

### TROY GARDENS

# Goodman Community Center and GroundWorks build a partnership and grow a youth garden in Madison

By Marge Pitts

Team Cougar (kindergarten and first grade students from Kennedy Elementary School), Goodman Community Center's TeenWorks, Superintendent Dan Nerad and others from Madison Metropolitan School District joined Community GroundWorks board and staff recently to thank the Irwin A. and Robert D. Goodman Foundation for their very generous support of our east side youth farm project. The project is located on previously vacant land adjacent to Kennedy Elementary School on Madison's east side. Now named the Irwin A. and Robert D. Goodman Youth Grow Local Farm, the farm will double in size to a full acre, and get some much-needed infrastructure improvements thanks to the Foundation's support. Community GroundWorks expects to engage a diverse population of more than 800 elementary, middle and high school students in hands-on, farm-based education at the site this year, and grow thousands of pounds of food for the Goodman Community Center's food pantry and meal programs.

Youth are actively involved in the entire process of running a small-scale organic urban farm



Photo by Terrie Anderson

Planting a row of broccoli requires concentration and Team Cougar energy, found in abundance at the Apr. 24 Goodman Youth Grow Local Farm dedication day.

at the Goodman Youth Grow Local Farm. During the school year, students work at the farm, in the greenhouse or in the class-



Photo by Terrie Anderson

## APRIL 24 – GOODMAN YOUTH GROW LOCAL FARM DEDICATION DAY

room to explore a variety of topics focused on small scale urban agriculture. In the summer, youth farmers work three days a week planting, tending, harvesting, washing and packing the produce for delivery to the Goodman Community Center's Fritz Food Pantry. Youth farmers are immersed in community service as they strengthen food security by providing fresh vegetables to the Food Pantry.

The Goodman Youth Grow Local Farm represents the very best in partnership. The land is owned by the Madison Metro-

politan School District. Community GroundWorks manages the farm and provides education in farming, healthful eating and community service to students in the Madison area. The project was launched in 2009 thanks to the creative support of the Goodman Community Center. Community GroundWorks now serves children kindergarten through high school from almost a dozen local community centers and schools. The five-year, \$250,000 grant from the

Youth Farmers continued on page 29

## SUMMER CONCERTS at Warner Park

All shows are Monday evenings at 6 pm and open to the public!

- 11 JUNE — Cajun Strangers (Cajun)
- 18 JUNE — Ladies Must Swing (Swing)
- 25 JUNE — Madison Brass Band (Patriotic)
- 9 JULY — Fuzzy Side Up (50's-70's Rock)
- 16 JULY — Mambo Blue (Latin Jazz)
- 23 JULY — Ad Hoc String Band (Bluegrass)

Supported by Alliant Energy Foundation, Dane Arts (additional funds from the W. Jerome Frautschi Foundation), Dennis Tiziani, Door Creek Church and Boomerangs Resale Shop, M&I Bank, Madison Arts Commission (additional funds from the Wisconsin Arts Board), Madison Mallards, Oak Park Place, and Thrivent Financial.

Northside SENIOR Coalition

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OUTDOOR

# Meaningful recreation can be found at Troy Gardens

By Patricia Lindquist  
*Community GroundWorks*

Get outside this summer and discover a Northside natural area that will invigorate both body and spirit, whether you simply enjoy the beauty or pitch in to help steward it. Located on the 500 block of Troy Drive, Troy Gardens is an amazing community resource with a lot to offer. Pick up our new interpretive trail guide in one of the kiosks on the land and start exploring.

The mile-long trail takes you through an amazing variety of landscapes. Look for trilliums and violets in the maple woodland, forage for berries and nuts in the edible landscape, and sample sage, mint and sorrel in the perennial herb garden. Wander through the Hmong demonstration garden of traditional herbs and medicinal plants. Escape the heat of summer for an intimate chat in the sunken prairie grotto — you can't see it from afar but the trail will lead you there. With trail guide in hand, you can learn about our five-acre organic farm and passive solar greenhouse, and observe the wide variety of crops planted in the community gardens and the award-winning Troy Kids' Garden.

After you've finished exploring on your own, please join us for



Volunteers add new plants to Troy Gardens' edible landscape.

Photo by Maribeth Kniffin



Photo by Marge Pitts

Staff and board members from Community GroundWorks help Team Cougar and their teachers plant a row of broccoli at the Apr. 24 Goodman Youth Grow Local Farm dedication day.

## from page 28

Goodman Foundation ensures that this resource will be available for years to come.

The staff and board of Community GroundWorks share the Goodman brothers' commit-

ment to creating a healthy community, and are honored to enable the legacy of Irwin A. and Robert D. Goodman to endure at the Goodman Youth Grow Local Farm.

## Updating the Troy Gardens master plan

This summer Community GroundWorks, in collaboration with Northside neighbors, gardeners and ZDA, Inc, will be updating the master plan for Troy Gardens. The master plan sketches out land use at the gardens, natural areas and farm on the 25 acres of Troy

Gardens. We would like community feedback on the plan and will host a community forum this summer. Stay tuned as details develop.

If you want to learn more or be involved please contact Jill at 240-0409 or [jill@troygardens.org](mailto:jill@troygardens.org).

one of our many outdoor activities that benefit this shared resource. We offer a variety of workshops funded by an Urban Forestry grant from the Wisc. Department of Resources. Topics include tree planting and care, pruning, invasive species monitoring and removal, prairie restoration and more. Our events are fun and delicious all year long: we make mulberry wine in summer, apple cider in fall and

maple syrup in early spring. Stargaze while munching on treats in the prairie grotto on a moon walk, or refresh yourself with just-made mint tea while spotting songbirds in the herb garden. Help construct bat houses, monitor breeding bluebird families and collect prairie seeds. Most activities are free. For more information, call Patricia at 240-0409 or email [patricia@troygardens.org](mailto:patricia@troygardens.org).

**Betty Lou Cruises**

## Herb and Garden Italian Dinner Cruise

A fundraising event for FEED Kitchen Project

**Monday, July 2**  
**6:30-8:30 pm**  
**\$59 per person**

This FEED Kitchen Project Fundraiser Cruise will feature the popular Betty Lou Cruise Italian dinner served with an herb lover's twist. Passengers will enjoy an herbal entree, and receive a beverage ticket for a special herbal beverage.

Leaves from Mariners Inn on Lake Mendota

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## OUTDOOR

# A Governors Island Paddle

By Jeffrey Lee Affeldt



Photo by Lorie Walker



Photo by Jeffrey Lee Affeldt

Enjoy the natural beauty of the Northside with an outing by kayak to Governors Island.

After Lake View Hill (highest point in Madison and second highest in all of Dane County,) there is perhaps no more distinctive geographical Northside landmark than Governors Island.

One of many parts of the Mendota Mental Health Institute grounds open to the public for outdoor recreation, Governors Island is found near the west end of Troy Drive (see directions below.) A great place to hike or bike, I enjoyed a recent outing there by kayak.

One can launch a kayak or canoe from Warner Beach and paddle a mile westward along the shore to the Island. Or, drive to the small parking area situated on the narrow neck of land joining the 'island' to the mainland. By launching your boat on one side of the Island and paddling around it to the other, you can land nearly back at your car for a very short carry, having enjoyed a one-way three-quarter-mile loop.

From the east side of Governors Island, a paddle outing begins peacefully enough, on a beautiful and protected little bay overhung with weeping willows, vibrant and verdant in the spring. Continuing southward along the edge of the Island, however, the shore soon rises abruptly in dramatic golden sandstone outcroppings 20-30 feet high.

First formed over 400 million years ago of Trempealeau sandstone, the steep cliffs of Governors Island and her nearby sister, Maple Bluff, were later eroded and carved by a pre-glacial Yahara River flowing 400 feet lower than today, at the bottom of a steep rocky canyon lined with castellated buttes. Cliffside springs seeped water, and smaller streams and tributaries flowed in to fall in sparkling cascades to the Yahara far below. At this time, the crest of Governors Island was as far above the water as the familiar bluffs of Devils Lake State Park.

Later, when successive glaciers blundered their ways through here, they bulldozed flat nearly all the spires, towers and isolated buttes, and filled in these valleys with boulders and gravel; only Governors Island, Lake View Hill and a few other high spots resisted the onslaught of ice to remain today.

Where prehistoric creatures once scurried and slithered, now carp and muskie splash the surface of Lake Mendota. Where pterodactyls once soared, the cliffs are now inhabited by swallows and belted kingfishers, whose distinctive crest feathers, alert behavior and sharp cries seem to hint at their prehistoric lineage.

As you round the exposed southern point of the Island, pay attention to the water conditions; prevailing west winds and the wakes of passing motorboats can throw waves against the steep cliffs, so keep your distance.

If calm, however, paddle close to explore

the intricately carved overhangs and arches, caves and columns, sculpted by water and ice. Listen to the drips and gurgles as the water continues its incessant work of shaping this natural beauty.

Making your way around the west side of the Island, the land once again drops away to lush cottonwood stands and swampy lowlands. Paddle around the hook of land jutting into the lake (watch for fishermen here), and cruise into the broad bay.

To extend your outing a bit, paddle across the bay and follow the shore another half-mile or so beneath the sprawling green lawns and steep rocky outcroppings of Mendota Mental Health Institute. Watch for the osprey which frequently perches in the gnarled tree on the point, hunting for unwary panfish.

Returning to the west bay, you'll find the water quite shallow here, with a smooth sandy bottom; if the wind is from the west that day, you may get an exciting surf ride to shore.

Taking a glance back and gazing across the waters of Lake Mendota where the Yahara River comes down from Cherokee Marsh, one is reminded just how far removed from the madding crowds one can be here on the Northside.

Directions: From Warner Park, head west a little over a mile on Troy Drive, past Troy Gardens and turn left onto Main Drive (it's unmarked, so look for the first large sign for Mendota Mental Health Institute). Proceed west on Main Drive about one-quarter-mile and turn left onto Cinder Lane, then continue south when the drive turns to gravel and you'll soon arrive at the parking area. A canoe launch leads down to the water on the left, and another threads among the trees on the right.

## Northsiders help make homes for birds with new bluebird trails

by Paul Noeldner  
Madison Audubon Society

Thanks to some great Northside partners and supporters, Madison Audubon has helped set up seven Northside Bluebird Trails with an average of nine bird house boxes each for a total of 63. They are located in a necklace of Northside parks and open spaces that connect natural area habitats all the way from Burrows Park on the Isthmus through Maple Bluff, Warner Park and Lakeview Hill to the top of Cherokee Marsh. That's a lot of ground!

Bluebird trails accommodate little birds who need help making homes so they can coexist with human homes and activities. This is an environmental effort for the public as well as for the birds. Most of the boxes are purposefully located near trails where people can enjoy watching the birds and their nesting activities. When you're out walking or biking near Northside parks and open spaces look for the small wooden boxes on poles about five feet

high. You can recognize an Eastern bluebird by its bright blue head and wings, soft orange breast, white on the belly, and soft melodic call. Some boxes also provide homes for other 'cavity-nesting' native birds including black-capped chickadee (black and white calling dee-dee), tree swallow (blue and white twittering and swooping overhead), and house wren (a little brown bird rapidly chattering and hopping around). Sometimes you will also see a house sparrow (brown and white with a black neck). You're welcome to watch them but please don't disturb the birds by going too close or touching the box. That should only be done by trained bluebird trail monitors.

Good research and science are important to success when accommodating wildlife alongside humans. The bluebird boxes are designed and positioned in accordance with guidelines from the Bluebird Restoration Association of Wisconsin (BRAW), which was started with the help of Mike Rewey who now lives on



Bluebird box at the park

the Northside and lead by UW Stevens Point professor Kent Hall. Many of the local area boxes are made by Madison Audubon Society volunteers. These bluebird boxes provide critical nesting habitat for a growing number of bluebirds and their young each year.

The Northside bluebird trails were put up in cooperation with Craig Klinke, East Side Madison Parks; Russ Hefty, Madison Parks Conservation

Resource Supervisor; Tom Schroeder, Village of Maple Bluff; Tom Harrison, Maple Bluff Country Club; Janet Battista, Friends of Lakeview Hill Park; and Jan Axelson, Friends of Cherokee Marsh. Each box is monitored weekly and summary reports are submitted yearly to BRAW for scientific purposes and to improve success. Northside bluebird trail monitor contacts include Jeanne Druckenmiller, Deb Rhode, Trish O'Kane, Tim Nelson, Stacy Taeuber, Nelson Eisman, Jan Axelson and Paul Noeldner. Pat Ready with BRAW and Madison Audubon, and Mark Martin with Madison Audubon Sanctuaries, are primary advisors.

Volunteers use the bluebird trails in education activities for kids and adults in coordination with Warner Park Community Recreation Center and local schools. They will be featured assets when Madison Audubon volunteers help prepare Bird City status applications for the City of Madison and Village of Maple Bluff.



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## OUTDOOR



Photo submitted by Friends of Lake View Hill Park

From left to right in the pic: Zoe Hartmann, Zake Hartmann, Jeremyah Williams, Steve Kimball, Keizan Sato, Ian Kimball, Evelyn Walker, Erica Williams, Elijah Floyd, Demetrius Walker, Alicia Mascarenas, Tammy Hartmann, Cameron Leffler, Miles Kimball (behind pole), and Sataro Sato.

## Lake View Hill gets Earth Day and Love Madison clean-up

By Nelson Eisman

Native vegetation restoration continues to be a major focus at the Lake View Hill Park located on Northport Drive. Continued progress greatly depends on volunteers and the organization is pleased to have formed some ongoing relationships with a few partner groups. On Earth Day weekend (Apr. 21-22), Cub Scout Pack 127 once again visited the Lake View Hill Park for a community service project. About a dozen scouts and their families rolled up their sleeves to clear off decades of dirt, weeds and roots from the old hogpen foundation located in the middle of the wooded park. The foundation is left over from the days when the Lake View Sanatorium grounds included a working farm. The scouts have worked in the woods in recent years and usually help pull invasive weeds or move brush piles. This was even harder work and a few were hoping to uncover old bones and other treasures. Few treasures were found this time but the pack still worked hard and had fun. The plan is to create a nice gathering area to enjoy the woods off the

beaten path. Pack 127 meets at Sherman Avenue United Methodist Church and is currently enrolling first through fifth grade boys for summer activities and the coming scouting year. Call Steve Kimball at 241-9177 for more information.

On the weekend of Apr. 28-29, 66 members of a "Love Madison" group from Blackhawk Church volunteered in the park, pulling a dumpster full of garlic mustard and moving downed wood to be picked up. For the fourth annual Love Madison Sunday, about 2,000 members of the congregation took time to participate in one of 80 different service projects in the Madison area. We thank them for choosing the Lake View Hill Park again as one of the projects.

But there is always more to do! Join us at a monthly volunteer workday on the third Saturday of the month through October, with the next one on June 16 from 10 am-noon. For more information, email [info@lakeviewhill.org](mailto:info@lakeviewhill.org), visit the website at [www.lakeviewhill.org](http://www.lakeviewhill.org), find us on Facebook at Friends of Lake View Hill Park, or call 217-6022 or 217-5512.

## Elvis, Rodney Dangerfield, John Philip Sousa, JFK and you

By Don Sanford

What experience do these and other luminaries have in common? Find out when you step aboard an Madison School and Community Recreation (MSCR) pontoon boat for a cruise into the social history of Lake Mendota.

This summer, join Lake Mendota historian Captain Don Sanford on a three-hour voyage into the social and cultural history of the Mendota lakeshore. You'll learn some of the fascinating stories about these and other famous visitors and get to see Madison from a different point of view. We'll take a look at the work of Madison's notable architects: Law, Law and Potter; Claude & Starck; Alvan Small; Lew F. Porter and Frank Riley that you can only see from the lake. And you

might even have a chance to sing, "When it's dark on Observatory Hill."

### This year's dates are:

June 6/29 – Friday: 5-8 pm  
July 21 – Saturday: 9:30 am-12:30 pm  
Aug. 19 – Sunday: 5-8 pm  
Sept. 15 – Saturday: 9:30 am-12:30 pm

Cruises depart from the MSCR boat dock on the Yahara River near Tenney Park and are \$15 for Madison residents and \$22.50 for non-residents. Last year, all of these cruises were sold out, so book now for your trip backward through time. See the complete schedule and register at [mscr.org](http://mscr.org) then click the link for EZ Registration, then Pontoon. Or, call MSCR at (608) 204-4581.

## Yahara Fishing Club to host June 2 Kids Fishing Day

By Duffy Kopf

The Yahara Fishing Club in Madison will host their annual Kids Fishing Day at the Warner Park Shelter on Saturday, June 2, from 8 am-noon. This is a great event for the entire family since June 2 is part of the DNR Free Fishing Weekend. Adults will not need a license to fish with their kids on this day.

The first 300 kids will get a free rod/reel combo. If they bring their own combo, they will receive a free tackle box. Live bait will be provided free of charge along with expert instruction by members of the club.

Back by popular demand will be National Professional Anglers Association member

Greg Karch who will present "Fishing Basics" at 10:30 am. A free lunch will follow at 11 am. Hot dogs and chips will be served by club members at the shelter. After lunch, a variety of door prizes will be awarded.

The Yahara Fishing Club puts on one of the largest events in the Midwest, but they couldn't do it without the following sponsors: WalMart, NPAA, FinTech Tackle, Gander Mountain, Pure Fishing, Wisconsin Smallmouth Alliance, Dick Smith Bait and Tackle and D & S Bait, Tackle and Archery.

For more information, contact: Jim Kloth at 608-635-0116 or Duffy Kopf at [ljkopf@tds.net](mailto:ljkopf@tds.net).

## Enjoy nature in Warner Park

By Marlene Hardick

Northside News

There are now 116 species of birds that have been identified in Warner Park. Wild Warner and Madison Audubon offer a chance to learn more about them. Bluebird hatches have been going well. Goose population is likely to be down, as predators, a natural form of control, have eaten many eggs. Come join us as observe the busy life of birds in this incredible park. The walks are sponsored by Wild Warner and Madison Audubon.

### Upcoming dates:

**June 2, time TBA, Birds of Warner Park,** led by Trish O'Kane

**June 23, 1:30 pm, Warner Park Bluebird Walk,** led by Madison Audubon. Meet at tin can shelter.

**July 22, 1:30 pm, Warner Park Bluebird Walk,** led by Paul Noeldner. Meet at tin can shelter.

**Aug. 16, 8:30 pm, Astronomy Walk** led by Drew Lehmann, UW-Madison. Meet at Warner Park Community Recreation Center. Back-up date – Aug. 23.



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## OUTDOOR

## Mayor Soglin and Northside students explore Warner Park

By Marlene Hardick

Northside News

"Paul, I want to show you my tree," requested a student, as he and Madison Mayor Paul Soglin hiked across Warner Park. Accompanied by cameras from the Wisconsin State Journal and Channel 3 TV news, the mayor joined 40 middle school and college students to explore the park, freshly washed by a spring rain. Jeffrey Lewis of UW-Madison Extension joined the group, seeking ways that his department could better support local schools. Alder Satya Rhodes-Conway first suggested this hike a year ago. Now, in May, Soglin bravely hikes on a newly re-constructed hip. The club has been exploring and learning in the park for two school years. Participation more than doubled in the second year.

First stop was Warner's Sled Hill. "Roll down with us," urged several students, who then demonstrated the skill. The mayor declined, but noted, "When I was your age, I was rolling down hills, too." Just then, a woodchuck made his first appearance of the season, dashing across the meadow into the brush. Binoculars went up. "Wow, look," exclaimed enthusiastic students. "Don't get too close, he can run fast," they warned each other.

This hike was all about youthful enthusiasm, as 40 explorers traversed the park. Each middle school student was walking with their UW-Madison mentor or as one girl described it "my college student." With the UW semester ending, this was the last meeting in Warner Park for this group. Sherman students will finish the year with a field trip to the UW campus.

At the top of Sled Hill, each person introduced himself and his 'spirit animal.' "Dog," was Soglin's first response as he thought of his golden retriever. Then after hearing all the students' share their spirit animals, he changed his mind and decided, "Bald Eagle. I imagine soaring and soaring." Each student had unique choices — swallow, wolf, fox and turtle.



Mayor Paul Soglin listens to seventh-grader, Megan McHugh as she reads her story about the "heart tree."

Dakari Gilbert told of his discovery of bird species 116 in the park. "I found a barred owl, flying close to the ground, calling "Who cooks for you," he said.

"Dakari is a budding biologist and almost lives in the park," said O'Kane, UW-Madison instructor and coordinator of the club. "He was beside himself when he found an owl pellet."

"Welcome to Barn Swallow Bridge," called Destiny Lillie who only recently saw her first barn swallow. "Can I touch the water?" asked Lydia Sims, as she perched on rocks.

"Yes, but don't fall in. If you do, your college student will have to fish you out," answered O'Kane. Others noted, "I saw a butterfly." "A warbler — the first I have ever seen." "Look at the toad I just found."

Walking across the meadow, several students had an opportunity for a one-on-one chat with the mayor, a rare opportunity for a middle school student. Always attentive, Soglin asked questions and offered his thoughts. "What made the holes in that tree?" he asked. "I think there are still a few surviving elms on campus." Other students were thrilled to have the opportunity to appear on camera for local media, to wear a microphone and have their ideas recorded

and maybe aired on TV. Sherman school social worker Julie Wilke, Sherman's staff advisor for the club, demonstrated the call of an owl for the camera.

"This is garlic mustard. Trish makes pesto out of it and it tastes good," said Sherman sixth-grader Emily Patzer as she offered a taste to Soglin. Then, she offered a different taste — the leaf of a trout lily. In the big woods, she pointed out Jack-in-the-Pulpit and Mayapples. "Emily is our resident botanist," O'Kane explained to Soglin.

In the big woods, seventh-grader Megan McHugh stopped to tell the mayor the story of the "heart tree," now lying in pieces at the foot of the group. "We all chose a special place in the park," she said. "I had a tree I always went to in elementary school, so I chose the 'heart tree' to be my middle school place to go to. I could climb inside because it was hollow in the middle, but still alive and growing on the outside. After spring break, we came and found that chain saws had chopped it down. I cried and cried. This tree was a habitat. It survived Dutch Elm Disease. It was home to animals and birds and bugs. It did not need to be cut to the ground."

"This was a very old, very tall tree," O'Kane explained. "The kids understand that it could have toppled over the path and

hurt someone. It needed to be trimmed for safety reasons. We just begged that the bottom six to eight feet be left, to continue to nurture wildlife. Instead, it was completely cut to the ground. Many old trees are being cut."

The Mayor listened carefully to Megan as she shared her sadness over the loss of her favorite tree and friend in the park. Then as he walked out of Warner Woods, he shared his own story of two beloved elms in his family's yard. Despite obvious hip pain, he did not want to shorten the park walk. He crossed Barn Swallow Bridge to inspect the nest that Destiny Lillie was proudly showing to the world. Then he shook hands with as many students as he could, said goodbye, and exited to the parking lot.

## Explore and help at Cherokee Marsh

By Jan Axelson

Everyone is welcome at these Cherokee Marsh events!

### Take a Stake in the Lakes Clean Up June 9 (Saturday), 10 am-noon

Help clean up the trails and shorelines at Cherokee Marsh. Meet at the corner of Wheeler Road and Comanche Way. From there we'll head out to different locations to remove trash. This event is sponsored by the Friends of Cherokee Marsh as part of Dane County's Take a Stake in the Lakes days. Volunteers will receive a free Take a Stake in the Lakes t-shirt. For more information, contact Dick Walker at rdwalker@wisc.edu or 608-242-4411.

### Butterfly Walk June 30 (Saturday), 10 am-noon

Seek out butterflies, dragonflies and other interesting small creatures in Cherokee Marsh. Bring binoculars if you have them. A few pairs of binoculars will be available for lending. Wear long pants and a hat.

This event is sponsored by the Southern Wisconsin Butterfly Association, Madison Audubon Society and the Friends of Cherokee Marsh. For more information, visit CherokeeMarsh.org or call 241-5828.

### Paddle tours in voyageur canos For dates and times of this event in June, visit CherokeeMarsh.org or call 241-5828.

Tour the upper Yahara River at Cherokee Marsh in replicas of the vessels used centuries ago by French voyageurs to cross Lake Superior and other large North American waters. Each canoe holds 10 paddlers. No experience needed. Folks in their own canoes and kayaks are also welcome to join the tour.

This event is sponsored by the Wisconsin Department of Natural Resources and the Friends of Cherokee Marsh as part of Dane County's Take a Stake in the Lakes days.

## D&S Bait: Straight from the fisherman's mouth

By Marlene Hardick

Northside News

It is fishing season in Wisconsin. If you can't tell a bass from a crappie, visit D&S Bait, Tackle, and Archery, 1411 Northport Dr. Take the kids or grandkids to see the fish in the store. Yes, there are live minnows, but even better — along the walls of the shop are examples of most game fish that can be found in Wisconsin waters.

The shop has been owned by Gene and Sandy Dellinger for the last 21 years. "We wanted to be self-employed," said Gene. "Sandy does all the bookwork. I do the ordering and cover the store. I stock the basics. I sell what you need, not what you dream about." In other words, this is the basic locally-owned store where a lot of advice is available for free when you buy what you need to catch fish. Stop in the store and you are also likely to find catfish guide John Lusk and Butch Jenkins, his "catfishing buddy." And probably Jack

Hurst, a passionate fisherman who freely shares his knowledge. And Mark Albrecht, known as "Mr. Crappie." All talk sadly about Warner Park Lagoon. "That used to be a very popular shore and ice fishing spot for the neighborhood kids. Even in the 80s and 90s, the fishing was good. Now, there are few fish there," they noted sadly.

Now they will tell you where to catch pan fish such as bluegills and crappies. "Right now, those fish are in Cherokee Lake and in the inlets coming into Lake Mendota, along the shore of Warner Park. The last Saturday in May, game fishing season opened. Fishermen will be able to catch small mouth bass and walleye at night in Lake Mendota and Monona. Just use the right crank baits like shad wrap and rapala. Pick it up right here."

Catfish spawn in early May and start biting nearby — Cherokee Lake, Mendota's North Shore, the shallow channel of the Yahara River by the Nau-Ti-Gal. According to these pros, catfish love stink

bait, shrimp, night crawlers, chicken livers, smelt and cut-up suckers.

Gene will sell you a fishing license or boat launch permit. He updates the Fishing Report Hotline (244-3474 or BIG-FISH) about once a week, sharing information about local hot spots. Or stop in and learn everything you need to know from the fishermen, open at 1411 Northport Dr. from 5:30 am-7 pm — fishing hours. For more info call 241-4225 or see www.ds bait.com.

### Go fish!

#### June 2 Kids Fishing Day Warner Park Lagoon, 9 am-1 pm

Yahara Fishing Club provides free fishing rod and reel or tackle box, fishing instruction and lunch

#### June 2-3 Free fishing weekend

Anyone can fish in Wisconsin without a license.



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SENIOR

From  
**JIM KRUEGER**  
NESCO EXECUTIVE DIRECTOR



**Preventing senior falls**

National research has shown that senior adults who take more than five medications are 50 percent likely to have a negative drug reaction. At eight medications that likelihood increases to 100 percent. In Dane County in 2009, 19 percent of seniors admitted to emergency rooms suffered a fall or negative drug reaction, the unintended result of using one or more prescriptions, over-the-counter meds or supplements. In 2010, United Way's Delegation on Safe and Healthy Aging found that the average Dane County senior adult takes six medications daily and are at increased risk for an

adverse drug reaction or fall (United Way website).

The North/Eastside Senior Coalition (NESCO), in partnership with the United Way of Dane County and the Pharmacy Society of WI, hosted a series of medication check-ups with pharmacists from Mallatt's Pharmacy for low income seniors. These medication check-ups allow seniors to meet one-on-one, for up to an hour, with a pharmacist to review their medications and supplements and learn about potentially harmful drug interactions that may increase their risk for falls. To schedule a medication check-up call NESCO at 243-5252.

**Thanking volunteers and sponsors**

In April NESCO held our annual Senior Prom, and our Volunteer Appreciation Luncheon to honor our 300 wonderful and dedicated volunteers. I want to especially thank Oak Park Place, Ryan Funeral Home, Gunderson Funeral Home and Woodman's as well as Brennan's, Gallagher Tents, Hill Electric, Hy-Vee, Manna Café, Metcalfe's, Sam's Club and Target for their support of these special events.

**Summer concert series at Warner Park shelter**

Join us for another fun summer at NESCO's annual summer concert series, beginning Monday June 11 at 6 pm. Bring family and friends to listen or dance to the always popular "Ladies Must Swing" or the "Madison Brass Band." This year's sounds also include Cajun, Latin Jazz, Bluegrass/Country, and 50-70's Rock and Roll. See you there!



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**SENIOR Activities**  
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By **Katie Kluesner**  
NESCO Programs Director

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) at 1625 Northport Dr. unless indicated otherwise.

**UPCOMING EVENTS:**

- June 8, 1-3:30 pm:** Wisconsin Senior Games—Euchre Tournament \*\*WPCRC
  - June 11, 6-7:30 pm,** Free Summer Concert: Cajun Strangers, Warner Park Shelter
  - June 18, 6-7:30 pm,** Free Summer Concert: Ladies Must Swing, Warner Park Shelter
  - June 25, 6-7:30 pm,** Free Summer Concert: Madison Brass Band Warner Park Shelter
  - June 25, 10am-1pm,** Senior Explorers Club: Bocce Ball\*\*, McFarland
  - June 29, 12:30pm,** Pontoon Boat Ride\*\*, Tenney Park
  - July 9, 6-7:30 pm,** Free Summer Concert: Fuzzy Side Up, Warner Park Shelter
  - July 16, 6-7:30 pm,** Free Summer Concert: Mambo Blue, Warner Park Shelter
  - July 19, 5-9 pm,** Tailgate and Mallards Game\*\*, Mallards Stadium
  - July 23, 6-7:30 pm,** Free Summer Concert: Ad Hoc String Band, Warner Park Shelter
  - July 30, 10am-1pm,** Senior Explorers Club: Tour Agrace HospiceCare\*\*
- \*\*MUST PRE-REGISTER at 243-5252

**ONGOING PROGRAMS:**

- Programs and services offered at WPCRC, 1625 Northport Dr.:
  - Bingo:** Fridays, 10:30 am/ five cents a card (two card limit/game) with cash prizes.
  - Blood Pressure Clinic (Free):** Third Tuesday, Noon. All ages are welcome.
  - Book Club:** First Tuesday, 10 am
  - Cards and Puzzles (Free):** Monday-Thursday, 10:30 am, Kings Corner; Euchre, Mondays 9:30 am; Sheepshead, Third Wednesday, 1 pm. Call ahead to reserve.
  - Case Management:** Provides support, resources and community services to enable seniors to safely remain living at home.
  - Cultural Diversity:** Monthly programs for African American and Latino seniors.
  - Foot Care Clinics:** By NESCO and Interim Health Care. Four foot clinics monthly for individuals who can't do own foot care and do not have diabetes. Cost is \$15; call 243-5252 for appointment.
  - Home Chore Program:** Volunteers are needed to help with cleaning for seniors. This is a flexible volunteer opportunity. Call Laura at 243-5252.
  - Low-Vision Support Group:** Third Thursday each month, 10:15 am
  - Nutrition Education (Free):** Fourth Wednesday each month, 11 am
  - Nutritious Lunches:** Monday-Friday, 11:30 am; door-to-door bus service available (50 cents each way. Free Tuesday and Friday). Guests 60 years and older may enjoy meal by anonymous donation. Suggested \$3. Anyone under 60 (\$6.15). Reservations required by noon day prior.
  - Senior Exercise (Free):** Wednesdays, 10:30 am
- For more information please call 243-5252 or info@nescoinc.org.

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**VOLUNTEER**

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From

**BRAD WEISINGER**

245-3690

**WPCRC FACILITY MANAGER**



### Look great and feel amazing

At Warner Park Community Recreation Center (WPCRC), our goal is to provide for Madisonians, among many other things, a comfortable place to exercise. Of course, no two people have the exact same fitness needs and goals, a reality we understand and embrace at WPCRC.

Case in point, meet Gina Currie: our personal trainer. Originally a nurse, she has an inherent appreciation for good health and vitality, a passion she has fostered in her clients for over nine years at WPCRC.

“There is a moment of joy when you help a person to heal and return to a renewed health status,” she said.

Gina works with people of all ages and lifestyles, from youth to seniors, from those who exercise on a regular basis to those looking to build a new routine. Guiding and supporting her clients in their fitness regimens, she teaches them not only what to do, but why they need to do it.

“Through my training, I want people to learn both why and how they can exercise,” she said. “I would love to see them learn movement in a way that allows them to fall in love with their bodies.”

For Jennifer Frederick, this is exactly what Gina was able to do. Seeing Gina

since early October, Jen has seen great results from her work with a personal trainer.

“I tend to get bored with the same repetition, but Gina has made working out more fun and she continues to challenge me,” she said. “My endurance and strength have vastly improved since I started.”

We offer a number of programs that move people to “fall in love with their bodies,” a variety accommodating to both beginners and people at a more advanced level. Whether you are looking to lose weight, change up your exercise routine or simply stay active, we have a program suited for your goals:

#### Teen Equipment Orientation – \$15

A 30-minute session designed for teens (ages 12-15) covering safety, etiquette and fitness goals

#### Adult Orientation – \$20

A 30-minute session in which Gina demonstrates proper technique on both cardiovascular and strength training stations

#### Initial Program Design – \$50

A 60-minute session with Gina in which health history is reviewed, exercise goals are established and a progressive routine to meet those needs is crafted

#### Healthy Start – \$135

One-hour program design appointment followed by two one-hour sessions that focus on cardiovascular, respiratory and muscular strength training using weights and resistance

#### Get Serious – \$225

One-hour program design appointment followed by four one-hour sessions that focus on cardiovascular, respiratory and muscular strength training using weights and resistance

#### One-on-One – \$55/session or six sessions for \$300

One-hour program design followed by in-depth program planning based on moderate aerobic activity, muscular growth and endurance, bone health and nutritional counseling. Individual one-on-one, hour-long sessions will be tailored to meet your fitness goals.

#### Duets – \$90/session or six sessions for \$500

Designed for you and a buddy! One-hour program design followed by in-



depth program planning based. One-hour sessions for you and your buddy will be tailored to meet your fitness goals.

For more information on personal training at WPCRC or to schedule your first appointment, call (608) 245-3690 or visit us online at [cityofmadison.com/parks/wpcrc](http://cityofmadison.com/parks/wpcrc).

### Swim like a fish

The City of Madison Parks Division is now taking summer registration for swim lessons and memberships for the Goodman Pool. The website for registration is [www.cityofmadison.com/parks/pool](http://www.cityofmadison.com/parks/pool). If you don't have an active household at the Goodman Pool, just email [bweisinger@cityofmadison.com](mailto:bweisinger@cityofmadison.com) and I will be glad to set up your household. Needed are your full name, address (street, city, state and zip), phone number with area code and your email address.

A great youth team activity at the Goodman Pool for 2012 is the Waves swim team. This is a community

partnership between the Shelley Glover Sports Education Foundation, the Irwin A. and Robert D. Goodman Foundation and Madison Parks. Registration for the Goodman Pool Waves Swim Team is easy and convenient; scholarships are available. The link to online registration is [www.cityofmadison.com/parks/pool](http://www.cityofmadison.com/parks/pool). Use the following course numbers to register, 19900-1. You may also register by mail through the form at the back of the Goodman Pool 2012 Catalog. Children ages 6-18 are encouraged to join before June 1. Questions? Call Brad Weisinger at 245-3691.

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- New program from the City of Madison for homes to help offset the cost of making energy improvements.
- Work with a local energy advocate that will help guide you through the process.
- Get a professional evaluation, testing and written recommendations from Focus on Energy, Wisconsin utilities' statewide program for energy efficiency and renewable energy.
- Get access to low-interest financing from Summit Credit Union ([summitcreditunion.com](http://summitcreditunion.com)) to finance your project and Cash-Back Rewards from Focus on Energy to help offset the cost of eligible improvements.

Call Green Madison at 877-399-1204 or visit [cityofmadison.com/greenmadison](http://cityofmadison.com/greenmadison)



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**Dream Big – READ!**

Join this fun summer reading incentive club at Lakeview. Every book or hour read (or read to) counts for prizes, including event tickets, food and a book.

**Saturday Sweets and Stories**

June 9 and July 14 – 10:30 am Donuts, juice and stories with a take-home craft.

**Making Sense of Your Personal Budget**

Thursday, June 14 – 5:30–7:30 pm Deb Neubauer and Sue Taylor of the Dane County Financial Education Center will present tips on how to set up a personal spending plan. Goal setting, budgeting tips and tools and stretching your household budget (food and utilities) will be covered.

**Preschool Storytime**

Tuesdays, June 19-Aug. 7 – 10:30 am. For ages 3-5, with younger siblings welcome. Stories, fingerplays and songs for preschool children. Groups welcome.

**Storytime for the Very Young**

Tuesdays, June 19-Aug. 7 – 11:30 am. Stories, songs and rhymes for children ages 0-35 months. One adult per child recommended.

**Teen Video Game Club**

Tuesdays, June 19 and July 24 – 3 pm Video games, friendly competition and snacks. Show your friends how to compete on the Wii.

**Snakes Alive!**

Thursday, June 21 – 2:30 pm Meet herpetologist Tom Kessenich and his s-s-s-slithery friends. See and touch live snakes.

**A Gentle Talk on Alzheimer's**

Saturday, June 23 – 10 am Michael Hecht, Program Coordinator for Skaalen Center discusses easily implemented, workable and successful ideas for adults with a diagnosis of Alzheimer's. Topics include implementing dining assistance, community trips, leisure activities and more.

**Super Smash Brothers: Brawl Teen Tournament**

Wednesday, June 27 – 3 pm The top three players from Lakeview's qualifying round will compete in the championship tournament. For youth age 12–18.

**Night Stories Around the Campfire**

Wednesday, June 27 – 6:30 pm Listen to stories about the night, make a craft and enjoy a s'more with your family.

**Drop-In Crafts**

Thursday, June 28 and July 26 – 2 pm Drop into the library and flex your "creative muscle" with local artist, Teresa Getty.

**PC Maintenance and Performance with Cris Carpenter**

Saturday, June 30 – 1 pm Designed to keep your PC running at peak performance. Topics include: hard drive

cleanup and maintenance, upgrades and updates for hardware and software, Internet security and more.

**Stuffed Animal Sleepover**

Tuesday, July 10 – 6:30 pm Bring a stuffed animal, join us for stories, and tuck in your stuffed animal for a library sleepover. Come back to collect your stuffed animal and receive photos of his/her overnight library adventures. Ages 3-5, siblings welcome. Register June 26.

**Cr-Afternoons**

Wednesdays, July 11, 18 and 25 – 2 pm Join creative librarians for summertime craft fun. Colorful paper, glitter glue, paints and more.

**Truly Remarkable Loon Presents:**

**Read Books and Juggle Everything Else**  
Thursday, July 12 – 10:30 am The Truly Remarkable Loon with a juggling extravaganza.

**Hoo's Woods Raptor Center Presents: Eagles and Peregrines**

Saturday, July 14 – 2 pm Dianne Moller is back, this time with a live golden eagle and peregrine falcon. Suitable for all ages; children must be accompanied and supervised by an adult. (see side bar)

**"Duck" Tape Mania III**

Thursday, July 19 – 2 pm Snacks, colored "duck" tape and loads of fun. Bring your friends and make wearable art — purses, wallets, sandals, bracelets, belts and more. Patterns available to get you started. Children under age seven must have an adult helper. Register beginning July 5.

**Hoo's Woods Raptor Center Presents: Eagles and Peregrines**



**Saturday July 14 at 2 pm**

A perennial favorite at Lakeview, raptor rehabilitator Dianne Moller, a live golden eagle and a peregrine falcon teach us about the differences between the bald and golden eagle, aerodynamics of the peregrine falcon, their specially adapted tools and their role in our environment.

**Lakeview Chess Club**

Second and fourth Mondays at 6 pm  
Players any age and skill level welcome. Beginners will be taught how to play.

**Adult Noon Book Group**

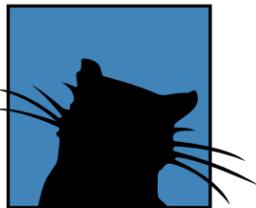
The second Thursday of each month. Discuss books and have treats with your neighbors. June 14: "Plague of Doves" by Louise Erdrich; July 12: "Cat's Table" by Michael Ondaatje. Copies are available at Lakeview.

**Knitting at the Library**

Every Wednesday at 6:30 pm Stuck with a project? Neighborhood knitters provide expertise. Beginners welcome.

**Scrabble for Adults**

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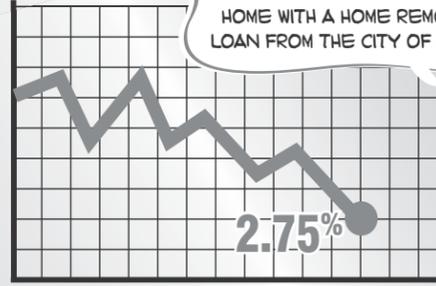
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