

FOOD

Kavanaugh's Esquire Club
Kavanaugh's Esquire Club holds the record for being the longest family-owned restaurant in the same location. They're celebrating 63 years in the food service business. An original Madison seafood and steakhouse, Kavanaugh's, located at 1025 N. Sherman Ave., fits the supper club venue to a tee. Kavanaugh's cook from scratch and make their own salad dressings. Soup and salad are served with the all the evening meals as is their famous homemade cheese dip.
One of the first eating places to bring "Friday Night Fish Fry" to the area, Kavanaugh's still offers this popular

Café La Bellitalia Ristorante & Pizzeria
Independently owned and family operated, the Café La Bellitalia Ristorante & Pizzeria fills an ethnic niche with its warm atmosphere and unique, award-winning Sicilian food. It's a popular Northside restaurant, although clientele from around Madison dine there regularly.
Café La Bellitalia started out with Josephone and Pietro in the kitchen. Things went so well that after just two months they had to hire additional

help. Over the years, they have trained their son, Joe, in the art of cooking. Joe learned the ropes of the restaurant business from the ground up while working with his father and his father's friends. Joe has been making pizzas since he was five years old. He's been dubbed the Pizza Prince of Madison, a title of which he is quite proud.

The entire Pipitone family emigrated from Marsala on the Italian island of Sicily in 1993. They opened a restaurant in Sun Prairie in 2001 and have also operated restaurants in Beaver Dam and Columbus.
Café LaBellitalia opened its doors in 2006 when Pipitone and his wife Josephone obtained the building they now occupy at 1026 N. Sherman Ave. "We had been looking around the Northside neighborhood to see what was missing in the area. We decided that a tiny Italian Mom and Pop eating place would fill a community need," Pipitone said.
"People of Italian descent say the



working at the restaurant and plans to continue the family tradition of offering fine food at affordable prices.
"We want people to be able to afford to come more than once a week," Johnny said, "so we provide a wide selection of menu items — you can get anything from burgers to the finest steak and lobster or seafood — at a broad range of prices."
Kavanaugh's offers four dining rooms two of which can hold up to 120 people each, a private dining room that holds 30 and a public dining room for around 70 people. Visit their website at www.esquireclubmadison.com.

place reminds them of Josie's restaurant in the Old Green Bush area on Regent Street," said Pipitone.
This restaurant's dedicated following might be drawn by taste-tempting nightly specials such as Seafood Manicotti. Or they might come for the ever-popular Artichoke Ravioli or one of the other delicious raviolis made with butternut squash, veal, or shrimp. Or, perhaps they crave the most frequently ordered entree on the menu, Chicken Marsala. "All the cooking is done from scratch," said Pipitone, a fact he hopes will ensure his patrons' dining pleasure.
Bellitalia's excellent cuisine earned the bronze Best of Madison Award last year and a nomination again this year. This year's winners have not yet been made public.
While Café La Bellitalia's food is superior, their prices are reasonable. Pipitone believes food needs to be fairly priced in order to be appreciated.

Celebrating the Northside's independent & family-owned restaurants

The Northside encompasses a variety of ethnic, social and economic lifestyles within its boundaries. But when all is said and done, the Northside is, in reality, a neighborhood.

These stories about Northside restaurants have a common thread. They are independent family owned restaurants and not part of a large chain. They cook from scratch and use fresh ingredients. The Northside is unique that way. These restaurants truly demonstrate the strength of family ties and the importance of providing hospitality and good service to all who make up the fabric of the place they call home.

By Lauri Lee



Manna is known for their freshly baked Bialy, a bread which is included in all their weekend brunch entrees.

Manna Café
If manna can be defined as bread from heaven, then the Manna Café, a quaint little eating spot at 611 N. Sherman Ave., is aptly named. The place is known for a wonderful specialty bread called Bialy, a bread which is included in all their weekend brunch entrees. A bread that, along with their amazing soups and bakery items, draws regular patrons from the Northside, as well as from the Greater Madison area. Travelers have even been known to stop by and stock up on bread or bakery before flying out of the Madison airport.
"Bread is the way we have come to define ourselves," said Barb Pratzel, who owns the Manna Café with her husband Mike. "Bread started out as the very kernel of the catering business we operated for 20 years before starting the Manna Café. People many times used our catering business because they loved our sandwiches, which were made with our homemade bread and our own roasted meats. When we started Manna we knew that bread would be a major part of it," she said. "Bread helps define us as a culture. And since we're Jewish, and since Bialy is so interesting and has such significance in history as it relates to [the Jewish people], it came to be our signature piece," Barb said. Bialy, a bagel-type bread dough with lightly-sautéed onion stuffing, was the staple of the lost community of Bialystok, Poland.
"For us, bialy has come to symbolize hand-made excellence, authenticity and the carrying on of family and cultural traditions. These values, which are fading from our present culture, are very important to us," Barb said, noting that the

recipe and technique they use in preparing the Bialy is "as close to authentic as you can get" to the bread made by the Jews of Poland during the terrible days of WWII.
Even though bread is a basic part of what the Manna Café is all about, it certainly isn't all. Barb and Mike claim their quiche is the best in the city. They serve a fantastic array of soups and mouth-watering sandwiches made with home-baked breads.
Customers may choose to enjoy the ambience of the main café or read quietly in the back room. Warm colors grace the walls. Bakery smells invite and entice. Comfy overstuffed chairs and a soapstone fireplace provide a homey atmosphere along with free WiFi service.
"We know we do a good thing here and our customers validate us. In 2010 we won the Northside Planning Council North Star Award. We're part of the neighborhood and we want to remain a singular business. Three-fourths of the people who frequent Manna Café I know by face if not by name. To us, providing good food and quality service for the people we know is a way of life," Barb said.
And then, there's the bakery. All bakery is made on site and can be enjoyed with a variety of regular or specialty coffee or tea. Think sticky buns, croissants, scones, Danish, coffeecake, multi-grain boule, oval rye, buttermilk white and honey whole wheat. Or, sample the delectable cookie jar cookies or decadent bars.
Manna's bakery selections will grow this summer. A new refrigerated bakery display case will make room for pies, cakes and more finger pastries, which, like their fudge cream cheese cake, have been a hallmark of Manna Catering (formerly Collins House Catering).

FOOD

Benvenuto's Italian Grill
Those who frequent Benvenuto's Italian Grill delight in a full menu of Italian dishes. But, in addition to top-notch Italian fare, Benvenuto's menu includes 60-plus additional items designed to please the palate.
"Everyone can enjoy eating here," said Samantha Wendt, Benvenuto's General Manager. "We offer steaks, ribs, salmon, seafood, sandwiches and salads. We've also been developing a gluten-free diet that includes a gluten-free pasta. And, all our sauces, soups and breads, as well as our famous meatballs are made from scratch," she added.
Perhaps their most popular offering, though — the one that keeps their loyal customer base coming back for more — is their wood-fired pizza. "This is just a quality, good-tasting pizza. A lot of people love it and continue to come for it or order it as a carry-out item," Wendt said.
The restaurant at 1849 Northport Dr., across from Warner Park was the second of four Benvenuto's restaurants. The Northside restaurant opened in 2000.
"We love our location in the Northside TownCenter," Wendt said. "There isn't a day that goes by that someone says they are so glad that Benvenuto's is here on the Northside," she concluded.



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FOOD

The Mariner's Inn, Nau-Ti-Gal and Betty Lou Cruises 3 brothers — 3 distinct dining experiences

By Lauri Lee
Northside News

Three distinct eating places. And, three brothers with three distinct personalities.

Robert, Jack and Bill von Rutenberg are the owners of Mariner's Inn, Nau-Ti-Gal and Betty Lou Cruises. These three venues, all serving delicious from-scratch food and located on or near water, offer different experiences for Northside diners.

Jack, Bill and Robert von Rutenberg often describe themselves as being parts of a triangle: related, but as far apart as they can be. The brothers hold a deep respect for each other and for their parents and the business they started. The brothers like to joke that they all work together and they all work with knives, yet they are all still alive — a testament, perhaps, to the unique assets that each one brings to this family-owned business.

Mariner's Inn

The oldest of the restaurants, The Mariner's Inn located at 5339 Light-house Bay Dr., opened under the operation of the brothers' parents, Bill and Betty von Rutenberg in 1966. Running the business has always been a family



(L-R) Robert, Bill and Jack von Rutenberg

affair. "We believe in how our parents ran their lives and how they ran their business. Their management practices were really ahead of their time. They were an example to us and we want to continue the fine tradition of hospitality and fine food that they started on the Northside of Madison," Robert said. The simple menu consisted of lobster and three steaks, that is, three different sizes of T-bone. The dining room originally held 28 seats.

Over the years eight additions have been made to the building, the last in 2002. The menu has expanded to include a selection of seafood, smaller main entrees, and vegetarian offerings. The dining area now accommodates 180 customers.

"Operating a restaurant is all about relationships," said Jack. "We really are a hospitality business and just happen to serve food and beverages. It's all about repeat customers. Many of our customers come in weekly. And now we are getting second-generation customers. The parents came and now their kids are coming," he added.

The Mariner's Inn has so many people coming back on a regular basis that they have become a sentimental spot. A spot that lends itself well for the celebration

of anniversaries and special occasions. With that in mind, they have created a special anniversary cake — a heart-shaped, multi layered, chocolate ganache confection that is filled with from-scratch butter cream filling. A beautiful cake, Jack says, and complimentary. Complete dinners at Mariner's range in price from \$20 to \$35.



Betty Lou Cruises

Betty Lou Cruises bears the namesake of the von Rutenberg brothers' mother, Betty Lou.

Betty Lou Cruises is what you might call a traveling Northside eating place. The food, cooked at Mariner's Inn, is enjoyed by diners who climb aboard one of the two public cruise vessels. The vessels are moored at the Mariner's Inn on Lake Mendota and at the Machinery Row building on Lake Monona. Cruises are offered every day of the week. Betty Lou Cruises offers 17 different types of public cruises. The two boats provide a relaxing way to visit the lakes of Madison. Their menu, which expands a bit each year, includes brunch, seafood, Chinese and Italian cuisine.



The outdoor seating is a summertime favorite at Nau-Ti-Gal.

Nau-Ti-Gal

The Nau-Ti-Gal (5360 Westport Rd.), a more casual restaurant, came on the scene in 1982. It was a typical country tavern until the von Rutenberg's purchased it. The Nau-Ti-Gal, 5360 Westport Rd., is an enjoyable, yet predictable place, having held the same hours for five years. During the winter it serves as a neighborhood restaurant and bar with dining hours during lunch and dinner on Friday, Saturday and on Sunday night. But in spring and summer the place feels like a resort. People from all over Dane County come to enjoy lunch and dinner on Friday and Saturday. A Sunday brunch is served at 10 am followed by lunch and dinner. Patio seating is available in good weather. The Nau-Ti-Gal offers affordable fare priced from \$5 to \$15.

For more information visit:

- Mariner's Inn**
www.marinersmadison.com
- Nau-Ti-Gal**
www.nautigal.com
- Betty Lou Cruises**
www.bettyloucruises.com



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FOOD

FOOD ENTERPRISE & ECONOMIC DEVELOPMENT *Cook's Corner*

Recipe contribution from Pierce's Northside Market

From everyday essentials to specialty items from around the world — you're sure to find the ingredients to make all of your favorite foods at Pierce's.

Easy Organic Coleslaw With Dried Cranberries

This delicious and healthy coleslaw recipe is easy to make. The addition of sweet pink lady apples and cranberries are a tasty twist on an old favorite. Make it in advance to let the flavors permeate, then serve chilled.

Ingredients:

- 1/2 head of green cabbage
- 1/2 head of red cabbage
- 1/2 of small red onion, sliced thin
- 1 pink lady apple, cored and sliced thin
- 1 tablespoon of red wine vinegar
- Sea salt
- Fresh ground pepper
- 1/4 cup of organic mayonnaise (or 4 tablespoons of olive oil)
- 1/4 cup dried organic cranberries



Directions:

Remove tough outer leaves and core from cabbage and slice into thin shreds. Place shredded cabbage, sliced onions and apple into a medium size bowl.

In a separate small bowl, whisk together ingredients for dressing. Taste for acid and salt and pepper. Pour dressing over cabbage, apples, onions and toss until completely combined. Stir in cranberries. Taste again for salt and pepper. Serve immediately, or chill to allow the flavors to permeate and cabbage to soften.

Serves 4



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FOOD

Northside Family Restaurant offers friendly service, great food

By Lauri Lee
Northside News

Good food made with quality ingredients at affordable prices – that’s what Sam Kasoski, owner of the Northside Family Restaurant, offers his dining patrons. With a son cooking in the kitchen and a daughter waiting tables, Kasoski’s restaurant demonstrates the meaning of a successful family business in which fine service is a given.

“We’ve had many wonderful years of making friends here,” Kasoski said of the Northside Family Restaurant at 1201 N. Sherman Ave.

And no wonder, food is made fresh daily from scratch. Think mouthwatering meatloaf, rich gravy, savory soups and tangy spaghetti sauce. Specials provide a variety of choices ranging from the Northside Wrap to broasted chicken at lunch and from catfish to tortellini for dinner. Specials are rotated day by day and meal by meal, although the prices are always affordable.

Although the menu contains some Greek dishes as well as American food,

Kasoski includes no cuisine from Albania, his native country. He came to the U.S. in 1984 to experience a better life and broader job opportunities. Kasoski and his family now reside on the Northside of Madison.

Area groups often enjoy a meal together while holding a meeting at The Northside Family Restaurant. Another special community service is the establishment’s monthly community dinner called the “Friendly Supper Club.” Kasoski started offering the dinners when his restaurant first opened. They are always held on the first Monday of the month and people of all ages, races and ethnic groups are welcome. “There are no officers, no agenda, no dues — just fun, friends and affordable dinner,” said Kasoski.

The next community dinner will be held on Monday, June 6, at 6:30 pm The Northside Family Restaurant is open daily from 6 am to 9 pm. Alcohol is served, carryout is available, and credit cards are accepted. The restaurant has a Friday Fish Fry, is handicap accessible and offers a senior menu and children’s menu items.

Plant a row for the hungry neighborhood challenge

Hunger is a global problem, but the lack of fresh vegetables in our own neighborhoods is something that can be addressed with the help of local home gardeners.

In an effort to increase the summer supply of fresh produce at Dane County food pantries, Community Action Coalition (CAC) for South Central Wisconsin Inc. has created the “Plant a Row for the Hungry – Neighborhood Challenge” to collect extra produce from home gardeners for distribution to food pantries.

The Dane County neighborhood association with the greatest donation at the end of the season wins a \$200 cash prize sponsored by Olds Seeds Company and will be

recognized at the Mayor’s Neighborhood Roundtable Gathering in November.

The way that it works is for a neighborhood volunteer representing the neighborhood association to oversee contributions from individual gardeners to get their pledge. A collection site, dates and times will be established to make it easy for gardeners to package their clean, ripe contributions. The volunteers will deliver the food to the pantry and get a donor slip that will be sent to CAC.

If your neighborhood is interested in participating in this challenge, contact Michelle Shively by email at mshively@cacscw.org or call 246-4730 ext. 234.

Good carrot, bad carrot — Just ask your Farmers Market vendor

By Chris Moore

Ever wonder if all carrots are the same? Does it really matter how they were grown? Or how long they have been out of the ground? It turns out that carrots are not all the same: It does matter how they were grown, and it does matter how long they have been out of the ground.

The quality of the flavor and nutrition that carrots and vegetables contain depends on what they were grown in. Poor quality soil yields poor quality food. Also, most vegetables start to degrade the moment they are harvested — flavors change and some nutrients are lost. So the question now is: Where on the Northside can you find “fast” food that is nutritious, freshly picked and grown by someone you can talk to about it? The answer is easy: the Northside Farmers Market.

The Northside Farmers Market gives you access to high quality, fresh and local produce. Have a question about how it was grown? Want to know how to prepare it? Just ask the farmer or vendor that sells it to you. At the farmers market, “fresh and local” is more than just a catch phrase. Your food was picked ripe or made within days if not hours of when you purchased it. It has not had a chance to degrade so its flavors and nutritional content are preserved, and it just tastes good! Locally grown or made and sold direct to you also means that far fewer people have handled your food before you eat it.



At the Northside Farmers Market you will find many vendors that have incredibly sweet strawberries that were picked ripe right off the plant. You can ask Pai Vang how she grew her incredibly tasty carrots. You can find out from Jimmy and Jackie Hudson when to expect sweet potatoes. Looking for specialty items? Ask Juan Torres about his squash blossoms or drop by Nina Xiong’s for some incredibly sweet, crisp, and delicious jicama. Or, for something really interesting, get some fresh stevia from Donna Meunier — it’s incredibly sweet! We also have farmers, such as John Binkley, who have bio-sustainable farms, meaning that he uses natural methods to put as much nutrients back in the soil as his plants take out.

At first glance, it may seem that it doesn’t matter where you get your vegetables or how they were grown. But it turns out that how they were grown, where they came from, and who grew them matters. If you really are what you eat, then you better come down to your Northside Farmers Market, the best place on the Northside for truly fresh and local food.

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FARMERS MARKET

June is Dairy Month celebrated at the Northside Farmers Market

By Dale Matthews

Along with all the terrific special events at the Northside Farmers Market, the core draw is the wonderful diversity of local produce and goods sold by friendly welcoming vendors in two long rows of booths. You'll find fresh cheese curds, bakery, pastries, baked goods and cookies. Plus, grass fed beef, organic chicken, tilapia fillets and catfish cheeks. Yes, they are real cheeks and delicious. There will also be fresh nutritious vegetables and fruits, healthy plants and seedlings and colorful flowers. The list goes on: golden honey, sweet jams and tangy pickles, farm-fresh eggs and tasty treats. Many of these items are also organic.

Kicking off the month of June are "The Farm Animals at the Market," on Sunday, June 5. On Sunday, June 12, The River Pantry will host the Summertime Brunch, with all proceeds going towards providing food for needy families. The benefit will be held at the Northside Farmers Market. For \$7, guests will enjoy a generous portion of classic breakfast fare, juice and coffee. The Madison Mallard's mascot will make an appearance at the Brunch from 10-11 am. And, brunch goers will have the chance to win a family-4-pack or a 2-pack of tickets to a Mallards game. This is preferred seating with "all you can eat," one hour before the game.

Also, celebrating the Mallards opening of the season and new stadium will be Father's Day at the market on June 19,

with free Mallards tickets for all Dads. In July enjoy more great meals from the Northside Farmers Market kitchen crew with the Second Annual Northside Community Dinner on July 17. Entertainment will be by the Black Star Drum Line from the Boy's and Girl's Club.

You can also enjoy Tuy's cart, fresh cool drinks, with squeezed juices, smoothies and other "grab and munch" goodies. An expanded hot foods brunch will include hot breakfast of pancakes, bacon, eggs, more eggrolls, curry and Laos ethnic food. On alternate weeks Mexican Tacos and Posole or Cajun traditional dishes and Beignets will be served.

The Northside Farmer's Market operates each Sunday morning from 8:30 am-12:30 pm. It is located at the corner of North Sherman Avenue and Northport Drive, in the parking lot of Pierce's Northside Market, 2817 N. Sherman Ave., in the Northside TownCenter.

To locate a vendor or product, visit the information tent at the west end of vendor's row. EBT Food Share is accepted. The market is open rain or shine, every Sunday, May through October. If you have questions about the market or vendors call (608) 695-0946, email nfmvolunteer@charter.net or checkout our website www.northsidefarmersmarket.org.

All are welcome to enjoy this community crossroads Sunday morning Meeting Place. Unlimited parking is available in our huge parking lot in front of Anchor Bank. See y'all on a Sunday, soon!



Photo by Jolene Griffin

Greater Scaups swim behind the Nau-Ti-Gal by the bridge that goes over Hwy. 113.

Warner Events from page 16

will see many migratory birds, including many species of warblers. Red-wing blackbirds are preparing a concert, just for this event. Babies will be learning to fly.

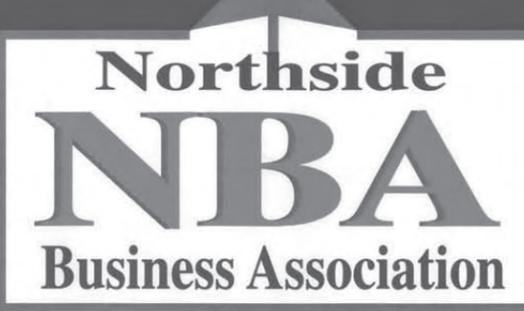
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students, who conduct field studies in Wild Warner's wetland.

**Saturday, July 30, 9:30 am
Warner Park Prairie Circle:
A Look at Prairie Plantings**

Meet at Warner Park Center and bring a chair. Gerry Gunderson and Rose Ann Scott, long time prairie enthusiasts, teach about the wildflowers in the circle and the non-stinging bees who love them. Learn how to plant to attract birds and butterflies. After a talk at the circle, those who wish can walk/roll a short distance into Warner Park to see a small wetland planting.



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TROY GARDENS

Troy Garden Updates

Savor the Summer Festival!

Save the date: Saturday, Aug. 6, 3-7 pm at Troy Gardens. Free Community Garden Feast! Music from Boys & Girls Club Black Star Drumline. Activities for kids and families — all are welcome to enjoy the day!

Teaching garden-based learning:

Community GroundWorks (CGW) is offering Growing School Gardens, a week-long teacher training course, July 25-29, 8 am-noon. CGW Education Director Nathan Larson leads this 5-day, 20-hour course, designed for K-12 teachers and community educators who are interested in building skills in youth garden education, development, and management. The course emphasizes an inquiry-based, hands-on approach to garden-based learning. Topics include youth garden design and construction, funding and resources, recommended tools and equipment, organic gardening methods, cooking in a garden kitchen, garden-based nutrition, nature study and games, earth art, chickens in the garden, program evaluation, and the role of youth gardening in the sustainable agriculture movement. Instruction takes place outdoors in the award-winning Kids' Garden at Troy Gardens. Contact Nathan Larson at nathan@troygardens.org for further information.

Organic Veggies For Northside Tables!

Troy Farm Stand is now open, Thursdays, 4-6 pm, 500 Troy Dr. Get your veg on and support Troy Community Farm!

Color the Cookbook Contest



Color your Savor the Summer Cookbook and win a prize! Kids and adults are invited to color the pictures in the 2010 Community GroundWorks Cookbook at Savor the Summer, 3-7 pm Aug. 6 at Troy Gardens. Get your copy at Pierce's, Frugal Muse, Jung's and the Northside Farmers Market info table — or you can buy one at the event. Coloring supplies will be provided, or you can color at home and bring your cookbook to Savor the Summer. Every colored-in cookbook wins a prize!

“Design by Community” living document guides Troy natural areas stewardship

By Marge Pitts

Troy Gardens Natural Areas Restoration project formally began in 2005, with the creation of a Management Plan by landscape architect Steve Ziegler and his firm ZDA. Like all good plans, the time comes to assess, evaluate and improve. In 2009 ZDA did just that, in collaboration with Troy's volunteer stewards and local experts. The result is the newly released 2011 Troy Gardens Natural Areas Management Plan, funded in part by an urban forestry grant from the Wisconsin Department of Natural Resources Forestry Program.

Troy Natural Areas are maintained by Community GroundWorks (CGW) staff and interns; volunteer stewards — who typically devote themselves to seasons, if not years, of conservation work; and service groups that generally come out for a one-day volunteer opportunity. Professionals are brought in when needed, for example, to lead the prairie burn, or to teach stewards a particular skill they will then be able to use in their work. Because the individuals performing maintenance tasks are constantly changing and frequently lack specialized training, it was important that the management plan be kept as simple and minimal as possible.

The new plan includes a history of Troy Gardens. This provides essential context, especially to stewards new to the project. For example, new stewards recently questioned why nothing was ever done with the gravel lane, choked with buckthorn, honeysuckle and other invasive species, which bisects the property. History reveals the answer: there is contaminated soil under the lane, which was built to cover an obsolete railroad spur. So it cannot be used for agriculture. And, more importantly, this degraded lane is home to songbirds that nest here in abundance. It remains very important to the founders and neighbors of Troy Gardens not to disturb this important wildlife corridor.

The plan also provides detailed and prioritized maintenance schedules on a month-to-month basis, answering the eternal question of volunteers: what should we do? This way, as staff and volunteers change, there will be no need to waste time reinventing tasks.

Thirdly, the plan improves record-keeping, essential to funders as well as to



Photo by Steve Lendved

Mike Healy and his company, Adaptive Restoration, Inc., recently spent an entire day burning the Troy Gardens Prairie Restoration and the small prairie in front of Troy Co-housing with the help of a small group of volunteers. According to Healy, "The slower pace was due to drier weather and taking the time to give volunteers opportunity to participate in the event. The relative humidity (rh) on the day of the burn was in the 20s, which is near the driest level that we do burns. When the rh is low, we need to proceed with caution since there is a higher risk of embers starting a fire outside of the burn unit."

accomplishing its goals. CGW's Christie Ralston and ZDA's MaraLee Olson created a hybrid form for record-keeping. One side records field observations: what wildlife is evident, what plant species are thriving or failing, which are threatened and by what. The other side tracks volunteer activity, the hours they spend and what they do. The new plan is a work in progress by

design, a living document that provides consistency through the past, present and future. The original plan, which Ziegler feared at the time would suffer from a process of "design by committee," has evolved into something much better: "design by community."

You can read the entire plan at communitygroundworks.org.



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HEALTH



The Madison Affiliate of the Pancreatic Cancer Action Network Leadership Team (L-R): Lisa Niemi (Pancreatic Cancer Action Network Spokesperson and wife of Patrick Swayze), Ruth Niendorf, Barb Karlen, Ron Niendorf, Tammy Andries, Cheryl Silver, Debbie Kennedy, Julie Fleshman (Pancreatic Cancer Action Network President and CEO). Missing from this photo are Korey Kopp and Julie Jacobs.

Madison Affiliate wins national award for pancreatic cancer awareness

Madison area residents working to improve the survival rate of the fourth leading cause of cancer death in the United States won the Affiliate of the Year award for their efforts. Pancreatic Cancer Action Network President and CEO Julie Fleshman, and spokesperson Lisa Niemi, the wife of the late actor Patrick Swayze, presented the award on Saturday, Mar. 26 at the organization's Community Outreach Leadership Training in Dallas, Tex.

With 160 active members, the affiliate hosted a spectacularly successful inaugural PurpleStride Run/Walk this year that drew more than 1,200 participants and raised in excess of \$128,000. Other success followed six weeks later when hosting the third annual Jazzed for Hope Gala that raised more than \$70,000. The highly active Education and Outreach committee also participated in many local community health-care events.

"Our dedicated group of volunteers is committed to raising awareness and giving hope to those in our community affected by this terrible disease," said Ron Niendorf, Madison Affiliate Coordinator. "We have many events planned for the year ahead, and we will provide many local opportunities to help fund research into the early detection, treatment and prevention of pancreatic cancer and support the programs of the Pancreatic Cancer Action Network."

Upcoming 2011 events:

Awareness Night with the Madison Mallards – July 22

PurpleStride Madison – Sept. 18
www.purplestride.org

Jazzed for Hope – Nov. 5
www.jazzedforhope.org

To learn more about the Pancreatic Cancer Action Network and the Madison Affiliate, visit www.pancan.org.

Pancreatic Cancer Awareness night to be held at Mallards Duck Pond

By Cheryl Silver

The Madison Affiliate of the Pancreatic Cancer Action Network has partnered with the Madison Mallards to raise awareness and funds for pancreatic cancer research and hopes the Mallards score big during their game against the Eau Claire Express at 7:05 pm on July 22 at Warner Park, 1625 Northport Dr.

The Pancreatic Cancer Action Network, a national organization creating hope in a comprehensive way through research, patient support, community outreach and advocacy for a cure, will be featured at that night's Mallards game. Two dollars of each ticket sold will benefit the organization, which is working to improve the survival rate of the fourth leading cause of cancer death in the United States.

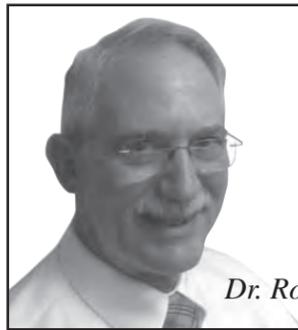
Tickets must be purchased by July 8

through the online portal in order for the Pancreatic Cancer Action Network to receive the \$2 donation. Follow these easy steps to get your tickets:

1. Go to www.mallardsgroups.com.
2. Enter PANCAN (case sensitive). At the bottom of the page, click "buy" and choose your seats.

In 2010, over 43,000 Americans were diagnosed with pancreatic cancer and over 36,000 died. The five year survival rate is just six percent. Early detection tools and effective treatments have yet to be developed. Despite these sobering statistics, just two percent of the National Cancer Institute's federal research funding is allocated to pancreatic cancer.

To learn more about the Pancreatic Cancer Action Network and the Madison Affiliate, visit www.pancan.org.



Dr. Ross Royster

Health Tips

De-stressing Your Back

Do you carry stress between your shoulder blades? If so, you certainly aren't alone. It's a common complaint. But what if I told you it wasn't stress, but just weak muscles? Then, the solution is simple: strengthen them, and the problem is gone!

The rhomboid muscles extend from the upper back vertebrae to the inner edge of the shoulder blades. These muscles pull your shoulders back and help stabilize your shoulder blades. The rhomboids are commonly weak, because the more you use your arms in front of you, doing anything, the weaker they get. When your arms are active in front, you are using your chest muscles, the pectoralis muscles, to keep your shoulders forward. Because your nerves keep your muscles balanced, if you are using your "pecs," the nerves tell the rhomboids to let go. Therefore, most arm activity will inactivate and eventually weaken

the rhomboids. These weak muscles become tight, stringy, and sore. Sound familiar?

Strengthening the rhomboids is easy. While standing with your arms at your sides, pull your shoulders down and back. Now, squeeze your shoulder blades together with all your might, and hold for six seconds. Your neck and arm muscles should remain loose: the only muscles you want to tighten are those between your shoulder blades. Now, relax for a couple of seconds and repeat continually until you can't do it again. By this time, the rhomboids should be burning, which is good. It means you have torn the weak muscle cells, the ones we want to weed out. This triggers your body to clean out the torn cells and replace them with brand new, stronger cells.

Once you have completed this exercise, do not repeat it for three to four days. Your muscles need time to rebuild. If you are a bit sore after the exercise, you did well. Just be sure the soreness is gone before you do it again. If you have to, give it an extra day or two before repeating. It takes six weeks to get the rhomboids in prime shape, but you will start to feel change after the first week or two. The stronger the rhomboids become, the more relaxed your upper back will be. This will also help your posture by bringing your head and shoulders back. So, what's stressing you?

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LIBRARY

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Adult Summer Reading Program

Read books and win prizes!

This summer for the first time, the Lakeview Branch library will hold a summer reading program for adults. Call 246-4547 for information.

Hours: Closed July 4
 Mondays–Fridays: 10 am–8 pm
 Saturdays: 9 am–5 pm



Check out The Friends of Lakeview Library Quarterly Book Sale on June 18 from 9 am–5 pm. We welcome Northsiders used book donations anytime.

Summer 2011 reading club — One world, many stories at your library

The 2011 Summer Reading Club, which encourages children from pre K–teens to read for pleasure during the summer and to retain their reading skills, has begun. Register online or at at Lakeview. Prizes available beginning June 17.

Preschool yoga

Monday, June 6 from 10:30 am

A 45-minute parent and child yoga series for ages 18 months to 5 years. Bring a mat or towel for you and your child. One child per caregiver, please.

Recent advances in stem cells

Jordana Lenon, Wisconsin National Primate Research Center and Stem Cell and Regenerative Medicine Center

Thursdays, June 9 from 6:30–7:45 pm – UW-Madison partners with Madison Public Library to present Discovery! Thursdays, science presentations for general adult audiences.

Teen time

Wednesdays June 15–Aug. 17 from 2–4 pm – Grades 6–12. Check the website or call to find out what’s happening — anything from playing Wii to doing henna tattoos is possible.

Saturday sweets and stories

June 18, July 16 and Aug. 20 at 10:30 am – Join us for donuts, juice and stories at a special Saturday morning storytime that will include stories, songs, rhymes and a craft.

Preschool storytime

Tuesdays June 21–Aug. 9 at 10:30 am – Stories, songs and fingerplays for ages 3–5. Younger siblings are always welcome.

Storytime for the very young

Tuesdays, June 2–Aug. 9 at 11:30 am – Stories, songs and rhymes for ages 0–35 months. One adult per child please.

Morris the magic man

Saturday, June 25 at 2 pm – Morris Taylor is back by popular demand. Even the “big kids” thought he was cool.

Art around the world

Thursday June 30 at 2:30 pm – Kids in grades K–5, grab your creativity and make art from different cultures. Call 246-4547 beginning June 16 to register.

Duck tape mania

Tuesday, July 5 from 2:30–3:30 pm – You and your friends make wearable art: purses, wallets, key-chains, bracelets, belts and more from colored Duck Tape. Patterns will be available. Call 246-4547 starting June 21 to register.

Lunch bunch

Mondays, July 11–Aug. 8 from noon–1 pm; Kids in grades K–5 bring a sack lunch and munch while librarians read Mr. Popper’s Penguins. Enjoy crafts, movies and more. Call 246-4547 beginning June 27 to register for the entire series.

International film festival

Thursday, July 14 from 2:30–3:30 pm Enjoy popcorn and short movies from around the world with the whole family.

Discovery! Thursdays

July 14 from 6:30 pm–7:45 pm – This adult science program will be led by faculty or graduate students from the University of Wisconsin-Madison.

Call the library at 246-4547 for information on the topic to be discussed.

Around the world with the tooth fairy

Tuesday July 19 from 2:30–3:30 pm – Everyone’s baby teeth fall out, but what happens next? What do kids in other countries do with their teeth? Call 246-4547 beginning July 5 to register.

Yurttfolk

Thursday July 28 from 10:30–11:15 am; Anyone any age can find out what a yurt is and who lives in it. Call 246-4547 beginning July 14 to register.

Lakeview chess club

Second and fourth Mondays at 6 pm. Players any age with skill levels from beginner to advanced are welcome. Beginners will be taught how to play.

Adult noon book group

The group is held on the second Thursday of each month. Discuss books and have treats with your neighbors. Copies are always available at Lakeview.

June 9: The Scent of God by Beryl Bissell

July 14: My Antonia by Willa Cather

Knitting at the library

Every Wednesday at 6:30 pm; Stuck on a project? Neighborhood knitters provide expertise and fun. Beginners always welcome.

Scrabble for adults

Every Wednesday at 10 am – Keep your brain sharp and give the regulars some competition.



Photo by Lee Graphics

Madeleine Diemer is the new Children’s Librarian at the Lakeview Branch of Madison Public Library. She is thrilled to be a member of the northside community, to get to know its residents and explore the area, especially the local parks. In her spare time, Madeleine enjoys reading (of course!), cooking, hiking, and she is excited to start a garden this spring. She just read A Beach Tail by Karen Lynn Williams, a gorgeous new picture book about a day at the beach. Come check it out! At the library, Madeleine plans and presents storytimes and other events for children and their parents, caregivers, and educators. Ms. Diemer looks forward to offering literacy-based program options that include play, creativity, and discussion. She also visits area schools and daycares, bringing the library out into the northside community. Additionally, she maintains the children’s and teen’s collections of books, DVDs and more!

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HOME

Green Madison: A big aid to improve your home or business

By Dan Tortorice

With the price of a barrel of oil near \$100 as we enter the summer driving season, everyone is aware of rising energy prices.

The average American home uses just about \$2,000 worth of energy each year, which is about 40 percent of our total energy usage. A lot of that money is just plain wasted due to faulty systems and poor insulation.

As a home or business owner you might be very interested in reducing these costs along with increasing the comfort and safety, not to mention value, of your property. But this brings up a lot of questions: Where do I start? How do I pay for it? What is the return for me?

Green Madison is a federally-funded program of the city, in partnership with Focus on Energy and several other participants including Summit Credit Union and MG&E, to help you navigate through the process of energy improvements.

When you sign up for Green Madison you'll be provided with an energy advocate at no charge. That person will guide you through the process of getting a detailed energy

evaluation of your property. A typical evaluation costs about \$400 but the first 1,000 participants will get \$100 off this price. You can also roll the price of the audit into the loan associated with the program. You'll get the right answers to all of your energy questions.

Summit Credit Union is providing low-cost, flexible loans to help pay for improvements. These are fixed-rate loans with flexible payment terms up to 180 months. Homeowners will be able to finance 100 percent of the cost of energy improvements.

In addition to the energy cost savings, homeowners are eligible for cash back rewards from the city and Focus on Energy. These incentives vary from \$50 to \$200 on air sealing and insulation to \$50 to \$400 on mechanical systems and \$50 to \$250 on water heaters. There is even a completion reward of up to \$300.

So this really is a comprehensive program to make it easier to accomplish real energy-saving improvements for your home or business.

The city has a very informative website at cityofmadison.com/greenmadison or call them at 877-399-1204.



Submitted by Bryant Moroder

The 9.86 kW PV system on the Water Utility Garage was installed in 2009.

Solar electricity pilot project to launch this summer

By Bryant Moroder

A pilot project to offer more affordable solar electricity to Madison residents is being launched this summer. Supported by the City of Madison, the project is designed to simplify the process of installing solar energy systems and to reduce costs through volume purchasing.

The cost of using solar energy remains just outside of the grasp for many homeowners, so money-saving group purchase projects have been replicated in neighborhoods and communities across the country. In Portland, Oregon, over 600 homeowners have taken advantage of a volume-purchasing project, Solarize Portland, since 2009. The results can yield savings of 15 percent or more. This can shorten the time until the solar energy system is paid off and the effect is the home is producing essentially free energy two or more years earlier.

Interested residents should start by checking a recently launched online solar map that uses thermal imaging to indicate their solar potential. If their "solar window" looks good, the next step is to schedule a free solar site assessment with the MadiSUN

solar buyer's agent. Once the homeowner has determined that solar energy is feasible, for a limited time they will be able to register to participate in the solar group purchase pilot project. The more participants in the project, the lower the cost of solar will be.

The project also plans to help residents find financing for solar energy systems and resources to make their homes more energy efficient, which increases comfort and reduces utility costs.

A free workshop at the Warner Park Community Recreation Center on Tuesday, July 12 at 5:30 pm will offer more details about participating in the group purchase project, general solar information and demystifying the solar experience. More information is also available at www.madisun.org/group. Please RSVP to bryant@madisun.org or call 608-261-5568.

Additional Information and Resources:

General: www.madisun.org

Incentives: www.finditwithfocus.org

Group Purchase: www.madisun.org/group

Solar Map: solarmap.cityofmadison.com/madisun/

Support Group for 55-plus workers reentering the job market

The Center for Adult Learning at Madison Area Technical College offers a weekly support group called "Wiser Older Workers" (WOW). Individuals age 55 and older who are looking to get back into the job market are encouraged to attend.

When: Fridays, 10:00 am–12:30 pm

Where: Center for Adult Learning
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