from salads (grilled Caesar salad is trendy) to dessert (grilled fruits are refreshingly sweet treats).

Get the right grilling stuff. Savvy grill masters know that minimizing the burning and charring of food is an easy way to reduce the risk of cancer. Smart grilling strategies include: marinating in lemon juice or vinegar with oil and spices, trimming fat from meat, fish and poultry; using wood planks, aluminum foil or grill woks to keep food away from flames; and spraying water on any direct flames.

Eat

Go fresh and local with grilled veggies. Be adventurous. Almost any veggie can be grilled. Some super options are: beets or sweet potatoes (cut in one-inch rounds, rub with olive oil); corn (peel husk, remove silk, add a dab of butter, wrap with husk and foil); and mushrooms (use your favorite marinade, grill on foil).

Pair lean proteins with whole grains. ChooseMyPlate.gov recommends about one-quarter plateful each of lean proteins and grains (whole grains when possible), which makes a perfect pairing on the grill. Try lean burgers with whole grain buns or BBQ chicken or ribs with grilled Texas toast (thick slices of whole grain bread brushed with olive oil and garlic).

Grill up some sweet desserts, too. ChooseMyPlate.gov suggests making fruit one-quarter of your daily food intake. Grilling fruit caramelizes the natural sugars creating a simple, delicious, nutritious treat, and it's easy. Cut fruit, soak in cold water, and cook over medium heat, using non-stick spray, if necessary. Firm fruits work best, like pineapple, pears and apples.

Enjoy

Make grilling a group activity. Have older children turn items on the grill, while younger kids set the table or arrange the food on platters.

For more fun, easy recipes, go to www.eatrightmontana.org/recipes.htm. Bon appétit to all.

Eat as well as you can as often as you can. Deborah B. Roussos, MS, RD, CD, Registered Dietitian

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Tamim Sifri, DDS

ELECTED OFFICIALS

From

**PAUL
RUSK****DISTRICT 12 SUPERVISOR**

The Dane County Public Protection and Judiciary (PP&J) Committee recently spent three hours meeting with the consultants and Sheriff Dave Mahoney concerning their 634-page jail study. The massive report outlines a needs assessment and master plan for our jail, currently located in three locations. All county supervisors were invited, and we had an excellent overview of their recommendations. The executive summary and full report are available online at danesherriff.com.

The health and safety issues in the 1954 City-County Building jail are fully documented. The Alcatraz-era technology is failing, and inmates cannot be relocated promptly in case of fire or weather disaster. One consultant said it is “shocking” that we in Dane County house mentally ill patients in solitary confinement, which exacerbates their illness.

As chair of the PP&J Committee, I am aware of these serious issues,

but to have them graphically outlined by outside professionals was extremely upsetting.

The cost is headline news. A new consolidated Greenfield site within 10 miles of downtown Madison ranges from \$121–\$134 million. Addition and renovation of the current Public Safety Building ranges from \$122–\$135 million. The cost for an average taxpayer with a \$208,000 home is \$50 to \$70 annually for 20 years, similar to building a new school.

The way levy limits operate is bizarre. Many speakers suggested that, rather than replace jail beds, we should put millions more into human services to prevent problems. Local government operating budgets are capped, but there is no cap on borrowing, nor is the debt service to pay it back capped. So paying mental health workers is capped but building a costly facility is not.

Next steps include determining priorities and phasing options. I am committed to dramatically improving how we treat mentally ill inmates and those with alcohol and other drug abuse issues (some 60 to 70 percent of the jail population), but we need to proceed in a way we can afford.

Supervisor Rusk can be reached at 249-9667 or rusk@countyoofdane.com.

From

**PAUL
SOGLIN****MAYOR**

Another Independence Day has come and gone and there were certainly some changes in the way the city celebrated, changes felt by anyone involved in activities on the Northside. I know all three of Madison’s fireworks events will be evaluated but I thought I would share my initial thoughts.

I was honored to attend and participate in the July 5 activities sponsored by the Northside Planning Council (NPC). It was a great event. I know organizers were striving for a family-centered event, and they really succeeded. Thanks so much to the NPC and the many area residents who worked to plan the day and raise money. Thanks as well to the Madison Mallards. What a wonderful asset that organization is to the park, the neighborhood and the entire city. The fireworks would have been a struggle without the Mallards’ involvement. I have heard from a number of area

residents who said they appreciated a smaller celebration, centered on their neighborhood and their families. The involvement of city staff — including parks, traffic engineering and police — was also key.

The larger city celebration, Rhythm & Booms, was moved to downtown Madison this year and was held Saturday, June 28. Madison Festivals Inc. (MFI) officials, board members and volunteers worked tirelessly for months to organize, plan and raise funds for this incredible event. I have heard many compliments on the day and evening. There were families from all over the area taking advantage of the good line of sight for the Lake Monona event. I truly appreciate city staff for assisting MFI in this effort.

Elver Park was also able to have a small fireworks show this year, and by all accounts, it went off without a hitch. My thanks to Madison parks staff for planning and staffing this event.

None of these programs exist without a monetary cost, and I encourage everyone to support the event or events they enjoyed. Although all three events are free, the organizers need funding to continue them next year and into the future.

Stay well.

From

**ANITA
WEIER****DISTRICT 18 ALDERPERSON**

I was proud when the Northside TownCenter was chosen as one of three finalists for the potential location of the Madison Public Market. All the buzz had been about the other two finalists — East Washington Avenue at First Street and South Park Street at Plaenert Drive — as the best locations with the most vehicle traffic.

The final site may be chosen by the time this column is published, but I will still make the case for the Northside. I believe the proposed First Street location could also benefit our area, and the mayor has stressed that ultimately there could be two public markets.

The market is envisioned as a center of activity for the region’s food system. The concept has expanded to a food district that could feature retail sales, wholesale operations, aggregation/distribution and food processing. The public market would serve the local popula-

tion and provide Madison area residents with access to fresh, affordable, locally produced food. It is intended to be a unique destination that would be a gathering place. It is also aimed at helping small businesses get started while serving a diverse population.

The Northside already has a thriving food network in Troy Gardens at Community GroundWorks, several community gardens and the FEED Kitchens. These could all be part of a food district that could generate new businesses.

The public market analysis stressed diversity in shoppers, food producers and food sellers. We have substantial Hmong, Hispanic and African-American populations on the Northside.

The site analysis neglected to mention important parts of our potential consumer base — Maple Bluff, Wau-nakee and Sun Prairie. In addition, the Northside TownCenter is located on Highway 113, as well as North Sherman Avenue, and is close to the airport and a railroad.

There has been much recent development on East Washington Avenue and South Park Street. It’s our turn.

From

**JOE
PARISI****DANE COUNTY EXECUTIVE****The Dane County armada**

Our beautiful lakes are such a big part of what makes living in Dane County great. That’s why, in addition to the millions county government budgets every year on projects to reduce pollution that gets into our waters, we also put people and equipment to work each summer to make sure our lakes are easier to fish, swim and boat in.

County government’s armada of lake weed cutters churns away day after day each summer, eliminating greens that grow several feet under the water. These harvesters look like a floating version of a farm combine. Thanks to their operators, they are incredibly effective workhorses. As of mid-July, our 10 weed cutters had removed nearly 1,500 tons

of weeds from our lakes and the Yahara River this summer. This means waters that are easier to navigate, better outdoor recreation for families, and healthier and happier lakes.

Dane County’s Land and Water Resources Department staffs and maintains these lake weed eating machines. Elevators run the harvested weeds out of the water and onto county trucks waiting on dry land for disposal in gardens as compost or other uses in county parks.

Our lakes are key to the quality of life in Dane County. That’s why Dane County prioritizes cleaning them up through such preventative measures as manure digesters and through our weed harvesting program. It’s why county government spends nearly \$600,000 a year on lake weed removal.

Whether it’s spending an afternoon in a canoe, casting a line or taking a stroll around the shore, we all benefit from cleaner lakes. Dane County’s lake weed cutting fleet is just one of the many ways county government works to make sure our waters are enjoyable for all.

From

**MELISSA
SARGENT****STATE REPRESENTATIVE****Northside Pride**

When people ask me what it’s like to live on the Northside, I tell them it’s like living in a small community. People bring soup and casseroles to neighbors who aren’t feeling well. Teenagers mow the lawns of elderly folks on their block. Countless groups work to make our corner of the world a better place.

These are just a few of the reasons my husband and I chose to raise our family on the Northside. We love the small, neighborhood schools and the sense of community they bring. Whether it’s their playgrounds, volunteers, neighborhood festivals or community gardens, they each bring us closer together.

We have so many things to be proud of on the Northside. The Madison Mallards

provide a dynamic gathering point for all Madisonians. We cherish the natural beauty of Warner Park, Lakeview Hill and Cherokee Marsh. We celebrate additions like the FEED Kitchens and the Aging and Disability Resource Center. I am thankful for these places and the sense of cooperation and connectedness that my family is able to take part in.

As a state representative, I work to bring this Northside mentality to the Capitol. I know the things that unite us as citizens far outweigh the things that divide us. Across our state we share values despite our political affiliations. Using this Northside model, we can forge a new kind of politics in Wisconsin. One in which quality results and listening to each other are held in high regard and cheap political tactics are frowned upon. This, after all, is the Wisconsin way.

I hold a special place in my heart for our Northside community. I am honored and humbled to represent Assembly District 48 and our incredible friends and neighbors.

Contact info: phone 266-0960 or email Rep.Sargent@legis.wi.gov.

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From

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Hours: Mondays–Fridays: 10 am–8 pm
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The Friends of Lakeview Branch Library will hold their quarterly Book Sale Saturday, Sept. 20, from 9 am–4 pm. A members-only sale will be held Friday, Sept. 19, from 6–7:45 pm. A Saturday bag sale will be held from 2–4 pm. All proceeds fund library programs, including LakeviewPalooza, the Sept. 13 day of fun for the whole family sponsored by the Friends.

Super Duct Tape Wallets

Wednesday, Aug. 6 at 2 pm
Make your own durable wallet out of colorful duct tape. Instructions, materials and snacks provided. For teens in grades 6–12

What's in a Pond?

Thursday, Aug. 7 at 10:30 am
Come see and hear all about the wonderful world of ponds with folks from the UW Water Library.

Solar Bugs

Thursday, Aug. 7 at 2 pm
Make your own creepy crawly creation that really moves. This is a Bubbler event. Registration is required. Call 246-4547.

DreamBikes Free Bike Checks

Friday, Aug. 8, 12–3 pm
Get a free, basic safety check from the DreamBikes Mobile Repair Station. Bike donations also accepted. Find out more about DreamBikes: www.dream-bikes.org/p/home.html

Read to a Dog

Saturday, Aug. 9, 2–3 pm
School-aged readers can bring a favorite book and read aloud to a furry friend. Time slots are available on a first-come, first-served basis. Call 246-4547 to register.

Rover Design Challenge

Tuesday, Aug. 12 at 2 pm
Take a tour of Curiosity, the latest NASA rover to explore Mars. Learn how the rover was built and about its scientific mission. Design your own (edible) Martian rover. This event is sponsored by the UW Geology Museum and the NASA Astrobiology Institute. Registration is required. Call 246-4547.

Rocket Star Glitter Globes

Thursday, Aug. 14 at 10:30 am
Make a glitter snow globe and turn it into a rocket in this fun Bubbler event led by Karen Corbeil. Please register by calling 246-4547.

Teen Time

Thursday, Aug. 14 at 2 pm
Monday, Sept. 29 at 3 pm
Stop by this drop-in session to mess around with video games, Rubik's cubes, cooking, art, games and more. For teens in grades 6–12.

Let's Go to Kindergarten

Tuesday, Aug. 19 at 10:30 am
Got your pencils sharpened for a new school year? Come and celebrate the excitement of heading to school. This is a special invitation to children starting 4K or 5K.

Library LEGO Club

Tuesday, Aug. 19 at 4 pm
We provide a theme each month, with stories and pictures to inspire the imagination. Join other LEGO fans and build your own unique creation.

Animation Open Lab

Wednesday, Aug. 20 at 2 pm
Drop in to play with Madison Public Library's new stop-motion and hand-drawn animation stations and learn more about the new animation program at the library. Adults, teens and families are welcome.

Preschool and Toddler Dance Party

Wednesday, Aug. 20 at 10:30 am
Shake it all about. For ages 2 and up.

Snakes Alive

Saturday, Sept 13 at 10:30 am
As part of our Library Friends' celebration, LakeviewPalooza, you can meet herpetologist Tom Kessenich and his s-s-s-slithery friends. See and touch live snakes.

Instrument "Petting Zoo"

Saturday, Sept 13, 2–4 pm
As part of LakeviewPalooza, enjoy a hands-on activity that introduces children of all ages to musical instruments. Participants are invited to see, touch, hear and play instruments under the tutelage of Wisconsin Youth Symphony Orchestra players.

Preschool Storytime

Tuesdays, Aug. 5–Aug. 12 at 10:30 am
Tuesdays, Sept. 23–Nov. 25 at 10:30 am
Stories, fingerplays and songs that help preschool children ages 3–5 develop print and phonologic awareness, vocabulary, letter knowledge and narrative skills. Younger siblings and groups are welcome to attend. (Note: There will be no Preschool Storytime Tuesday, Oct 28.)

Book Baby

Tuesdays, Aug. 5–Aug. 12 at 11:30 am
Tuesdays, Sept. 23–Oct. 14 at 11:30 am
Babies ages 0–15 months can enjoy stories, songs and activities. One adult per baby is required. Class length is 15 minutes, with time for play and conversation.

Toddler Time

Wednesdays, Aug. 6–Aug. 13 at 10:15 am and 11 am
Wednesdays, Sept. 24–Dec. 10 at 10:15 am and 11 am
Children ages 16–35 months can enjoy stories, songs and rhymes. One adult per child is recommended. Registration is on a first come, first served basis. Pick up a nametag before storytime. (Note: There

will be no Toddler Time Wednesday, Oct. 29.)

Lakeview Chess Club

Second and fourth Mondays at 6 pm
All ages and skill levels are welcome.

Adult Programs**Start a Smoothie Habit**

Saturday, Sept. 6 at 2 pm
Madison Public Library's own Carissa Christner will share samples, a how-to demonstration and inspiration to jumpstart your healthy-eating resolutions. Adults and teens are welcome.

On the Fourth Lake: A Social History of Lake Mendota

Saturday, Sept. 13 at 12 pm
This event is part of LakeviewPalooza. Local author Don Sanford has spent years racing one craft or another around Lake Mendota. Since he retired, he's spent time collecting the lore of a lake that has many tales to tell. During this visit, he will talk about his new book and share some of those tales.

Fall Yoga with Kristin Sage

Thursdays, Sept. 11–Oct. 23 and Nov. 13 and 20 from 10:30–11:30 am
There will be no yoga Oct. 2.

This eight-week series will focus on building a strong foundation to gain confidence and comfort with the practices of yoga. Postures are done safely to give access to core strength and increasing mobility, while breath awareness brings focus and increases energy. This class requires the ability to move from the floor to standing independently. Support is provided to address individual needs. Please bring a mat or towel. Kristin Sage has been teaching yoga in Madison for more than 10 years. She provides sensitive and attentive guidance. Call 246-4547 to register for the series.

Consider the Conversation: a Documentary on a Taboo Subject

Saturday, Sept. 27 from 1–3 pm
This film is an intimate story about the American struggle with communication and preparation at life's end. It contains the perspectives of patients, family members, doctors, nurses, social workers, clergy and national experts. A volunteer will lead a 30-minute discussion on advance care planning after the screening.

Computer and eBook Assistance

Mondays by appointment from 10 am–1 pm
We offer free one-on-one sessions for help with basic computer and internet literacy, including online job searching

and applications, using email, opening and using Facebook, and e-reader set-up and assistance.

One-On-One Writing Assistance

Fridays by appointment through Aug. 8 and Sept. 8–Dec. 12, from 2–5 pm
We offer free one-hour sessions for help with resumes, cover letters, online job searches and applications and any writing project. This program is funded through a grant and staffed by UW Writing Assistance staff. Call 246-4547 to sign up.

Adult Noon Book Group

Second Thursday
Discuss books and eat cookies. It's a great group. Aug. 14 "The Battle Hymn of the Tiger Mother" by Amy Chua. Sept. 11 "The Burgess Boys" by Elizabeth Strout. Copies are available at the library.

Scrabble for Adults

Every Wednesday at 10 am
Give the regulars some competition.

Knitting at the Library

Every Wednesday at 6:30 pm
Drop-in knitting: Learn a new craft or work on that unfinished project with other neighborhood knitters.

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From
**JIM
KRUEGER**



NESCO EXECUTIVE DIRECTOR

AppleFest — a family affair

On Saturday, Oct. 4, the North/Eastside Senior Coalition (NESCO) will hold our annual AppleFest, a fun-filled family event, from 9:30 am–3:30 pm at the Warner Park Community Recreation Center.

AppleFest has become a Northside tradition where parents bring their children to enjoy playing games, face painting, eating food, watching dance groups and listening to music. This year there will be new outdoor activities to enjoy. There will also be a raffle and prize drawings (for all ages), baked goods and a used book sale (begins Thursday).

In today's world, many families live far away from grandparents or have less time to visit them. Children and senior adults have so much wisdom and joy to offer one another; and yet in our fast-paced, technologically ad-

vanced society, some of these wonderful opportunities are being missed. I am reminded each year, when local sixth graders write essays about an older adult in their lives, just how important these connections are, even if they are only as brief as playing a game.

Since 2000, NESCO has hosted AppleFest not only as a way to raise money for our senior programs but also to bring generations, young and old, together to share a wonderful experience. AppleFest is a great opportunity to spend some quality time together as a family, doing a fun activity at an affordable price (\$2 admission for adults, children are free, games are 50 cents to a dollar).

Mark your calendar. If you are an adult caring for an aging parent or spouse, make time to attend NESCO's Family Caregiver Resource Fair Saturday, Sept. 13, 8:30–11:30 am, at the Warner Park Community Recreation Center.

I look forward to seeing you at AppleFest. Thank you for your support of senior adults.

Something special happens when generations come together.

Coming in September — Northside Memory Café

On Monday, Sept. 15, from 1–3 pm at the Warner Park Community Recreation Center (WPCRC), the North/Eastside Senior Coalition and the Alzheimer's & Dementia Alliance of Wisconsin will host a Memory Café. A Memory Café is a social gathering place where individuals with memory loss, mild cognitive impairment, early Alzheimer's or other dementias can come together. If you or someone you know fits this description, you and the person you care about are invited to come and check it out.

Beginning Oct. 20, the Northside Memory Café will meet on the third Monday of each month from 1–3 pm at WPCRC. The Memory Café provides a relaxed environment with a variety of activities geared toward the interests of those who attend. Monthly activities will be chosen by the café participants, depending on the group's interests. Each monthly café is unique and offers a program or activity that is stimulating and fun. The Northside Memory Café will include a short exercise component, so dress casually.

If you require assistance to participate, please have someone accompany you. Family and friends are encouraged to attend. For more information contact Pam Bracey at NESCO, 243-5252.

NESCO Internet Café opening Aug. 4

The North/Eastside Senior Coalition (NESCO) is opening an Internet Café exclusively for adults over 55 inside the Warner Park Community Recreation Center (WPCRC). Admission to the Internet Café is free. Hours of operation are Mondays–Thursdays from 8:30–11:30 am. (Note: the café will be closed Aug. 25–Sept. 1 when WPCRC is closed for its annual cleaning.)

The Internet Café will have six computers available for use by adults 55 and older, and a volunteer will be on hand to provide assistance and answer your computer questions. A printer is also available for your use. Come access your email, open a Facebook page, surf the web, job hunt or prepare a resume.

If you are not interested in the computers but are looking for a place to socialize, there is a comfortable area where you can meet with friends and enjoy a cup of coffee or a pastry from The River Bakery.

This project is funded in part by Alliant Energy, WPCRC and a 2014 Henry Norman Leck Grant from the Area Agency on Aging of Dane County. For more information contact Polly Hartman at NESCO, 243-5252.

SENIOR Activities

NESCO North/Eastside Senior Coalition • 243-5252 • info@nescoinc.org

For over 35 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. The following programs will be offered at Warner Park Community Recreation Center (WPCRC), 1625 Northport Dr., unless indicated otherwise.

Upcoming Events

Monday–Thursday, 8:30–11:30 am, Internet Café (for adults 55+)

Tuesdays, 9 am–Noon, *Technology help, one-on-one appointments with Sharon Persich

Tuesdays, 12:30–2:30 pm, Ping Pong

Aug. 4, 6 pm, Summer Concert Series — Natty Nation, Warner Park Shelter

Aug. 13, 10:30 am, Intergenerational games with MSCR Kids Camp

Aug. 18, 10 am, *Senior Explorers Club tour of BrightStar Health Care

Aug. 18, 11:30 am, *Euchre tournament and lunch (must RSVP for lunch by Aug. 14)

Aug. 19, 10:30 am, Money Management with Ben Crutcher from Edward Jones

Aug. 24–Sept. 1, WPCRC will be closed for cleaning. No programs or Internet Café

Sept. 13, 8:30–11:30 am, Family Caregiver Resource Fair

Sept. 16, 10:30 am, Making a Choice with Agrace Hospice

Sept. 22, 11 am, *Euchre tournament and lunch at Lakeview Lutheran Church

Sept. 23, 10:15 am, Fall fashion show with Boomerangs Resale Store

Sept. 30, 10:30 am, "Do I have all the necessary legal documents?" with Westmont Law

*Must preregister at 243-5252

Ongoing Programs

The following ongoing programs and services are offered at WPCRC:

Bingo: Fridays and second Tuesdays, 10:30 am, five cents a card (two-card limit per game), cash prizes

Blood Pressure Clinic: Third Tuesday, 11:30 am

Book Club: First Tuesday, 10 am

Cards: Euchre, Mondays, 8:30 am; sheephead, first and third Wednesdays, 1 pm. Call ahead to ensure correct numbers.

Case Management: Provides support, resources and community services to enable seniors to safely remain living in their own homes.

Chair Yoga/Exercise Video: Wednesdays, 10:30 am

Cultural Diversity: Hosts monthly programs for African-American and Latino seniors.

Foot Care Clinics: NESCO and Home Health United co-sponsor four foot clinics each month for individuals who can't do their own foot care and do not have diabetes. The cost is \$20. Call 243-5252 for an appointment.

Free Chair Massages: First Friday, 9 am

General and Education Presentations: Mondays, Tuesdays and Thursdays, 10:30 am, topics in newsletter

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

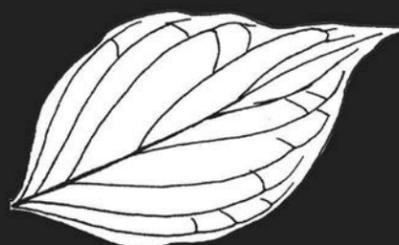
Low-Vision Support Group: Third Thursday, 10:15 am

Nutrition Education: Third Monday, 11 am

Nutritious Lunches: Monday–Friday, 11:30 am. Door-to-door bus service is available (50 cents each way and free on Tuesdays and Fridays). Guests 60 years and older are invited to enjoy their meal on an anonymous donation basis. Suggested donation is \$4. For those under 60, the cost is \$7.50. Reservations are required 24 hours in advance.

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

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UPCOMING CLASSES:

ADRC of Dane County
2835 N. Sherman Ave., Madison
Beginning Sep. 11, 2-4:30 pm
Call 270-7474 to register

Stoughton Hospital
900 Ridge St., Stoughton
Beginning Oct. 14, 10 am-12:30 pm
Call 873-2356 to register

PENDING:
Wausaukee Village Center
849-8548

Visit
www.safercommunity.net
or
www.wihealthyaging.org
for details

Costs: \$5.00 snack fee
Refundable \$20.00 book deposit

SENIOR

ADAW holds 16th Annual Alzheimer's Walk/Run Sept. 27

By Brianna Scoville
Alzheimer's & Dementia Alliance of Wisconsin

More than 1,000 people will participate to raise awareness and funds to support local programs and services for the Alzheimer's & Dementia Alliance of Wisconsin (ADAW). Everyone is invited to join the two-mile walk or 5K run Saturday, Sept. 27, at Warner Park.

Register online as an individual, join an existing team, or form one of your own through Thursday, Sept. 24, at www.alzwise.org. In-person registration will be available Wednesday, Sept. 24, and Thursday, Sept. 25, from 9 am-6 pm at the ADAW office, Second Floor Conference Room, 517 N. Segoe Rd., Madison. Participants may also register on-site at Warner Park Friday, Sept. 26, from 5-7 pm or the morning of Saturday, Sept. 27, from 7:45-9:00 am. The walk/run begins at 9:15 am.

Proceeds from the event support innovative programming available through the ADAW, such as Memory Cafés, dementia-friendly communities and programs dedicated to helping people throughout all stages.

"Unlike other programs, ADAW's programs are designed to help people find hope. This is a difficult disease, but we want people to understand that they can still enjoy life to the fullest," said Paul Rusk, executive director for ADAW.

Alzheimer's disease affects more than five million people in the United States today, including more than 110,000 people in Wisconsin. ADAW understands that every person touched by Alzheimer's or other dementia will need support navigating the course of the disease. The professionally trained and personally experienced staff helps individuals with direct services, information, education and resources.

Proceeds from last year's Alzheimer's Walk/Run allowed ADAW to provide 720 care consultations, 175 support group meetings, 257 education programs and respond to 2,065 helpline calls, reaching 23,412 individuals in 2013 alone.

To register or for more information about the ADAW, visit www.alzwise.org or call 888.308.6251.

Zoe Meyer wins NESCO Sixth Grade Essay Contest

Once again the North/Eastside Senior Coalition (NESCO) participated in the annual Madison Senior Coalition on Aging Sixth Grade Essay Contest in honor of Older Americans Month. The theme of this year's essay was "My Grandparents" or "My Best Older Friend." Sixth-grade students each wrote a 300-word essay, and the top essay from each school was submitted to a panel of senior adult judges to choose the citywide winners. This year 720 students from across the city participated.

This year's winner from our area is Zoe Meyer, who attends Sherman Middle School. Zoe will be reading her essay at a reception for the area winners May 7 at the Madison Senior Center.

My Grandma By Zoe Meyer, age 12

I was lucky enough to have all of my grandparents alive for 12 years of my life. Last January my dad's mom passed away from Alzheimer's, making my mom's mom very special to me.

My grandma lives in Valparaiso, Indiana, with my grandpa, Arlin. She worked at the university library, mending books. At the age of 68 she retired, then went back to work for one or two days a week. Now she still works a couple of days a week at the library, also enjoying her time at home.

One of my favorite memories of grandma is when we had a load of fun trying to figure out her Kindle; we had just gone and picked it out from the store. When we got home, neither of us knew how to work the Kindle. However, I was a little more intelligent in the area of electronics. Half of the time we were working on the Kindle, the other time just making each other laugh. At



Zoe with Bill Heintz (left), her sixth grade teacher, and Mark Meyer (right), her father.

Photo provided by Jim Krueger

one point, we just started poking the Kindle randomly trying to get it to go home. After a while, my sister came in and proved her smartness by setting up the Kindle.

Also, one time grandma and I went out to a nicer restaurant while grandpa stayed at home. He asked us to bring him something home. Grandma didn't want to spend extra money, so we got him something at McDonalds. We spent the whole way home laughing about how to tell grandpa that we got him McDonalds while we got La Peeps.

That is just a little bit about my relationship with my grandma. We always have a blast together, and I am never happy to leave. I love Grandma with all my heart and always will.

NESCO would like to thank the following seniors who helped judge the essays: Provie Brenz, Kayla Grant, Dottie Hogg, Sarah Kidd, Lois Sampley, Paulette Siebers, Lorraine Volkman, Donna Wilfong and Joyce Williams. A special thank you also goes to Culver's Restaurant on Northport Drive for donating free custard coupons to each student participant.

AARP DRIVER SAFETY REVIEW

AARP will present a four-hour Driver Safety Review program at the East Madison Community Center, 8 Straubel Court, Wednesday, Aug. 27, beginning at 12 noon.

Please arrive 15 minutes early for registration.

The cost is \$15 for AARP members and \$20 for nonmembers.

To register, call 655-4847.

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- Ways to stay safe at home and in the community
- What to look for in safe footwear

Fall classes include:

St. Mary's Hospital, 700 S. Park St.
Tuesdays, Oct. 14 - Nov. 11, 1-3 pm
Cost: \$35. Call 258-6645 to register

Wauunakee Senior Center, 333 S. Madison, Wauunakee
Tuesdays, Sept. 16 - Oct. 28, 9-11 am
Cost: \$35. Call 849-8548 to register

Oak Park Place, 719 Jupiter Dr., Madison
Tuesdays, Oct. 14 - Nov. 18, 9:30 - 11:30am
Cost: \$35. Call 663-8720 to register

Pending: Meriter Monona Clinic

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See current class listing at
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WARNER PARK COMMUNITY RECREATION CENTER

From

**JACOB
TISUE**
245-3690



WPCRC FACILITY MANAGER

As I was sitting in my office plugging away at some emails and trying to respond to phone calls from the weekend, I was reminded of summer by the volume of parents, children and camp staff that were filtering into the Warner Park Community Center (WPCRC) this sunny morning. Feeling a bit “off-iced out,” I started walking around the center and found all types of sights and sounds. There were children playing ball in the gymnasium, parents checking their campers in at the front desk with sunscreen and swim trunks in tow, children outside eating breakfast on picnic tables, and Madison School & Community Recreation (MSCR) staff diligently ushering children from one activity space to another. Since that first day in June, I’ve found myself walking around daily to take in those sights and sounds.

These walks bring back memories of my youth — making new friends at summer camp only to say goodbye when school started again, going to the local park to play basketball (and getting to play against Doug Christie when he was on the Los Angeles Lakers), and mom dropping us off at the pool to cool off. They also remind me of some of my early jobs — working as a camp counselor, organizing afterschool activities, and coaching youth sports. Those are great memories that will stay with me for the rest of my life. I am happy to see that

young staffers and campers at WPCRC are making memories of their own. Hopefully, the memories they create will help shape them as they become young adults.

By the time this is published, school will soon be starting and children will be wrapping up their summer of fun. We want to make sure that some of the fun doesn’t go away. That’s why we are starting a new program called Warner Family Fun Nights at the WPCRC.

Family Fun Nights will be held the second Friday of each month throughout the school year. The entire WPCRC will be open for a variety of activities. We are looking for local groups to organize the art project each month and business partners to sponsor the nights. We want to keep the cost per family to a minimum, so volunteers and sponsorships will help us achieve that goal.

I want to send a big thank you to the wonderful people at MSCR Warner Park Kids Kamp. Janet Dyer and her camp staff have done a great job of helping the children have a fun-filled summer of memories. Danielle, Bart, Morgan, Kyesha, Pat, Maketta, Eboni, Josh, Makayla, Hannah, JaVanna, Maggie, Paola, Eric, Claire and Pat all did a great job with the campers. Allison and Amanda, interns with the Wisconsin Department of Natural Resources, did an amazing job with the Fishing in the Neighborhood program. Using the resources right here at Warner Park, they taught more than 100 Northside children to fish this summer.

As we look forward to fall, don’t forget to check out the new programs at WPCRC or tell us what you think we could be doing to better serve the Northside. I’ll see you at Warner Park, where everyone is welcome.

Pool would bring many opportunities to the Northside



By Foluke Salami
age 11

Have you ever wanted a pool right here on the Northside of Madison? Well, your wish has been granted — almost.

The Circle of Friends (COF) is an organization working toward building a pool right here in your backyard, more specifically, Warner Park. A goal of \$2 million has been set and more than \$200,000 has been raised thus far. To raise money, the COF has sold cookies every Election Day, and businesses have donated money. But one of the biggest ways COF has raised both money and awareness of the project is through hosting an event called Pounding the Pavement for the Pool. The idea is that you can either sign up as a team for \$100 or sign up individually for \$10. If your team registered by August 1, you can have the name of your organization, group or individuals listed on the event t-shirt, which each participant gets. All proceeds go toward the pool project. During the event, those signed up will walk around the Warner Park Lagoon to show support for the pool project.

What is the plan for this pool? What will all this fundraising and Pounding the Pavement lead to? Here are a few features COF is looking to implement: a 50-meter

lap pool, warm water therapy section, and a lazy river, to name a few. Most importantly, this pool will be open year-round and will be open to the public. This pool will also provide affordable swimming lessons; and if you cannot afford the cost, there will be scholarships available for those who also qualify for free and reduced lunch, no questions asked. Because this pool is based on the Northside, youth will be able to access the pool easily by walking, riding bikes, skating and more. During the summer, it will be a safe place to spend time with friends.

The continued economic development of the Northside will benefit residents tremendously; and the pool facility itself will provide jobs, such as life guards, swim coaches, maintenance and more. Restaurants will be flooded with customers hungry after a long swim, not to mention the swim teams and fans that will flock to the Northside and nearby businesses during long swim meet days. All of this may lead to the need for a hotel, possibly near the airport, to accommodate all the people who will use the pool. And a hotel will also lead to more jobs.

So, if this pool sounds interesting to you and if you want to support the continued economic growth of the Northside, please support the cause and visit www.friendsofwarner.com. Jump in and swim.

Pounding the Pavement for the Warner Pool
Saturday, August 23
9 am
at Warner Park



Show your support for the Warner Pool by joining us at the Warner Park Community Recreation Center and walking around the Warner Park lagoon with us.

See if your neighborhood or group has a team and sign up to be on it by August 15th and help them win the traveling trophy. You can register as an individual right up to the time of the event. The cost is \$15 per adult and \$10 for ages 18 years and younger.

For more information, visit friendsofwarner.com or email Dorothy Borchardt at dborchardt1@charter.net, Steve Nelson at onelly@charter.net or Terry Smith at tandbsmith926@yahoo.com




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16th Annual

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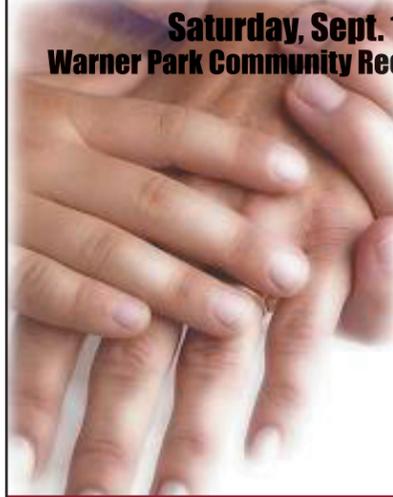
WARNER PARK SHELTER

Registration: 7:45 – 9:00 a.m. | Walk: 9:15 a.m. (2-Mile Walk or 5k Open Run)

4th Annual Family Caregiver Resource Fair

Saturday, Sept. 13, 8:30 - 11:30 a.m. • FREE

Warner Park Community Recreation Center, 1625 Northport Drive



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- Make a care plan
- How to choose senior housing
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For details visit www.nescoinc.org or call 608-243-5252



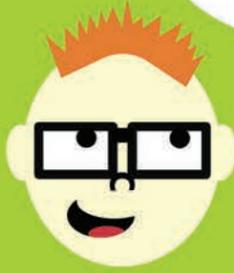
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