

HOME & GARDEN

Seed money and resources available for new community gardens in your neighborhood

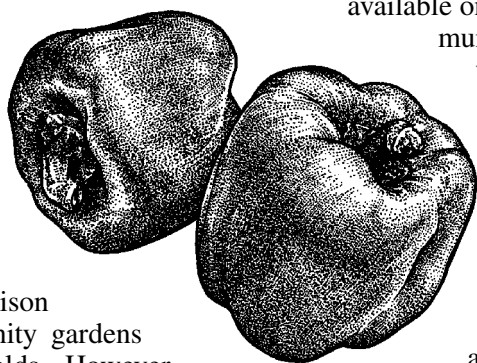


Nicole Craig and Janet Parker

Community Action Coalition for South Central Wisconsin, Food and Gardens Division

From a potted tomato plant on a front porch to the Obama's White House lawn garden, more and more Americans are realizing the importance of growing our own food. Not only does gardening provide nutritious foods for our bodies, but it also saves money in household budgets that may be stretched a bit thin these days. In community gardens, growing food in a shared space also fosters relationships and connections in a place where people of all backgrounds, heritages, ages and levels of ability can come together with mutual respect and achieve their own personal gardening goals.

The community gardening spirit is thriving in the Madison area, with 42 community gardens serving 1700 households. However, many Madison residents live in areas where there are still limited, if any, opportunities to garden and many existing gardens have waiting lists of interested gardeners. For these reasons, the New Garden Fund was created in 2005 by Community Action Coalition for South Central Wisconsin (CAC) with support from the Madison Community Development Block Grant and other city agencies. The New Garden Fund specifically helps provide financial assistance to new and expanding gardens, increasing access to more gardens throughout the city. Existing community gardens and individuals



donate to this fund, which can provide grants of up to \$2000 per garden.

A grant from the New Garden Fund can help pay for materials and services such as soil testing, land clearing, water systems, fencing, or tools. The application process for a grant is simple and application materials can be found on the CAC community gardens website, <http://cacscw.org/gardens/>. Applications are due in late January. New Garden Fund grants applications are reviewed and recipients are chosen by a panel of ten community gardeners.

To further support the success of community gardens in the Madison area, CAC has many resources available on the CAC community gardens website, including an organizer's handbook for starting new community gardens. In addition, CAC staff members are available to meet with neighborhood groups interested in starting a new community garden to explain the process and provide resources. For more information, contact Janet Parker at 246-4730 ext. 218. If you can support this project financially, we welcome your donation to the New Garden Fund endowment.

Community gardens foster and grow strong neighborhoods, provide opportunities for education and exercise, and nurture healthy lifestyles. For the vegetable less traveled, we invite you to contact CAC to learn how to start a garden in your own community.



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ENVIRONMENT

Warner Park: Playground of a red-tailed hawk

by Trish O’Kane

It’s hard to be a teenager in this world, especially if you are a feathered one. I’ve been observing a juvenile red-tailed hawk in Warner Park for the past three months as part of a 130-hour field study. This bird has been careening around our park trying to learn to hunt, but he acts just like an eager teenager, learning to drive, and running into telephone poles, the neighbor’s dog, the neighbor, etc. In other words, this bird is hilarious except if you happen to be that neighbor, or a mouse or vole.

I first noticed Junior’s antics one summer morning while sitting on the mound behind the dog park, enjoying my coffee. Suddenly, a strange-looking chicken jogged across the field, white pantaloons legs billowing in the breeze. This “chicken” was with a group of robins, all hopping around and pecking at the grass to find worms. My binoculars revealed a beautiful young hawk with a stripey chest and rusty tail. Hawks in our park usually hang out in dead trees where they watch for prey or they hunt stealthily on the edge of the woods; I didn’t expect to find one grazing with a herd of robins.

I wasn’t the only one laughing at our red-tailed teen this summer. Soon neighbors began sharing their Junior stories. He crashed into a neighbor’s bedroom window while trying to catch birds at a feeder. Then he spent a morning on Monterey Drive unsuccessfully dive-bombing squirrels that ran circles around him. And one day a park employee saw him make

a mad grab for a fat female mallard—all Junior got was a quacked scolding. These stories about Junior remind me of the antics of Central Park’s “Pale Male,” the first red-tailed hawk to nest on Fifth Avenue and consequently steal the Big Apple’s heart.

After watching him for weeks, I was seriously beginning to wonder if he could make it in the hawk world. Then early one September morning, with fall biting the air and a layer of mist lying low on Warner meadow, I surprised Junior catching a field mouse. When left unmowed, the meadow becomes home to many small mammals that feed our hawks and owls. Junior is finally making it as a hawk thanks to these little creatures.

Junior is not the only young creature that needs the wild corners and corridors of our park. Richard Louv, environmental education expert and author of “Last Child in the Woods” writes: “A flat patch of grass or synthetic turf... may be perfect for organized sports, but not for unstructured or natural play...research suggests that children, when left to their own devices, are drawn to the rough edges of such parks, the ravines and rocky inclines, the natural vegetation.”

The new Northside neighborhood plan that the Common Council will vote on in November includes plans to rewrite Warner Park’s master plan. Let’s make sure that this plan honors our park’s wild corners so that all of our young — feathered and unfeathered — can thrive.



Photo contributed by Trish O’Kane

Warner Park - a red-tailed hawk’s meadow playground.



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ENVIRONMENT



Photo by Jim Hughes

Park volunteer Gayle "Tread" Treadaway nurtures newly planted trees through dry spells. Photo by Jim Hughes.

Northside volunteers improve county parks

Jan Axelson

Longtime Northside resident Gayle "Tread" Treadaway has discovered that volunteering in county parks is a great way to stay fit while helping the community at the same time.

Tread began volunteering seven years ago at Donald Park near Mount Vernon but in recent years has been focusing closer to home, in Yahara Heights County Park. Many Northside residents know Yahara Heights, just off HWY 113 at River Rd., as the "dog park." But adjacent to the dog exercise area are over 300 acres of County land that includes woods, restored prairie, and wetland.

The budget for park maintenance is limited, so Tread is part of a small but dedicated group who help out by

mowing trails, clearing brush, planting trees, and collecting and planting prairie seeds. Tread knows from experience that high quality county parks require folks who are willing to pitch in.

Under the guidance of Dane County Naturalist Wayne Pauly, volunteers have helped plant about 30 acres of prairie and over 100 trees. Volunteers are in the park every Thurs. from 9 am-noon, and on other scheduled workdays throughout the year. If you're interested in helping out, stop and talk to any volunteer you see working in the park or call the County Parks Volunteer Coordinator, Rhea Stangel-Maier, at (608) 224-3601.

As Tread says, "The cost of Park maintenance is very expensive. The sense of satisfaction from volunteering and improving our parks is priceless!"



Photo submitted by Janet Battista

AES ecologists evaluate trees and ground cover at Lake View Hill Park.

Lake View Hill restoration to begin its second decade

by Janet Battista

Puzzled about changes at Lake View Hill? In many places in the park, restoration efforts over the past ten years have changed the woods' appearance greatly.

Here's why: Weed trees and shrubs such as buckthorn, Japanese honeysuckle, black locust and box elder are being removed in order to improve the health of the majestic native oaks, hickories, walnuts and other large forest trees.

The weedy tree species break down soil structure and capture light and moisture that are necessary for the big trees to thrive and reproduce. Already we are seeing good growth of native understory plants that will help build the soil back up. More light is reaching the forest floor and rare native species are returning. We will begin planting beneficial native shrubs such as dogwood and hazelnut soon.

This summer: Applied Ecological Services (AES) conducted a thorough survey of the park's vegetation. Comparing present conditions with the vegetation in 1999, when AES conducted the first Hill survey will help us evaluate the success of our past 10 years of restoration activities.

You can help: Join the Friends of Lake View Hill Park on one of our workdays. Meet at the water tower on the third Saturday of the month in good

Saturday workdays at Lake View Hill

Join us on one of our workdays: the third Saturday of every month, depending on the weather. Meet at the water tower to work from 10-noon.

weather. We usually work from 10 to noon and provide snacks. Volunteers remove invasive plants and trash, collect seed, remove cut brush and sawed logs, spread seed and plant young plants, depending on the season.

In the works: Stephen Apfelbaum of AES will give a benefit presentation of his new book Nature's Second Chance - time and a Northside Madison location to be announced.

Dane County is reviewing the Friends' proposal to conduct a cultural study of the Park. If approved, the study would help preserve some of the history of the Lake View Hill Tuberculosis Sanatorium, and will allow us to go forward with protection and enhancement of the Park's few remaining landscape features created by the patients who stayed there.

Watch for: A new information board for postings to explain and notify visitors of restoration activities.



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RELIGION

The River welcomes new Director of Development

By Jenny Czerkas

We are pleased to announce the addition of Rev. Dietrich Gruen to The River staff as Development Director. We feel extremely fortunate and blessed that he is joining us.

His job at The River will include writing for the media and newsletter production. He will also focus on fundraising for the pantry. We greatly value his advice and effort in our ongoing mission to serve the needy in Madison.

Dietrich brings an enormous wealth of experience to the job. He was the executive director of Middleton Outreach Ministry for 11 years and helped that organization grow into a great blessing for its west side service area.

He has a long list of accomplishments in campus ministry and publishing books and Bible products.

Andy and I have known Dietrich for 12 years and have always been impressed by both his talent and by his great heart for serving others.

Dietrich comes to us at a critical time in our development (see related story, above). To continue its growth, The River needs to develop a consistent relationship with the Madison media, as



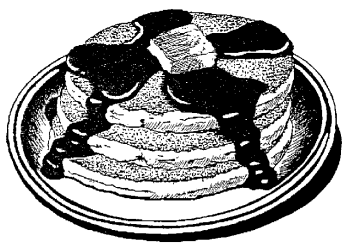
Dietrich Gruen

well as substantial growth in our fundraising efforts.

Dietrich adds, "Just after reaching a surprising and frightful turn of events in my 10-month-long job search, God reached down to lift to my spirits and my attention to apply for the very job description that I had helped draft for The River (as a consultant). I had meant that job for someone else, really, but God (and Jenny and Andy) meant it for me!"

Dietrich Gruen is just the right person at just the right time. Please join us in welcoming him.

Pancakes with Santa



The Northside Business Association is sponsoring the 5th Annual Pancake Breakfast With Santa on Saturday, Dec. 5 from 9 to 11 am at the Esquire Club, 1025 Sherman Avenue. The breakfast is a benefit for three Northside food pantries: The River Food Pantry, Lakeview Lutheran Church Food Pantry and St. Paul Lutheran Church Food Pantry.

The breakfast is a great opportunity to support your local food pantries. It has helped tremendously the last few years.

Cost for the breakfast is \$4.00 for children and \$6.00 for adults. Non-perishable food items, paper or hygiene product donations are also appreciated. All proceeds will be distributed to the three pantries.

This is a wonderful opportunity to support the Northside pantries and partner with them and the Northside Business Association in serving our Northside neighbors who are struggling to make ends meet.

Advanced tickets can be purchased at:

AnchorBank, 2929 N. Sherman Avenue
 American Family, 2101 N. Sherman Avenue
 Mr. DuWayne's Salon, 2114 N. Sherman Avenue
 Esquire Club, 1025 N. Sherman Avenue

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Community Celebration of Thanksgiving and Diversity

Madison's fourth annual Interfaith Thanksgiving Celebration will be held on Sunday afternoon, Nov. 22. This multicultural and inter-religious event is free and open to the public. It is being sponsored by the Greater Madison Interreligious Association (GMIA) along with more than two dozen area churches and civic organizations, including Lakeview Lutheran, which is hosting the event in its East Hall.

As in past years, Interfaith Thanksgiving will include music, poetry, dance, readings, prayers, a keynote presentation, and other expressions of Thanksgiving from a variety of cultural and religious traditions. Over the years, this event has brought together speakers and performers from organizations and communities in and around Madison, including Tibetan Buddhist, Roman Catholic, Muslim, Baha'i, Native American, Wiccan, Protestant Christian, Jewish, Hindu, Sufi, and others.

This year's Interfaith Thanksgiving Celebration begins at 2:30 pm with music. The program starts at 3 pm and a potluck social follows. There will be free childcare from 2:30-5:30 pm in the church nursery.

Lakeview Lutheran Church, 4001

Mandrake Road, is located at the corner of Mandrake and Northport Drive in Madison, Wisconsin. Directions to the site are on-line: <www.lakeviewlutheranchurch.org/contact.htm>.

Those who attend this year's event are invited, but not required, to bring canned goods or a cash donation for the charity food drive to benefit Dane County food pantries. Attendees also are welcome to contribute appetizers, snacks, or desserts to the social that concludes the program.

For more information, contact GMIA Secretary Jerry Mosser, jerry-mosser@tds.net; Lakeview Lutheran Pastor Dean Kirst, pastorkirst@charterinternet.com, (608) 244-6181; or GMIA President Selena Fox, <selena@circlesanctuary.org>, (608) 924-2216. For updates about this year's program and sponsors, see the GMIA website <www.madison.com/communities/GMIA>. The Greater Madison Interreligious Association promotes understanding and cooperation across religious and spiritual boundaries.

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HEALTH

Free breast cancer screening

Early detection key to recovery chances

October is National Breast Cancer Awareness Month which highlights the need to remind women that early detection of breast cancer greatly enhances the possibility of recovery and that free screenings are available to eligible women.

Breast cancer is the most commonly diagnosed cancer among women except for skin cancer and it is second to lung cancer as the leading cause of cancer-related death among women. While a family history of breast cancer increases a woman's risk, most breast cancer occurs in women with no family history at all. According to Kari Sievert, Program Coordinator with The Wisconsin Well Woman Program, "The good news is that breast cancer is treatable. Finding breast cancer early gives a woman a greater chance of complete recovery."

The Wisconsin Well Woman Program, (WWW) in collaboration with the Treatment Access Fund (TAF), sponsored by Susan G. Komen for the Cure, has been providing FREE breast cancer screenings for eligible women in Dane County since 1994. Program services include clinical

breast exams, screening mammograms and other diagnostic breast tests. The TAF program also provides breast-related services to eligible men.

Women may be eligible for Breast Cancer Screening if they:

- are ages 35-64 (or under the age of 35 and have a current breast concern)
- have no health insurance or insurance that does not cover annual check-ups,
- meet the following income guidelines: Family Size Gross Household Income*
 - 1 up to \$27,075
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"Enrollment for the program is quick and easy and can be completed over the phone in 10 minutes," said Sievert. Exams are available in more than 25 participating clinics in Dane County.

For more information, visit www.well-womandanecounty.org or call 242-6385. Para información en español llame at 242-6235.

November is Pancreatic Cancer Awareness Month

By Barbara Karlen

The Madison City Council has declared November Pancreatic Cancer Awareness Month. The proclamation is shown here, presented by Northside Alder Michael Schumacher.

My husband, Ken, died of this disease in 2000. He was 55 years old. He died one year after diagnosis. Ken was familiar to Northsiders as a 30+ year resident, and as a pharmacist/manager with Rennebohm's, later Walgreen's. It was heart-breakingly ironic that after a career dispensing medications to cure others' illnesses, there was none that could cure his.

Now a national organization exists, the Pancreatic Cancer Action Network, or PanCAN. A local affiliate formed in 2007, to create awareness, disseminate information, and raise funds to fight this deadly cancer.

In Wisconsin alone, it is projected that 710 deaths will occur in 2009 due to pancreatic cancer. The fatality rate is extremely high—76 percent die within one year of diagnosis and 95 percent die within five years. The causes are still unknown, but PanCAN has been able to award \$1.2 million in research grants this year, and will award \$2.3 million in 2010, offering hope that as causes are found, effective treatments will follow.

Almost certainly, someone reading this article knows someone suffering from this disease or who will be stricken in the future. Remember this web site: www.pancan.org. It includes a database of all current clinical trials. A Patient and Liaison Services (PALS) program pairs callers with associates


who can provide information about diet and nutrition, symptom management, and other needs. A patient is always re-connected with the same associate, for



Photo by Albert Jaloviar

continuing support.

During November, you will hear public service announcements about pancreatic cancer. A 2nd Annual Jazzed for Hope benefit will be held at Nakoma Country Club on Nov. 7. A candlelight walk will take place downtown. And a run/walk event, PurpleStride, is planned for 2010. We are urging Congress to pass the Pancreatic Cancer Research and Education Act. Thank you, Reps. Tammy Baldwin, Paul Ryan and Ron Kind, for co-sponsoring this resolution. And thank you again, Madison City Council, for your support.



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HEALTH

ABCs of flu bug prevention

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- C**over your cough (use your sleeve)
- D**on't go to school or work if you are ill

Public Health ready for flu season

"Public Health Madison and Dane County (PHMDC) is well prepared for the flu season," said director Dr. Thomas Schlenker. "We have used what we have learned from the H1N1 outbreak during this spring and summer to prepare for the expected resurgence of influenza this fall and winter. One important fact is that the large majority of individuals who became ill in Dane County had relatively mild illnesses and recovered at home without medical care or influenza-specific medication."

H1N1 (swine flu) first appeared in Dane County in April of 2009. While there have been over 600 confirmed cases of H1N1 in Dane County to date, the actual number of cases is estimated to be about 6,000. Sixty-nine percent of confirmed cases were among those 24 years old and younger while only three percent were 55 and older.

PHMDC follows CDC guidelines that encourage schools to stay open during flu season. The 2009 H1N1 outbreak this past spring demonstrated that school closures are very disruptive and do little if anything to retard transmission of the virus.

The best advice for most people who get the flu is to stay at home, get lots of bed rest, drink lots of liquids and take ibuprophen (Motrin®, Advil®) or acetamino-

phen (Tylenol®) for relief from the symptoms. Children younger than 18 should not take aspirin. While anti-viral medications to treat the flu are available, they are not recommended or needed for most people. Influenza can be a very unpleasant illness, however people usually do not require the care of a physician, or a trip to the emergency room unless there are complications such as difficulty breathing.

The symptoms of both H1N1 and seasonal flu are the same and tend to appear quickly. They include: fever, dry cough, sore throat, chills, and body aches.

If you need to see your doctor, call your clinic first so you can be helped without unnecessarily exposing others. It is generally recommended that people not return to normal activities until at least 24 hours after all the symptoms are gone. Do not expose other people while you have active symptoms.

If you need further guidance or advice about the flu, you should call your health care provider. PHMDC will have nurses on call during normal business hours at 266-4821.

PHMDC will be posting regular updates during the flu season on its website, <www.publichealthmdc.com>.

Seasonal Flu Shots Ready Now

H1N1 Vaccine Available in Mid October

This fall season will not be typical when it comes to protecting yourself and your family from the flu. This year we need to be thinking about two different varieties of the flu: the seasonal flu that normally appears every fall and winter plus the H1N1 (Swine) flu. Each variety requires a distinct vaccine.

The best way to prevent the flu is to get vaccinated. Public Health – Madison and Dane County recommends that you get your seasonal flu immunization now. Those at risk for H1N1 flu should get that specific vaccine when it becomes available, in mid-October.

Seasonal Flu

In general, anyone who wants to reduce their chances of getting the seasonal flu should get vaccinated.

High-risk groups for seasonal flu include:

- children 6 months to 19 years of age
- people 50 years and older
- people with chronic diseases such as diabetes or asthma
- people living in nursing homes or long-term care homes
- women who are pregnant
- health care providers
- people living with anyone in a high risk group

Seasonal flu vaccine is now available from Dane County health care providers. People with health insurance should get their vaccination from their health care provider. Public Health – Madison and Dane County offers the vaccine free for children, six months and older, and adults at immunization clinics held throughout the county.

You can get information on these clinics at the following link: www.publichealthmdc.com/documents/ImmClinicSchedules.pdf

H1N1 Flu

The primary target groups for H1N1 vaccination differ from seasonal flu in that the young, rather than the elderly, are the primary target.


Target groups for the H1N1 flu vaccine are:

- pregnant women
- household contacts and caregivers of infants younger than six months
- healthcare and emergency medical services personnel
- all people from 6 months through 24 years of age
- adults with underlying conditions

H1N1 vaccination is expected to become available by mid-October and will require two shots, with the second shot occurring 3 to 4 weeks after the first. It will be available for specific risk groups from your health care provider, as well as from Public Health. More information will be available in the coming weeks on PHMDC's newly revised H1N1 website. The website provides current information for various populations. Resources will be added on a regular basis. The site address is: www.publichealthmdc.com/h1n1news.

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HEALTH

Nearly half of all eye injuries occur in or around the home

Data Shows Number of Eye Injuries to Children on the Rise

There's no place like home, especially for eye injuries. More than 1.5 million eye injuries happen in the home. Performing household chores and maintenance without the proper eye protection can be dangerous. One in five at-home eye injuries were due to home repair or power tools according to results from the "Sixth Annual Eye Injury Snapshot" by the American Academy of Ophthalmology (AAO) and the American Society of Ocular Trauma (ASOT).

Their findings show that the most common place of injury is the yard or garden. Lawn maintenance can be hazardous to eyes as clippings from trimmers or rocks and debris thrown by lawnmowers become airborne. Bystanders must also be cautious about flying debris.

Prevent Blindness Wisconsin (PBW) has declared September as Home Eye Safety Awareness Month in an effort to urge the public to take extra care in protecting their eyes to avoid painful and potentially blinding eye accidents.

Every year, there are more than 2.5 million eye injuries. Ninety percent of these could have been prevented by using protective eyewear. When starting any project, whether cleaning surfaces with chemicals, working on the car or doing yard work, PBW suggests using eyewear approved by the American National Standards Institute (ANSI). The eyewear should have the "Z-87" logo on the frames. It can be purchased at hardware stores and home building centers.

Another alarming statistic from the 2009 AAO and ASOT's findings is the increase in the number of eye injuries suffered by children; the percentage of children 12 and younger increased significantly from 15.5 to 20 percent.

PBW offers these tips to protect children's eyes at home:

- Discourage running with forks, knives, combs or toothbrushes.

- Keep detergents, cleaning supplies, nail polish remover, mouthwash and makeup in locked cabinets or out of reach.
- Set a good example by wearing eye protection when using ammonia-based cleaning supplies and while working on projects.
- Don't allow young children to use combs, brushes or hairspray unless you watch or assist.
- Prompt others in the work area to wear eye protection.
- Many safety glasses or goggles will fit over regular prescription glasses. Ask your doctor what he or she recommends.

For more information on how to protect your eyes at home and eye protection recommendations, call PBW at 414-765-0505 or visit <www.preventblindness.org/wi>.

About Prevent Blindness Wisconsin For over 50 years, Prevent Blindness Wisconsin has pursued its mission to prevent blindness and preserve sight. The agency provides free vision screenings to preschool and school age children, and adults. It also provides public and professional education in vision health, safety, and vision loss prevention.

PBW is the only non-profit organization in the state providing these services. Since 1958, PBW has screened more than 5 million children and over 230,000 adults. PBW receives no government money, relying entirely on the public and business community for support of its sight-saving services. For more information or to make a sight-saving contribution, call 414-765-0505.

National Alliance for Mental Illness (NAMI) walks for the mind of America

People from across Dane County "took a bite out of stigma" Sun., Oct. 4, when they walked to raise funds for NAMI Dane County, a local affiliate of the National Alliance on Mental Illness. Walkers munched on apples as they raised awareness of mental illness in a 5k walk starting at Olin-Turville Park. Registration for the walk started at 11 am, and the walk began at 1 pm.

Heidi Hastings, the local walk manager, explained the walkers' purpose: "Old and young, rich and poor, their common goal is to make America a better home for people with brain disorders through education on mental illness and improve treatment opportunities.

Bonnie Loughran, whose family has been affected by mental illness, tells it like it is. "I had been working in the mental health field for over 20 years. I witnessed the stigma people with mental illness and their families dealt with on a daily basis. But it wasn't until my only son was diagnosed with bipolar disorder that I understood for the first time how stigma could impact the entire recovery process.

Our lives had turned upside down as if we lived on a roller coaster.

I was devastated. I had to do something. I called NAMI. NAMI gave me the support I needed to take the next step. After I became an advocate for my son, I realized I needed to do more.

I quit my job and began my work at NAMI Dane County. As the Executive Director of NAMI Dane County, I work to ensure community education, support and advocacy for people living with mental illness and their caregivers. As a mother, I work to ensure that the people I love are supported, loved and given the opportunity to live their best life possible. I am walking in NAMIWalks to help our community fight stigma along with showing my support to all individuals and families who live with mental illness and recover to live fulfilling and satisfying lives.

NAMI Walks in Dane County are sponsored in part by Murphy Desmond, the UW School of Medicine, and The Capital Times. To make a donation contact: NAMI Dane County, 608-249-7188 or email walk@namidanecounty.org. Visit NAMIWALKS on the web at www.nami.org/namiwalks/WI/Dane.



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POLICE & FIRE

From
**CAPTAIN
CAM
McLAY**



NORTH DISTRICT POLICE

Greetings from the North Police District!

The Summer has flown by and it was a busy time of the officers of the Madison Police Department. As is normally the case, the warmer weather brings a significant increase in outdoor activities; both legal and illegal. There was an increase in calls for service on all shifts, keeping officers busy.

In the North District we have continued to be fortunate to not have seen increases in violent crimes. Reviewing our calls for service data for the past several years, we find that homicides, sexual assaults, aggravated assaults, batteries and armed robberies are all down from preceding years. Most other crimes are also either down or stable with previous year numbers. There are four crimes that are trending upward significantly:

- Residential burglaries
- Thefts from autos
- Domestic disturbances
- Drug investigations

The bad news here: the increased calls for service for burglaries and thefts from autos do reflect real increases in crime rates. The good news is, these are crimes that you, as a citizen, have an opportunity to decrease

the likelihood of victimization by taking simple crime prevention steps. In an effort to increase the MPD's ability to help citizens recognize how to take action to decrease their likelihood of victimization, we plan to expand our crime prevention program in the near future. I will share more as the plans take shape.

The increases in domestic disturbances also reflect increases in crime rate, and serves to underscore the need for more community awareness of the issue of domestic violence. As always, the Madison PD is deeply committed to fighting domestic violence. For more information on how this disturbing crime affects our community, how you can help, or how you can get help, contact Domestic Abuse Intervention Services (DAIS) at their website at <www.abuseintervention.org> or call their Help Line at 251-4445.

While the above crimes trending upward reflect increases in the amount of crime committed, the increases in drug investigations is likely driven as much by increased pro-active police activity in this area, as by an actual increase in the amount of drug activity in our community. The North Police District has been focusing heavily on neighborhood-based, open-air drug activity because of its effect on the quality of life for residents. As a result, these officer initiated activities are likely responsible for these increases.

Enjoy the Fall weather, take care, and be safe.

*Capt. McLay can be reached at
cmclay@cityofmadison.com
or 245-3652*

Fire Safety during the Holidays

Fire safety is often overlooked during the busy holiday season. Fires occurring during the holiday season injure 2,600 individuals and cause over \$930 million in damage each year. Please take a moment to include fire safety in your holiday planning and preparation.

Holiday Cooking

Unattended cooking is the leading cause of home fires. Here are some tips to make your holiday cooking safer:

- Do not leave food unattended on the stove.
- Always wear short sleeves or tight-fitting sleeves when you cook.
- Keep towels, potholders and curtains away from flames.
- If deep-frying a turkey, do it outside away from any combustible materials and *be careful!*

Holiday Decorating

Many people decorate for Halloween and begin their major holiday decorating during the Thanksgiving holiday. Here are some things to remember when decorating your home or business.

Holiday Lights & Decorations

- Use the proper ladder and follow manufacturer's safety instructions when decorating your home.
- All holiday lights and cords should bear the label of an independent testing laboratory (Underwriters Laboratory, Factory Mutual, etc.)
- Decorate with LED lights that use less electricity and produce less heat.
- Throw away any lights, decorations or cords that have frayed wire, gaps in the insulation, broken or cracked sockets or excessive kinking or wear.
- Do not overload electrical outlets or cords.
- Do not run cords under rugs.
- Do not leave holiday lights on unattended.
- Be sure the lights used to decorate the outside of your home are approved for outdoor use.
- All decorations should be nonflammable or flame-retardant and placed away from heat vents.
- Never put wrapping paper in a fireplace.

Candles

- Avoid using lit candles.
- Look for LED candles – they are a safe option for decorations and celebrations.
- If you use candles, make sure they are in sturdy candleholders.
- Never leave the house with candles burning.
- Keep candles away from curtains, decorations and other combustible materials.
- Extinguish candles before you leave a room or go to bed.

Holiday Trees

- If using an artificial tree, be sure it's flame-resistant.
- Choose a freshly cut tree.
- If you're not cutting it yourself, buy a tree that's not shedding its needles.
- Use a sturdy tree stand that holds at least one gallon of water.
- Place the tree away from fireplaces, exits, and heat sources.
- Keep the tree stand filled with water at all times.
- Remove the tree promptly if it becomes dry.
- Never put tree branches or needles in a fireplace or wood-burning stove.
- Dispose of the tree safely and according to your community's disposal instructions.

Be Prepared For a Fire

- When shopping for holiday gifts, look for products that carry the label of an independent testing laboratory (Underwriters Laboratory, Factory Mutual, etc.)
- Have heating equipment inspected each year.
- Fireplaces and chimneys need to be cleaned and inspected at least once each year.
- Provide at least three feet of clearance around fireplaces, stoves, and space heaters.
- Smoke alarms should be located in each bedroom, outside each bedroom door, and on every level of your home.
- Test and clean your alarms monthly.
- Make a home escape plan and practice it with everyone in your home.

Northside Police Officers You Should Know

- Warner Park/Woodlands areas — Officer Scott Templeton 209-8550
- Brentwood/Northport Corridor — Officer Ed Bernards 209-8551
- Brentwood Neigh. Intervention — Officer Susie Gonzalez 576-9708
- Northport/Packers/Kipling Dr. — Officer Katie Adler, 245-3679
- East High School Resource — Officer Kat Riley, 204-1673

To contact any CPT Officer or CPT Sgt. Jason Freedman, call the North District at 243-0542.



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