

**NEWS & VIEWS FROM ELECTED OFFICIALS**

*From*  
**PAUL RUSK**



**DISTRICT 12 SUPERVISOR**

**Budget.** Based on a special report we received from our controller and county treasurer, Dane County's finances continue to cause grave concern as we begin budget preparation this fall. As an example, sales tax revenue declined 20 percent in one month (January 2009) and is down about 10 percent over last year to date. Tax delinquencies are up and state and federal dollars are down. To respond the county has a freeze on hiring and conference and training, and virtually all county employees took a five percent pay cut along with reductions in all purchase of service contracts. I am sure formulating a budget this fall will be exceedingly difficult. Department heads are telling me they will be proposing reductions and cuts that they cannot reasonably justify. Counties have many mandated programs. That does mean mandated programs are

more important than non-mandated programs – it just means you have to do certain things and others are optional, lessening flexibility.

**Badger Prairie.** As the director of the Alzheimer's Association I am especially concerned about the County nursing home that is so out of date that it is embarrassing. The care is excellent but the facility is in very poor shape. I was delighted to participate in the ground breaking ceremony for a new 120-bed facility on June 29 on the same Verona site. I am delighted that after all these years of planning we are finally moving forward. With the recession we got excellent construction bids.

On a personal note I appreciate all the people that expressed condolences on the untimely death of my sister from breast cancer. I do hope we can continue increasing federal dollars for research so that we can eventually find cures for cancer, Alzheimer's and other diseases that cause so much heartache.

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

*From*  
**DOROTHY WHEELER**



**DISTRICT 18 SUPERVISOR**

In the midst of preparing ourselves for a barebones budget for 2010, it was gratifying to hear about programs that make a little revenue go a long way and positively impact the lives of many young people. The presentation by members of the Dane County Youth Commission to the Health and Human Needs Committee was an inspiration because we heard about services and support for Dane County youth that enhance the positive attributes of youth. Two grant programs have youth boards dealing with proposals from other youth who have great ideas for bettering their community. A total of \$33,000 is dispersed to groups who have the most creative ideas, a small amount of money that has a major impact. The Dane County Youth Board, another entity, engages youth of very diverse backgrounds and interests in community service. Several

members of the board were at the meeting to speak for themselves showing their emerging leadership skills.

The Youth Assessment was administered to middle school and high school students this past year electronically. With this major change, much attention was given to revising some of the questions as well. The new format was much preferred by youth and the survey results were more reliable. This youth survey is nationally recognized as a model for other school districts that want to gather reliable information about the lives of teens.

The programs that have the most youth participating happen at the Youth Resource Centers located in middle schools throughout Dane County. They target young teens who need to be actively engaged in a safe environment during after school hours when risky behaviors often occur. Both Blackhawk and Sherman Middle Schools have YRC's that are well-attended and very successful for helping youth with homework and providing recreation. 6059 (38%) youth participate in YRC's in all of Dane County.

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

**Upcoming County Board of Supervisors Meetings**

No third Thurs. meeting in Aug. ~ Sept. 3 ~ Sept. 17

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



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*From*

**KATHLEEN M. FALK**



**DANE COUNTY EXECUTIVE**

**Tough Times Mean Toughest County Budget Since Great Depression**

We see it in the faces of those struggling to find jobs and those worried about losing retirement funds. We hear it from our family, friends and neighbors who all have a story to tell about themselves or someone they know struggling to keep up. There is no doubt about it, these times are incredibly tough.

They require all of us to roll up our sleeves and reach back for a little extra. That's just what we're trying to do in county government.

The national economic recession gouged a multi-million dollar hole in our county budget. To meet that challenge, I asked everyone to come to the table — from the hard-working folks who plow our roads to elected officials — to agree on shared sacrifices to prevent the kind

of devastating cuts in service or layoffs other places are doing.

Instead of layoffs and lawsuits happening elsewhere, we've done it differently in Dane County. We worked respectfully with our unions on an agreement that cuts wages five percent — including mine — saving taxpayers \$4 million this year. I froze most spending and imposed hiring freezes across county government.

With Dane County facing the most difficult budget it has seen since the "Great Depression," we have more to do.

The new state budget includes \$2 million next year in real cuts affecting real people in our county: kids, seniors, and our most vulnerable citizens. As I've done in my previous budgets as your County Executive, those human services and public safety will come first in my budget proposal this fall.

We're pursuing new efficiencies and innovative solutions — the kind of ingenuity needed to help preserve services people depend upon — without asking property taxpayers for more at a time they have less.

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

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NEWS & VIEWS FROM ELECTED OFFICIALS

From  
**JON  
ERPENBACH**



**STATE SENATOR**

**Wisconsin No Call Violations  
Need Higher Fines**

Since its creation in 2001, the Wisconsin “Do Not Call” law has remained one of the most popular state programs. At no cost, Wisconsin consumers can sign up their home and cell phone numbers. A total of 1.6 million Wisconsin citizens take advantage of the program — a number that has held steady since the program was created.

Originally, the bill had penalties of \$1,000 per violation and a private cause of action for individuals that could prove in court they were harmed when a telemarketer broke the law. Unfortunately, for some telemarketers those fines have become a cost of business. Violations of the “no call” list has been the number one consumer complaint in Wisconsin since the program began. There simply is no excuse

to break the law. For a low fee telemarketers receive an electronic copy of the numbers listed on Wisconsin’s “Do Not Call” list — they simply electronically cross-reference their numbers so that they do not call people in violation of the law.

Higher penalties will help ensure that telemarketers will follow the law. Breaking the law should not just be a cost of doing business in Wisconsin. Higher penalties will also make it easier for the Wisconsin Department of Agriculture, Trade, and Consumer Protections to go after a telemarketing company that has broken the law. Having the resources to go after a stiff fine will make prosecution easier and more worthwhile for taxpayers who pay for the prosecution and benefit from the recovery.

**When do I need to sign up?**

Consumers can sign up anytime online <https://nocall.wisconsin.gov/web/home.asp> or call 1-866-966-2255 **YOU MUST SIGN UP EVERY TWO YEARS** to remain on the list.

*State Sen. Erpenbach can be reached at 266-6670, 1-888-549-0027 or [sen.erpenbach@legis.state.wi.us](mailto:sen.erpenbach@legis.state.wi.us)*

From  
**KELDA  
HELEN  
ROY**



**STATE REPRESENTATIVE**

The global economic downturn created the largest budget deficit in our state’s history. The Legislature had to make deep cuts in important programs to balance the budget.

Because we made tough choices, we balanced the budget without raising taxes on 99 percent of Wisconsin families. We also enacted several job-creation measures to spur economic growth, like tax credits for employers who create family-supporting jobs, and using federal stimulus dollars to fund critical infrastructure projects.

Many people rightly ask why the state spends money on transportation and education during this severe economic downturn. Some federal stimulus funds must be used for things like roads, railways, and bridges, which create jobs immediately and have a great “multiplier” effect. Money spent on infrastructure and education is a great investment because it circulates

in our community many times over. Public infrastructure is also necessary for private industry to grow. An educated workforce, good schools, safe roads, and efficient transportation are essential preconditions for employers to expand — or entrepreneurs to start — businesses. These investments put Wisconsin citizens back to work today, but they also ensure that Wisconsin will be a great place to work, live, and prosper in the coming years.

Our work is already paying off: as a direct result of measures in the state budget, VitalMedix, a Minnesota-based biotech firm, has announced plans to relocate to Wisconsin this fall.

This budget was the toughest in the state’s history — and it was full of difficult compromises. Every legislator, myself included, has things they love and hate about it. Yet I am proud that we passed it on time for the first time in decades, keeping Wisconsin solvent and paving the way for our economic recovery. I welcome your thoughts on how we can continue to strengthen our economy and our state.

*State Rep. Roys can be reached at 266-5340 or [rep.roys@legis.state.wi.us](mailto:rep.roys@legis.state.wi.us)*



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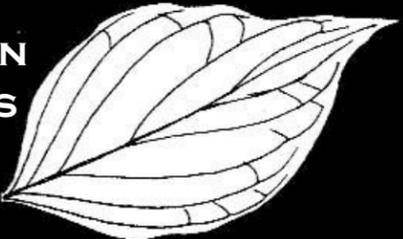
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Don't miss our **Quarterly Used Book Sale** Sat., Sept. 19, 9 am-5 pm! Bag Sale from 3-5 pm.

**The History of Madison Public Library** Wed., Aug. 26 from 12:15-1:45 pm. This video presentation written and narrated by Stuart Levitan is a "Lunch and Learn" for adults — bring your lunch.

**Soda Pups Dog Show** Sat., Aug. 29 at 1 pm. You've seen them ride a Hummer and wanted them back. These Pomeranian pooches have crazy tricks and skills to make you giggle. For the whole family.

**Games for Seniors** Wednesdays Sept. 16 and Oct. 14 from 1-2 pm. Senior Adults are invited to play Wii bowling and other Wii games. Video games aren't just for kids anymore! Sitting or standing, playing Wii is good exercise.

**After School Crafts** Wednesdays Sept. 16 and Oct. 14 from 3:30-4:15 pm. Kids in Grades K-5 stop by the library and exercise your "creative muscle".

**Video Game-a-thon** Wed., Sept. 23. Video games and pizza for Grades 6-12! School your friends on competing in the electronic world.

**Remnants of the Rainforest** Sat. Sept. 26 at 11 am. Back by request!

Find out about rainforest animals, tropical insects in this fun program for the whole family. Live animals and insects!

**Movie Matinee for Teens** Fri. Oct. 16 at 3:30 pm. Catch the movie "Twilight" at the library and enjoy some pizza. For kids in grades 6-12.

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

**Sweets and Stories on Second Saturdays** Saturdays: Sept. 12 and Oct. 10 at 10:30 am. Saturday morning fun for the whole family with stories, donuts, coffee and juice.

**Game Club** Second Mondays: Sept. 14 and Oct. 12 from 2:30-4:30 pm Kids 8-18 eat snacks and play fun board games. Beginner to advanced gamers are welcome.

**Preschool Storytime** Tuesdays, Sept. 15 - Nov. 10 at 10:30 am. Stories and songs for children ages 3-5. Younger siblings welcome.

**Storytime for the Very Young** Tuesdays, Sept. 15 - Nov. 10 at 11:30 am. Stories, songs and rhymes for children ages 0-35 months. One adult per child is recommended

**Adult Noon Book Group** First Thursday of each month. Talk about books with your neighbors.

**Sept. 3:** The Vanishing Act of Esme Lennox. Copies available at the Library.

**Scrabble for Adults** Every Wednesday at 10 am. Give the regulars some competition!

From  
**DENNIS MCQUADE**  
241-4849



**COMMUNITY SOCIAL WORKER**

**Depression**

Anne is a Northeast side single parent who contacted the Joining Forces for Families office to seek assistance in finding employment. She said she had been out of work for about 9 months and was becoming increasingly depressed.

According to the National Institute of Mental Health (N.I.M.H) in any given one-year period, nine and one-half percent of the population suffers from a depressive illness.

Also, according to the N.I.M.H. the following are signs or symptoms of a depressive disorder: a persistent sad, anxious or "empty mood," feelings of hopelessness, pessimism, guilt, worthlessness, helplessness; decreased energy, fatigue, being "slowed down," difficulty concentrating, remembering, making decisions, insomnia, early morning awakening, or oversleeping; a decreased appetite and/or weight loss; thoughts of suicide; suicide attempts, restlessness, irritability; and/or persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.

Women experience depression about twice as often as men and face substantial pressures like single parenting and caring for aging parents. Also, many women are particularly vulnerable to post-partum depression after the birth of a baby. Studies have shown that depressed women have lower

incomes, often under the poverty level. They also are more likely to be unemployed or underemployed and lack home ownership. Also, women may be more able to admit they are feeling "blue," while men may be more likely to shrug it off, or experience the depression through more angry feelings. If you feel you may be depressed you should discuss your concerns with your physician and/or a mental health professional.

One resource that is available to assist consumers in locating mental health and/or alcohol and, drug treatment services, including those who accept Badger Care Plus-Medical Assistance, is the New Directions Information Center at 280-2674. Also, if you are a member of an HMO (Most HMO's in Dane County are currently open) and have Badger Care Plus, the HMO must provide psychiatric care, if needed. Call the HMO Enrollment Specialist at 1 800 291-2002 for more information. If you are low income and do not have health insurance or Badger Care Plus, you may be eligible. Also, coverage has just been extended to some childless adults through the Badger Care Core Plan (No HMO's are available for this group yet). You can apply online at [www.access.wi.gov](http://www.access.wi.gov) for either plan.

You may also contact the Joining Forces for Families office at 241-4849 or 240-2045 to obtain assistance in arranging mental health services or have questions about Badger Care.

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

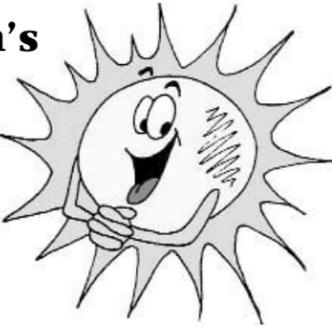
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## Big Read ~ Michael Pollan's *In Defense of Food*

As part of Go Big Read, the University's very first **community-wide common book program**, Community GroundWorks and Lakeview Branch Library will host a potluck and discussion of Michael Pollan's *In Defense of Food* on **Wed., Sept. 23 from 6-7 pm at Troy Gardens.**

Discussion co-leaders will be Katie Scharf, neighborhood librarian, and Claire Strader, farmer for Troy Community Farm (and White House Farmer!), who brings her personal perspective as an urban organic farmer.

Reserve a copy by contacting any Madison Public Library or stop in at Lakeview and tell them you are a part of the Troy Gardens' discussion group. Frugal Muse bookstore will also stock copies. Join us at beautiful Troy Gardens with a dish to pass, a place setting and your opinions of the book. In case of rain, come to the Lakeview Library in the Northside TownCenter. Call Katie at the Library, 246-4547, with any questions.

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## HAM DINNER

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COMMUNITY RESOURCES

HEALTH TIPS



**From Your Neighborhood Chiropractor**

By Dr. Ross Royster, D.C.

**Yes, No, Maybe, Chicken**

If you happen to see someone in the neighborhood flopping their head around like a bobble-head doll, chances are they know something important that you don't. For years, I have been teaching my patients range-of-motion exercises for the neck and upper back that may appear like odd behavior, but have long-term health advantages.

If you don't want your joints to deteriorate with age, the most effective thing you can do is keep them moving. You see, the cartilage in your joints doesn't have blood vessels; so there are no pipelines to bring in the fluid and nutrients cartilage needs. Instead, cartilage works like a sponge. Just as fluid pumps in and out of a sponge being stepped on in a puddle, the cartilage is dependent upon the pumping action of joint motion. If the joint does not move, the cartilage dries up, shrinks, and breaks down! This is what we call joint deterioration or osteoarthritis.

Here is a four-part exercise to ensure

that you efficiently move the spinal joints in the neck and upper back:

**YES:** As in nodding "yes," let your chin drop to your chest, then bring your head all the way back up, so that you look at the sky. Do this loosely, never going to the point of pain, until you feel loose. If you hear grinding in the joints or feel tight muscles, keep moving until the grinding quiets and the tightness dissipates.

**NO:** Like nodding "no," turn your head loosely from side to side. To add the upper back, turn your shoulders, too. Do not move your hips. Imagine that you are trying to look behind without moving your hips.

**MAYBE:** While keeping your head facing forward, let your head tilt toward your shoulder, then flop it toward the other shoulder. To additionally move the upper back, drop one shoulder and raise the other straight up. With this shoulder motion, you can just let the head flop side to side.

**CHICKEN:** Keep your head level, but project it directly forward and backward, just like a chicken! As with all these motions, do this loosely until you are good and loose.

Provided you do not have unusual health circumstances that would prohibit these exercises, these simple motions are something you should be doing daily. If you have a spine and wish to keep it healthy, they will help!

NUTRITION TIPS



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



**Seizing Summer Fun to Get Your Heart Pumping**

Being a role model for your children isn't always easy, but parents who find time to model active lifestyles can feel great about raising happy, healthy children. Getting active and fit this summer will help the whole family maintain a healthy weight, while building strong muscles, bones, hearts and lungs. It will also help kids (and parents) sleep better at night.

Make sure everyone — from grandparents to the family dog — gets involved in the heart-pumping fun. Remember, even a 10-minute burst of physical activity can help your entire body feel better and get fit. Here are four simple, inexpensive ways to seize summer fun, whether you have a few minutes or an entire day!

**If you have only 10 to 20 minutes**

Got a few extra minutes before work or before dinner is ready? Forget about making a dent in the couch. Get your kids up and moving to the yard for a quick game of catch or old-fashioned tag.

Put Fido on the leash and walk down the road or around a block or two. Turn off the same old news program and

turn on an active video game, such as Dance Dance Revolution or one of the Wii Fit options.

**If you have just an hour or two:**

Forget another nap on the sofa and that DVD you've already seen. Energize your body and your relationship with your family at the same time. Get everyone to help you clean up the yard, then cool off with some sprinkler fun or a few trips down the old slip-n-slide.

Yard already lookin' good? Grab the bikes, the helmets and a few balls. Head off to your local park for some hoops, soccer kicks, tennis serves, golf putts or a fast-paced game of folf (Frisbee golf).

*If you have a morning or afternoon:*

Don't be a weekend bore. Coordinate necessary errands, chores and activities so that you have at least several hours for family fitness fun. Wisconsin summer weekends are tailor-made for outdoor adventures.

Explore nearby treasures, such as local parks and lake/river access points, for some walking, fishing canoeing — and talking. Some of the best parent-child conversations happen when you are being active together.

Make this the summer to leave no child inside — and discover how much fun the outdoors can be! And eat as well as you can as often as you can!

*Adapted from Dayle Hayes, RD Billings Gazette*

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SENIOR

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



**Join the Cause ... for Case Management!**

Dane County staff has started discussing the 2010 budget — and stating the obvious ... the budget will be extremely challenging. The one area of “potential savings” that consistently comes up is case management. Unlike other counties within Wisconsin, Dane County funds community-based agencies to provide case management services to senior adults (the 16 senior focal points). This system is the envy of the other counties as it allows more access to services (more case managers available in the communities). Other counties have fewer case managers located in a minimal number of towns. Dane County is funding the case management program a total of \$742,568 in 2009 (this includes the recent one percent budget cut). Forty three percent of NESCO’s total case management funding comes from Dane County (the other funding sources include the City of Madison at 46 percent and United Way at 11 percent).

Each year during budget discussions, senior focal point directors have been confronted with the challenge of justifying the cost of case management. In past years,

we have experienced funding reductions and a movement to charge senior adults for their case management services. If Dane County would fall in line with the other Wisconsin counties and reduce it’s funding, our current case management program would be decimated — resulting in fewer case managers offering fewer services in fewer towns.

NESCO has been very vocal in advocating for case management. We are now turning to you — our NESCO members, participants, and clients. Please put on your advocacy hats and contact your Dane County elected officials TODAY and express your support of the current case management program!

**District 12**  
Supervisor Paul Rusk  
1422 Wyldewood Drive  
Madison, WI 53704  
249-9667  
rusk@co.dane.wi.us

**District 18**  
Supervisor Dorothy Wheeler  
1639 Haas Street  
Madison, WI 53704  
244-4711  
wheeler@co.dane.wi.us

**SENIOR** Activities



**Mark your calendars for these special upcoming NESCO events:**

**Aug. 14 12:15 – 3 pm** Centennial Gardens & Babcock Ice Cream  
\*\*UW Campus

**Aug. 15 – 8:30-4 pm** ElderFriends/Peer Support Volunteer Training \*\*WPCRC

**Aug. 18 – 10:30 am** Diabetes: Get Your Questions Answered \*\*WPCRC

**Aug. 20 –10:30 am** Intergenerational Target Show \*\*WPCRC

**Sept. 1 and 8 –10:30 am** Energy Saving Tips For Fall \*\*WPCRC

**Sept. 9, 16, 23 Noon-1:30 pm** Beginners Computer Class \*\*Vera Ct

**Sept. 14 9–11:30 am** MG&E: Energy Assistance Fair \*\*WPCRC

**Sept. 22 12:30–3:30 pm** Quilts In Bloom Trip \*\*Olbrich Gardens

\*\*MUST PRE-REGISTER at 243-5252

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

For over 33 years, the North/Eastside Senior Coalition (NESCO) has been enhancing the quality of life for all senior adults by providing programs, advocacy, and resources that assist them to remain independent, active, and influential in the community. Programs and services are offered at Warner Park Community Recreation Center/WPCRC (1625 Northport Dr.) and include the following:

**Bingo:** First Tuesday each month and all Fridays, 10:30 am/WPCRC; 5¢ a card (two card limit/game) with cash prizes. *Note: No bingo Aug. 14 and 28, Special Bingo on Aug. 11, 10:30 am.*

**Cards and Puzzles (FREE):** Mon.–Thur., 10:30 am/WPCRC; Euchre, Mon. and Thurs. 10:30 am; Bridge, second and fourth Wed. each month 12:30 pm, call ahead to ensure correct numbers.

**Caregiver Support Group:** first Tuesday each month, 10 am WPCRC, first Thursday each month 7 pm Bashford United Methodist Church, 329 North St, Madison.

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

**Cultural Diversity:** Hosts monthly programs for African American and Latino seniors; call 243-5252.

**Foot Care Clinics:** NESCO and Home Health United co-sponsor six foot clinics each month for individuals who cannot do their own foot care and do *not* have diabetes. The cost is \$20; call 243-5252 to make an appointment.

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

**Low-Vision Support Group:** Third Thursday each month, 10:15 am/WPCRC.

**Nutrition Education (FREE):** Wed. Aug. 19 and Wed. Sept. 23, 11:00 am/ WPCRC.

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

**Senior Exercise (FREE):** Wednesdays, 10:30 am/WPCRC.

**School Supply**



**Drive - Aug 1-15**

- backpacks
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Supplies benefit students at Sherman Middle School on Madison’s northside.



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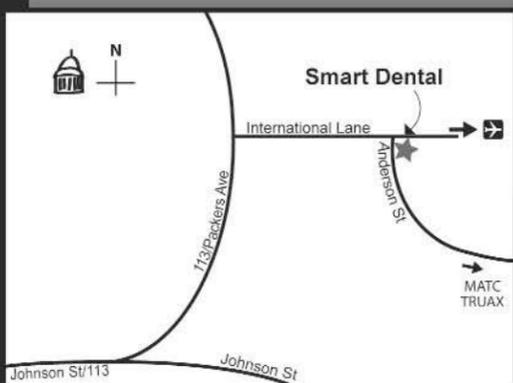
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**WARNER PARK COMMUNITY RECREATION CENTER NEWS**

From  
**BRAD WEISINGER**  
245-3690



**FACILITY MANAGER**

**Down But Not Out!**

The WPCRC will be closed from Aug. 23 to 30. Spit and polish is the password for the week. We will be shining floors, washing windows, shampooing carpets and many other tasks. The Center doors will reopen on Aug. 31. Remember this is an annual event that will help keep your Center in good order for many years. Thanks in advance for your patience.

**10 years of happenings**

**1999** WPCRC opened Sept. 19 and had 28,832 hourly participants between Sept and Dec.

WPCRC won the Best Facility Design Award at the 1999 Wisconsin Parks and Recreation Association State Conference.

**2001** MSCR Middle Schools come alive.

NESCO had their first Apple Fest on September 29th that year.

**2002**, Center hosted the US Conference of Mayors and Celebrate America Rhythm and Booms.

WPCRC hosts Madison's sister city Freiburg, Germany.

Northeast Side Youth Basketball joins the WPCRC teams – 500 children, 80 percent minorities.

**2003**, Holiday dinner sponsored by Northgate Merchants Shopping Center

**Happy 10th WPCRC ... and to all who made WPCRC a reality, we say Thank You!**

WPCRC User Statistics	2005	2006	2007	2008
Facility Reservations	1,267	1,246	1,253	1,224
Facility Rental participations	145,297	145,412	143,696	156,883
Exercise room visits	29,739	32,318	46,056	45,870
Gym Visits	2,482	3,157	4,301	5,907
Game Room Visits	4,544	3,500	2,122	3,858
Gross # of Drop-in Visits	36,765	38,975	52,479	55,635
MSCR participations	57,904	60,700	59,773	56,960
Special Events	8,150	8,575	9,500	7,750
NESCO lunches served	6,398	6,103	6,773	5,695
Senior Other	8,847	9,800	10,100	10,054
WPCRC hourly participations	263,361	269,565	282,321	292,977

and WPCRC. Attendance from Northside Neighborhoods.

WPCRC hosted three food drives for the Northside Food Pantry.

**2004** Northside Neighborhood Center nights begin at WPCRC.

**2004** WPCRC Circle of Friends becomes the Center's official fundraiser using Madison Parks Foundation as its fiscal agent.

**2005** WPCRC Celebrates Black History Month with Black Artists displays throughout WPCRC.

WPCRC receives an Achievement Award for Excellence in Food Safety and Sanitation from the City/County Department of Health.

**2007** Exercise Room usage grew 47 percent.

WPCRC thanks Madison Northsiders and promises many more memories to come!

**So how are we doing in 2009?**

During the month of June, former 18th

District Alder Paul Van Rooy and his wife, Gloria, agreed to administer the WPCRC customer satisfaction survey.

The random sampling survey of 100 people of different ages, genders and cultures was done at varying days and times. The rating format was simple: poor, average, good and excellent. There were no poors.

The questions and results are:

Level of Customer Satisfaction = 97 percent good to excellent, 3 percent average

Cleanliness of Facility = 92 percent good to excellent, 8 percent average

Quality and Variety of MSCR classes/programs = 89 percent good to excellent, 11 percent average

Quality and Variety of NESCO programs = 94 percent good to excellent, 6 percent average

Fee's for services = 88 percent good to excellent

Exercise Room Condition and value

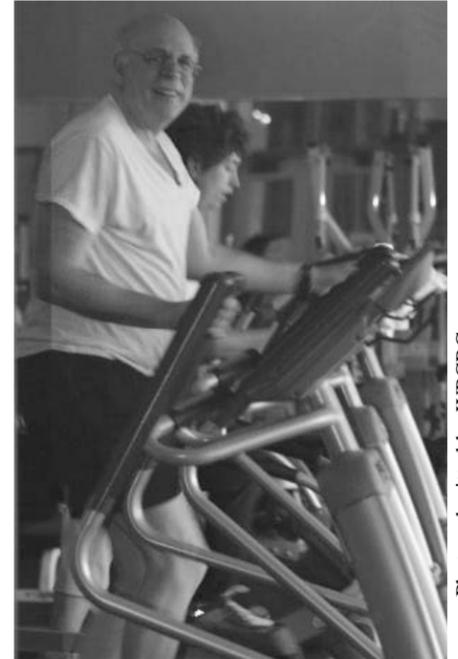


Photo submitted by WPCRC

= 92 percent good to excellent, 8 percent average

Hours of operation satisfaction level = 91 percent satisfaction, generally people want earlier and extended hours.

How long have you or a member of your family participated at WPCRC? = 36 percent used center for 5-10 years and 45 percent 2-4 years.

Look for our full-page ad and come enjoy your Center and celebrate 10 years of success.

See you at the Center,

Your Facility Manager  
Brad Weisinger



2009 NESYB 15U Girls' Summer Team – NAYS Waukegan, IL Champions

Photo submitted by Michelle Rice

**North East Side Youth Basketball Champs**

By Michelle Rice

North East Side Youth Basketball is a non-profit organization whose mission is to help kids develop leadership skills and parent/neighborhood/school involvement through basketball, and we want to congratulate all of our summer teams on their many successes regionally and nationally! We had so many positive comments about our kids at all those tournaments and we are very proud of you!

Our Girls' Fall/Winter season is just around the corner, so we will be holding registrations shortly – the first being August 18 from 6-8 pm at Goodman Community

Center. Our coaches will hold Skills Camps with additional registration on August 25 and 27 and final registration will be on September 3rd. Team placement tryouts will be September 8 & 10 with practices starting the following week.

For more information on updates, fees, other information about the North East Side Youth Basketball Program or to send donations, visit our web site [www.nesyb.org](http://www.nesyb.org) or call the NESYB President Kevin Mitchell 1-920-261-1935, Vice President, Terry Tiedt 575-8702 or Basketball Director, Tyrone Cratic at 575-7346.

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**SPORTS & RECREATION**

**Madison Stars Basketball Club Season Starts**

By Lynelle Harrison

The Madison Stars Basketball Club's 2009-2010 season is fast approaching! We will have recreational and competitive teams in grades K-8 for girls that attend school or reside in the Madison East High School district. Our Little Stars Rec Program will be for grades K-3 beginner level girls. They will play on Sunday afternoons starting in October. The 2nd/3rd grade competitive team will play in tournaments. The grades 4-8 teams will play in tri-county and tournaments. The season runs from September through March 2010.

The mission of the Madison Stars Basketball Club is to promote good sportsmanship and healthy, active lifestyles to children through the sport of basketball. Our vision is to enter the lives of young children and their families so that we can assist in teaching lifelong skills that will contribute to their health and wellness.

The Stars is a non-profit 501c3 youth basketball organization based on the north and east sides of Madison. Our volunteer coaches and administrators dedicate their time to teach the girls



The 3/4th grade 3v3 team played in a Middleton league this summer. Pictured are Precious Browning, Kenzie Roth, Khersa Morgan, Maria Murray, Tyla Hayes and Astrid Harrison.

the game of basketball and life lessons. The girls also develop lifelong friendships by participating in a team sport.

The registration form and more detailed information is now available on our website [www.madisonstarsbasketball.com](http://www.madisonstarsbasketball.com) or contact Lynelle Harrison at 692-0218/madisonstars@hotmail.com. Early bird registration deadline is Aug. 31st, 2009.

Congratulations to the Madison Stars players that played in a 3v3 league this summer! They did a fantastic job learning how to play 3v3 basketball, which is definitely a faster paced game. We are looking forward to the upcoming regular season of basketball!



Submitted by Lynelle Hanson

Photo submitted by Steve and Cheryl Ottelien

**More Girls Playing East Madison Softball, Teams More Competitive in Tournaments**

Nearly 40 girls from three East Madison Little League All-Star teams played in the Sun Prairie Classic Softball Tournament during the weekend of July 17-19. The girls range in age from 8-15 years old. The 12-and-under girls team took first place in the tournament, the 10-and-under girls placed second and the 14-and-under girls advanced to the last day of compe-

tion before losing in the quarterfinals. Overall, more than 100 girls played softball for the East Madison Little League during the 2009 season, a 15 percent increase from a year ago. Registration for the 2010 season will begin in February. For more information about the East Madison Little League go to [www.emll.org](http://www.emll.org).

# Northside Farmers Market

**Sundays 8:30 - 12:30 May 3 - Oct 25**  
Northside TownCenter across from Warner Park

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Fresh produce, meats, dairy, organic foods, baked goods, breakfast foods and more!  
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# The Northside *TownCenter* Almanac



*What's Happening in Your Neighborhood*

## *Northside 4 Knowledge*



**Where:** Northside TownCenter

**When:** Friday, September 11

**Why:** Benefit Local Schools

*With Music by*

## **Little Vito & the Torpedoes**



The Northside 4 Knowledge organization has identified the need within our local community schools for funding towards educational materials that will enable each of our students to excel in the classroom. As technology continues to evolve, it is our community that must come together in order to give our children the opportunities to connect, learn, and engage with students across the city and the world. The Friday 9/11 event will be held in conjunction with a "Day of Golf 4 Elementary Education" hosted by Cherokee Country Club the following Monday, September 14, 2009.

# **Gates open at 6, Only \$15**



For More Information Visit

[www.northside4knowledge.org](http://www.northside4knowledge.org)



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