

## ELECTED OFFICIALS

From  
**SATYA  
RHODES-  
CONWAY**



**DISTRICT 12 SUPERVISOR**

One of my priorities for this term is economic development on the Northside. Two things that will forward this are very close to approval at the City. The Northside TIF District should receive final approval in October, and may be able to start funding projects as early as next year. The Northside Plan update should also receive final approval in October.

Not in our neighborhood, but potentially of interest, is the proposal to redevelop the Edgewater hotel site. And speaking of hotels... there seem to be a plethora of proposals for hotels all of the sudden. Does downtown need five new hotels? How should we decide between the proposals?

On the transportation front, Madison is one stop on a proposed high-speed rail line between Chicago and Minneapolis. This could spur the development of a multi-modal transit

station, which might include local and regional buses and light rail. It also could have a big impact on our neighborhood, as the high-speed rail route runs along existing tracks between the East and North sides of town. All this would be helped along by the formation of a Regional Transit Authority. What do you think an RTA should do first? Which transit projects are most important to you?

We've started working on the City Budget. As always, I'm interested in your priorities for what we should fund and what we should cut. Please contact me to share your thoughts on this (or anything else) at 242-4426 or [district12@cityofmadison.com](mailto:district12@cityofmadison.com).

Finally, before the new school year grows old, I encourage you (whether or not you have kids in school) to check out your neighborhood schools. I think you'll be pleasantly surprised with the many events they host. We all benefit from a closer connection between schools and community.

*Ald. Rhodes-Conway  
can be reached at 242-4426 or  
[district12@cityofmadison.com](mailto:district12@cityofmadison.com)*

From  
**MICHAEL  
SCHUMACHER**



**DISTRICT 18 ALDERPERSON**

Once again the City is engaged in its annual budget ritual. Elected officials manage the expectations of constituents by cautiously stating that we have to do more with less. And each year we've passed budgets that try to balance the basic needs of our City while keeping property taxes in check. This year will most likely be no different with one exception.

The Mayor's proposed capital budget includes building a new central library. If we approve the capital budget, borrowing would increase in excess of 13 million dollars depending on the final package.

The central library houses administrative functions and serves as a distribution hub for our local branches. The current building is in dire need of repair and will require resources. However, given that we don't have a library branch serving the Northeast part of Madison, that our Lakeview library is

at times overcrowded, and that we could relocate the central distribution function to a cheaper location, building a new flagship should not be taken lightly given the many needs of our community.

The argument should not be framed between being for or against our central library. Rather we need to reframe the conversation between want and need, between now and in the future, and between building a new central library and meeting the needs of our most vulnerable populations, while leveraging the resources of the taxpayer.

We are seeing more children in poverty, people without shelter or jobs, and underemployed people. Our local library branches face greater demand including internet access for job seekers, meeting space for community organizations, and a quiet educational space for vulnerable teenagers. We must distinguish between building a grand monument and meeting the current needs of our local populations across all of Madison.

I welcome your input in this important decision.

*Ald. Schumacher  
can be reached at 242-1779 or  
[district18@cityofmadison.com](mailto:district18@cityofmadison.com)*



244-0044

Drs. Brent McNabb, Ross Royster,  
Dan Soderholm, Justin Rodriguez  
2205 North Sherman Avenue, Madison, WI 53704

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**Jeffrey A Prebish**  
1732 Fordem Avenue  
Madison, WI 53704  
608-244-8793

**Kevin M Faulkner**  
301 N Sherman Ave Suite 200  
Madison, WI 53704  
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**Edward Jones**  
MAKING SENSE OF INVESTING

From  
**DAVE  
CIESLEWICZ**



**MAYOR OF MADISON**

### A Responsible and Steady Budget for Hard Times

This month, I introduced my 2010 operating budget for the city. In this challenging climate, this budget provides steadiness and consistency that allows us to weather the storm without radical swings in property taxes or basic services. My budget has three themes:

Stability & Fiscal Responsibility. Our ability to weather this storm comes largely from responsible fiscal planning and management. Virtually alone among local governments or the state, the City of Madison has retained its Aaa bond rating, a clear and strong signal of our good stewardship of the taxpayers' resources. My budget comes in with the lowest increase in expenditures in over 15 years and the lowest tax increase in the last decade.

Cooperation With City Employees.

Much of the pain in this budget will be felt internally as we ask City managers and frontline workers to manage for another year with less. My budget continues our hiring freeze and accounts for no pay increases. I realize that not all of these policies can be sustained year-to-year, but I am grateful for the patience and cooperation of City staff as we manage our way through this challenging time.

Greater Efficiency & Creative Solutions. This budget represents my continued commitment to the basics. I am not proposing radical swings in the services our citizens count on, but I am proposing more efficient and creative ways to use the resources we have.

With the patience of our citizens, the cooperation of our employees, the creativity of our community and the steadiness that comes with taking the long view, we will emerge from the recession not just intact, but stronger than ever and positioned to take full advantage of the better days to come.

*Mayor Cieslewicz  
can be reached at 266-4611 or  
[mayor@cityofmadison.com](mailto:mayor@cityofmadison.com)*

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Studio**

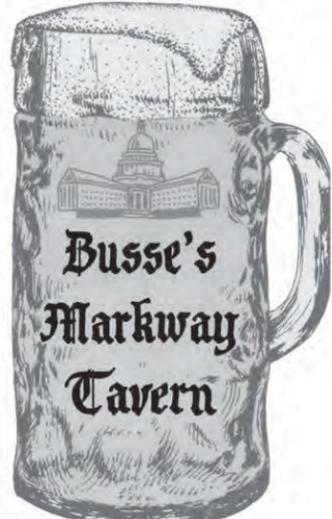


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**ELECTED OFFICIALS**

From  
**PAUL RUSK**



**DISTRICT 12 SUPERVISOR**

As I write the Department of Administration is in the middle of substantial negotiations with Dane County's nine unions to see if layoffs can be avoided next year. Dane County employees took a five percent pay cut the last half of this year and the budgeted one percent cost of living increase for purchase of service agencies was eliminated. At the public hearings many recommended raising property taxes to avoid layoffs. Even with a substantial property tax increase this would not generate the necessary dollars, as the decline in our revenue sources with the national recession is so great. The sales tax decline is about \$5 million and as of September 1 we have \$20 million in delinquent property taxes. The County Treasurer has announced additional measures to capture property tax revenues to be fair to

most taxpayers who pay. It is hard to predict how this will materialize during budget deliberations, but I think it will be a combination of employee furloughs and layoffs, substantial reductions in land purchases, fee increases, and a property tax increase that will be above our usual inflation plus growth. Unlike the federal government our budget must balance and we don't use unusual accounting maneuvers.

As chair of Public Protection and Judiciary it is my responsibility to help keep the sheriff's office and entire court system operating efficiently. The Clerk of Court has had to reduce the hours they take public calls as they have mandated deadlines and vacant frozen positions. One bright note is that the jail population is the lowest it has been in a decade and we are able to generate income by renting jail space to the state. Also, Dane County's economic base is strong. Once the economy recovers we should be okay, but there will be considerable pain in the meantime.

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

From  
**DOROTHY WHEELER**



**DISTRICT 18 SUPERVISOR**

**The County Budget**

As one of many government officials struggling with the challenges of the 2010 budget, I am bracing for a hefty hike in my property taxes. No one likes paying higher taxes but when I examine what these property taxes actually pay for, I notice the services every day and I couldn't live without them. The county gets only 12 percent of the total property tax and not everyone knows how this tax revenue is used so I wanted to give you a brief overview of the great services the county provides. The county's biggest expense is in human services, which get more than half the total budget. The extensive array of services offered in this county is truly amazing from AODA programs to protective child services, from long term care to mental health services, supervision for youth and

teens, and senior focal points; from public health to veterans' services. Badger Prairie is the county nursing home. Effective human services help keep our communities safer.

The county treasurer collects all the property taxes and the county clerk oversees elections, approves marriage licenses and the registry for domestic partnerships. The county planning department handles rezoning and approves permits for construction in the townships. The county pays for the sheriff's department with the jail; it supports judicial services with judges and attorneys. The county has many parks and green spaces and works very hard to keep our lakes and streams clean. The landfill and public compost are operated by the county. The county highway department services ALL the roads in the townships of this county and the county library sends the bookmobile into areas that have no libraries. We can't forget the Dane County Airport, the Alliant Energy Center and last, but not least - the Henry Vilas Zoo. Fantastic services!

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

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From  
**KATHLEEN M. FALK**



**DANE COUNTY EXECUTIVE**

**A better life — one family at a time**

It started one morning six years ago -- I woke up and thought that despite all the great things so many people do in Dane County for kids and families, there were still too many living in poverty. We needed to do something more or something different -- and we have. After doing a lot of homework to find more ways to help moms and dads and kids, we launched Dane County's Early Childhood Initiative (ECI) to make sure more kids grow up healthy and in homes where they are better able to succeed.

ECI started five years ago in one office in a south-side Madison/Fitchburg neighborhood. Since then we expanded it to southwest Madison and Sun Prairie. A truly dedicated team of staff work intensively with over 100 families a year.

to help themselves by finishing educational degrees and connecting them with jobs with local employers. A bilingual team of dedicated professionals works one-on-one with families and helps them improve job skills to become self-sufficient. They make sure kids receive immunizations and other preventative health care like check-ups and screenings, and prenatal care for moms. Parenting education and support is available to help moms and dads better manage the day-to-day responsibilities that come with work, home, and family.

I meet personally with many ECI families and it's so inspiring to hear their goals. Young parents who were once out of work and even homeless now have secure housing and work. Jose and Jennifer, parents of one ECI family, put it best: "You help people better their lives." I am so grateful for the employers who hire our parents. They open a door that changes lives.

Our work has been recognized by the National Governor's Association as an innovative model -- but to me it is rewarding because, with lots of us working together, one family at a time can get a better life.

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

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We help moms and dads who want

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Jim and Mary  
Northside residents

**ELECTED OFFICIALS**

*From*  
**JON ERPENBACH**



**STATE SENATOR**

**Small Claims Court Increase Proposed for Consumers and Small Businesses**

Unpaid bills and consumer complaints are often solved in small claims court in Wisconsin. This court allows consumers and businesses the opportunity to legal remedy without a lawyer and the expense of filing a lawsuit in circuit court. The current \$5,000 limit no longer reflects the needs of the current marketplace for consumers or businesses. With Representative Hebl from Sun Prairie I am co-authoring a bill to increase the limit for small claims court in a two tiered system that will help consumers and small businesses by doubling the amount that can be the maximum for those that file less than 20 claims in a 12 month period.

The small claims court system can

be a financial challenge for County Courts. The Hebl/Erpenbach proposal would increase the filing fees to support the change in law, which may bring more filings into small claims court. Those that file less than 20 claims per year would have a filing fee of \$33 – those that file more than 20 claims a year would pay a fee of \$44. Those that file less than 20 times a year have a maximum amount increased to double the current amount to \$10,000. Those that file more than 20 claims would have the current maximum.

County government will get to keep all of the additional revenue created. This increase should be good news for consumers and businesses all over Wisconsin that need to file in small claims court for occasional unpaid bills and disputes about services provided. Additionally the increased fees for filing will help County government at a time when support for local services is feeling the strain of the economy.

*State Sen. Erpenbach can be reached at 266-6670 or 1-888-549-0027 or sen.erpenbach@legis.state.wi.us*

*From*  
**KELDA HELEN ROYS**



**STATE REPRESENTATIVE**

I take seriously my responsibility as a steward of taxpayer dollars. This is why I am leading the charge to enact “Smart Furloughs,” which would strategically implement state worker furloughs to maximize savings for Wisconsin taxpayers.

This May, Governor Doyle announced that most of Wisconsin’s 60,000 state workers would be furloughed without pay for sixteen days over the next two years to help cope with a historic budget deficit. Though intended as a cost-saving measure, we are now seeing that in some cases, furloughs actually increase costs to taxpayers.

For example, some public employees, like university researchers and unemployment claims processors, are paid entirely by federal or private grants—often with matching funds that Wisconsin will lose if those workers are sent home. Some workers are subject to minimum staffing requirements, such as nurses or correctional officers,

so their agencies must pay overtime to backfill furloughed employees.

My “Smart Furloughs” legislation addresses these situations, by furloughing workers only when it actually saves taxpayer money. Our state employees are one of Wisconsin’s best resources. If we ask their families to sacrifice, and ask citizens to delay getting needed public services, we have an ongoing responsibility to ensure that savings from furloughs outweigh the costs. This is the commonsense, fiscally responsible thing to do.

Elected leaders have an obligation to manage the state’s resources in a transparent, accountable and responsive way. That is why I pursue evidence-based policies over one-size-fits-all solutions. More than ever, we must do more with less—yet blanket furloughs sometimes do less with more! These economic times call for government efficiency, and a smart place to start is my Smart Furloughs initiative. I am gratified that many Wisconsinites have contacted me to support the idea of Smart Furloughs. I encourage anyone with questions or comments about furloughs to contact my office.

*State Rep. Roys can be reached at 266-5340 or rep.roys@legis.state.wi.us*

**Honor our Northside heroes!**

You are invited to join the Northside honor and celebrate!



**North Star Awards**

**Friday, Nov. 6**  
Warner Park Community Recreation Center



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COMMUNITY RESOURCES

*From*  
**KATIE SCHARF**  
 246-4547  
**LAKEVIEW BRANCH LIBRARIAN**



Hours: Mon-Fri: 10 am-8 pm  
 Sat: 9 am-5 pm  
 Closed Nov. 26 and 27

**Games for Seniors**

Wed., Oct. 14 from 1-2 pm  
 Senior adults play Wii games, including bowling. No experience necessary. Exercise body and mind, sitting or standing.

**After School Crafts**

Wed., Oct. 14 and Nov. 18 3:30-4:15 pm. Kids in Grades K-5, exercise your "creative muscle." Call 246-4547 to register two weeks prior to each.

**Movie Matinee for Teens**

Fri., Oct. 16 3:30-5:30 pm. Grades 6-12 catch "Twilight" and eat pizza — free! Register by calling 246-4547. PG-13 permission form required.

**Make-a-Monster**

Mon., Oct. 19 3:30-4:15 pm. Stories about silly monsters, a short movie and monster puppets to take home. Kids in grades K-5 may register.

**Family Wii Night**

Mondays, Oct. 19 and Nov. 30 from 6:30-7:30 pm. Wii games, fun for the whole family. Register within two weeks of each program.

**Percussion Pizzazz**

Sat., Oct. 24 from 1:30-2:15 pm. Drummer Elmore Lawson introduces percussion instruments and lets you play bongos, cymbals, triangles, blocks, bells, etc. The whole family can register.

**Game Club**

Second Mondays from 2:30-4:30 pm Kids 8-18 eat snacks and play board games. Beginners to advanced welcome.

**Preschool Players**

Rehearsals Tuesdays Nov. 3, 10, and 17 1:30-2:30 pm. Showtime Tues. Nov. 17 7-7:45 pm. Acting group for ages 4 and 5, with three rehearsals and a performance. Children learn stories and songs to perform for families and friends. Costumes provided. Parents encouraged to bring cameras to performance. Registration starts Oct. 20.

**Lakeview Chess Club**

Second and fourth Mondays at 6 pm. For everyone.

**Preschool Storytime**

Tuesdays through Nov. 10 at 10:30 am. Stories, songs, fingerplays for ages 3-5. Younger siblings welcome.

**Storytime for the Very Young**

Tuesdays through Nov. 10 at 11:30 am. Stories and songs for ages 0-35 months. One adult per child recommended.

**Sweets and Stories**

Saturday Nov. 14 at 10:30 a. Fun for the family with stories, donuts, coffee and juice.

**Adult Noon Book Group**

First Thursday of every mont. Eat cookies with your neighbors — we also talk about books. Nov 5: The World Without Us. Copies available at Lakeview.

**Video Game-a-thon**

Wednesdays, Nov. 11 from 3:30-5 pm, DDR, and pizza for grades 6-12 School your friends.

**Northside Poetry Slam**

Saturday, Nov. 14 at 1 pm. Middle-school through adult. Register at the library. Prizes and refreshments.

**Preschool Spanish w/ Ellie Rogers**

Tuesdays Nov. 17-Dec. 15, 10:15 am. Fun stories, songs and games to introduce 3-6 year olds to Spanish. Register for the session starting Nov. 3.

**Movement in your World**

Sat., Nov. 21 from 11-11:45 am. Madison Ballet makes dance fun for kids. Families with children ages 3-7, Register by calling 246-4547.

**Wild Rumpus at the Library**

Wed., Dec. 2 from 10:30-11:15 am. "Where the Wild Things Are" Preschool Party. Gnashing of teeth and rolling of eyes. Register starting Nov. 18.

**Nifty Thrifty Gifty**

Wed., Dec. 9, 3:30-4:30 pm Make treasures to keep or to give as gifts. Ages 6 and up. Children under 8 need an adult helper. Register starting Nov. 25.

**Doug the Jug's Juggling Extravaganza**

At the Lakeview Branch Library on Sat., Oct. 17 at 1:30 pm.

"Doug the Jug" performs a humorous juggling extravaganza for children of all ages. Whether juggling kitchen utensils, five colorful circus rings, or three small children, you never know what astonishing feat Doug will attempt next. Audience members will find themselves singing along to "Take Me Out To the Ball Game" as he juggles a baseball, bat and glove, or up on stage balancing spinning plates. His performances are family oriented and includes choreographed juggling to silly songs and lots of audience participation.

Lou Lepore's Halloween Magic Show will be coming to the Lakeview Branch Library on Fri., Oct. 30 at 2 pm in the afternoon. Prepare to be amused and amazed. For all ages.

*From*  
**DENNIS McQUADE**  
 241-4849  
**COMMUNITY SOCIAL WORKER**



As we approach the winter and holiday season some important programs are encouraging people to register as soon as possible for their programs. Some have been taking registrations for a few weeks and resources may soon become unavailable.

The 2009 Dane County Food Pantry Network's Thanksgiving Basket Program will be taking applications for a basket until Sat., Oct.17. Northsiders may register at The River Food Pantry or St. Paul Lutheran Church Bread of Life Pantry. The River Pantry (442-8815) is located at 2201 Darwin Rd. The hours are: Tuesday 12:00 pm-1:30 pm and 5:00 pm-6:30 pm; Thursday 12:00 pm-1:30 pm and Friday (meal also available) 6:00 pm-7:00 pm; and the third Saturday of the month 12:00 pm-1:30 pm.

The Bread of Life Pantry of Life Food Pantry (244-8077) is located at St. Paul Lutheran Church, 2126 N. Sherman Ave. and is open Wednesdays from 9-11 am.

Please bring identification for every current householder member along with proof of your current street address, including apartment number and zip code. If you are unable to apply by Oct. 17, please call 2-1-1 or 246-HELP from 8 am-5 pm Oct. 20-23.

Eligibility is limited to households with children under the age of 18. Those who do not have children may call 2-1-1 or 246-HELP to find the location of Community Meals on Thanksgiving Day.

Also, the Dane County Koats for Kids distribution will take place at the Northgate Shopping Mall at the corner of Sherman Ave. and Aberg Ave. from Thurs., Oct. 22 to Sun., Oct. 25. The hours on Thurs. and Fri. are 9 am to 7 pm, and on Sat., 9-5 pm and on Sunday, from Noon-5 pm. Be sure and take identification for each member of the family including children. You can pre-register at the CAC Clothing Center at 1717 N. Stoughton Rd. or on-site during the distribution.

In addition, Energy Services is currently allowing eligible persons to apply for the Wisconsin home Energy Assistance Program. A single person whose income is \$1953 or less is eligible, while a family of four is eligible if their income is \$3,756 or less. You may make an appointment to apply by calling Energy Services at 267-8601.

Lastly, please note the dates to sign up for holiday gifts are from November 1-21. Sign-up is at the Salvation Army at 3030 Darbo Drive. Call 2-1-1 for hours and further information.

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



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- Snow removal



## Honor our Northside heroes!

You are invited to join the Northside honor and celebrate!



**North Star Awards**  
 Friday, Nov. 6  
 Warner Park Community Recreation Center



Enjoy performances from Harpist Cora Wiese-Moore and Girls Inc from Kennedy Heights Neighborhood Center

COMMUNITY RESOURCES

FROM YOUR NEIGHBORHOOD CHIROPRACTOR

DR. ROSS ROYSTER, D.C.



HEALTH TIPS

We Have No Health Care!

We are in the middle of a seemingly endless debate over health care when, in fact, we have no health care. Consider this: Americans spend more than twice the average of other countries per person on health care, yet we have some of the worst health outcomes. We are worse than 28 other countries (including Jordan) in life expectancy and 29 other countries (including Slovenia) in infant mortality. With all our technology, all our diagnostic skills, and gleaming medical clinics, we are failing miserably. Why? Because we are not focusing on health. We have a very elaborate disease care system.

The experts estimate that 85 to 95 percent of the illnesses we suffer are the result of our lifestyle. Instead of focusing our efforts on changing the very things that cause these illnesses, we wait until people are already good and

ill and spend all our resources trying to patch them up. Without addressing lifestyle changes, the same recuperated people will become ill again or die, whichever comes first. On a strictly economic basis, this makes no sense: it costs a lot more to revive someone than to keep him healthy. On a humanitarian basis, this is cruel. Crueler yet, is the fact that only those with insurance or ample resources can afford expensive disease care.

It seems that the whole "health care" debate is way off track. We are arguing about who will pay for our lopsided disease care, rather than how to shift priorities and make our health care system actually work. We desperately need public education and incentives to eat properly, exercise regularly, rest and rejuvenate adequately. We need to focus on the healthy majority, not just the sick minority. In China, doctors are rewarded financially by how healthy they keep their patients—an interesting idea. It is time to utilize and reward the simplest, most cost-effective, prevention based, least invasive, and best outcome procedures. We need real change in the system, not just in how to pay for it. We need real health care that works.

*Americans spend more than twice the average of other countries per person on health care, yet we have some of the worst health outcomes. We are worse than 28 other countries (including Jordan) in life expectancy and 29 other countries (including Slovenia) in infant mortality.*



From DEBORAH ROUSSOS

MS, RD, CD



And ANN MARTIN

RD, CD, CDE

NUTRITION TIPS

There are bugs in my yogurt!

Benefits of Probiotics

Microorganisms are present in almost all of the foods we eat. Some can cause illness, while others, like probiotics, can actually promote good health.

Probiotics are "good" bacteria present in yogurt and fermented milk (kefir and buttermilk). Milk, juices and soy beverages may be made with added probiotics. Fermented soy products like miso and tempeh also contain probiotics. Unpasteurized (homemade) pickled fruits and vegetables such as sauerkraut and pickles are good sources. Heating or pasteurization destroys these bacteria. Probiotics are also available in supplement forms. Probiotics are similar to the microorganisms that naturally exist in the digestive system, particularly the large intestine.

Most of the probiotics come from two "families" of bacteria, Lactobacillus and Bifidobacterium. Within these groups are many different species, all with similar functions. The full name of a probiotic is sometimes abbreviated as L. acidophilus or L. casei, for example.

Another related term on some food labels is prebiotics, which essentially function as food for probiotics. Prebiotics are not digestible by humans, so they pass to the end of the digestive system to cultivate the probiotics that

live in the intestine. Legumes, fruits, and whole grains are all sources of naturally occurring prebiotics. Potential side effects of foods that contain prebiotics or probiotics are generally mild, such as gas or bloating.

Pre- and probiotics play an important role in restoring balance to the ever-changing environment of the gastrointestinal tract. They help fight the "bad" bacteria that cause various types of gastrointestinal disease. Scientists also believe that probiotics support a healthy immune system.

Intestinal distress, such as diarrhea, irritable bowel syndrome (IBS), and inflammatory bowel disease (such as Chron's disease) or the use of antibiotics can wipe out the good bacteria in our system. Eating foods that contain prebiotics and probiotics can help reintroduce these helpful microorganisms to the gastrointestinal tract.

Eating foods that contain prebiotics and probiotics promotes digestive health, and possibly increased immunity. The benefits of probiotics vary, depending on the type and amount eaten, but experts agree that including these friendly bacteria in your daily diet is worthwhile.

Remember to eat as well as you can as often as you can.

Article by Stephanie Cronin, Dietetic intern, UWCH

*Yogurt is the most prominent source of probiotics in the American diet. Check yogurt containers for the "Live and Active Cultures" seal from the National Yogurt Association (NYA) to know whether your preferred brand contains probiotics.*

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SENIOR

From  
**CHERYL  
BATTERMAN**



cbatterman@nescoinc.org

**NESCO EXECUTIVE DIRECTOR**

**GOMO ...**

**Get Over it and Move On**

I love humor in most forms. I especially love laughing at myself. I can trip over a penny and laugh at my clumsiness for hours. What else is there to do — lament over my inability to pick up my feet or recognize I can and will be awkward. I refuse to be surrounded by negativity in any form. My mantra has always been “Life is short — make it count!”

I recently attended the Wisconsin Association of Senior Center’s Annual Fall Conference; the theme this year was “Explore–Empower–Engage.” It was two days of networking with colleagues from throughout the state, with workshops and training sessions. During my drive home, it occurred to me how different this year’s conference was compared to last year’s “Baby Boomers” theme. This year’s hallway conversations centered on funding challenges in every shape and size. Many senior center directors have already cut their budgets to the nubs and are deeply concerned what will need to be slashed to meet next year’s budget. Rather than

looking for positive ways to improve their programs and services, their energy is being drained by writing analytical reports to their funders justifying the center’s existence.

Perhaps that’s why the conference organizers focused two major sessions on humor—that’s right, laughter. Both keynote speakers valiantly attempted to brush off the doom and gloom of each senior center director by reminding us all how powerful humor is to our jobs and lives. Amid the jokes and gags used during their presentations, were inspiring concepts. “Characteristics of a Great Leader” is just one example:

- Willingness to take risks
- Passionate about your job
- A deep sense of empathy for human beings
- Can motivate and inspire
- Understands the importance of humor in work and life

With this renewed energy, I vow to GOMO (Get Over it & Move On) and be positive as we resolve our budget challenges. Life is short — so I’ll be wearing a clown nose while balancing the columns and searching for humorous cracks in my life. Like me constantly tripping over those skinny pennies, wishing they were fat silver dollars.



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**SENIOR Activities**

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

**Bingo:** Every Fri., 10:30 am WPCRC; Also Tues, Oct. 13 and Nov. 3. Five cents a card (2 card limit/game) with cash prizes.

**Cards and Puzzles (FREE):** Mon.-Thurs., 10:30 am WPCRC; Euchre, Mon. 9:30 am; Sheephead, third Wed. each month, 1 pm, Bridge, second and fourth Wed. each month 12:30 pm, call ahead to assure correct numbers.

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

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

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

**Flu Shots:** Wed. Oct 7, 10 am-1pm, Thurs. Oct. 15, 10-1pm and Tues. Nov. 10 11 am-1pm WPCRC

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

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

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

**Nutrition Education (FREE):** Wed. Oct. 28 and Wed. Nov. 25, 11:00 am WPCRC.

**Nutritious Lunches:** Mon.-Fri., 11:30 am WPCRC; door-to-door bus service is available (50¢ each way and free on Tues. and Fri.). Guests 60 years and older are invited to enjoy their meal on an anonymous donation basis. Suggested donation \$3. Anyone under 60 is asked to pay the full cost of the meal (\$5.75). Reservations required by 11:30 am the prior day.

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

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

Oct. 20, 6 pm	Scams and ID Theft Prevention Tips	WPCRC
Oct. 27, 10:30 am	Fire Safety Prevention Tips	WPCRC
Nov. 9&16, 6-7:30 pm	Advanced Genealogy Class	**WPCRC
Nov. 10, 10:30 am	Energy Assistance & Project Home	WPCRC
Nov. 17, 6:30 pm	Gilda’s Club Choir Performance	WPCRC
Nov. 18, 0:30 am	MG&E presentation	WPCRC
Nov. 18, 6:30 pm	Wines from Chile	** Cherokee CC
Dec. 3, 10 am	Christmas Broadway Dinner Theatre	** WI Dells

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

For more information on NESCO programs, please call 243-5252 or email us at <info@nescoinc.org>.

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From  
**BRAD WEISINGER**

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**FACILITY MANAGER**

**If the walls at WPCRC could talk ...**

*Thank you! I salute all the folks who made me a reality. I'm happy to see thousands of smiling faces come through my doors. I got to be in Madison's Warner Park because of years of planning and folks like you. I'd like to give a huge shout-out to former Mayor Paul Soglin for putting me in his final budget and current Mayor Dave Cieslewicz for taking care of me, but most importantly, to you for visiting and enjoying my amenities for the past ten years. Take a look at a few photos snapped inside the week of Sept. 13.*

**Photo Highlights of Warner Park Community Recreation Center 10th Anniversary Celebration**



**Have Bales of Fun on Madison Parks Hayrides**

Enjoy a crisp fall evening with a hayride in Madison Parks. Madison Parks is offering hayrides in Elver, Warner and Olin Parks this October and November. Perfect for scout troops, community groups, or family outings, Madison Parks hayrides will treat your group to a tour of a beautiful park and a friendly campfire with 'smores.

Each hayride trip is one hour with 30-minute ride, 30-minute campfire and 'smores. The wagon, pulled by a tractor, will take your group on a scenic tour of the park. *Please note that participants will need to enter/exit the wagon using a stepladder.*

**Registration:** Call Madison Parks Office at 266-4711

**Cost:** \$75 per group (1-24). Advance registration required.

**Times:** Thurs. – Sat., 6 pm, 7:15 pm Sun., 4 pm, 5:15 pm

**Warner Park Dates:** Oct. 8-11 and Nov. 12-15



**Food for Free Fitness**

WPCRC supports all Northsiders. From Oct. 12-31, bring in non-expired and non-perishable items (i.e. canned goods, sealed boxed foods, sugar, flour and hygiene products) for Lakeview Food Pantry. Help us help others during October. Your non-perishable items will give you access to the exercise room or open gym. WPCRC ID cards are still required. Bring your item to the front desk and you will help two people – you and a neighbor.

**Childcare Room**

**Days:** Mon., Wed., and Thurs. Time: 5–8 pm and Tues. and Thurs. Time: 8:30-11:30 am

**Fees:** Annual Membership holder \$2 first child and WPCRC ID card holder - \$3 first child. *The playroom may close 30 minutes early if there are no children present.*

**Gift Certificates**

WPCRC will customize gift certificates for an annual membership or a 20-visit pass for that special someone. Just give us 24-hour notice and we'll have it ready for you at our customer service desk. Call 245-3694.

**Holiday Fun at reasonable prices**

WPCRC has several rental dates available in November and December for holiday parties for your family, friends or business. The winter views from the community rooms are lovely and best of all, the WPCRC staff will do the set up and take down for you. WPCRC is a great place to be — especially during the busy holiday season! Make your reservation today, Call Diane at 245-3694 for rates and additional information on how to make your holiday event extraordinary.

**Holidayfest 2009**

WPCRC's 10<sup>th</sup> Annual Holidayfest Art and Craft show will be held Dec. 5, from 9 am to 3 pm. There will be food, entertainment, door prizes and shopping. Come enjoy the day. \$1 admission. Age 18 and under are free. Concessions available.

See you at the Center!

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Walleye ..... \$11  
Chicken Strips ..... \$6  
Bluegill Fish Fry ..... \$10  
(Second Friday Only)

**Sunday Breakfast**  
Every Sunday, 8am-Noon, \$5

**Lunch Specials**  
Monday-Friday, 11am-2pm, \$5

**Happy Hour**  
Monday, 4pm-close  
Tuesday-Friday, 4-6pm

**SPECIAL EVENTS**

Happy hour during Packer and Badger Games

**Chicken & Biscuits**  
Mashed potatoes and gravy, cranberries, cole slaw, dessert and coffee  
**Oct 10 • 3-8 pm**  
\$8 adults • Under 12 \$3 • Under 5 free

**Steak Fry**  
Every third Saturday  
**Starting Nov 21 • 4-8 pm**  
6 oz tenderloin \$10  
10 oz tenderloin \$12  
New York Strip \$13  
Includes baked potato, salad, roll and coffee

# The Northside *TownCenter* Almanac



*What's Happening in Your Neighborhood*

## *Northside 4 Knowledge* "Thank You"

Northside 4 Knowledge would like to thank all of the organizers, sponsors, and participants that came together to celebrate and assist our Northside elementary schools. The September 11 and September 14 events were a great example of how our community strives to deliver top public education and elevate our students through the emerging technology of tomorrow.

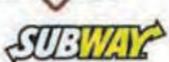
These events were also an excellent tribute to our community's priority of our youth and why the Northside was voted America's 1999 Neighborhood of the Year. With such strong community leaders, sponsors, and citizens, the Northside has a lot to be proud of.



Thank You.



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To See Videos From the Event Visit

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



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