

## GROCERY STORE

### Grocery store from page 1

In fact, the Bruns' have agreed to extend Pierce's lease and the grocer has agreed to stay for an additional month to help maximize food access during the transition to a new grocer.

"Our family has been involved with food security on the Northside for over a 100 years, starting with the Bruns Dairy Farm. We were proud to make it possible for Pierce's to locate here 10 years ago, and we are now equally committed to finding the right grocer for the future of the Northside," said Dave Bruns.

NPC learned of the store closing in September 2015 when it appeared that no other grocer was forthcoming. The organization met with several community leaders and Alder Rebecca Kemble to convene a grocery steering team to explore the possibility of opening a Northside-owned grocery cooperative. A grocery cooperative would truly guarantee the Northside's food security by developing a store owned by the community itself. A similar organizing effort had been undertaken in 2003, which resulted in the founding of the Northside Farmers Market, before Pierce's moved into the location in 2005.

During the exploratory stages, NPC ap-

proached Willy Street Co-op, a popular local food cooperative, about helping support a new Northside grocery cooperative. The Co-op pledged to help as it was able. As evaluation and planning proceeded, it became apparent that the time required to raise enough capital to open a grocery cooperative would result in too long a period with no food access for much of the Northside. Knowing that Willy Street Co-op was considering opening a third location, the grocery steering team began exploring the idea of Willy Street Co-op, as a well established cooperative, opening that third location on the Northside. The Co-op, with its interest in promoting local foods, would be a natural fit with the Northside's food-based economic development activities.

Willy Street Co-op, if they were to locate on the Northside, says they would plan to offer a product mix that includes both conventional products that are similar to what Pierce's currently provides as well as the full line of local, natural and organic products that Willy Street Co-op shoppers enjoy. As they already do at their two current locations, they will continue to accept and promote access to FoodShare (the QUEST card) at their third location, as well as offer other options for shoppers on a fixed

income, such as their Access Discount Program. If the Co-op moves into the site, they will plan further outreach and engagement with Owners and the Northside community.

If the plan moves forward, the Co-op would aim to be closed for a minimal amount of time at the new site (although no target opening date has been set). It's not yet clear how many positions the Co-op will need to fill at the site; both Pierce's

employees and current Co-op staff would be encouraged to apply. The Co-op recognizes that Pierce's employees have a strong connection to the neighborhood and the customers who shop at this store and is excited about the prospect of welcoming new staff.

The Bruns' and Willy Street Co-op are in a conversation as of press time. Look for updates as the discussion progresses.



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# SENIOR CONNECTIONS







## Seniors are INVITED!

Senior Connections at St. Paul invites seniors age 55 and better to engage in a meal together, share memories and fun activities.

Every Thursday  
10 am-1 pm

The day starts with a trip through the Bread of Life bakery and produce lines. This is followed by a meal that includes two or three entrées. Following the meal, enjoy playing bingo, card and board games. The Senior Connection family builds long lasting friendships.

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HEALTH & SAFETY

From  
**CAPTAIN  
JAY  
LENGFELD**  
**NORTH DISTRICT POLICE**



We had 337 residents respond. Many comments were positive and some identified concerns, which we will be working on in 2016. I will share the results of the survey in future editions of this newspaper.

Our annual shift change will occur Jan. 31. We will have 12 new faces, but many of them have worked in the North District before, so they are just returning north.

This year we are going to focus on community outreach and problem-solving, and we will need your help in identifying problems in your neighborhood and finding ways to resolve them. One way to accomplish this goal is to have small meetings with residents, which we are calling "Fire-side Chats with Five-O." The idea is to have a resident invite a few neighbors into their home for a friendly chat with the beat officer and a member of the Community Policing Team. We will discuss safety in their neighborhood and to get to know each other. More information will come later as we get the program going.

I hope everybody had a safe and joyful holiday season. I'm going to start 2016 with only positive information. During the holidays, North District officers were involved in a number of projects that gave back to the community.

In late November, officers distributed a number of turkeys to residents in need. In December, officers gave out Buddy Balls as part of the Love your Melon program sponsored by the Madison Professional Police Officer Association. Donated by the Berbeewalsh Foundation, Buddy Balls are soft balls that fold out into teddy bears and hats. The district also sponsored four families through the Road Home program, which included making cookies, a visit by Santa (Officer Dex) and presents for all.

The North Police District Community Survey closed in December.



Dr. Ross Royster

Health Tips

Sweet ginger

The American Medical Association just published a study that says the use of prescription drugs continues to increase, with the number of people taking five or more doubling in the last 12 years. Since drugs are unnatural chemicals with mostly unpredictable side effects on the body, we can assume that the number of health problems brought on by the side effects has grown just as much, if not more, from the mixing of drugs.

So, what did our ancestors do before drugs, and was it effective? One of the most potent natural medicines is ginger root. Since long before the advent of written history, ginger has been used to remedy an array of afflictions. Its versatility and safety is unmatched by modern medicine.

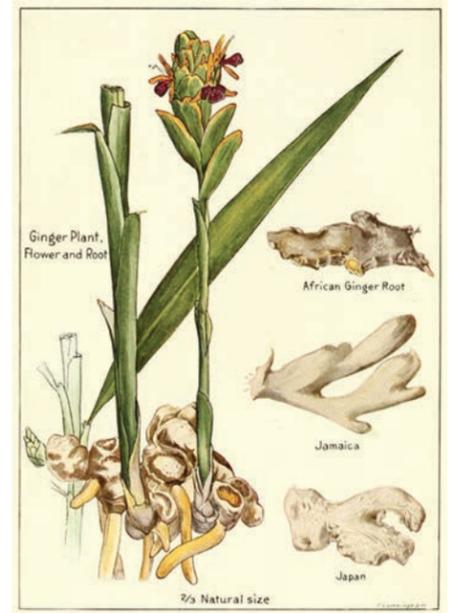
Ginger is used for:

- **Nausea** by relaxing muscles in the gastrointestinal tract and stimulating enzyme activity that promotes digestion and reduces gas. It is known to reduce travel sickness, indigestion and even nausea from chemotherapy.
- **Colds and Flu** because of its antiviral properties. If I have a cold, I sip on ginger tea all day.
- **Inflammation** of acute injury, arthritis and even asthma. I often recommend

it to patients with acute sprain/strains. Ginger has been shown to be more effective than the-counter medications (without their negative side effects).

- **Pain** from migraines, muscles and joints. I have even used it to reduce disc pain.
- **Cardiovascular** health by reducing blood pressure, blood sugar, clotting and cholesterol.
- **Anti-oxidation.** Ginger has 25 antioxidant properties that slow DNA damage and decrease the diseases that come with aging. Most spices are antioxidants, but ginger is extra potent.

Ginger is very safe, but should not be used with blood thinning medication and should be used with anti-inflammatory drugs under your doctor's supervision. I like to make a ginger tea with a little honey, but capsules work well, too. If not used for digestion, take it on an empty stomach. Ginger is nature's wonder drug. Use it in good health.



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Feeling bored and depressed?

**ELECTED OFFICIALS**

*From*  
**LARRY PALM**  
**DISTRICT 12 ALDERPERSON**



Greetings for 2016! A new year always brings renewed interest in what the city is doing. We now have an opportunity to implement what was decided as part of the 2016 budget discussion and look forward to some pretty big projects.

**Public Market District**

The biggest item in the 2016 budget for District 12 is moving forward funding for the Public Market, planned for the city's Fleet Services building at First and East Johnson Streets. The mayor had initially proposed to take planning out entirely but ultimately the council approved a budget that gets the project going closer to 2018 after Fleet Services moves out.

The city's Local Food Committee, which I'm on, is taking the lead on the future operations of the Public Market, and a Friends of Madison Market group is forming that you can find out more about at [www.facebook.com/groups/fmpmd/](http://www.facebook.com/groups/fmpmd/).

**Food Innovation**

There continues to be much discussion about creating a Food Innovation District for the Northside, as I've discussed previously. It's too early to tell how this will come together, but I appreciate the many partners and interested parties that continue to work on how to highlight the Northside as the right place for a number of proposed projects.

**Development**

The economy in Madison has continued to create pressure on redevelopment including at times in District 12. I continue to meet with developers who have potential areas that they would like to pursue. Many have talked to me how we can add more vitality to the Northside and many have mentioned that we need different types of redevelopment to attract more people so our businesses can thrive. I know redevelopment can be difficult for neighbors. That's why I encourage you to sign up for the District 12 email list at [www.cityofmadison.com/council/district12](http://www.cityofmadison.com/council/district12) so I can get the word out right away when a developer decides to move forward. I also encourage you to join your neighborhood association as they are the first place I turn to for larger discussions about proposals.

I hope you and your family have a wonderful 2016.

*From*  
**REBECCA KEMBLE**  
**DISTRICT 18 ALDERPERSON**



Happy New Year, Northsiders! I'd like to give you an update on my work with Mendota School fourth and fifth graders over the last couple of months. Last spring third-grade teacher Debra Minahan invited me into her classroom to talk to her students about local government. They were so enthusiastic and concerned about many different issues in the community that we decided to convene a group this academic year to devise a resolution to be put in front of the Madison Common Council.

In addition to Ms. Minahan, Mendota School PBS Coach Brook Coy and two UW Morgridge Center interns, Nasitta Keita and Emma Cox, helped convene the group of 18 fourth and fifth-graders in the Community PUPs (Peers Uplifting Peers) program every Thursday after school to talk about community concerns and brainstorm ideas to work on.

Through various activities and lively discussions, we narrowed down their

initial list of over 30 ideas to just three: homelessness, protecting the environment and police accountability. We invited community activists to spend an hour with the students on different days talking about their work in the community. Tami Fleming who started Friends of the State Street Family, Amelia Royko-Maurer who was roommates with Paulie Heenan, the young man who was shot by a police officer, and Paul Noeldner, our own Northside philosopher/naturalist from Wild Warner (see photo on page 1) each came in and talked about their work and what they thought the students could do to help.

Just before winter break they broke up into three teams to do further research into each topic and prepare group presentations for a debate. They all did an amazing job coming up with illustrations, data and arguments to convince their classmates that the topic they were advocating for should be the focus of their efforts. After the debate they discussed and voted overwhelmingly to work on homelessness.

Keep your eyes on these young leaders over the next few months as they work on understanding the issue more deeply and advocating for solutions in the community and ultimately, before the Common Council.

**LOCAL PRIMARY — FEB. 16 • LOCAL ELECTIONS & PRESIDENTIAL PRIMARY — APRIL 5**

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



The official nomination period for Dane County Supervisor ended recently. As the only candidate who filed for District 12, I will remain your county supervisor barring a write-in campaign. I am honored to continue to have the opportunity to serve you and the citizens of Dane County. The spring election is April 5 and includes the presidential primary and the Wisconsin Supreme Court.

Next week Supervisor Jeremy Levin, chair of the Health and Human Needs Committee, and I will be appointing a study committee of 11 individuals to review and make recommendations regarding improvements to the dozens of jail diversion programs in Dane County. As chair of the Public Protection and Judiciary Committee, I sponsored the budget

amendment to make this important next step possible. The goal is to broaden participation by people of color to add fairness and equity to our criminal justice system. This "blue ribbon" panel will make its recommendations by July 1.

The contract for three billboards located on Aberg Avenue in front of the Bridges Golf Course is now up for renewal. The Dane County Airport receives about \$35,000 per year in billboard revenue that is restricted to airport use. Airport revenue cannot be used for human services or any other local needs. If you have an opinion one way or the other, please feel free to contact me. The airport finances are healthy, with significant reserves, so this would not make much financial difference. The three nearby neighborhood associations (Sherman, Carpenter/Ridgeway and Eken Park) have all been asked by me to consider the issue. As with most things, opinions vary. The issue will be decided by the Dane County Board and its committees over the next month or so.

Supervisor Rusk can be reached at 249-9667 or [rusk@countyofdane.com](mailto:rusk@countyofdane.com).

*From*  
**MICHELE RITT**  
**DISTRICT 18 SUPERVISOR**



Recently, I participated in a ride-along with a Madison Police Officer. I spent several hours as his shadow, watching him work and riding in the front seat. During our time together, I asked him a zillion questions on topics ranging from drugs to landlords to the new lights at Warner Park. The officer has a great connection with and love for our neighborhoods. During our stops, I was grateful for his kindness and concern for citizens, especially the most vulnerable ones. I appreciate having a strong connection to both the Madison Police and the Dane County Sheriff's Office. Communication and working together are part of the solution to the challenges we face.

The Northside is such a beautiful place. I love being surrounded by trees and parks. Watching the sun set over Lake Mendota and birding at Cherokee Marsh are among my very favorite activities. Raising my family with these natural resources surrounding us is such a gift. I work to preserve these areas, with the help of our Northside neighbor experts.

Through a county budget amendment this year, I assured that Lake View Hill Park will maintain the financial resources to continue as an amazing place to learn and to play, while still protecting our native plants and trees. Another budget amendment I authored will provide funding to remove carp from Cherokee Lake, which will help to improve the overall water quality. The Northside is home to so many natural treasures. Together, we can protect them.

It is a true honor to serve as Dane County Supervisor for the beautiful District 18. As always, I appreciate hearing from you. Please feel free to contact me at [ritt.michele@countyofdane.com](mailto:ritt.michele@countyofdane.com).





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**HELP IN THE GARDEN**

**ELECTED OFFICIALS**

*From*  
**PAUL SOGLIN**  
**MAYOR**



In 2015 we welcomed a new Racial Equity Coordinator to city government. Toriana Pettaway is an enthusiastic professional working in conjunction with all city departments and staff. As the equity coordinator, her position affects all community residents, not just city government.

The City of Madison Racial Equity and Social Justice Initiatives have three priority areas: equity in city policies and budget, equity in city operations, and equity in the community. Equity in the community ensures that we are staying committed to engagement. We are addressing equity in education, transportation, parks, open space, infrastructure and economic vitality; and full community inclusion in the city's decision-making and planning processes. We are focused on geographic and financial access to healthy food, home ownership and rental housing; access to living wage jobs, unemployment and career advancement; and barriers to employment and arrests. We are also prioritizing the issues of how city government delivers services, allocates resources, and develops citywide initiatives and projects.

Here are a few specifics:

**Education**

- Achieve racial equity in graduation rates; all students graduate on time.

**Equitable Development**

- Achieve racial equity in transit commute times, availability of transit service, and transit fares.

**Health**

- Achieve racial equity in geographic and financial access to healthy food.

**Housing**

- Eliminate racial inequity in housing cost burden by race.

**Achieve racial equity in access to safe and fair housing.**

- Achieve equitable home ownership across race/ethnicity.

**Jobs/Economic Justice**

- Ensure the city's workforce reflects or exceeds the racial demographics of the communities we serve.
- Increase racial equity in city contracting and purchasing, including increasing opportunities for targeted hire of communities of color.

**Criminal Justice**

- Eliminate racial inequities in arrest rates.
- Increase opportunities for employment and housing for people with criminal conviction records.

**Service Equity**

- Achieve racial equity in city divisions' service delivery and resource allocation.

Clearly, Toriana has her work cut out for her. She is working to develop partnerships and looks forward to working with all of you.

Stay well.

*From*  
**MARK MILLER**  
**STATE SENATOR**



I hope 2016 finds all of you well. It's the beginning of great things for the State of Wisconsin. 2015 was at times a tumultuous year for our community and country, especially with recent mass killings in Paris and San Bernardino. Fear is a natural response to these attacks.

We would all like to live without fear of being the innocent victim of malicious terrorism. Terrorism is designed to instill fear. Fear is the food that nurtures demagogues and tyrants. We have seen too many of our elected leaders use fear to promote policies that undermine the fundamental values of our American democracy. Fear was justification for passage of the Patriot Act, which allowed unprecedented gathering of information on Americans engaged in the ordinary course of their daily lives.

Today we are seeing candidates who are running for office, including the presidency, exploit fear for political advantage. They are using fear to divide us, to turn Americans not only against other Americans, but also against our American values of religious freedom, personal freedom, and equal protection under the law. Fear-mongering is cheap and easy. Leadership is much more difficult.

Political candidates who prey on our fears are not leaders; they are opportunists. They make us weaker by dividing us and by espousing policies that not only won't work, but strengthen organized terrorism. They make it easier for people to hold onto fear rather than do the hard work of responding responsibly to refugees and immigration. They distract us from the challenge of strengthening our economy and improving the application of law enforcement and justice to all Americans.

While fear is understandable, it should not be the driving force in our policy choices. We need to be smarter than that. We need to be braver. And we need leaders who are smarter and braver.

*From*  
**JOE PARISI**  
**DANE COUNTY EXECUTIVE**



Recently, I signed my 2016 Budget for Dane County. My budget focuses on providing our critical core services while expanding partnerships to better our community.

My budget includes the strongest efforts yet by Dane County to address mental illness. I am expanding our mental health teams to more schools across Dane County in partnership with local schools. Early intervention is key to both preventing and knocking down the barriers that come with mental illness. I am also creating Community Crisis Teams, available 24/7, to help law enforcement respond to mental health crisis situations.

My budget continues our commitment to cleaning up our lakes through partnerships and conservation.

Homelessness is a complex problem that no one entity can solve. We are continuing our work with the Homelessness Consortium and investing millions in direct services to our homeless population. I am also doubling our Eviction Prevention Fund, which successfully kept 266

children in their homes last year. This budget furthers our work of criminal justice reform by creating a Re-entry Team in our Dane County Jail. We will assess inmates and make an individualized plan for each inmate. A successful re-entry reduces their risk of returning.

Seventy percent of Wisconsin's population growth happens in Dane County, as does 56 percent of Wisconsin's private sector job growth. We consistently have the lowest rate of unemployment in the state.

We are a thriving, growing community, with unlimited potential. While we are certainly not without our growing pains, I am proud of the manner in which our community faces its challenges head on. We will get there, and we will get there together — with respect, with spirited debate and through partnering together — the Dane County Way.



County Executive Joe Parisi signs the 2016 Dane County Budget.

Photo by Stephanie Miller

*From*  
**MELISSA SARGENT**  
**STATE REPRESENTATIVE**



**Let's make 2016 a year of opportunity**

2016 is here. As many of us do personally when a new year rolls around, it's good to take stock of where we have been and where we are going.

2015 was not an easy year for our state. We recently learned that Wisconsin had 10,000 layoffs in the past 12 months while at the same time WEDC, which is tasked with creating jobs for the state, has been under a cloud of corruption and mismanagement. People are working harder and longer hours but are not able to get ahead. This is not a path toward prosperity and an economy that works for everyone.

Rather than making our communities safer, Republicans stood in the way of common-sense protections to address the public health crisis of gun violence that has spread across our country. This kind of radical agenda spreads fear and intolerance, it does not make us safer or more secure.

Despite these challenges, the turning of a new year is a perfect time for us to remember and celebrate that our diversity and unity is strength all across our great state we are more similar than different, and that we define ourselves by what we love and what we do.

2016 brings an opportunity for us to renew our commitment to being and doing better together. I'm committed to working with you in turning our state around, to get us headed in the right direction again, and to make sure that those steering our state are accountable. I am committed to taking time to learn about what I don't know — and I ask you to join me.

I am passionate about this because I know that unity is the strength that has built our great state and our great country and that when we are united we are stronger, safer, freer and more prosperous.

We should take pride in our state, our resolve, our resilience. We are a hard-working, extraordinary people that do extraordinary things. I know that together we can and will build a better future for our children. Clearly, we have a lot of work to do, but our shared values and our vision of what can be are building the foundation for a state that works for all of us.

Together, we can make 2016 the year that we prioritize what is best for the people.

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**REMEMBER TO VOTE TUESDAY, FEB. 16**

## LIBRARY

From

**KATIE  
SCHARF**  
246-4547



**LAKEVIEW BRANCH LIBRARIAN**

### Lakeview Branch Library

246-4547  
Hours: Mondays–Fridays: 10 am–8 pm  
Saturdays: 9 am–5 pm

### Book Sale

The Friends of Lakeview Branch Library hold their next Quarterly Book Sale Saturday, March 19, from 9 am–4 pm with a members-only sale Friday, March 18, from 6–7:45 pm and a bag sale Saturday from 2–4 pm. There are always great bargains and all proceeds fund library programs.

### Free Income Tax Preparation

Mondays and Thursdays through April 14, 1–4 pm, by appointment  
Trained Volunteer Income Tax Assistance (VITA) volunteers prepare individuals' basic tax returns for free. If married and filing jointly, both spouses must be present. Completed returns are filed electronically. Call 246-4547 for a half-hour appointment.

### Preschool Storytime

Mondays through March 14, 10:30–11:15 am

**Note the change to Mondays.** Children ages 3–5 will enjoy this happy blend of stories, fingerplays and songs that help preschool children develop print awareness. Groups and younger siblings are welcome. Registration is not required.

### Storytime for the Very Young

Mondays through March 14, 11:30 am–12 pm

**Note the change to Mondays.** We offer stories, songs and rhymes for newborn–2-year-old children.

### Paper Bag Pets with Bird Ross

Monday, Feb. 15, 2:30–3:30 pm  
Create your own paper pet to take home using paper bags, recycled materials and bright paper. Instructor Bird Ross offers inspiration for creating a lovable (not quite furry) friend. This program is for the whole family. This is a Bubbler Jr. program.

### Library LEGO Club

Tuesdays, Feb. 16 and March 15, 4–5 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.

### Read to a Dog

Saturdays, Feb. 13 and March 12, 2–3 pm  
Bring a favorite book and read aloud to a furry friend. Call the week of to register for a 15-minute slot, or simply drop in.

### Library Laboratory Series featuring TetraPAKMAN

Friday, Feb. 5, 2:30–4:30 pm  
Friday, Feb. 26, 3:30–5:30 pm  
Friday, March 25, 2:30–4:30 pm  
Are you sure it's trash? Make cool stuff out of things that you might just throw away or recycle. Drop in to play games, have a snack, hang out and more in a special edition of Library Laboratory with TetraPAKMAN Victor Castro. This program is for children in grades 3–12. Supervised younger siblings are welcome.

### Lakeview Chess Club

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

### Adult Programs

#### Friends of Lakeview Library

Thursday, Feb. 12, 6:30–7:45 pm  
All members are encouraged to attend this annual gathering of library supporters. Learn what's happening at your library in 2016, share suggestions and ask questions. Refreshments will be served.

#### JobConnect with the Worksmart Network

Fridays, Feb. 12 and March 11, 12–3 pm, by appointment only  
This service will be provided at Lakeview the second Friday of each month through June. Get help with job search, resumes and interviewing, and get connected with a full range of workforce and community resources and services, including programs available through the federal Workforce Innovation and Opportunity Act (WIOA) for adults, dislocated (laid-off) workers and young adults. Sessions are one-on-one with a professional employment specialist from the Worksmart Network. Please call 246-4547 to schedule a slot.

#### Punky's Basic Bread Baking

Tuesday, Feb. 23, 6–7 pm  
Master Baker and the Northside's own Punky Egan shares her bread-making tips and favorite recipes in this program for adults. Punky will bring dough in different stages of development that you can actually feel and poke.

### Ease Your Way to Fitness With a Little Resistance

Saturday, March 12, 10–11 am  
Venus Washington, mom, fitness entrepreneur, owner of R U Fit mobile company, and head coach to the Madison Elite Track Club shows adults of all fitness levels easy and accessible ways to incorporate fitness into their everyday lives with the use of resistance bands. Register by calling 246-4547.

### On Fourth Lake: A Social History of Lake Mendota

Saturday, March 26, 11 am  
Author Don Sanford, Madison resident and longtime Lake Mendota mariner, shares stories, photographs and maps from his new book, a social history of the people, places and events that have shaped the shoreline of Madison's greatest lake. Refreshments will be served.

### One-On-One Writing Assistance

Wednesdays, 4–7 pm  
Free one-hour sessions for writing help, including resumes, cover letters, online job searches, applications and any creative writing. Funded through a grant and staffed by UW Writing Assistance staff. Call 246-4547 to sign up.

### Computer and eBook Assistance

Mondays, 10 am–12 pm and Thursdays 1–3 pm, by appointment  
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 setup and assistance. Call 246-4547 to schedule an appointment.

### Adult Noon Book Group

Discuss books and eat treats. It's a really good group.

Feb. 11: "The Other Boleyn Girl" by Philippa Gregory

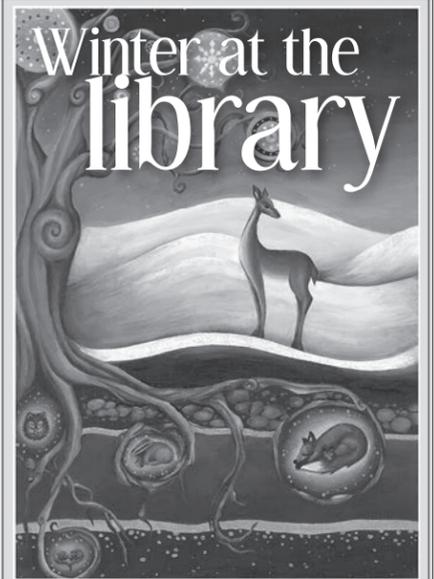
March 10: "Empire of the Summer Moon" by S. C. Gwynne  
Copies are available at the library.

### Scrabble for Adults

Every Wednesday, 10 am  
Sharpen your mind with a group that makes it fun.

### Knitting at the Library

Every Wednesday, 6 pm  
Drop-in knitting — learn a new craft or work on that unfinished project with other neighborhood knitters.



## BREAD BAKING

### Punky's Basic Bread Baking Tuesday, Feb. 23, 6–7pm

Master Baker and the Northside's own Punky Egan shares her bread-making tips and favorite recipes in this program for adults. Punky will bring dough in different stages of development that you can actually feel and poke.

## FITNESS

### Ease Your Way to Fitness With a Little Resistance Saturday, March 12, 10–11 am

Venus Washington, mom, fitness entrepreneur, owner of R U Fit mobile company, and head coach to the Madison Elite Track Club shows adults of all fitness levels easy and accessible ways to incorporate fitness into their everyday lives with the use of resistance bands. Register by calling 246-4547.

## BOOK READING

### On Fourth Lake: A Social History of Lake Mendota Saturday, March 26, 11 am

Author Don Sanford, Madison resident and longtime Lake Mendota mariner, shares stories, photographs and maps from his new book, a social history of the people, places and events that have shaped the shoreline of Madison's greatest lake. Refreshments will be served.



**JOIN US FEB. 9  
ON FAT TUESDAY!**

## Lunch Specials

### Monday

Pulled pork sandwich with fries

### Tuesday

Fish sandwich with chips and coleslaw

### Wednesday

Nueske's bacon cheeseburger with fries

### Thursday

Cuban pulled pork sandwich with fries

### Friday

2 piece Fish Fry (served until 2 pm)  
We also serve perch, walleye and shrimp  
(Ask server for price)

Lunch specials are served  
11 am–2 pm daily

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SENIOR

From  
**JIM KRUEGER**  
NESCO EXECUTIVE DIRECTOR



**A cure for the winter blues**

For those of us not heading someplace warm for the winter, this can be a difficult time. The holiday gatherings with family and friends have passed; I have read every book in my possession and cleaned every inch of my house. I want to get out of the house and be active. I want to do something fun (and free), but the options are limited compared to the rest of the year. It feels like an eternity before the NESCO summer concert series begins in June.

A few members of NESCO suggested we host some Sunday afternoon concerts in the wintertime. If you want to

cure those winter blues, come to NESCO's two Sunday winter concerts to be held inside the Warner Park Community Recreation Center.

Spruce up your Valentine's Day (Sunday, Feb. 14) by listening or dancing to jazz performed by the Hanson Family Jazz Band. Kick off daylight saving time (Sunday, March 13) with good old-fashioned music from the Waunakee Community Band. These concerts are free and open to all ages.

**NESCO website — new and improved**

As some of you have noticed, NESCO's website has not been for the past few months. Our website was outdated and difficult for our staff to update regularly. I am pleased to announce that, thanks to Arcus Communications Design, as of Feb. 1 the NESCO website will be back on track with some new features and a slightly new look. It should be easy for visitors to navigate and easier for our staff to keep updated. Thank you for your patience.

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

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

**UPCOMING EVENTS:**

**Feb. 14, 3 pm,** Winter Concert Series featuring the Hanson Family Jazz Band

**Feb. 29, 10:30 am,** Celebrate Leap Year with NESCO. Join us for live music and fun.

**March 13, 3 pm,** Winter Concert Series featuring the Waunakee Community Band

**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. Clinics are offered at four convenient locations. The cost is \$20. Call 243-5252 for an appointment.

**General and Education Presentations:** Mondays, Tuesdays and Thursdays, 10:15 am, topics are listed in the 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 Trisha at 243-5252.

**Mahjong (NEW):** First and third Thursdays, 1 pm; any skill level welcome.

**Nutritious Lunches:** Monday–Friday, 11:30 am. Door-to-door bus service is available (50 cents each way). Guests 60 years and older are invited to enjoy their meal on an anonymous donation basis. Suggested donation is \$4. Those under age 60 pay \$7.50. Reservations are required 24 hours in advance. Call 243-5252.

**Ping Pong League:** Mondays 9 am, Tuesdays 12:30 pm, WPCRC ID card required

**Sewing Club:** First and third Thursdays, 10 am

**Technology Help:** Tuesdays, 9–11 am, one-on-one appointments with Sharon Persich; call 243-5252 for an appointment.

**ONGOING PROGRAMS:**

**Bingo:** Every Friday and second Tuesday, 10:30 am, five cents a card (two-card limit per game), cash prizes

**Blood Pressure Clinic:** Third Tuesday, 10:30 am

**Book Club:** First Tuesday, 10 am

**Card-Making Club:** Second and fourth Wednesdays, 1 pm

**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

**Crafts with Sue:** Second and fourth Mondays, 10:15 am

**FREE DANCE PARTY**  
Experience 21st Century Square Dancing  
March 13 & 20 • 6:30-8:30 p.m.  
www.westportsquares.com, on facebook, or call Eldon & Virginia at 244-3694  
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244-0044  
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**Sherman Avenue United Methodist Church**  
3705 N. Sherman Ave., Madison  
saumcall@gmail.com  
244-0868  
**Huge Indoor Rummage Sale**  
Friday, Feb. 26  
Saturday, Feb. 27  
8 a.m.–4 p.m.  
To contribute clean and usable items to the church sale  
Call 244-3845  
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SENIOR

# Tennyson Senior Living seeks “garden variety” volunteers

By Sue Berg

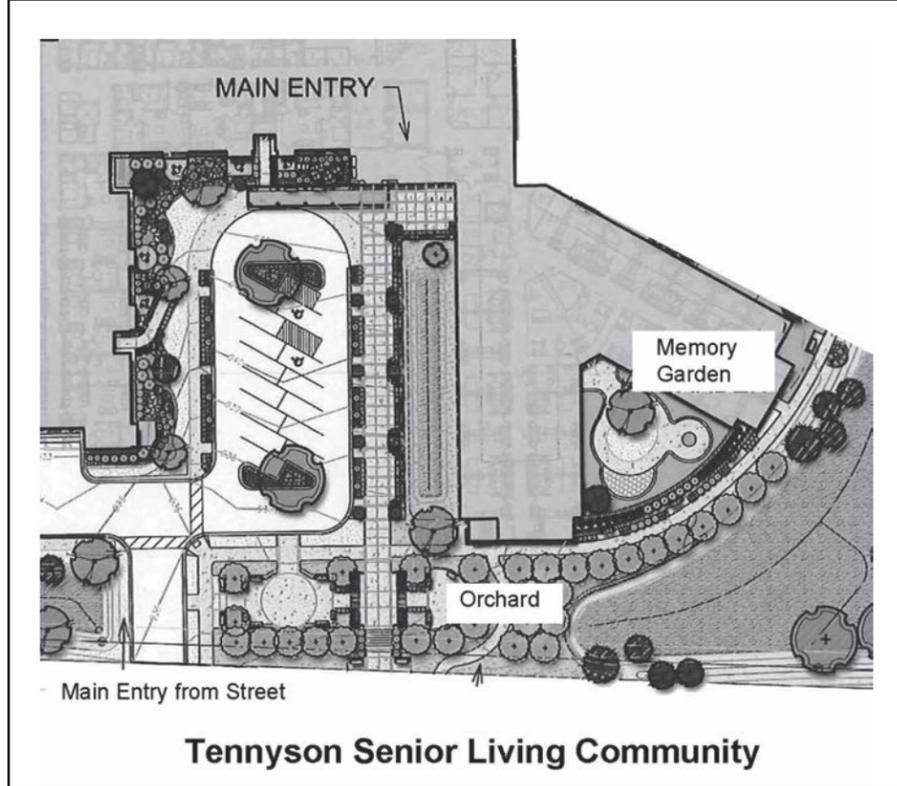
Independent Living, Inc.

Calling all master gardeners and gardening masters.

The developer for Tennyson Senior Living Community is looking for some help to ensure the new gardens bloom. Tennyson Senior Living Community is the senior housing campus planned for the northeast side of Madison. The campus landscaping includes spaces for an orchard, a memory care garden and a wellness garden.

Independent Living, Inc. is the developer and hopes to recruit volunteers for some garden guidance. Rita Giovannoni is spearheading the development of Tennyson Senior Living Community as project director. “We’re very excited about the green spaces on this property,” Giovannoni said. “The architect allocated several large areas for garden development and made some nice recommendations about plant selection and how the spaces should look.”

“What we really need next are people who can review these plans and share suggestions about selection, cultivation and the landscape. It would be helpful to have insights about what has worked well — or not — with various plants and hardscapes on Madison’s northeast side,” Giovannoni described. “It will also help to have ideas on how to use these gardens for programs. For example, the orchard is a great opportunity for intergenerational interaction. Think



Site plan for the orchard and memory garden at Tennyson Living Community.

about how much fun we could have with a class that involves the orchard, our residents and students from Lake View Elementary School.”

An organizational meeting will likely be arranged early spring. Volunteers interested in serving as garden advisors are encouraged to contact Sue Berg at 268-9628 or sberg@independentlivinginc.org. Inquiries about living at Tennyson or being on the interest/waiting list may also be

directed to Berg.

Donations in support of the gardens as well as the overall project are earnestly requested. More information about the fundraising campaign is available from Rita Giovannoni, project director Arlen Moss, fund development director. They can be reached by calling 274-7900 or by email at rgiovannoni@independentlivinginc.org or amoss@independentlivinginc.org.

## Volunteer Gardening Advisors Sought

Tennyson Senior Living Community is looking for volunteers to help with memory care garden planning.

If you are interested in volunteering, contact Sue Berg at 268-9628 or sberg@independentlivinginc.org.

## Lakeview Lutheran's Annual Chili Cook-Off



Sunday, Feb 28  
At 5 pm in East Hall

Sample over 15 varieties of chili and enjoy cheeses, breads, desserts and beverages.

A free-will donation is appreciated that will go toward the renovation of Lakeview's kitchen.

Great parking and accessible entrance

## FRIENDS NEEDED

Assist with a craft project, serve a meal or just engage in conversation with the young at heart whose health is frail. Or be an escort on van trips into the community.

Weekdays from 8 a.m to 4:30 p.m. Come help make someone's life happier and emotionally healthier.

To view "A Life Transformed" and "The Best Day" go to [www.stmarysmadison.com](http://www.stmarysmadison.com) and click on "Patient Stories".

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### Take Action and Prevent a Fall!

Effective classes available for older adults

#### Stepping On

- A 7-week workshop series to prevent falls
- Learn from professionals
  - Discover the role of vision and medications
  - Learn balance and strength activities and strategies
  - Understand your risk factors and fall hazards
  - Gain awareness and confidence

#### What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older adults. It consists of a workshop that meets for two hours a week for 7 weeks. Workshops are led by a health professional and a peer leader - individuals who are concerned about falls just like you.

**Where:** At a Dane county clinic, senior center, or community facility near you. Call 608-235-1957 for workshop information.

**Cost:** \$35 per person, includes a Stepping On manual and healthy snack at each class

Build strength.  
Build confidence.  
Stay safe & at home.



Brought to you by the Falls Prevention Task Force of Safe Communities and Area Agency on Aging of Dane County

See current class listing at [www.safercommunity.net](http://www.safercommunity.net)

**WARNER PARK COMMUNITY RECREATION CENTER**

From

**JACOB  
TISUE**  
245-3690



**WPCRC FACILITY MANAGER**

Winter is a great time to renew your passion for getting fit or learning something new. At the Warner Park Community Recreation Center (WPCRC), we have classes and programs for all ages. Here are a few upcoming programs and activities.

First, I want to introduce a new family program called “Saturday Night Movies.” Madison Parks presents free movies for all ages at the WPCRC. A parent/guardian must be present for all children age 11 and younger. Feel free to bring a blanket and pillow to lounge around on the floor, but please do not bring chairs or food/drinks. Popcorn, snacks and drinks will be available for purchase at the con-

cession stand. All movies are rated PG, so use discretion for your family.

WPCRC ID cards are required; families can inquire at the center for details about how to get cards. Saturday Night Movies are provided free through the generous support of the Webcrafters-Frautschi Foundation, Inc.

March 26, 7 pm, “Superman” (1978)

Dress up like your favorite superhero and get one free popcorn.

May 21, Double Feature Saturday

“The LEGO Movie” (2014), 6 pm, and “The Goonies” (1985), 8 pm

Join us for this adventure-filled double feature before summer gets started. Movie goers are welcome to stay for both movies or just come to one or the other.

Second, remember that Warner Family Fun Nights continue Feb. 12 and March 11. We will have pottery and art projects, family fitness classes like Zumba and Hula Hoop, bouncy houses, and more fun to beat the winter blues. March 13 is the 2016 Beach Party Family Fun Night. We will show a beach-themed movie (with popcorn), have a beach-themed dance, and offer lots of fun dreaming of sunshine.

Last, get a healthy start in the new year by hitting the gym. Become a fitness center member or regular visitor. We have state-of-the-art machines and equipment, flexible and affordable memberships and plans, as well as opportunities for youth to use the area.

As we look forward to the rest of 2016, don’t forget to visit us at the WPCRC. Let us know what you think we could be doing to better serve the Northside. See you at the WPCRC, where everyone is welcome.

## Supporters still striving for Warner Pool

By Dorothy Borchardt  
*Circle of Friends*

Circle of Friends (CoF) is working on putting information together on building an aquatic health and fitness center that is self-supporting without taxpayer’s dollars at Warner Park. Here is a little history.

In 1969 the Northside Community Council passed a resolution calling for a Northside swimming pool and community center. It took until 1974 to get the Madison Park Commissioners to recommend that the mayor include a pool in his 1975 budget. In 1989 a pool study was completed and Warner Park was recommended, along with Olin-Turville Park, to be one of three pool sites. City officials selected Olin-Turville Park for the first pool — without the support of the neighborhoods — a big mistake. They ended up with a Preservation of Shoreland Parks Ordinance and no pool.

In 1994 Madison Common Council member David Wallner proposed that Madison build a pool at Warner Park. A meeting was held and members of the community, including people opposed to the Olin-Turville pool, were very supportive of the Warner Pool. Mayor Soglin was willing to build the pool and help raise money for it. The Northside Planning Council voted to endorse the Warner pool and did a feasibility study to see if they could raise the money to build the recreation center and the pool.

They couldn’t do both, so the decision was made to do it in stages, and that’s where it sat for 20 years.

The Warner pool was on hold until 2004 when the Goodman brothers offered the city \$2 million to build a pool. A 10-member pool committee recommended Franklin Field for the first pool and that a second pool be built at Warner Park. The CoF started raising funds for the Warner Pool. Mayor Cieslewicz put money in the city budget for the Warner Pool. In 2008 the pool was removed from the budget. If we wanted a Northside pool, it would have to be done without city or county funds.

The City of Madison still doesn’t have any money in the budget for an aquatic health and fitness center, even though it could be an economic generator for the Northside, the City of Madison and Dane County. The CoF has proposed doing a financial feasibility study, and we have the funds to pay for it. In order to move forward with the study, we need a letter from the city in support of the project, based on the CoF raising the funds and demonstrating that the aquatic center could be self-supporting.

If the feasibility study shows that it can’t be done without city money, we will understand; but to not at least try would be missing an opportunity to provide jobs, swimming lessons, rehabilitation and fitness activities that will be an asset to the entire community.

# VOTE

## Local Primary Election

### Tuesday, Feb. 16

Polling Places open at 7am and close at 8 pm

**Webcrafters – Frautschi Foundation presents FREE movies for all ages at the Warner Park Community Recreation Center**

<b>MINIONS</b> (2015)	<b>Saturday, January 23 – 7:00 pm</b> Dress in a Minion costume or create your own Minion and get one free popcorn!
<b>SUPERMAN</b> (1978)	<b>Saturday, March 26 – 7:00 pm</b> Dress up like your favorite super hero and get one free popcorn!

**DOUBLE FEATURE SATURDAY!**

<b>THE LEGO MOVIE</b> (2014)	<b>Saturday, May 21 – 6:00 pm</b>
<b>THE GOONIES</b> (1985)	<b>Saturday, May 21 – 8:00 pm</b>

Join us for this adventure-filled double feature before summer gets started. Moviegoers are welcome to stay for both or just come to one or the other.

Popcorn, snacks, and drinks will be available for sale at the concession stand. Please do not bring in chairs or food/drink.

Feel free to bring a blanket and pillow to lounge around on the floor. A parent/guardian must be present for all children 11 yrs and younger. All movies are rated PG, so please use discretion for you and your family. WPCRC I.D. required (inquire at Warner Park for details).

www.edwardjones.com

## So Much Planning Goes into Retirement.

### Have You Thought About Taxes As Well?

It’s likely that your retirement income may come from many sources, such as Social Security, pension distributions, a 401(k) or IRA withdrawals. That’s why, if taxes are a concern for you, it’s important to choose the right investments for your portfolio. At Edward Jones, we have many options that can give you more control over your taxes, so you can enjoy what you’ve worked so hard to achieve.

Edward Jones, its employees and financial advisors cannot provide tax advice. You should consult with a qualified tax specialist for professional advice on your specific situation.

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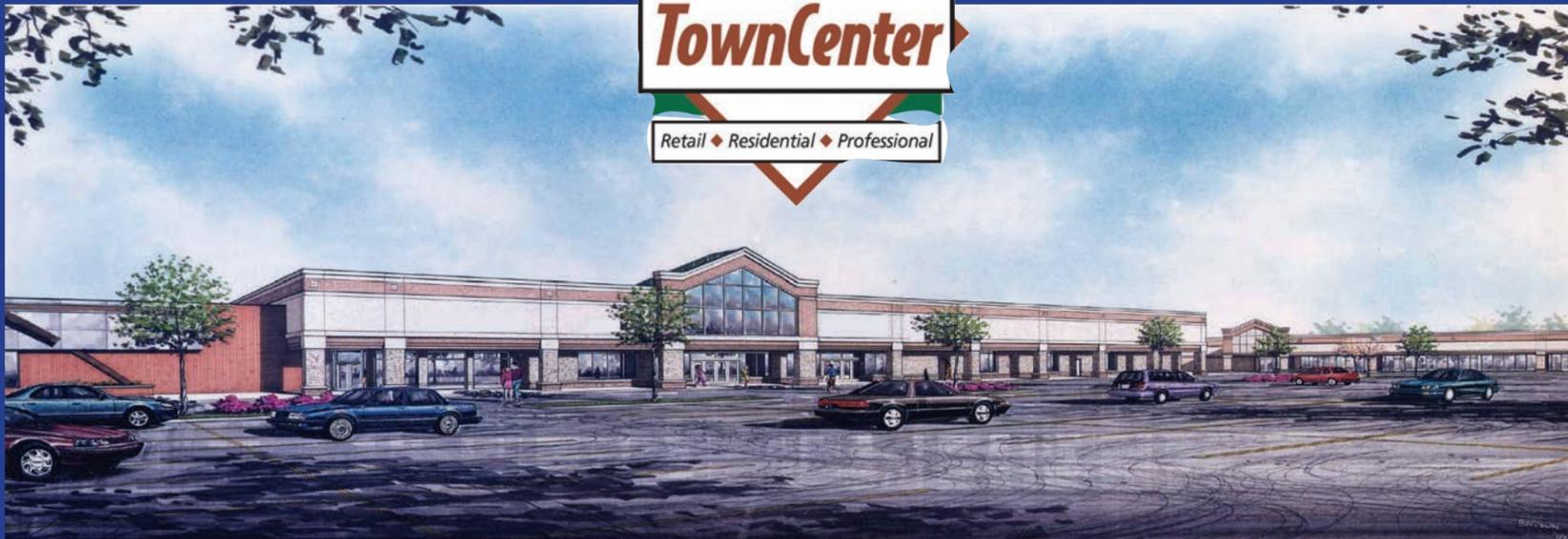
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