

HEALTH & FITNESS

HEALTH & FITNESS

# Stay active, stay fit during Wisconsin's cold weather season

### Find something that you enjoy, and stick with it

By **Lauri Lee**  
*Northside News*

As colder weather closes in on Wisconsin, more and more of us will become less and less active, studies show. And, when we're less motivated to exercise, our weight increases and that affects our overall health and wellbeing. So, what better time than the present to talk about health and fitness?

There is good news and bad news on the exercise front. Those who exercise regularly are likely to stay healthy longer than those who don't. Active people live longer and feel better. They are less likely to be overweight. Exercise may even prevent diabetes, some cancers and heart problems. All good news, right?

The bad news? Most adults find it difficult to get the required 30 minutes of moderate physical activity such as walking briskly, dancing, biking or swimming at least five days a week. But, whether you opt for visiting a fitness center or taking a brisk winter walk, maintaining regular exercise

during the winter months can affect health in a positive way. It can prevent Seasonal Affective Disorder (SAD), tone muscles, increase metabolism (so you burn more calories) and improve cardiovascular strength. Exercising outdoors in winter is particularly likely to boost energy and protect against colds.

Trends in exercising have moved away from expensive home gym equipment and high-impact aerobics, heading instead towards back-to-basic exercise plans, functional fitness, mind/body workouts and the "buddy workout" system. Back-to-basic exercise plans emphasize those old familiar calisthenics from fifth grade — push-ups, sit-ups, jumping jacks and sprints. If trend forecasters are right, that could be a workout of the future.

Functional fitness exercise workouts tend to increase flexibility and core strength, and help you live a healthier life overall. Often a personal trainer helps plan a program of individual training.

While body and mind seem to be opposites, the two combine in one of today's most popular fitness trends, body/mind workouts. These include: Cy-Yo, a combination of warm-up yoga, speed cycling on a stationary bike and cool-down yoga, YogaFit, blending traditional yoga with strength training, core building and butt firming, and yoga/pilates.

If you can't afford a personal trainer or find an exercise class, maybe your dog can serve as an exercise buddy. Medical studies prove it can work. People and dogs were more successful in staying with a weight loss program when they did it together. Don't have a dog? A good friend will also do.

The important thing is to find something you enjoy and stick with it. A recent study shows that even 15 minutes of exercise a day can have a beneficial impact on health. Some exercise is apparently always better than none. If three 10-minute spurts a day are more manageable than

one 30-minute time slot, try it. The study indicates that people who engage in 15 minutes a day of moderate physical activity (brisk walking, bike riding, water aerobics) have a 14 percent lower risk of heart disease than their inactive counterparts.

So, get out there! You can do it. But not before you've explored the rest of this issue of Northside News.



## Just move Health tips from your neighborhood chiropractor

By **Dr. Ross Royster**

I usually first see people when they are in a lot of pain. Often, they don't know what they did to get them in the shape they're in. Sometimes they blame their predicament on something they must have done wrong. The truth is, in most cases, they are suffering because of what they haven't been doing: moving!

Do you remember how it felt as a child when you could run and play all day without tiring out or feeling sore afterward? I believe that is how we are meant to feel throughout our lives. Our bodies are literally built to move. Not only do we feel better when we are moving, but we function better and resist the deterioration of aging.

Movement keeps your nerves balanced. There are two types of nerves in your joints: movement nerves and pain nerves. The movement nerves constantly monitor joint movement, so that your brain can coordinate body motion and maintain balance. These nerves have branches that inhibit the pain nerves. So, the more you move, the more the movement nerves tell the pain nerves to "shut up." That's why it usually feels better after you get moving.

Movement also increases heart rate and circulation. This means your body will get more oxygen to relax muscles and

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## Go outside and play!

By **Jeffrey Lee Affeldt**  
*Northside News*

Among the many reasons to love Madison's Northside are its natural beauty and ample opportunities for outdoor recreation. And if one goes about it right, you can even get fit while enjoying these!

Health and fitness experts point out that the number one reason people give up on their exercise plans is boredom. To help stick with your own fit-

ness goals, they suggest, find something you love to do, then keep doing it.

If you are discouraged by the thought of slogging away on a treadmill or other exercise machine, try finding a way to incorporate exercise into the activities and recreation you already enjoy. Gardening and lawn work, a bike ride to the grocery store for a quart of milk, or a walk to visit a friend can all be part

of one's overall physical activity plan.

Here are some ideas to help you stay active throughout the year, while exploring some of the 'hidden outdoor gems' of the Northside:

### Fall

Autumn is a fine time for a healthful walk through the grounds of Mendota Mental Health Institute. Public roads

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### Staying fit can be fun during every season

Photo by Jeffrey Lee Affeldt

**Northside Winter Farmers Market**

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Indoors at the Northside TownCenter  
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HEALTH & FITNESS

Adult fitness classes offered on Northside

Madison School and Community Recreation (MSCR) offers a wide range of fitness classes for adults and those ages 50-plus at the Warner Park Community Recreation Center. The classes listed below are currently being held during the Fall 2011 session and most will be offered again during the Winter/Spring 2012 session beginning in January. Registration for winter classes begins Nov. 14. Look for your MSCR Program Guide in the mail beginning Nov. 7 for dates, times, fees and registration information for Winter/Spring classes. Fee waivers are available for MSCR classes. For more information or to sample a Fall class, call 245-3667.

Adult Fitness Classes

**Boot Camp for Women:** Mondays, 5:45-6:45 pm and Saturdays, 8:15-9:15 pm – Beginners Class held Mondays, 6:45-7:45 pm

This interval class is designed to improve your fitness level and change your body composition.

Combines strength training, plyometrics, cardio drills and core exercises for a total body workout.

**Cardio Kickboxing:** Tuesdays, 6-7 pm

A great cardiovascular fitness and muscle toning workout, including aerobics, kicks and boxing techniques to upbeat music.

**Core Fusion:** Saturdays, 9:15-10:15 am

This core-focused class combines traditional Pilates exercises with toning, stretching and core conditioning exercises for a total body workout. Use

props to lengthen and tone with emphasis on strengthening the core.

**Kripalu Yoga:** Tuesdays, 5:30-6:45 pm or Thursdays, 11 am-12 pm

A gentle yoga with an emphasis on alignment, body awareness and breath work. Includes warm up movements and breathing exercises, a sequence of postures that stretch, strengthen and balance the mind and body and guided relaxation.

**Pilates:** Wednesdays – Beginners, 6:45-7:45 pm – Intermediate, 5:45-6:45 pm

Discover your powerhouse and what it means to your overall well-being. Develop a positive mind-set while stretching and strengthening your muscles.

**Pilates and Yoga Fusion:** Tuesdays and Thursdays, 10:05-11 am

This fitness-based class combines your favorite yoga poses with Pilates core conditioning for a great workout. Tone, strengthen and stretch your muscles.

**Total Toning:** Thursdays, 6-7 pm

Strengthen and tone all muscle groups in the body by using body weight resistance, exercise bands and exercubes to create great definition and curves.

**Walking Qigong:** Wednesdays, 9:30-10:30 am – Fall only

Lose weight, tone body and mind, become more fit and happier. Develop strength, flexibility, focus, calmness and courage.

**Yoga:** Mondays and Thursdays, 7-8:15 pm – Advanced Yoga, 5:30-6:45 pm

Go through a continuous sequence of appropriate yoga asanas (exercises) which are designed to build strength and flexibility. Learn

proper body posture and alignment. Class ends with relaxation and quiet breathing techniques.

Goodman-Rotary 50+ Fitness Classes

**Arthritis Foundation Exercise Program:** Tuesdays, 12:30-1:30 pm and Fridays, 10:15-11:15 am

This class includes multiple components to help reduce pain and stiffness while maintaining or improving mobility, muscle strength and functional ability. All exercises may be performed while sitting or standing.

**Chair Yoga:** Wednesdays, 10:30-11:15 am

Yoga and exercises, including range of motion, stretching and strengthening routines and breath work. This is a free class offered in partnership with the North Eastside Senior Coalition.

**Dance Exercise:** Mondays and Thursdays, 1-2 pm

This exciting new class is taught by retired Broadway dancer Jack Bray. Transform yourself with a complete mind and body workout in this easy and fun class.

**Fitness Conditioning for Quality Living:** Mondays and Wednesdays, 8:30-10 am – Level II classes held Tuesdays and Thursdays, 3:45-5 pm

This is a balanced approach to exercise. Focus on posture, breathing, overall strength and endurance, flexibility, balance and coordination. Non-impact exercises to challenge a range of fitness levels.

**Functional Fitness:** Fridays, 2:30-3:35 pm

Learn safe and effective exercise using light weights, bands and floor mats. This workout focuses on improving functional performance levels. It includes movement patterns that include strength, agility, aerobic fitness, balance and flexibility.

**Jump Start Yoga:** Tuesdays and Thursdays, 9-10 am

This is an invigorating workout designed to improve muscular strength, flexibility, endurance and mind/body balance.

**No Falls:** Tuesdays, 11:30 am-12:30 pm

No Falls is a program of fall reduction exercises. It includes strength and flexibility exercises, practicing balance strategies and a home exercise program.

**Tai Chi:** Wednesdays and Fridays, 1-2 pm

Beginning and continuing students flow with relaxing Tai Chi movements. The class starts with Tai Chi QiGong, strengthening exercises followed by Beijing 24 Tai Chi exercises.

**Zumba Gold:** Mondays and Wednesdays, 2:30-3:30 pm

Zumba is a fusion of Latin and International music with dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic-fitness interval training with a combination of fast and slow rhythms and easy to follow dance steps that tone and sculpt the body. No experience necessary!

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## WARNER PARK COMMUNITY RECREATION CENTER

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### Greetings Northsiders

#### Food for Free Fitness

Warner Park Community Recreation Center (WPCRC) wants to help our Northside Neighbors. From Oct. 10-31, if you bring in non-expired and non-perishable items (i.e. canned goods, sealed boxed foods, sugar, flour and hygiene products) we will support our Northside neighbor, LakeView Food Pantry. Help us help others during October. Let's show all Northsiders that together we can make a difference. 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 your Northside neighbor.

### Northside Fitness Centers

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www.cityofmadison.com/parks/WPCRC/  
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Fun and Fitness go hand and hand at WPCRC. Call us at 245-3690 to schedule a meeting with our personal trainer; Gina will make getting fit fun.

#### Childcare Room

##### Hours

Mon, Wed and Thur: 5–8 pm  
Thursdays: 8:30–11:30 am

##### Cost

Annual Membership holder:  
\$2 first child, per hour

WPCRC ID card holder:  
\$3 first child, per hour

The playroom may close 30 minutes before the scheduled ending time if there are no children present

#### Gift certificates

WPCRC will gladly customize a gift certificate for an annual membership or a 20-visit pass for that special person in your life. Just give us a 24-hour notice and we'll have it ready for you at our customer service desk. Just call 245-3694.

#### Holiday fun at reasonable prices

WPCRC has several rental dates available in November and December if you are planning a holiday party for your family, friends or business. The winter views from the community rooms are lovely and best of all, the WPCRC staff will do all of 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 2011

The Center's 12th Annual Holiday-Fest Art and Craft show will be held Dec. 3, from 9 am–3 pm. There will be food, entertainment, door prizes and lots of shopping — so start your holiday shopping at WPCRC. Come for the fun and enjoy the day. There is a \$1 admission. Age 18 and under are free. Concessions will be available.

*See you at the Center!*

## Fitness trainer Gina Currie shares about fitness

By Joshua Morrill

*Northside News*

When it comes to exercise and physical activity, it is easy to lose motivation. The Northside has a talented fitness trainer and certified group exercise instructor who can keep you moving toward your goals. Many of you may know Gina Currie from her popular cardio-kickboxing class or the personal training she has offered at WPCRC since 2004. The Northside News recently talked with Gina about her favorite topics — exercise and fitness.

*What do you think people should know if they are starting to exercise?*

There is the tendency to stop exercising if the weight does not seem to decrease quickly, or [if] the middle section does not look like a six-pack. The number one reason why people stop exercising is that they do not see the results. But, don't give up. Physical activity is very good for you. An active body moves, feels, looks, and performs better over time. When you feel good life is good.

*With school starting again — can exercise really make you smarter?*

Evidence shows the brain functions better with physical activity vs. inactivity. Even starting exercises after a long life of inactivity, brain functioning is better. It is never too late. A study at the

University of Illinois showed thought processes improved 5-10 percent after only a 30-minute treadmill session for adults and a 20-minute treadmill session for children.

For school age kids, school performance is better in those who engage in regular physical activity. One middle school teacher had her class jog on a treadmill while in language arts class. After four months, every single student went up one full grade in reading and writing. Their ability to concentrate was sharper, and they spent more time working without interruption. Also, attendance improved and disciplinary problems declined by 67 percent.

*What classes are you offering Northsiders this fall at WPCRC?*

I will be teaching group exercise sessions Tuesday and Thursdays at 6 pm. The first is Cardio kickboxing infused with elements of drumming to rhythm using drumsticks on a stability ball. Or, if you want to energize your upper and lower body muscles, check out my body toning class. If you prefer to have a personalized approach to your physical activity program, check out the array of personal training services I provide.

For more information about Gina's and other fitness classes at Warner Park, see [www.msccr.org/Warner-Park.cfm](http://www.msccr.org/Warner-Park.cfm) or contact Gina Currie at [emeraldg@tds.net](mailto:emeraldg@tds.net).

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NONPROFIT

# Warner Park pool idea still afloat

By Lauri Lee  
Northside News

The Warner Park Community Recreation Center's (WPCRC) long hoped for indoor pool may have inched a little closer to becoming reality recently when Madison Mayor Paul Soglin called it an important "want" of the Northside community's future at the September Northside Business Association meeting. That's not surprising, since Soglin provided strong support for the WPCRC, including it in his final budget during his previous term as mayor.

The WPCRC already provides a 2700 square-foot community room and dozens of services including childcare, an exercise room for personal training, Madison School and Community Recreation fitness activities, a full-sized gym and senior programs for Northside residents. But since its inception, the vision for the community center has included future plans for an indoor pool.

"The wall facing Northport Drive was intentionally left open so an indoor swimming pool could be added there at some point in the future," said Dorothy Borchardt, of WPCRC's Circle of Friends. "What better way to bring people of all ages, races and economic standing together than a community swimming pool. Swimming is such a great way to maintain personal fitness and get exercise," she added.

Borchardt has been involved with the recreation center and passionate about the swimming pool since the idea for a cen-



Photo submitted by Melissa Sargent

Melissa Sargent and her team "Melissa for Dane County" — winners of the 2011 Pounding the Pavement for the Warner Pool.

ter germinated back in the 1970s. She ran for alder and served in that position from 1993 to 2003, in part because she believes in the idea of having a swimming pool on the Northside. She even helped persuade Mayor Soglin to include the WPCRC in that final mayoral budget.

The WPCRC Circle of Friends, in cooperation with the Madison Parks Foundation, Inc., works to establish a strong financial foundation to ensure the center's continued growth and success. In addition to an annual golf outing, a run/walk that draws from 700-1000 people, and selling cookies on election day, the work of the Friends group is supported by gifts and contributions from the community.

Borchardt recalled a cookie sale one election day when someone became so enthusiastic about the need for the Northside pool that they wrote out a check for \$25,000. Not bad for a cookie sale!

So far the Friends have more than \$155,000 in the pool fund and \$11,000 in their general fund (which is used for equipment at the Center).

It's a good start, but Borchardt said, the cost of an indoor pool could range from \$8 to \$10 million on the lower end to as high as \$18 million. It all depends on what kind of pool it is.

"If we could have two pools, an eight-lane, regulation size pool with a diving well for swim meets and competitions, and a therapy pool for use as

a physical rehabilitation facility, that would be ideal," Borchardt said. "That would also be closer to the \$18 million dollar figure," she admitted, adding that a pool with a diving well would be in high demand for use by local swimming groups since the closest one is in Milwaukee. Rental fees for use of the regulation pool would help to recoup maintenance costs for both pool and center programs. A physical therapy pool would be a great health care resource for Northside residents.

The main reason to build a pool on the Northside would be to benefit the people of the community and the City of Madison, Borchardt said. She noted that the Goodman Pool in central Madison is already at capacity on hot summer days and, being an outdoor pool, is limited to seasonal use.

So, when the economy improves, Borchardt and the Circle of Friends will go out into the community and begin to seriously solicit funds for the long-awaited pool. Until then, they will continue fundraising. Even if they have to do it one cookie, or one enthusiastic donor, at a time.

## NORTHSIDE NEWS

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## SENIOR

## Family Caregiver Resource Fair: A one-day event to explore community resources for caregivers

By Diane Walder

You've probably heard the statistic that every day 10,000 baby boomers turn 65. This staggering number has serious implications for public policy and institutions that provide services for older adults. It also means that the number of people providing informal, unpaid care for spouses, parents, friends and neighbors — called "family caregivers" — will dramatically increase as well.

According to a 2011 report by AARP Public Policy Institute, "in 2009 about 42.1 million family caregivers in the United States provided care to an adult with limitations in daily activities at any given point in time, and about 61.6 million provided care at some time during the year. The estimated economic value of their unpaid contributions was approximately \$450 billion in 2009, up from an estimated \$375 billion in 2007." These boomers will at some point become a family caregiver for someone.

Most often it's a medical crisis that forces people into seeking information and referrals about how to keep their family member living at home and out of

a nursing home. Do you have a plan for when you need to make decisions about your spouse with dementia or parent who's returning home from rehab after a fall?

If you don't, this is a great opportunity to find what you need to know in one place: The North/Eastside Senior Coalition in partnership with the Dane County Caregiver Alliance is hosting a Family Caregiver Resource Fair on Saturday, Oct. 22, 9 am–1 pm at the Warner Park Community Recreation Center at 1265 Northport Dr. The event is free and everyone is invited to attend.

The fair is a drop-in event designed to be fun, relaxing and informative for family caregivers and the general public to learn about the wide range of community resources available to them. Representatives from many community-based organizations, agencies and businesses that provide services for caregivers will be in the exhibit room with experts to answer visitor questions. The fair will offer games, music and many valuable items to be raffled. The purpose of the event is to raise awareness of caregiver issues and

resources before a crisis occurs.

Short workshops will be offered including:

**Practical Skills Clinic:** Learn from a professional caregiver how to lift, position and move properly and other home safety tips.

**Caregiver Workshop Sampler:** Hear stories from caregivers who took classes that improved their caregiving experience.

**Take Control of Caregiving:** Learn the sure-fire technique to make time for yourself.

**Stress Management:** Take a deep breathing exercise or try some gentle yoga.

A facilitated, drop-in coffee circle offers caregivers an opportunity to gather and "air and share" with each other.

Respite will be provided on a limited basis.

All attendees receive a free raffle ticket at the door. People who preregister will receive an additional ticket.

For details, contact the North/Eastside Senior Coalition at 243-5252 or email [chino@nescoinc.org](mailto:chino@nescoinc.org)

### Go play from page 17

and paths wend their way among historic buildings dating back to the Civil War, and out to secluded Governors Island. This time of year, the tall cottonwoods and oaks of this large wooded bluff begin to shed their brilliant leaves for the season, offering expanding views of Lake Mendota below. Note: Although there are several miles of public roads, paths and trails at Mendota, please respect the few signs marking restricted areas.

#### Winter

Winter in Wisconsin can be cold and dreary, but it's no reason to hibernate. The Northside's numerous parks and public lands offer many miles of cross-country ski trails, or you can make your own path through the snow drifts on a pair of snowshoes. Making your way up to The Lookout in the North Unit of Cherokee Marsh Conservation Park will certainly get your heart rate going, so take a break to catch your breath and take in the view from the provided park bench. Besides getting your workout in, you'll get a 'behind-the-scenes' peek at Mother Nature during the 'off season.'

#### Spring

As the snows melt and the days grow warmer, Northsiders both wild and human emerge from their winter dens, blinking in the sunlight. Warner Park comes alive with its perennial residents and migratory visitors. A vigorous bike ride through the park's 200 acres may reveal whitetail deer, groundhogs, raccoons, red fox, muskrats, as well as the annual return of sandhill cranes, robins, sparrows, ducks, grebes and Canada geese.

A quick ride around the perimeter of the park will put two-and-a-half miles under your belt, and perhaps take a bit off your waistline!

#### Summer

Take a canoe or kayak out for a brisk paddle on Cherokee Marsh. A complete loop around its verdant sedge-meadow shores will total five miles and take under two hours, and you'll likely see herons, sandhill crane, marsh wren, and many species of ducks. Pause for a break on tiny Hickory Island and look for the conical effigy mound. For extra credit, paddle another mile or so up the Yahara River or Token Creek.

With all the outdoor recreation opportunities available here, there's no reason for exercise and fitness to be dull. The Northside is a great place to live, so make it a long and healthy life.

### Just move from page 17

allow the brain to be more alert and better able to block out pain. As your heart rate increases, your other body functions accelerate, too. So, with motion, your body will work more efficiently. Movement pumps up the cartilage in your joints with fluid and nutrients, so that the joints do not degenerate or age prematurely. The pumping of fluids from motion benefits the intake of nutrients and elimination of waste for all your other cells, too. Sustained motion will also cause your cells to liberate substances that make you feel better.

The bottom line: movement is life! Make a commitment to move more right now. Walk more, drive less. Park in the far corner of the lot. Use the stairs, not the elevator. You know the drill. Most importantly, though: play more! Nobody gets out of here alive, so you might as well have fun and be healthier while you're here!

### Free flu vaccine clinics offered by Public Health to uninsured adults

On Wednesday, Oct. 5 and Oct. 12, Public Health Madison and Dane County will be conducting flu vaccine clinics for uninsured adults. This service is available by appointment only. Appointments for these clinics can be made by calling 266-4821.

Public Health has nasal and injectable flu vaccine available for children six months of age and up. You can see our clinic schedule at our website [www.publichealthmdc.com](http://www.publichealthmdc.com) or call 266-4821 for more information.

### HospiceCare Inc. offers seminars and support group opportunities

Two free educational seminars will be presented by Hospice Care Inc. in Madison during October. Both will be held at the Don & Marilyn Anderson HospiceCare Center, 5395 E. Cheryl Parkway, Madison. On Monday, Oct. 3, from 2:30-4 pm, HospiceCare will offer "What You Should Know About Planning a Funeral." On Tuesday, Oct. 11, from 6:30-8 pm, HospiceCare will offer "Coping with Grief at the Holidays." Preregistration is requested; please call Carrie Glantz, HospiceCare public affairs, at (608) 327-7202.

#### Grief support opportunities

In October, HospiceCare Inc. will begin two grief support group series, offer a recurring support group and provide an introductory session for those grieving the death of a loved one. All of the sessions are open to the public and are provided without charge, unless noted otherwise. All groups require pre-registration and are held at the Don & Marilyn Anderson HospiceCare Center, 5395 E. Cheryl Parkway, Madison, unless otherwise noted. To register, call (608) 276-4660 and ask to speak with a grief counselor.

**Powerful Tools for Caregivers** is held Tuesdays, Oct. 4 through Nov. 8, from 5:30-8 pm. There is a \$10 fee to attend.

**Mother Loss Grief Support Group** is held Wednesdays, Oct. 5-26, from 10 am-noon.

**Bridges Weekly Support Group** is held every Wednesday from 9:30-11 am. Pre-registration is not required.

**Introduction to Grief** is an informative session for adults that offers suggestions on how to navigate the grieving process and provides information about HospiceCare grief support groups. This session is available by appointment only. Call Mary Severson at (608) 327-7182 to make an appointment.

Put **Life**  
back in your life



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**"Living Well with Chronic Conditions"**

A 6-week series of 2.5-hour classes

- Low or no-cost
- Proven effective

#### Upcoming classes

##### St. Bernard's Church

Beginning Oct. 3  
10 am-12:30 pm  
2450 Atwood Ave.  
Madison

##### HospiceCare

Beginning October 18  
1:00 pm-3:30 pm  
5395 Cheryl Parkway  
Madison

Call Janie at  
**261-9700**  
to register  
or for information.

### Certified Nursing Assistant Needed

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**Or send resume to:**  
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Madison, WI 53704-2202

SENIOR

SENIOR Activities

From

**CHERYL BATTERMAN**

cbatterman@nescoinc.org

**NESCO EXECUTIVE DIRECTOR**



**Myrna's story**

In an effort to educate the community about how our case management program helps senior adults in your neighborhood, I offer this story supplied by a NESCO's case manager:

I began working with Myrna\* last year. Initially, I helped Myrna find transportation to her doctors' appointments and sort through various medical bills. Myrna continually seemed overwhelmed by simple tasks such as sorting her mail and discussing resources with me. As I got to know Myrna more, it was clear she was becoming more and more anxious, making desperate calls to me about refilling her medications. I had difficulty deciphering from Myrna which pharmacy she used and how she would pay for her medications because she had no prescription insurance and used several pharmacies to refill her prescriptions. One day after receiving a frantic phone call, I became concerned about Myrna's well being. I called her several times, only to be called back by a social worker from a local hospital. Myrna had been hospitalized from medication mismanagement. She had taken too much of an anti-anxiety drug thinking it was a pain killer. I

discussed the situation with the social worker and we decided I would meet with Myrna and her family after she was discharged to discuss Myrna's health and ability to live independently. After meeting with Myrna, her daughter, and her daughter-in-law, we all developed a plan to have a nurse assist Myrna with her medications, making weekly visits to her house to check on her medication box and to refill it when needed. I also discussed the importance of getting Myrna a prescription drug insurance plan to cut down on her medical bills. Myrna and I applied for the Senior Care Prescription Drug Plan which turned out to be the most economical for her. Since this meeting I have met with Myrna on various occasions and found her much more relaxed and in control of her surroundings. She now utilizes resources that I provide her with, such as using the RSVP Volunteer Driver Program for transportation to her doctors' appointments. Myrna continues to live independently in her own home with the support of her family and her case manager.

*\*Name changed for confidentiality*

Medication mismanagement can have serious consequences. If you know of a senior adult needing similar help, please contact our office at 243-5252.



**Community invited!**

**Lutefisk Dinner & CRAFT BAZAAR**

**Friday, November 4**  
**11 am-7 pm**  
**Adults: \$15**

*Reservations not required*

**Lakeview Lutheran Church**  
4001 Mandrake Rd. • 244-6181

Corner of Mandrake and Northport  
www.lakeviewlutheranchurch.org

**FRIENDS NEEDED**

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

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

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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. The following programs will be offered at Warner Park Community Recreation Center (WPCRC), 1625 Northport Drive. Note: NESCO will be closed November 24 and 25 for the Thanksgiving holiday.

**Upcoming Events**

**What's in it for seniors ... in 2012?**

**Tuesday, Oct. 11, 10:30 am**

Dane County Supervisors Paul Rusk and Melissa Sargent and Wisconsin State Legislator Kelda Helen Roys will discuss the 2012 county and state budgets and what is or is not included for senior programs and services.

**Caregiver Fair**

**Saturday, Oct. 22, 9 am-1 pm**

Prepare to care! Most people know someone who is a family caregiver, are caregiver themselves or will become caregivers. Representatives from Dane County senior centers, service agencies, organizations and businesses will be on hand to give you info and answer your questions. Games, music, raffles, prizes, and short, drop-in workshops will also be offered. Free. *Pre-registration preferred.*

**Other upcoming events:**

**October 7, 10 am, Flu shots**

**October 18, Changes for 2012 in Medicaid/Medicare Benefits, 10:30 am**

**October 25, 10 am, Flu shots**

**November 1, 10:30 am, Recycling Tips from George Dreckmann**

**November 15, 10:45 am, Energy Saving Tips with MG&E**

**November 29, 10:30 am, Fire Safety Prevention with Madison Fire Dept.**



**The following ongoing programs and services are offered at WPCRC:**

**Bingo:** Friday's, 10:30 am, 5¢ a card (two card limit/game) with cash prizes.

**Blood Pressure Clinic (Free):** Third Tuesday, Noon. All ages welcome.

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

**Cards and Puzzles (Free):** Monday-Thursday, 10:30 am, Kings Corner, Monday-Thursday, Euchre, Mondays 9:30 am; Sheepshead, Third Wednesday, 1 pm. Call ahead to assure correct numbers.

**Case Management:** Provides support, resources and community services to enable seniors to safely remain living in their own homes.

**Cultural Diversity:** Hosts monthly programs for African American and Latino seniors.

**Foot Care Clinics:** NESCO and Interim Health Care co-sponsor four foot clinics each month for individuals who cannot do their own foot care and do NOT have diabetes. Cost is \$15; call 243-5252 for an appointment.

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

**Low-Vision Support Group:** Third Thursday each month, 10:15 am

**Men's Group:** Last Monday of each month, 10 am

**Nutrition Education (Free):** Fourth Wednesday each month, 11 am

**Nutritious Lunches:** Monday-Friday, 11:30 am; door-to-door bus service available (50¢ each way and free on Tuesdays and Fridays). Guests 60 years of age 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 (\$6.10). Reservations required by 11:30 am the day prior.

**Senior Exercise (Free):** Wednesdays, 10:30 am

For more information on NESCO programs, please call 243-5252 or [info@nescoinc.org](mailto:info@nescoinc.org).

**Take Action and Prevent a Fall!**

Effective classes available for older adults

**Stepping On**  
Meets 7 weeks, 2 hrs/week.  
Reduces falls by 35%. Combines education on broad topics with risk screening, exercises with weights, and peer support.

**No Falls**  
Balance-exercise class meets 15 weeks, 1 hr/week. Uses balance boards. Reduces falls by 31% when combined with vision & home safety check.

**Other offerings include:**  
MSCR's *Balancing Act* & *Tai Chi*  
Community Partners' *Tai Chi* & more

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

**Stepping On**

**BeSafe!**

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

See current class listing at:  
**www.safercommunity.net**

## FOOD

## NPC Community Taste Contest — and the winners are ...



### William Beese First Place

*William Beese's 1st Prize  
NPC Community Recipe*



### Emily White Second Place

*Emily White's Award-Winning  
NPC Community Recipe*

#### Zucchini Vegetarian Casserole

A recipe from William Beese

##### Ingredients

- 3 cups cooked rice
- 4 med/large zucchini
- 2 large onions thinly sliced
- 3 large tomatos
- 2 24 oz. small curd cottage cheese (creamy)
- 4 cups shredded cheddar cheese
- Soy sauce to taste – optional

F O L D H E R E

##### Instructions:

1. Layer bottom of roasting pan with zucchini, then layer rice (all), half of the zucchini, half of the onions, half of the tomatos, spread cottage cheese over the top, and 1-2 cups cheddar cheese. Repeat layers of zucchini, onion, and tomato and the rest of shredded cheddar cheese.
2. Cover and cook at 325°, 3-4 hours or until zucchini is starting to get transparent. Remove from oven let sit ½ hour then serve.
3. This can be made as large as you want, depending on how long you want to eat it.

#### Emily's Zucchini Cake

A recipe from Emily White

Adapted from "Grandma's Zucchini Cake" [www.simplyrecipes.com](http://www.simplyrecipes.com)

##### Cake Ingredients

- 2 c. flour
- 2 tsp. cinnamon
- 2 tsp. baking soda
- 1 tsp. salt
- ¼ tsp. baking powder
- 3 eggs
- 2 c. white, granulated sugar
- 1 c. vegetable oil
- 1 tsp. vanilla extract
- 2 c. (3-4 regular-sized) zucchini, grated & unpeeled (strain/press out excess moisture before measuring)
- 1 ½ c. cinnamon baking chips

##### Frosting ingredients:

- 6 oz. cream cheese, softened to room temperature
- ½ c. butter, room temperature
- 3-4 c. powdered sugar

F O L D H E R E

##### Instructions:

(Preheat oven to 350° F. Butter and flour 2x9-inch round pans.)

1. In medium bowl, whisk together flour, cinnamon, baking soda, salt and baking powder. Set aside.
2. Using a mixer, beat the eggs on high speed until frothy. Lower the speed and beat in the sugar, vegetable oil and vanilla. Stir in the flour mixture, a third at a time. Stir in the zucchini and cinnamon chips.
3. Pour half of mixture into each of the prepared pans. Bake at 350° F. until tester inserted into center comes out clean, about 30-35 minutes. Remove from oven and let cool completely before frosting.
4. To make the frosting, beat together the cream cheese and butter. Add 3-4 cups of the powdered sugar until the frosting reaches the desired spreading consistency. Place one cake layer on a platter. Spread with enough frosting to cover the top of the cake. Top with the second layer, then spread remaining frosting over entire cake. Dust top with ground cinnamon. Serve at room temperature. The cake is best when stored covered in the refrigerator.

## Indoor and outdoor Farmers Market popular on Northside

By Anne Pryor & Dale Matthews

Do people living in other parts of Madison love their neighborhood as much as Northsiders do? Tucked up on the north-east side of Lake Mendota, the Northside is a fascinating mix of people with various income levels and ethnic backgrounds, land and water resources both developed and open, and favorite community events that brighten the calendar. One example that brings Northsiders together is the Northside Farmers Market.

On Sunday mornings from May — October, vendors sell their locally produced foods outside at the Northside

TownCenter. In November and December, the Market moves inside to one of the storefronts and are joined by other artisans. This year's dates are every other Sunday morning on Nov. 6 and 20, and Dec. 4 and 18, from 10 am–1 pm.

At both the summer and winter versions of the market, neighbors meet and shoppers interact with their local farmers and artisans. The eyes and nose can be overwhelmed with the beautiful colors and fresh scents of the just-picked produce, fruit, meat, cheese, jarred preserves or baked goods. And there's food to taste! Enjoy a freshly cooked

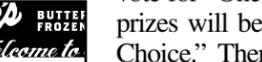
breakfast at one end and then stroll down the aisle to the other end to have a tasty lunch of a soft-shell grilled taco or a delicious Thai noodle dish.

As the 2011 summer market is winding down (last outdoor market is Oct. 23), make plans to explore one of the cool-weather events that makes the Northside so beloved by its residents. Oct. 9 kicks off our Fifth Annual One Pot Cook Off. It's an open contest, where the cooks actually do their magic at the Market, and anyone can enter. Most importantly, everyone who comes to the Market has the opportunity to sample the dishes and cast their vote for "One Pot Chef" of the day. Cash prizes will be awarded for the "Peoples' Choice." There will a "People's Choice tasting" from 11 am-noon when the prizes will be awarded. The entry fee is \$20, with a rebate of \$10 in market tokens to spend at the Northside Farmers Market Vendors. The NFM information tent has the application forms with more detailed information about the event. On Oct. 23 we'll

have our Halloween celebration. Country-side Montessori Preschool will be bringing the Bubbleman. Starting at 10 am, he will be doing an interactive bubble activity (10 minutes on, 10 minutes off) as well as handing out bubbles.

The Spring-Summer-Fall 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. It is open rain or shine, every Sunday, May through October. Unlimited parking is available in the parking lot in front of Anchor Bank. Find out more at [www.northsidefarmersmarket.org](http://www.northsidefarmersmarket.org) or call (608) 695-0946. The Northside Winter Market will be held from 10 am-1 pm every other Sunday in November and December at the Northside TownCenter (on the corner of Northport Drive and North Sherman Avenue). Visit [www.northsidefarmersmarket.org](http://www.northsidefarmersmarket.org) for more details.



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NOV. 17<sup>th</sup>

# 5% DAY



Whole Foods will donate 5% of its sales on  
November 17 to benefit FEED Kitchens

TROY GARDENS

# Community GroundWorks Good Food Garden Party: zero-waste event



Elegant service for 150 guests — a sold-out crowd — at one long, gorgeous table on the land at Troy Gardens.



A ten-course gourmet dinner, prepared by seven Madison chefs using mainly locally produced ingredients, was on the menu for the Good Food Garden Party.

Photography by Anne Pryor

By Marge Pitts

At the recent Good Food Garden Party, celebrating Community GroundWorks' (CGW) 10th anniversary, a 10-course gourmet dinner prepared by seven local chefs representing several locally-owned restaurants was served in elegant style on the land at Troy Gardens. The fundraising Good Food dinner was followed by a free Garden Party, with music from the Madpolecats, refreshments and dancing under the moon.

In keeping with CGW's vision, that "people cooperate to create and sustain healthy communities by growing food and caring for nature within



Veteran Troy Gardens volunteer and neighbor Steve Lendved graciously helped out on the service staff for the dinner.

their urban environments," the event was designed to be "zero waste."

CGW collaborated with the innovative Wisconsin company Purple Cow Organics, which specializes in zero-waste events, including the recent Farm Aid 2011 concert in Kansas City.

Purple Cow separated and hauled all food waste from the Good Food Garden Party, including meat, to their southeastern Wisconsin facility, where it will be scientifically composted. The disposable utensils guests used were made of recyclable or compostable materials like bamboo, corn, paper and glass, and were also taken away and handled by



Chef and Slow Food activist Tory Miller from L'Etoile/Graze puts the finishing touches on his Vietnamese Carrot Salad with chili-lime vinaigrette, the first course of the dinner.

Purple Cow.

In a precisely monitored process, Purple Cow Organics transforms nutrients and minerals from waste material into rich compost, which is bagged and sold by the company as Purple Cow Organics Activated Compost with MicroLife™ — a product Troy Community gardeners know well, as they eagerly buy it at our annual plant sale every spring.

Everything from this event celebrating food and community will be returned to the soil as rich compost to grow good food in the future. Virtually nothing will end up into a landfill.



Grass-fed beef tenderloin and heirloom vegetable brochettes, prepared by Andrew Lickel of Tornado Steakhouse, glisten on the grill as they cook to perfection.

*Community GroundWorks wishes to thank the following supporters of the Good Food Garden Party:*

- St. Mary's Hospital
- Whyte Hirschboeck Dudeck S.C.
- Center For Resilient Cities
- Great Dane Pub & Brewing Co.
- Group Health Cooperative
- MG & E
- UW Health
- Fresh Madison Market
- Wegner LLP, CPAs & Consultants
- Whole Foods
- Herb 'n Gardener
- Just Coffee
- Organic Valley
- CUNA Mutual Group
- Purple Cow Organics
- E.M. Swanson Events, LLC
- Community Shares of Wisconsin
- Wisconsin Medical Society Foundation
- Manna Cafe & Bakery
- Northside Farmers' Market
- Madpolecats
- Madison Sourdough Co.
- Essen Haus/Come Back In
- Carl F. Statz & Sons, Inc.
- Strander's Sanitary Service LLC

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