

POLICE

From
CAPTAIN
JAY
LENGFELD
NORTH DISTRICT POLICE



Summer is over and it was a fun and safe one for the Northside. The Northside parks were heavily used by residents, nonprofits held special events, the July 5 Independence Day activities and fireworks were a big success, and National Night Out was a well-attended and educational event.

We experienced a few major incidents this summer, but most have resulted in arrests. North Police District staff has focused on neighborhood problems and concerns, and we have seen some positive outcomes. We have worked with businesses and residents to come up with creative solutions to the problems.

This fall the North Police District staff will continue to work on neighborhood concerns. For us to know about neighborhood problems and con-

cerns, we need to hear from you. It is important that you report unusual or suspicious activity to the police right away so we can start working on it before it becomes a large problem. You will also see more traffic enforcement this fall, so please follow all rules of the road, especially speed limits, red lights and school zone rules.

The Madison Police Department is requesting funding in next year's budget to create a position called Neighborhood Response Officer in each district. This position would have the same responsibilities as the current Neighborhood Officer position, but would not be assigned to just one neighborhood. This officer would be assigned to a neighborhood (or neighborhoods) that need some help. The officer may spend two days in one neighborhood and three days in another, or four months in one and eight months in another. This position would be extremely helpful to the Northside.

One last item: we have seen an increase in thefts from automobiles lately. Please do not leave valuables in your vehicle.

Annette Medley from page 1

three years, she has turned her job into a successful career and feels very blessed. "I never thought I'd be where I am," she said. "I went to work faithfully, did my job the best I could, and they noticed it."

Annette, who moved to Vera Court with her son in 2011 (her other children are grown), also credits the help she received from the Vera Court community in her success. Officer Dexheimer gave advice and "took me under his wing," said Annette. Officer Ramirez offered to look out for her son when she was running late from work.

The Vera Court Neighborhood Center (VCNC) also played a major role. "I was able to put my son in VCNC, which enabled me to work more hours because there was someone there to help me take care of him. Most of us are single moms and they understood. I worked a lot. I knew my son would be safe. They were hands-on and made sure his homework was done." Her son participated in many of the programs at the center, including science fairs, book fairs and the Life as a Boy program. "The summer programs exposed him to hunting, fishing, hiking and gardening — all things that a lot of these

kids would not do if not for the center. They were a big part of his development."

One night while at work, about 6:30 pm, she called her friend to check on her son. He had not come home. "He should have been done at the Center at 5 or 5:30 at the latest. Where was he?" Annette recalled. "I called the police and rushed home. When I got there, someone had already found a picture of him and they were going door-to-door asking questions. We found him within 15 minutes. That's what I love about the Vera Court community. Even though people have their own lives, and they don't talk every day, they are watching out for one another."

Annette has set down roots at Vera Court and has no plans to leave any time soon. "This is my home. I love my apartment. I have a patio next to my house where I can watch the sun go down. There is a community garden. I can take walks or let my son go out and ride his bike. There is always something going on during the weekends. We can go fishing, hear a band, the farmers market is right there, and there's Warner Park." Annette described her neighborhood in three words: "Safe. Peaceful. Home."

**Congratulations to former Northside Police Captain Cam McClay
on his appointment as the new Pittsburgh Chief of Police!**

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HEALTH

Moving more means living longer

Studies show people at any fitness level benefit

By Dan Tortrice

When we talk about sustainable living, we often discuss things like using energy more efficiently and using fewer resources in our daily lives. When we use less of the big, complicated systems that provide food, energy and other modern conveniences, we make a smaller impact on the planet. And we usually save money while doing so.

There is one complicated and expensive system we all want to avoid—a trip to the hospital. The costs connected with a hospital stay have risen dramatically in recent years. If we want to reduce our chances of needing this level of care, we should get started right away.

Recent medical studies have shown that just a few minutes per day of moderate to vigorous physical activity can add years to our lives and reduce our chances of serious illness. It doesn't matter what our current level of fitness might be. People of all shapes and sizes will benefit by increasing their level of daily activity. The biggest gains come in the areas of reducing heart attacks, stroke and diabetes.

On the other side of the health equation, a recent Australian study showed a 22-minute drop in life expectancy for every hour spent watching television.

The good news for Northsiders is our decision to live in one of the best areas for walking, biking, skiing, running, kayaking and snow-shoeing.

The new bike trail through Warner Park provides a perfect setting for

safe, enjoyable exercise. Lake View Hill offers a nice climb that will raise heart rates to a moderate or vigorous level. Wheeler Road provides a long, level stretch for those who want to avoid hills.

In the winter we have groomed (and free) cross-country ski trails through Cherokee Marsh by School Road. The new trails by the water-detainment ponds on Wheeler Road will be a great place for shoe-shoeing. Governor Nelson State Park has nicely-groomed and scenic trails (a vehicle sticker is required).

If exercising out-of-doors in winter presents the danger of slipping on the ice, we can move winter workouts indoors at Warner Park Community Recreational Center. The exercise center there provides a great facility for a very reasonable price.

With the beauty of the fall season arriving, there's no better time to get out and get moving. Let's hit the trails and stay out of the hospital.



Dr. Ross Royster

HEALTH TIPS

Dizzy? Why?

The part of your brain that controls your balance depends on three neurological inputs: (1) your vision, so you can see the horizon, (2) your inner ear, which acts like a bubble in a level, and (3) the nerves in your joints and muscles, which tell your brain where your body parts are in space. Your brain uses these three inputs to establish the base-point for your balance. If any one of these three inputs is sending abnormal signals to the brain that don't match the other two, you will have difficulty maintaining your balance, and you may experience dizziness.

There is a great test of your balance that also serves as an exercise for your nervous system to improve your balance. To do this,

stand in a doorway so you can easily reach for support when needed. Start by standing on one leg, looking straight ahead. Try to hold this pose for 30 seconds. All three of your balance nerve inputs will be working. If you cannot maintain this pose, you have an obvious problem. If or when you can do this on each leg, proceed to the next step.

Now, look up and stand on one leg. By looking up, you are inactivating the inner ear mechanism, so you are reliant upon your vision and your proprioceptive (balance) nerves. You will find that this is more difficult. If or when you can accomplish this on each leg for 30 seconds, repeat this pose (looking up) with your eyes closed. Now, you are totally dependent on the proprioceptive nerves to maintain your balance. You will probably find yourself jerking to keep balanced. The more often you do this, the faster your nerves become with training, and the less jerky and better balanced you become.

The joints between the vertebrae in the upper neck are loaded with nerves that tell the brain's balance center what position the head is in. Abnormal function of these joints is perhaps the most common cause of imbalance and dizziness, and is appropriately treated with chiropractic adjustments. Give this test/exercise a try and stay well balanced.

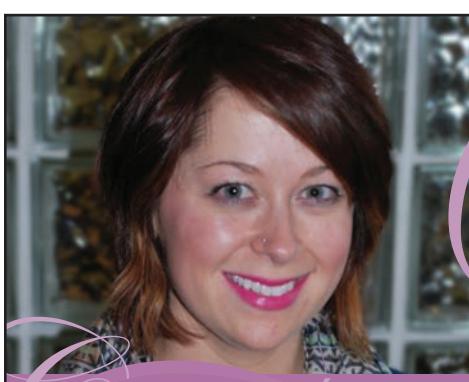


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From
**ANITA
WEIER**

**DISTRICT 18 ALDERPERSON****An East Washington Public Market can help the Northside**

As a member of the Local Food Committee, I initially supported a Northside location that would have benefited people in my district who hope to start food-related businesses, and would have stimulated an economy that badly needs jobs and new businesses.

But after our consultant presented a report showing that East Washington Avenue at First Street was the most visible and sensible location, I decided to support that site because I want the Public Market District to be a success and because the Northside TownCenter location had little support on the committee. I also saw that the East Washington Avenue at First Street location has the potential of benefiting the Northside economically, which the other option — South Park Street — does not.

From
**MICHELE
RITT**

**DISTRICT 18 SUPERVISOR**

My campaign last year brought me closer to understanding why I love the Northside so dearly and why I couldn't consider living anywhere else. Walking the streets in my district brought me to the literal doorsteps of so many neighbors. Even when it was well below zero, I loved trudging through the snow, meeting people, and listening to concerns and ideas.

Since being elected in April, I have explored the Northside even further. I've learned so much about Lakeview Hill Park and the stormwater and nurses' dorm projects happening there. I joined the NESCO

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From
**PAUL
RUSK**

**DISTRICT 12 SUPERVISOR**

The Northside Tax Incremental Finance (TIF) district starts at First Street and Pennsylvania Avenue, right across from the City's Fleet Service Center that is envisioned as part of the Public Market District. Our TIF district is underwater due to a drop in property values and could use some help. Moreover, the stretch of industrial buildings on Pennsylvania Avenue is a logical location for food-related businesses, such as processing and packaging food, as Oscar Mayer proved.

Another close-by link is the FEED Kitchens on Sherman Avenue. Additionally, the Hmong gardeners who live on the Northside could be among sellers at an East Washington market, and students at East High School may be able to acquire internships in the Public Market District.

If you like this Eastside site, please support it. The Southside is making a big push for a change to the South Park Street site, and the matter may come up at the Oct. 7 meeting of the City Council. If so, I hope some of you will be there.

Council agendas are listed on www.cityofmadison.com. Contact me at district18@cityofmadison.com if you have questions.

Child support enforcement is a long-time interest of mine going back to when I was a student at the La Follette Institute at UW-Madison. Growing up in poverty is the single largest risk factor for children in determining if they will have a successful middle-class life. Dane County is known for its aggressive efforts to collect child support money for children.

An innovative new pilot program called "Child Support Community Access Day" will occur Saturday, Oct. 18, from 10 am–1 pm at the Urban League, 222 S. Park St. This new community outreach effort is designed to assist parents in a safe, community setting. The target population is non-custodial parents who are the subject of warrants, license suspensions and other enforcement actions, and all parents, both custodial and non-custodial, who are unable to get downtown during work hours. It is an opportunity to discuss your case and get help outside of the formal legal system. You can find out what steps to take if you are having trouble seeing your children. Absolutely no warrants or other enforcement action will be undertaken. Staff from the YWCA and Children First will be present to assist participants, and legal support will be provided by the UW Family

Law Clinic. If the event is successful, I will ask the Dane County Child Support Agency to repeat the program on the Northside.

The county budget process begins with two public hearings later this week, including one on human services, which covers about half of the county budget. We must finish in November so property tax bills can go out in early December. Protecting public safety and keeping services people depend upon continue to be my highest priorities. As you hear and read about budget issues, please be sure to contact me.

Supervisor Rusk can be reached at 249-9667 or rusk@countyofdane.com.

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From
PAUL SOGLIN
MAYOR



grocery stores and other key amenities. Funds will also be used to support homeownership programs, while continuing to finance existing programs and agencies through current funding mechanisms.

One-third of the units will be permanent supportive housing for individuals and families experiencing homelessness:

- Developments will provide permanent housing with associated social services.
 - Funding will prioritize a Housing First and Harm Reduction service model.
 - 60 units on Rethke Avenue have already been awarded affordable housing tax credits.
- Two-thirds of the units will be affordable at a variety of income levels to meet market needs:
- Affordable to households at 60 percent AMI or less with a mix of units affordable to households below 50 percent and 30 percent AMI.
 - Requires the award of affordable housing tax credits to leverage the city's investment.
 - Expand down-payment assistance and housing rehabilitation programs for low and moderate-income households.
 - Consider raising the program income limits and targeting specific neighborhoods.

There will be plenty of discussion and many opportunities for input as my budget moves forward. You can learn more here at www.cityofmadison.com/news/city-of-madison-affordable-housing-strategy.

I am supporting the development of approximately 750 additional units of affordable rental housing by committing more than \$20 million over the next five years to a new Affordable Housing Fund. Most of these funds can take advantage of federal low-income housing tax credits to finance new housing development. Developments will be encouraged to locate in sites served by public transit, health care,

From
MARK MILLER
STATE SENATOR



Unlike the 2014 enrollment period, failure to enroll in 2015 will result in a fee. Qualifying essential coverage includes individual market policies, job-based coverage, Medicare and Medicaid. Exemptions from that fee are listed on the federal website, www.healthcare.gov.

Healthcare.gov, home of the Health Insurance Marketplace, has all the information you need regarding sign up. There you can get information on how to apply for coverage, compare plans and prices before you apply, and receive help applying. You can enroll online at www.healthcare.gov, in person, by phone at 1-800-318-2596 or by mail.

Please contact my office with any questions or concerns regarding the Health Insurance Marketplace or the Affordable Care Act at 266-9170 or sen.miller@legis.wisconsin.gov.

**Remember to vote
Tuesday, Nov. 4**

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From
JOE PARISI
DANE COUNTY EXECUTIVE



Dane County's award-winning landfill: saving two kinds of green

This project saves tax dollars and highlights Dane County's environmental success in the world of waste disposal.

Standing at the edge of a new basin of dirt at our Dane County Rodefeld landfill, I watched trash becoming a success story that is part of a fiscally and environmentally sound solid-waste strategy. Dane County is home to one of the most environmentally innovative landfills in the country, and this expansion makes it even greener and saves taxpayers' green, too.

Two years ago, Dane County was facing the potential of an expensive and contentious process of siting a new landfill. Instead, bulldozers are now breaking ground on an expansion that will save taxpayers \$80 million and extend the life

of the landfill for another 30 years. Siting a new landfill would have cost more than \$100 million and taken a decade to develop. The process would have been contentious and could have resulted in the loss of at least 200 acres of prime farmland. So I asked my solid waste team for an alternative plan.

Now permits are in place and construction is underway on an expansion project that continues Dane County's impressive track record of innovation. (The Environmental Protection Agency gave our landfill a 2011 Project of the Year Award for turning landfill methane gas into fuel to power 40 county fleet vehicles.)

This landfill expansion provides multiple innovations that help combat climate change. The expansion allows the county to nearly double its production of renewable energy from decaying trash, and it will generate energy that will eventually heat the nearby medical examiner's building and the Dane County highway garage when they are built.

We're proud to see Dane County's comprehensive solid waste strategy become even greener while also protecting taxpayers.

From
MELISSA SARGENT
STATE REPRESENTATIVE



In our nation, no politician is able to rule by birthright or tradition. Every public servant must go before the voters each time their office is up for re-election. This leaves the clear and undeniable fact that ultimately it is the people who drive our government and control the destiny of how our state moves forward now and into the future.

There is no doubt that big money interests have become a prominent part of the political process. This has hurt our democracy and has led to far too many high ranking officials answering to their corporate donors instead of the citizens of Wisconsin. Despite this, one fact will always hold true: the winner of any election is the person with the most votes, not the biggest bank balance.

I encourage you to go out and vote on Nov. 4. Your vote is your voice in our democracy, and you must exercise the right for which so many in our nation's history have fought and died. Remember, you're the boss and you choose your leaders.



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Pokemon Club
Thursdays, Oct. 2–Oct. 30, 4–5:30 pm
School-aged children, do you love Pokemon? Learn how to play during the first half-hour, and then compete against other children during the last hour.

Preschool Players
Thursdays, Oct. 9, 16 and 23, 1:30–2:30 pm
Evening performance Oct. 23 at 6:30 pm
Watch your preschooler (ages 4 and 5) perform in fun, easy skits. There will be three rehearsals and a big evening performance. Costumes are provided. Space is limited, so call two weeks in advance to register your child (246-4547). Please register for only one Preschool Players series this fall.

Crafternoons
Tuesdays, Oct. 7 and Nov. 4 at 4 pm
Mondays, Oct. 27 and Nov. 24 at 2:30 pm
School-aged children — come one, come all. Join creative librarians for afterschool craft fun with colorful paper, glitter, glue and paint.

Amelia Bedelia Party
Thursday, Oct. 9 at 6:30 pm
Celebrate the fun and silliness of Amelia Bedelia with stories, crafts and snacks.

We're Going Batty
Saturday, Oct. 11 at 10 am
The whole family can join Ken and Barbara Bowman to learn about bats, the only flying mammal. You will learn about bats' gentle nature and the benefits they provide to the environment.

Have a Ball with Science
Saturday, Oct. 11 at 2 pm
Children ages 8 and up will make their very own bouncy ball while learning about polymers.

Teen Time
Mondays, Oct. 20 and Nov. 3 at 3 pm
Teens in grades 6–12 are invited to stop by this drop-in session to mess around with video games, Rubik's cubes, cooking, art, games and more.

Library LEGO Club
Tuesdays, Oct. 21 and Nov. 18 at 4 pm
We provide a theme each month, with stories and pictures to inspire the imagination. Join other LEGO fans and build your own unique creation.

Costume Toddler Dance
Thursday, Oct. 30 at 10:30 am
Can't get your toddler out of his cape or your preschooler out of her cat leotard? Break out the costumes early and dance. Pretzels and apple juice will be provided. This program is for children ages 2 and up.

Monster Mash
Thursday, Oct. 30 at 6:30 pm
Students in grades K–5 are invited to hear spooky stories, create creepy crafts and eat some ghoulish grub.

Toddler Dance Party
Thursday, Nov. 6 at 10:30 am
Shake it all about. This program is for children ages 2 and up.

I Love to Dance

Thursday, Nov. 13 at 6:30 pm
Celebrate dance with stories, crafts, refreshments and plenty of dancing for the whole family.

Wayne the Wizard

Saturday, Nov. 15 at 10:30 am
Wayne engages the whole family and makes them laugh. Nobody does it better.

Preschool Storytime

Tuesdays through November at 10:30 am
(Note: There will be no Preschool Storytime Tuesday, Oct. 28.)

Stories, fingerplays and songs that help preschool children ages 3–5 develop print and phonologic awareness, vocabulary, letter knowledge and narrative skills. Younger siblings and groups are welcome.

Book Baby

Tuesdays, Oct. 7 and 14, and Nov. 18–Dec. 9 at 11:30 am
Babies 0–15 months will enjoy stories, songs and activities. One adult per baby is required. Class length is 15 minutes, with time for play and conversation.

Baby and Me Yoga Class

Tuesdays, Oct. 21–Nov. 11 at 11:30 am
Join us for an interactive class where babies up to one year old are incorporated into yoga poses. The class includes gentle strengthening, stretching and bonding with baby. No experience necessary. Please bring a yoga mat or towel. Call 246-4547 to register beginning Oct. 7.

Toddler Time

Wednesdays through Dec. 10 at 10:15 am and 11 am
(Note: There will be no Toddler Time Wednesday, Oct. 29.)

Children ages 16–35 months will enjoy stories, songs and rhymes. One adult per child is recommended. Registration is on a first come, first served basis. Pick up a nametag before storytime.

Lakeview Chess Club

Second and fourth Mondays at 6 pm
All ages and skill levels are welcome.

Adult Programs**Fall Yoga with Kristin Sage**

Thursdays through Nov. 20 from 10:30–11:30 am
(Note: There will be no yoga Oct. 30 and Nov. 6.)

This series will focus on building a strong foundation to gain confidence and comfort with the practices of yoga. Postures are done safely to give access to core strength and increasing mobility. This class requires

the ability to move from the floor to standing independently. Individual needs can be addressed. Please bring a mat or towel. Kristin has been teaching yoga for more than 10 years. She provides sensitive and attentive guidance. Call 246-4547 to register.

Tree School: Bringing Life to Dead Trees

Wednesday, Oct. 1, 6–7:30 pm
Learn about valuable products from local urban wood. Join Community GroundWorks and the Urban Tree Alliance for this free session in their series on local trees and forests. Register at the library or call 246-4547. For questions about class content, contact shelly@communitygroundworks.org.

Guide to Preventing and Self-Treating Muscle Pain

Tuesday, Oct. 7 at 6 pm
Jonathan Garber presents this free workshop for those experiencing muscle discomfort, tension or pain. He will share practical tips on why muscle pain exists, how to prevent it and what to do to soothe and self-treat it.

Tree School: We are the Lorax

Wednesday, Oct. 8, 6–7:30 pm
Become a tree ambassador and speak for the trees through citizen campaigns. Join Community GroundWorks and the Urban Tree Alliance for this free session in their series on local trees and forests. Register at the library or call 246-4547. For questions about class content, contact shelly@communitygroundworks.org.

Responsible Dog Ownership 101

Saturday, Oct. 18 at 2 pm
Which breed is right for you? Polly Cisco of the Badger Kennel Club will discuss local shelters, rescue groups, responsible breeders, cool activities and the power of positive reinforcement training.

Guide Dog Basics and Etiquette

Saturday, Oct. 25 at 1 pm
Have you ever wondered if you may approach a guide dog to say "hi"? Jen Morsch shares her experience being trained with and working with her latest guide dog. Both she and her dog Journey teach us how to behave around service animals. The whole family is welcome.

Year of the Fox: Wildlife Photos by Stephen Lang

Saturday, Nov. 8 at 2 pm
Stephen has been photographing Wisconsin wildlife for the past 35 years and will present a selection of his Madison wildlife photos, including those of the fox family currently living in the Cherokee neighborhood. His photos will be on display at the library during October and November.

Computer and eBook Assistance

Mondays by appointment from 10 am–1 pm
We offer free one-on-one sessions for help with basic computer and Internet literacy, including online job searching and applications, using email, opening and using Facebook, and e-reader setup and assistance.

One-On-One Writing Assistance

Fridays by appointment from 2–5 pm
Free one-hour sessions for help with resumes, cover letters, online job searches and applications and any writing project. This program is funded through a grant and staffed by UW Writing Assistance staff. Call 246-4547 to sign up.

Adult Noon Book Group

Second Thursdays
Discuss books and enjoy treats. It's a great group. Oct. 9, "How the Garcia Girls Got Their Accents" by Julia Alvarez. Nov. 13, "I Am Malala" by Malala Yousafzai (UW's 2014 Go Big Read selection). Copies are available at the library.

Scrabble for Adults

Every Wednesday at 10 am
Give the regulars some competition.

Knitting at the Library

Every Wednesday at 6 pm
Drop-in knitting: Learn a new craft or work on that unfinished project with other neighborhood knitters.

Northsider Mike McCabe publishes political tome

Both major political parties are failing America and conditions are growing ripe for an extensive renovation of the country's political landscape.

That's the central takeaway from a just-released book, "Blue Jeans in High Places: The Coming Makeover of American Politics." "The two parties will either adapt or perish," said Mike McCabe, the book's author and director of the government watchdog group Wisconsin Democracy Campaign. At a time when citizen discontent and detachment from the democratic process are growing, McCabe has written an unapologetically optimistic book detailing instances when such conditions reached a breaking point in the past, how Americans revitalized political parties and representative democracy, and how past lessons can be applied to today's circumstances. "Blue Jeans in High Places" is available for purchase on Amazon or can be ordered directly from the publisher, Little Creek Press, at littlecreekpress.com/store/blue_jeans.php.

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Drs. Brent McNabb, Ross Royster,
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SENIOR

SENIOR Activities

NESCO North/Eastside Senior Coalition • 243-5252 • info@nescoinc.org

For over 35 years, the North/Eastside Senior Coalition (NESCO) has been enhancing the quality of life for all senior adults by providing programs, advocacy and resources that assist them to remain independent, active and influential in the community. The following programs will be offered at Warner Park Community Recreation Center (WPCRC), 1625 Northport Dr., unless indicated otherwise.

Upcoming Events

Monday–Thursday, 8:30–11:30 am, Internet Café (for adults 55+)

Tuesdays, 9 am–noon, *Technology help, one-on-one appointments with Sharon Persich

Tuesdays, 12:30–2:30 pm, Ping Pong
Oct. 4, 9:30 am–3:30 pm, Apple Fest (annual fundraiser for all ages)

Oct. 7, 10:30 am, Flu clinic
Oct. 15, 10:30 am, Nutrition for seniors

Oct. 21, 10:30 am, Alzheimer's presentation

Oct. 24, 10:30 am, Flu clinic

Oct. 28, 10:30 am, Planning your funeral program by Ryan Funeral Home

Oct. 29, 10:30 am, Transition to Medicare

Oct. 31, 10:30 am, Halloween costume party

Nov. 13, 10:30 am, How to check your account on Facebook

Nov. 18, 10:30 am, *Thanksgiving celebration with live music by The Blue Accordion Duo and then lunch at 11:30 am

Nov. 24, 12 noon, *Euchre tournament and lunch (lunch at 11:30, then cards; call ahead for a reservation)

Nov. 25, 10:30 am, Health care fraud presentation by Wisconsin Senior Medicare Patrol

Nov. 27–28, NESCO will be closed for Thanksgiving holiday; no programs or Internet café

*Must preregister at 243-5252



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NOV. 4**

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- What to look for in safe footwear

Fall classes include:

St. Mary's Hospital, 700 S. Park St.
Tuesdays, Oct. 14 - Nov. 25, 1-3 pm
Cost: \$35 (\$25 to GoldenCare Members)
Call 258-6645 to register

Oak Park Place, 719 Jupiter Dr., Madison
Tuesdays, Oct. 14 - Nov. 25, 9:30-11:30 am
Cost: \$35
Call 663-8720 to register

Build strength.
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For more information call:
441-3060

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

See current class listing at
www.safercommunity.net

From

JIM KRUEGER



NESCO EXECUTIVE DIRECTOR

Odds and ends

Seniors on the Northside are making good use of NESCO's Internet Café (for adults 55 and over) since it opened in August. The Internet Café is open Monday–Thursday, 8:30–11:30 am, inside the Warner Park Community Recreation Center (WPCRC). NESCO is in need of more laptop computers to meet the current demand. Please contact the NESCO office (243-5252) if you can help us out.

I recently had the opportunity to attend the Wisconsin Aging Network Conference in Wisconsin Dells. One piece of information was particularly alarming. Did you know that the average annual Social Security income provides a senior adult woman, living in Dane County and renting an apartment, with only 60 percent of the income required to meet her basic needs? Some have an income that is above the federal poverty level (\$11,490) and are therefore ineligible for many public assistance programs that could help meet their basic needs.

NESCO case managers shared two recent success stories. First, we helped an elderly woman, with mental health concerns and on the brink of eviction, get the necessary assistance to remain in her apartment. Second, we helped an elderly man with water damage to

his house find the resources needed to have repairs made.

Yolanda Salazar, our Latino Cultural Diversity Specialist, is celebrating her 20th anniversary with NESCO in October. Thank you, Yolanda, for all you do for the Latino seniors in our community.

NESCO's annual fundraiser, AppleFest is Saturday, Oct. 4, 9:30–3:30 pm at WPCRC. The proceeds help support the amazing work of our case managers and our other program staff. If you cannot attend, please consider making a donation to NESCO before Oct. 4 to receive some AppleFest raffle tickets (top prize is \$1,000).

FRIENDS NEEDED

Assist with a craft project, serve a meal or just engage in conversation with the young at heart whose health is frail. Or be an escort on van trips into the community.

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 and click on "Patient Stories".

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SENIOR

Madison Common Council approves senior living community

By Sue Berg
Independent Living, Inc.

With the approval of Madison Common Council, developers are now scrutinizing interior apartment layouts, kitchen designs and community spaces for the new senior living community planned on Tennyson Lane.

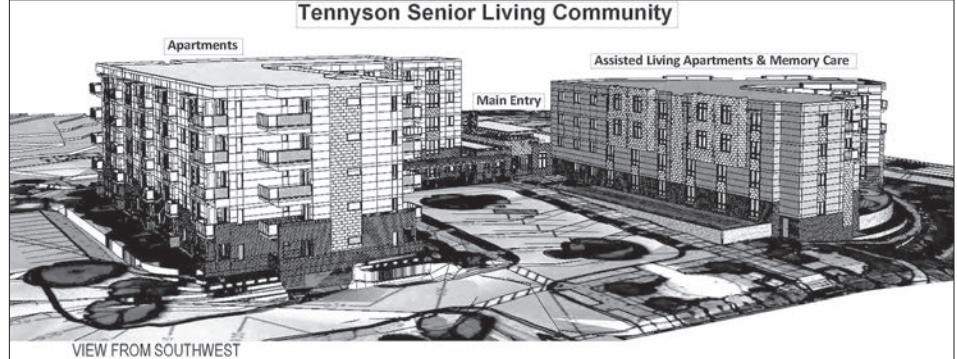
Actually, it's a bit of a stretch to reference kitchens but the essence is technically true. Early in September, Independent Living, Inc. received the approval necessary from the City of Madison to develop 135 independent apartments, assisted living apartments and memory care units on an eight-acre parcel at 1936 Tennyson Ln.

CEO Rita Giovannoni isn't waiting for a celebration, however. "After months and months of refining the exterior of the buildings, adjusting and readjusting how the buildings will occupy the land,

designing and redesigning streetscapes, planning for stormwater management, creating parking spaces for cars and bicycles, it's a nice change of pace to finally be looking at polishing the interior design and floor plans," she said. With good humor, she added, "Now we have to wonder how big we can make the closets."

By the numbers, the Madison Common Council approved a building that will be almost 192,000 square feet in size, resulting in a five-story wing with 75 independent apartments and a four-story wing with 60 assisted living apartments and memory care units. Underground and surface parking will accommodate 113 cars with additional space set aside for 22 bicycles.

Planned are one- and two-bedroom apartments, some with two bathrooms. The interior design will also refine spaces for the main entry, living room, dining area, bakery/café,



commercial kitchen, maintenance and office areas, and the wellness/aquatic center.

Giovannoni plans to host a neighborhood meeting early in December and hopes to have draft floor plans ready to share. "We'll send meeting notices to people on our interest list, and post information on our website," Giovannoni said. Anyone interested in being added to the notification list is invited

to contact Sue Berg at 268-9628 or sberg@independentlivinginc.org.

To support the project, the fundraising campaign "Building Independent Futures" is ongoing. "Inquiries and support are welcome," said Fund Development Director Nicole Schultz. For information, contact her at 268-9631 or nschultz@independentlivinginc.org.

New Memory Café to begin at Warner Park Community Recreation Center

By Brianna Scoville
Alzheimer's & Dementia Alliance of Wisconsin

The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) is partnering with the North/Eastside Senior Coalition (NESCO) in hosting a new monthly Memory Café at the beautiful Warner Park Community Recreation Center.

Designed as a social gathering place for individuals with memory loss and their family members, the Memory Café meets on the third Monday of each month from 1–3 pm. Each café is unique and provides social opportunities, peer

support and creative enrichment.

Often individuals with dementia become isolated from society, but it is important for those with dementia or memory challenges to stay active and involved in their community. Attending a Memory Café can be a wonderful, stress-free opportunity for those individuals to stay engaged.

ADAW has been hosting Memory Cafés since 2012, with the first in Sauk Prairie. Memory Cafés are based on a model that first appeared in Europe and are quickly gaining momentum in com-

munities across the country. ADAW currently hosts seven cafés in south-central Wisconsin; this will be the third in the Madison area. The cafés can be a lifeline for many individuals and their families, some of whom attend more than one of the monthly cafés.

A participant at the Memory Café in Sauk City stated, "My husband and I thought the Memory Café was wonderful. We don't socialize much anymore and it was great seeing him happy and laughing with others. Opportunities like this make life so much better."

Experienced staff from ADAW and Pam Bracey, Cultural Diversity Specialist with NESCO, facilitate the program and are available on-site. There is no charge for participation, although donations are welcomed to offset costs. Any-one who requires assistance to participate must be accompanied by someone who can provide that support.

For more information about the Memory Cafés or other support services, contact ADAW, your partner along the journey, at 232.3400 or visit www.alzwisc.org.

Public Market from page 1

farmers at Troy Community Farm could easily transport their harvests to this location. Visitors to the public market may expand their shopping sights up the North Sherman corridor to some of our outstanding restaurants and businesses. The public market district envisioned by the planners could repurpose the empty warehouses and buildings along Pennsylvania Avenue, add-

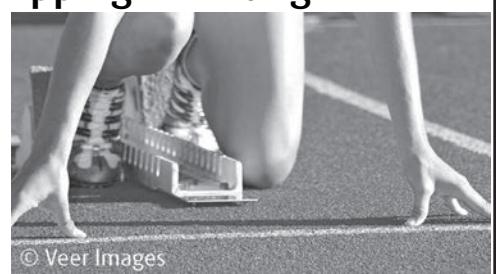
ing economic diversity and jobs to this area.

Whichever location is finally selected, Dan Kennelly, the City of Madison Planning Division staffer who is facilitating the public market planning, has this to say: "The vision and uses will adjust based on which direction we go." What the North-side can do is be ready to leverage the economic stimulus of a public market district, wherever it might be located.

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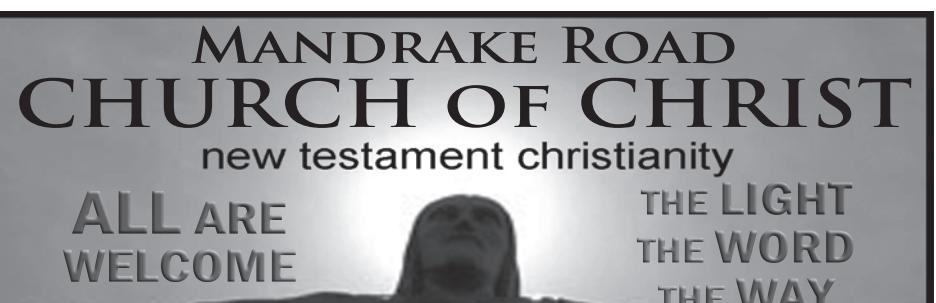
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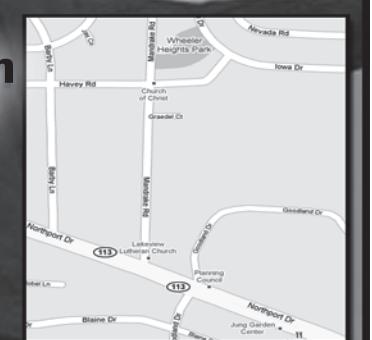
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WPCRC FACILITY MANAGER



tiple artists, plus live demonstrations and your own chance to try the potter's wheel. Stop by to see local artists showcase their work.

Don't forget to hit the gym by becoming a fitness center member or regular visitor. We have state-of-the-art machines and equipment, flexible and affordable memberships and plans, as well as opportunities for youth to use the area. We have recently made a few changes to policies,



Family Fun Night at WPCRC

It's official. Summer is over. Football is in the air, leaves are beginning to turn colors, and I'm going to enter a chili cook-off or two. Fall is a great time to renew your passion for playing sports, getting fit or taking an art or pottery class. We have all that and more at the Warner Park Community Recreation Center (WPCRC). As the center gears up for fall and welcoming all the school children back, I want to share a few upcoming programs and activities.

I want to welcome back the youngsters who like to play ball by again offering free youth open gym days. Each Monday and Wednesday from 4–5:30 pm, we have free open gym. All students need to do is bring in their current school ID or WPCRC ID card. On Fridays open gym costs only \$1.

By the time this issue hits the stands, school will have started and children will be cheerleading and playing football at Warner Park. We want to make sure that the fun continues through the year. That's why we are starting a new program called "Warner Family Fun Nights" at the WPCRC. On the second Friday of each month, we will host a fun night, complete with a bouncy house, family fitness classes, pottery, art projects and games.

During the Oct. 10 Warner Family Fun Night, we will also be a host site for Gallery Night through the Madison Museum of Contemporary Art. We will have a pottery art show and sale with mul-

including the 20-pass plan. If you buy a 20-pass plan, it no longer expires in 90 days; it is good for one year from the date of purchase. We also have expanded free hours when the fitness center is open and changed the policies on youth members. Young people ages 12–17 must pay a \$15 onetime fee for an orientation from our professional personal trainer. After that, youth are able to work out in the fitness center during normal building hours. Youth scholarships are available upon request and limited throughout the year.

As we look forward to a fantastic fall season, don't forget to visit us at WPCRC or tell us what you think we could be doing to better serve the Northside. I'll see you at WPCRC, where everyone is welcome.

Pool fund going swimmingly

By Dorothy Borchardt
Circle of Friends

Pounding the Pavement for the Warner Pool was fun but very hot this year. Thank you to all the people who showed up to walk, work or show their support. A special thanks to all the team captains. Congratulations to Melissa, captain of Team Sargent, for winning the traveling trophy again this year. It was a close race with DuWayne's Salon.

The Donor Board at the Warner Park Community Recreation Center will be adding new names and moving some to higher categories. Stop in and see it next month, and don't forget to thank the donors. We appreciate every one of you and all your donations, large and small. Below is a list of supporters who donated \$100 or more for the pool this year.

The Circle of Friends needs your help in getting more neighborhoods involved next year. Mark your calendars for Aug. 29, 2015, and check out the Circle of Friends website at

www.friendsofwarner.com.

Thank you 2014 Warner Pool supporters: The Borchardts, DuWayne's Salon, Woodman's Food Market, Liz Smith (in memory of John M. Fox), Geri Tori, Chico's Villa Tap, Madison Chiropractic-North, Chet's Car Care, John and Betty Nicka, BMO Harris Bank, American Family Insurance, Club La Mark, McKinney Dental, Ryan Funeral Home, JoAnn Walker, UPS Store-North Sherman, Northside TownCenter, Fran Bridge, Donna Hellenbrand, Jean Knoche.

We thank the following businesses for donating raffle prizes and food for the walk: Schoep's Ice Cream, Madison Mallards, PDQ Food Stores, Benvenuto's, Cops, Trendsetters by Diane, Meikle's Northside True Value, Pierce's Northside Market, Walgreens, Esquire Club and HyVee. They helped make the walk a success.

Please patronize all the above businesses to thank them for their commitment to our community.



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Warner Family Fun Nights

5:30 PM – 8:30 PM

—at—
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Park
Community
Recreation
Center

ACTIVITIES:

- ★ Gymnasium Fun – bouncy house, sports, fun games
- ★ Family Fitness Classes
 - ★ 6:00pm – ZUMBA (exciting dance party atmosphere full of Latin and International music)
 - ★ 7:00pm – Punk Rope (mash-up of recess and boot camp using rope jumping and fitness games)
 - ★ 7:30pm – Punk Rope
- ★ Drop-in Art Project & Pottery Studio Demos
- ★ Game Room Fun – pool, ping pong, foosball, air hockey
- ★ Child Care Room – drop off for young kids playtime

Limited scholarships available – inquire at WPCRC

FRIDAY, SEPTEMBER 12
FRIDAY, OCTOBER 10
FRIDAY, NOVEMBER 14
FRIDAY, DECEMBER 12
FRIDAY, JANUARY 9
FRIDAY, FEBRUARY 13
FRIDAY, MARCH 13
FRIDAY, APRIL 10
FRIDAY, MAY 8
FRIDAY, JUNE 12

ART PROJECT SPONSOR

Sept 12 - Madison Parks
 Oct 10 - Northside News - NORT night
 Nov 14 - Dane County UW Extension



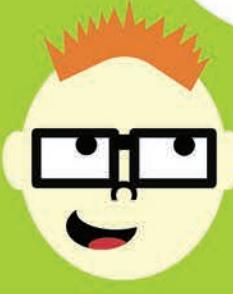
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