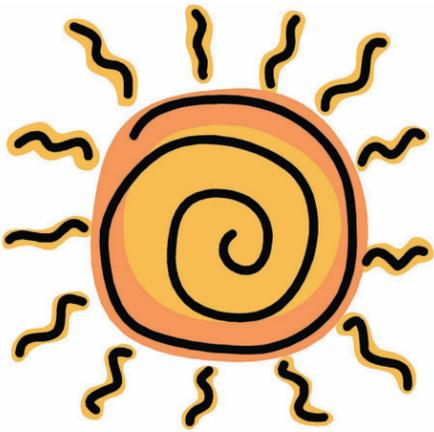


YOUTH

Fun in the summer sun: activities for Northside youth



Compiled by Nikki Sanders

Want to get your child away from watching television and playing video games all summer long? There are lots of ways for students on the Northside to stay engaged, learn new things and have plenty of fun. There are some great activities and a variety of choices for you to check out for a summer full of fun. Also, see articles on MMSD and MSCR for more activities and note ads about youth activities.

Vera Court Neighborhood

Children's Summer Camp:

Monday-Friday (seven hours per day) for eight weeks

Students entering first through fifth grade in the fall

Children engage in hands-on learning activities, field trips, swimming at area pools and beaches, educational clubs and reading with volunteer reading buddies.

Middle School Summer Camp:

Monday-Friday (four to seven hours per day) for eight weeks

Students entering sixth through eighth grade in the fall

Youth have opportunities to create artwork, go on field trips, canoe, swim and more.

Register by contacting 246-8372 or veracourt@yahoo.com.

Madison School Community Recreation (MSCR)

MSCR provides a variety of camps for preschoolers to grade 12. Themes include: arts, science, nature, outdoor adventure, fitness, sports, gardening and much more. Half and full day options may be available.

Kids Kamp at Warner Park Community Recreation Center

Students entering first through fifth grade June 24-Aug. 23.

Crafts, sports, games, science, nature, field trips and more.

Register by calling 204-3000 or online at www.msqr.org.

Northside Farmers Market

There's always great food and local fun at the Northside Farmers Market, held every Sunday morning in the parking lot adjacent to AnchorBank on Sherman Avenue.

The Season Opener is May 5: Cinco de Mayo celebration with music and a piñata for children. There will be lots of events throughout the season for children and families, including Mother's Day and Father's Day celebrations, a bike parade, strawberry festival and a special Kids' Day in June with farm animals and ice cream.

Sign up for the Northside Farmers Market e-newsletter at <http://northsidefarmersmarket.org/> or like their Facebook page to receive updates.

Goodman Community Center

Goodman Community Center's state licensed and city of Madison accredited summer camp program provides a safe and enriching environment for children 5-12 years of age. At camp, children are encouraged to have fun and get outside while in the care of child-care professionals. Each week offers a theme with staff-led activities, swimming lessons, arts/crafts, recreational games, visits to favorite community locations, and more. Breakfast, lunch and a PM snack are included.

**** First priority given to students attending Emerson Elementary and for families currently qualifying for free or reduced lunch. Pick up and drop off services provided to Brentwood Neighborhood. ****

June 17-August 16

Week-by-week enrollment, with a four week minimum

Sliding fee scale — county and city funding accepted.

Register by contacting Angela Tortorice, Elementary Programs Manager

Email: angela@goodmancenter.org

Phone: 241-1574 ext. 235

United Way

What to do something that is meaningful and fun with your summer vacation? To find the volunteer opportunity that's right for you, contact the United Way Volunteer Center.

Call 246-4380 or email volctr@uwdc.org or visit United Way's website, VolunteerYourTime.org

Goodman Pool

Goodman Pool Lesson and Swim Team Registration: www.cityofmadison.com/parks/pool/

Scholarships are available for Goodman Pool lessons, swim team and passes.

Learn to Swim classes are taught at Madison Parks Goodman Pool. Lessons are available for swimmers of all ages and abilities, and are taught by highly qualified, WSI certified staff.

Goodman Pool Waves Swim Team

Last year over 100 children joined the fastest growing Swim Team in Madison. The Goodman Pool Waves is an All-City competitive swim team for children ages 6-18.

Waves + Rowing

Last year the Goodman Pool WAVES started a partnership with Camp Randall Rowing Club. For the WAVES swim team members who were going into grade 6-8, Camp Randall Rowing Club is hosting rowing clinics and classes at Brittingham Park. To see the dates and how to register, visit www.cityofmadison.com/parks/pool/swimTeam.cfm

Gateway Academy summer camp

The academy is specifically designed by the Society of Manufacturing Engineers —Education Foundation, Project Lead the Way to help middle school students explore careers in science, technology, engineering and math. For those students entering high school, now is the ideal time to start on the path toward a profession in technical careers.

- Fun and challenging hands-on, high-tech projects
- Valuable teamwork experience
- Real-world views of engineering and technical careers
- Recreational opportunities
- Friendships with students who have similar interests
- Small group experiences - 8 students to 1 certified adult teacher
- Boys or girls entering grades 6, 7, 8

or 9 grade in the fall of 2013.

Information and registration: <https://sites.google.com/site/engineering-camps3/home>

July 8-11 Madison Memorial High School and July 15-19 Madison East high School

Holy Cross Lutheran

Centered around a talent show theme, Vacation Bible School at Holy Cross Lutheran Church, School and Preschool will introduce children to Bible characters and their talents. This year's theme is based on Colossians 3:23, "Whatever you do, work at it with all your heart as working from the Lord."

To register, call Holy Cross at 249-3101 Free of charge

July 8-12

9-11:30 a.m.

Ages 3 to entering grade 6

2670 Milwaukee St., Madison

Girl Scouts

Check out Camp S'More, Silly Senses, Animal Adventures, Art Explorations and Camp HERO.

Full and part day camps for various age groups.

All camps are at the Girl Scout Service Center, 2710 Ski Ln.

Sign up online www.badgerlandcamps.org or by phone 800-236-2710 ext. 4303

Youth Entrepreneur Camp

For students completing grades 6, 7 and 8 June 17-21

Monday-Friday, 9 am-4 pm

Grainger Hall, 975 University Ave.

\$325 includes lunch, snack and all materials.

Small Business Development Center Scholarships available for students demonstrating financial need.

Department of Public Instruction minority scholarships available through school counselors.

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- Mel Bartholomew's "Square Foot Gardening" book
- Mel's Mix organic garden soil in 2 cu. ft. bags



YOUTH



The children of Nature Explorers left a greeting in Warner Park.

For the love of a tree

By Janet Moore

Visitors to Warner Park over the past couple of weeks might have seen a heart-shaped collection of sticks and other objects around the base of a beautiful heirloom oak. What's going on here?

Sherman Middle School students came for their weekly after school birding and nature club and gathered in their favorite spot the day before Valentine's to build a heart-shaped natural Valentine for this tree they have loved throughout the seasons. Of course, we think of hearts and flowers on Valentine's Day, but this love of Warner Park and their place in nature goes on all year. Georgia O'Keefe, famous American artist, once said, "Nobody sees a flower really; it is so small. We haven't time, and to see takes time — like to have a friend takes time." Time is what these kids give their place every week, and they're rewarded with experiences most people just walking through never get.

The group could finally go out on the ice, since it was thick and safe enough.

It was a different world out there, as kids followed fox tracks, muskrat tracks and opened wood duck houses to clean them out and prepare them for this spring's newest couple and their young. Getting out to Marsh Island where the fireworks are in the summer is usually impossible, but once the water is frozen, it becomes a highway to exploration. The fire last summer left many downed cottonwood trees, perfect for climbing and balancing on. Even with all the fancy plastic playground equipment these days, there is still something irresistible about climbing a tree to a kid.

After their explorations and gathered under the old oak, sharing red-frosted cupcakes, I look around at the kids. They are being kids in the best way; working together to create their Valentine, telling silly jokes, and laughing. Out in nature, everyone is equal: rich, poor, popular, unpopular, white, black and all shades in between. Nature does not care who you are or where you come from. The sun warms you, the rain falls on you, the tree spreads out its welcoming arms, and you are loved.

Janet and Aaron are UW-Madison mentors in the Nature Explorers program, a partnership between the Nelson Institute for Environmental Studies, Wild Warner, and Sherman Middle School. Over 70 UW-Madison students and over 150 Sherman students have participated in this outdoor classroom program taught on the wild side of Warner Park.

To build a fort

By Aaron Heimann

Amidst a late February snowfall we made our weekly migration along slushy roads and sidewalks. The walk to Warner Park was enlivened by the abundant and packable ammunition lining the streets, conveniently pre-packaged by passing snowplows. The accumulated snow heightened our anticipation of what the Park had in store for us.

Crossing over into Warner Park, gray puddles and road salt were replaced by pristine white. Snow lingered on bark and branches in such a way that the trees seemed to be the underlying shadows of intricate white sculptures. The trilling calls of cedar waxwings welcomed us into the Park's open meadow, where the snow lay draped over the landscape before us like a bleached hotel towel. This wintery blanket, unblemished by human footfalls, awaited us and coyly beckoned the trampling gait of dozens of eager pairs of boots — we obliged.

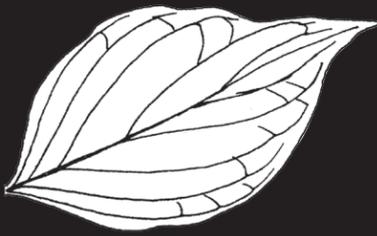
Somehow, out of the chaotic blend of various winter activities that ensued, a collective endeavor was launched — we would build a fort. Small, hand-packed

balls were rolled over the snow-laden ground and gained impressive size and weight in a very short time. These mature snowballs became too big to handle alone, and struggling lone rollers were bolstered with helping hands and encouraging words. Multiple Sherman Middle Schoolers acted the part of foreman on a construction site, directing the placement of incoming building materials. College students, in teams of four, played the role of crane by hoisting the larger balls into position while masons scrambled to shore up the precarious spheres with snow mortar.

With soaked mittens and tired bodies, we stepped back to admire our handiwork with genuine smiles and uninhibited laughter. A mammoth, two-tiered, circular structure complete with windows and tunnel-like entrance now graced The Meadow before us. It trumped the size and splendor of any snow fort in our collective memories.

Our remaining time was waning, and with hasty pictures taken, it was time to go. Near the back of the Nature Club troupe, I hesitated and took one last glance back.

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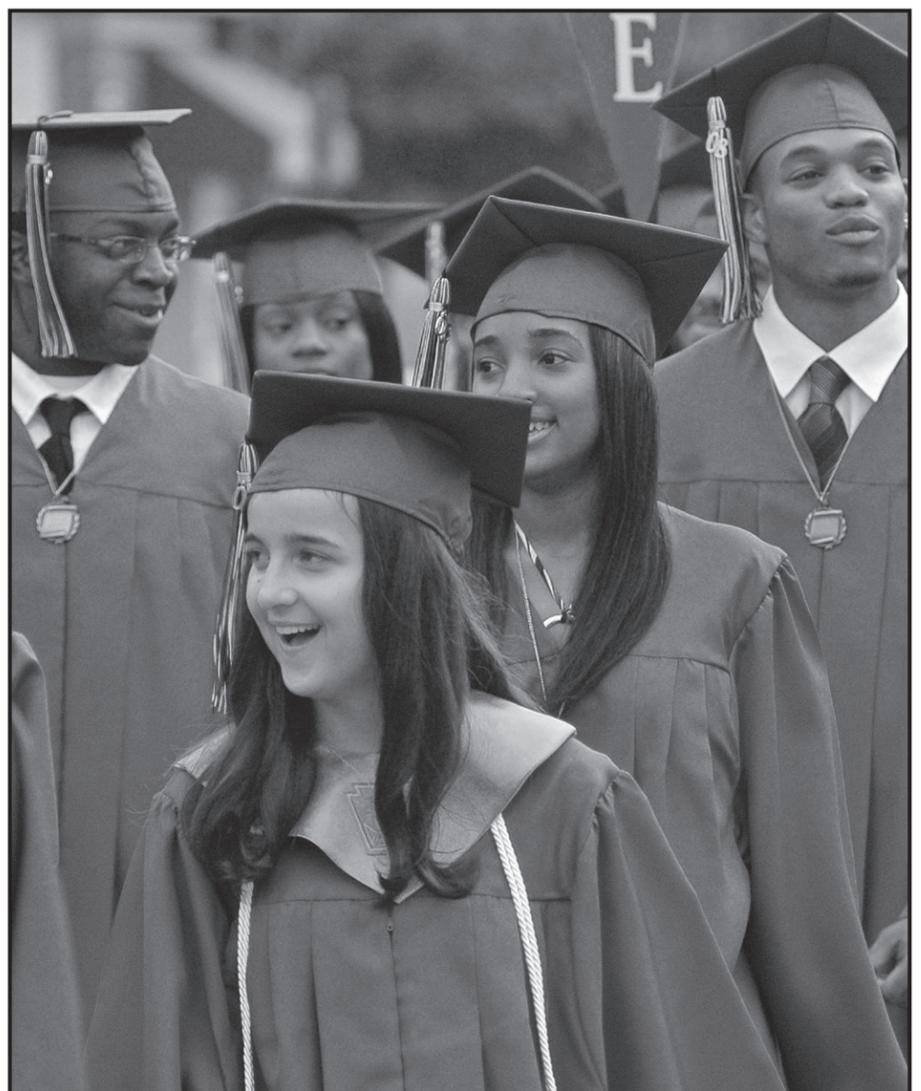
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Application deadline: May 10, 2013

For details, see:

www.northsidemadison.org

YOUTH

Go green with math

By Cynthia Chin

Engineering Club members brought back information about Wisconsin green business initiatives and career training from their trip to the state Sustainability Summit in Milwaukee at the beginning of March (www.sustainabilitysummit.us). Transportation support from Madison College, for the second year in a row, was much appreciated.

Math Week will be May 20-24 this year. We are seeking guest speakers from the community to talk about how mathematics is used throughout the Madison area. Artistic, social and political applications are of interest, as well as technical and business uses. This year's special theme is the Mathematics of Planet Earth. (<http://mpe2013.org>) Please contact Cynthia Chin at cchin@madison.k12.wi.us or 204-1603 ext 41534 if you have suggestions for presentations or would personally like to volunteer.

Sharin' O' the Green: Thank you to all the East High students who participated in the annual February penny drive. The \$800 in donations will be donated to the UW-Madison Chapter of Engineers without Borders. Funds support locally-maintained infrastructure projects in Haiti and Rwanda. Collections in excess of this amount helped to

fund an East High team's journey to the annual convention of the National Society of Black Engineers in Indianapolis and Black Hawk Middle School's April 19 visit to the UW-Madison Engineering EXPO.

The fourteenth annual Pi Mile will take place at Warner Park Saturday, May 25, with registration at 9 am and the Run/Walk beginning at 10 am. Join the East High math community for a nice walk or run, get a t-shirt and enjoy some pie. Proceeds pay for maintenance of the calculator rental program — replacement batteries as well as calculators. (Note: Donations of used calculators are welcome anytime.) Watch for more information about registration soon. Math club advisors are now accepting donated prizes for the end-of-race drawing. Contact Phillip Galarowicz at pgalarowicz@madison.k12.wi.us or 204-1603, ext. 41528.

One last piece of "green" advice: April 20-27 is Money Smart Week. Take time to learn more about personal finance or to share something new and age-appropriate with the students in your family. East High School offers personal finance classes, and math students at all levels study savings, loans and interest rates in their courses. Here's an internet resource to investigate, with links to more: www.moneysmartweek.org.



Photo by Peter Fee.

Jared Urban, DNR, second from left, tells students about the marsh.

Shabazz students, Friends of Cherokee Marsh help DNR

By Tim Nelson

On Feb. 15, students from Malcolm Shabazz High School Project Green Team and volunteers from Friends of Cherokee Marsh (FOC) removed trees and brush from an ecologically sensitive area of Cherokee Marsh. This part of the marsh, north of Dane County Airport and west of VFW Post 8433, is managed by the Wisconsin Department of Natural Resources (DNR).

The area where the work took place is called a calcareous fen. The U.S. Geological Survey says that this type of fen is, "the rarest wetland plant community in Minnesota and Wisconsin, and prob-

ably one of the rarest in North America." The unique mixture of minerals in the groundwater creates an alkaline soil that is favored by a select group of plants.

The DNR actively manages this area by cutting trees and brush, removing invasive species of plants, and setting controlled fires. Jared Urban, the DNR volunteer coordinator, was in charge of the work party. He and volunteers from FOC cut trees and brush with chainsaws while the Shabazz students used hand saws and loppers and stacked the brush into piles. In the spring the area will be burned, and the rare native plants will have a better chance for survival.

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YOUTH



Long time Northside hairdresser, Cheri Krueger, paints cats and things for the Lake View read-in. Students read to younger children to promote the love of literacy fostered in Dr Seuss' books. Krueger has been adorning students at Lake View for 13 years.



School district offers great summer enrichment classes

From Madison Metropolitan School District

You need not look further than the North/East side for low cost, high quality summertime learning opportunities with high quality certified teachers.

Every summer the Madison Metropolitan School District (MMSD) offers Summer Enrichment classes. Information about the 2013 offerings, including registration information, will come to families directly in the US mail from MMSD's Department of Early and Extended Learning.

MMSD Summer Enrichment courses offered this year include: Art Expressions, Bead Art, Book Club Extravaganza, Computers/Keyboard (grades 2-4 only), Digital Photography (grades 3-6 only), Drama Design (grades 2-7 only), Exploring Today's Math, Field Biology (grades 5-7 only), Learning with Legos (grades 1-4 only), Science All Around (grades 2-4 only), Science and Math in Spanish, Science Wizards, Upside Down-Inside Out, Wild About Animals, World Explorers and Summer Music Experience.

North and east side locations offer-

ing MMSD Summer Enrichment courses include: Allis Elementary School, 4201 Buckeye Rd.; Emerson Elementary School, 2421 E. Johnson St.; Gompers Elementary School/Black Hawk Middle, 1502 Wyoming Way; and Mendota Elementary School, 4002 School Rd. Students are welcome to enroll in courses outside of their attendance area. Four West side schools will feature MMSD Summer Enrichment classes as well.

The MMSD Food and Nutrition Department provides free breakfast, lunch and snack to children who qualify.

The 2013 dates for the two three-week sessions are Monday through Friday June 24-July 12 and July 15-Aug. 2 (no school July 4). Courses are from 8-9:55 am and 10:05 am-12 pm daily.

Register now online at <http://mmsd.org/summerenrichment>. If you prefer, paper registration forms are found in the 2013 MMSD Summer Enrichment Program brochure, which households received in the US mail or which can be downloaded from the website. For more information, please call Laurie Benzine at 663-5201.

Plan a fun summer with MSCR

By Nicole Graper

The Madison School & Community Recreation (MSCR) Summer Program Guide 2013 is now available at libraries, schools, the Warner Park Community Recreation Center and online at www.mschr.org.

The program guide is filled with a variety of summer activities for all ages including adventure, arts and enrichment, camps, pontoon boating, fitness, 50-plus fitness, recreational sports, league sports, adaptive sports, swimming and tennis.

MSCR is excited to announce new programs for teens.

CR8TV U Camp - Youth get exposure to drawing, sculpture and performing. Each week concludes with a chance for artists to showcase their work for family and friends. The camp offers several sessions at Hamilton and O'Keeffe Middle Schools, July 8-Aug. 9 and runs Monday-Friday, 8 am-4 pm. Bus transportation is available.

Healthy U - Middle school youth learn how to build lasting habits in nutrition and activity to ensure a healthy lifestyle. Each day incorporates practice in healthy eating, food preparation and shopping, plus plenty of

fun, physical activities. Healthy U takes place at Hamilton and O'Keeffe Middle Schools. One week sessions run July 22-Aug. 16, 7:30 am-12:30 pm.

Girls on the Move - High school girls learn the benefits of a healthy, active lifestyle. Daily activities include nutrition lessons, group activities and fitness samplers. Try a variety of fitness activities like yoga, Zumba, and strength training without a competitive atmosphere. Takes place at Memorial High School, June 24-26, 1-4 pm and at La Follette High School, July 8-12, 10 am-1 pm.

Parents can also choose from many camps like Camp Express, Madtown Adventures, Kids Kamp at Warner Park Community Recreation Center, Soccer Day Camps, Wrestling Camp, MAD Youth, MAD City Sports, Camp Adventure and many more. Scholarships are available.

Please call 204-3000 for more information or go to www.mschr.org.

MSCR, a department of the Madison Metropolitan School District, is a public recreation department serving the community since 1926. It is the lead provider of a wide range of accessible programs.



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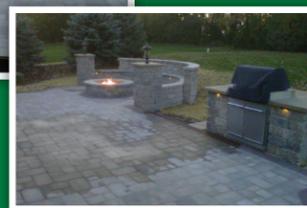
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YOUTH

Black Hawk Family Engagement Night at Kennedy Heights a success

By Sherie Hohs

Thanks to the meaningful involvement of stakeholders, the second annual Black Hawk Middle School Family Night at Kennedy Heights Community Center held Feb. 28 was a great success. It truly was a collaborative effort that brought parents, students, teachers and community folks together.

Highlights from the Family Night include:

Approximately 15 Black Hawk families were present to share their perspectives on our school and how we can build bridges between home and school. Specifically, parents gave us feedback on our Family Guide to Learning, learned about the AVID program and how it can help their child be prepared for college and discovered the ins and outs of looking up their child's progress on Infinite Campus. We also had time to converse, play games and laugh together.

Black Hawk Middle School had a wonderful staff presence at the event. They were excited to engage with families and learn from our parents and students. Special thanks to the Black Hawk Family Engagement and Equity Team who stepped up and carefully planned this meaningful night for students,

staff and families.

Many Black Hawk students and alumni delighted us with their presence. Most not only participated in volunteer roles, but also helped plan, decorate and set up for the event.

And most of all, we had the wonderful Kennedy Heights Community Center staff actively involved in making this night worthwhile. They not only offered their space and resources, but also did amazing outreach with students and families to promote our event. They truly went above and beyond expectations.

Based on the smiles from families and the feedback we received, our second annual Family Engagement Night helped build crucial relationships between school staff, parents, students and the community. Feedback from families will strongly influence positive changes in our school.

If you are a Black Hawk Middle School parent or community member and you are interested in being part of our Family Engagement and Equity Team, we are always looking for active members with a desire to increase home-school-community partnerships. Please contact Sherie Hohs at shohs@madison.k12.wi.us or 204-4379 for more information.

Sherman Middle Schoolers AMAZE

By Karen Seno

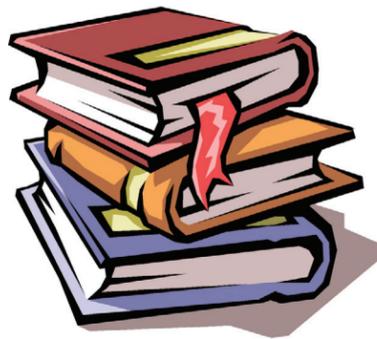
Students enrolled in the Early Childhood Program at Kennedy Heights Community Center play with new friends from Sherman Middle School after the middle schoolers dropped off more than 2,000 books they collected to benefit the center's food pantry.

The eighth graders are part of their school's Equity Leadership Council, a leadership group that trains other students, advises the principal, plans special events and acts as positive role models.

After their hard work, the students re-energized with a pizza lunch and then painted, read and played dress up and restaurant with their new early childhood friends.



Photos by Kennedy Heights Community Center Staff



For more information and online copies of *Northside News*, don't forget to visit: **NorthsideMadison.org**

MSCR Summer Programs

A variety of camps for preschoolers to grade 12.

Themes include:
 Arts & Enrichment, Science, Nature, Outdoor Adventure, Healthy Living, Fitness, Service Learning, Gardening, Sports, Wrestling and Soccer, Volleyball and more!
 Half day and full day options available at several locations.



Check out Kids Kamp at Warner Park Community Recreation Center for children entering grades 1 - 5.

Sessions run June 24 - August 23. Crafts, sports, games, science, nature, field trips and more!

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YOUTH

Applications open for Northside scholarship

By Anne Pryor

High school seniors from Madison's Northside are invited to apply for Margaret's Fund: A Northside Scholarship. Margaret's Fund is a \$500 award made to a graduating high school senior in odd years and an adult returning to school in even years.

To be eligible to apply, applicants must be graduating from high school in 2013, have plans to pursue post secondary education at a degree or certificate-granting program during the 2013-14 school year, and have a permanent address on Madison's Northside.

Applications are welcome from all who meet basic the requirements. In addition, Margaret's Fund especially welcomes applications from those who have been

active participants in Northside organizations, have overcome substantial obstacles or challenges to success or are in the first generation of their family to go on to post secondary education.

The postmark deadline for applications is May 10. For details and to download the application, see www.northsidemadison.org.

Past awardees of Margaret's Fund are Northside residents Tara Hoffman (2009), Nicole Tackes (2010), Stacey Yang (2011) and Omobolanle Kikelomo Olubi (2012). Margaret's Fund is administered by the Madison Community Foundation. Support of the scholarship can be made by contributing to Margaret's Fund at www.madisoncommunityfoundation.org/Page.aspx?pid=203.

Cash for college still available

By Heather Wilde

Great Lakes Higher Education Guaranty Corporation

It's not too late to complete the Free Application for Federal Student Aid (FAFSA), the form that opens the door to eligibility for federal grants and student loans.

Many colleges have priority dates for FAFSA completion that have already passed. While it is best to complete your FAFSA before these dates to maximize the aid you could receive, it's important to know that priority dates are not deadlines. Even when applying later than the ideal timeframe, almost every student is eligible to receive some of the more than \$150 bil-

lion in available aid.

Completing the FAFSA at FAFSA.gov is free, quick, and easy. It takes an average of just 22 minutes for most students. You can still get hands-on help to make it even easier.

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Madison College
2238 South Park Street
Saturday, April 6, 10 am-12 pm
Saturday, May 11, 10 am-12 pm

To learn more about these and other upcoming events, visit uhaftafafsa.org, created by Great Lakes Higher Education Guaranty Corporation, headquartered on the Northside of Madison.



Boy Scout Troop 23 at the Klondike Derby in Marshall, WI

Photo provided by Wendy Murkve

Boy Scout Troop 23 stays busy and has fun even in winter

By Wendy Murkve

On Feb. 2, we attended the Klondike Derby at Langer Park in Marshall. It was cold and there was a fresh snowfall for all the activities.

Our scouts participated in several competitions throughout the day, including snow bowling, first aid, a sled race, a compass course and fire building. We built our fire using flint and steel and had to build it high and hot enough to melt ice and boil the water, and burn through a string tied above. John Sullivan was one of the top finishers in the disc golf competition and won a commemorative disc.

We did have a fire to warm up to, and enjoyed a lunch of hot dogs with frozen onions, soup and a frozen cookie. The fellowship with other scouts and leaders is another plus to the day.

We have several unique activities coming up this summer, including our summer camp at Camp Tesomas near Rhineland, and a weekend camping trip in August to Rock Island State Park.

If you are interested in the fun and adventure that scouting can offer to boys ages 11-18, please contact Scoutmaster Wendy Murkve at 513-7815 or bsatrop-23scoutmaster@gmail.com.

North Eastside Youth Basketball needs volunteers

We are a non-profit, seeking individuals with marketing experience to help with fundraising, sponsorships, donations and growing our organization. Share your time and talent with our youth.

Reasons to join our team:

- Work with young people
- Challenge yourself
- Reach out to your community
- Enhance your skills
- Share your passion
- Have fun

Please contact:

Jessie Rivera
630-5796
jeseniarrivera06@gmail.com

Michelle Justice
886-6901
mmcreations24@yahoo.com



Lakeview Lutheran Church

Huge Rummage Sale

Friday, May 17 • 7 am-6 pm
Sat., May 18 • 8 am-1 pm

Lakeview Lutheran Church
4001 Mandrake Rd.
(Corner Mandrake & Northport)

Books, tapes, linens, toys, games, kitchenware, sporting equipment, holiday decorations, some furniture, tools, framed art, children's clothing

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www.lakeviewlutheranchurch.org



Funds go toward youth mission trip and congregation outreach projects.

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HEALTH

PurpleStride Madison Walk / Run will be Sunday, April 28 at Warner Park

By Barbara Karlen

More than 1500 people will walk or run to raise awareness and funds for pancreatic cancer research and patient support at PurpleStride Madison-2013 Sunday, April 28. Opening ceremonies begin at 8:30 am.

Everyone is invited to help fight this disease by joining us at PurpleStride, to be held at Warner Park, 1625 Northport Dr. You may choose a family-friendly 2-mile walk or a 5K run. Music, children's activities and other fun will enliven the festivities.

Register as an individual, join an existing team or form one of your own, online, through Wednesday, April 24, at www.purplestride.org. In-person registration will be offered Saturday, April 27, from 10 am-4 pm at the Northside TownCenter across from Warner Park at Northport Drive and Sherman Avenue. Check the PurpleStride website the week of this event for the specific location within the shopping center. Participants may also register on-site at Warner Park, beginning at 7:30 am, April 28.

Event Coordinator Diane Jensen, of Westport, has lost five family members to this disease. "PurpleStride Madison

is meant as a day of hope for people who have been diagnosed with pancreatic cancer as well as a tribute to those who have passed away from this terrible disease," she said. "Money raised helps fund personalized support for patients, their families and caregivers, and supports research to increase survival for pancreatic cancer patients. We are proud to join tens of thousands of people across the country taking part in more than 50 PurpleStride events this year. We all share one common goal – to end pancreatic cancer."

Pancreatic cancer is the fourth leading cause of cancer deaths in the United States and the third leading cause in Wisconsin. PurpleStride Madison will benefit the Pancreatic Cancer Action Network, the national organization creating hope through supporting patients, heightening awareness, raising funds for comprehensive private research and advocating for dedicated federal research to advance early diagnostics, better treatment options and increased chances of survival.

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



Deborah Roussos

Nutrition Nuggets

Eating to protect skin from the sun

People aren't the only ones who need sun protection — plants do too. Phytochemicals and antioxidants that plants make to protect themselves may help to protect our skin too.

Skin damage occurs as a result of oxidation. The most damaging oxidative stressors are smoking and sunlight. Besides not smoking and respecting the sun, eat a diet rich in antioxidants to protect your skin.

Focus on eating: fruits, vegetables, whole grains, nuts and seeds and legumes and include lean protein like fish and poultry along with healthy fats.

Vitamin C

Replenish your skin's vitamin C stores every day by eating plenty of fruits and vegetables. Good sources include bell peppers (red, green and yellow), broccoli, cantaloupe, mangoes, oranges, pineapple, snow peas, strawberries, tomatoes and watermelon.

Vitamin E

Vitamin E helps guard your skin against damage from the sun's UV radiation. The best food sources are wheat germ, fortified whole grain cereals, nuts and seeds, olive oil, Swiss chard and spinach, as well as the small amount of vitamin E found in a multivitamin.

Beta-carotene

Beta-carotene may also protect your skin against sun damage. Avoid pure vitamin A from supplements, which can be toxic. Beta-carotene is found in foods like apricots, cantaloupe, carrots, red bell peppers, mangoes, pumpkin and sweet potato.

Selenium

The best food sources for selenium are Brazil nuts (no more than one or two nuts a day because the selenium is high), tuna (canned, light), crab, oysters, whole-wheat pasta, lean beef, shrimp, whole-wheat bread, turkey, wheat germ, chicken breast, mushrooms and eggs. Be sure to avoid selenium supplements, however since supplementation may increase cancer risk.

Eat as well as you can as often as you can.

Watermelon Salsa

8 servings, 1/2 cup each
Total Time: 20 minutes

Ingredients

- 3 cups finely diced seedless water melon,
- 2 jalapeno peppers, seeded and minced
- 1/3 cup chopped cilantro
- 1/4 cup lime juice
- 1/4 cup minced red onion
- 1/4 teaspoon salt, or to taste

Preparation

Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled.



For more information and online copies of Northside News, don't forget to visit: NorthsideMadison.org

Warner Park Youth Football Wants You!

Cheerleading Fee is \$65.00 per child.

Player's fees are \$205.00, \$225.00 for out of district. (This includes use of all equipment needed except for shoes). Payment plans are available. A limited number of Scholarships are available for those in real need. If you will be asking for financial aid (Scholarship), you will need to provide proof of your household income (copy of tax return). New participants will need to provide a copy of your birth certificate. Players not registered prior to, or on one of the dates listed here, will be charged an additional \$15 fee for late sign-up.

Annual Spring Football & Cheerleading Registration

Warner Park Football is about teaching your child the fundamentals of football while learning valuable skills such as: team work, discipline and leadership. If you and your child would like to be a part of our organization please join us at our Annual Spring Football/Cheerleading Registration on one of the dates listed below.

Registration Dates:

- Tues, May 7, 2013 6:00 – 8:00 p.m.
- Tues, May 14, 2013 6:00 – 8:00 p.m.
- Tues, May 21, 2013 6:00 – 8:00 p.m.

Location: Warner Park Community Recreation Center
1625 Northport Drive

Be sure to mark these dates on your calendar or send your registration in today! Team sizes are limited and formed on a first-come basis. Girls/Boys who are interested in becoming cheerleaders, please come to one of the above sign-up dates to register or get more information.

For more information and to REGISTER ON-LINE visit our website

www.wpyouthfootball.com

The on-line registration accepts credit and debit cards.

If you have any questions please call:
Jon Schwichtenberg at 332-2486

or contact us at wpyouthfootball@yahoo.com.



*** This is not a school-sponsored activity. The MMSD does not approve, support, supervise or endorse this program activity. ***



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LIBRARY

From

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246-4547



LAKEVIEW BRANCH LIBRARIAN

Lakeview Branch Library

246-4547

Hours: Monday-Friday: 10 am-8 pm

Saturday: 9 am-5 pm

Closed May 27

Job, computer and writing assistance – Fridays by appointment 2-5 pm through May 10

Free one-hour sessions for help with resumes, cover letters, online job searches and applications, learning computer skills. Call 246-4547.

Cr-Afternoons – All Thursdays in April at 4 pm

After-school craft fun for school-age children. Paper, glitter glue and paints provided.

Gaming @ the Library – Saturday, April 6 at 1 pm

See if you have the right moves or learn how to play Wii. For children ages 7 and up.

Teen Video Game Club – Monday, April 8 and May 13 at 2:30 pm

Enjoy friendly competition on the Wii. Snacks are provided.

Dino Stomp – Tuesday, April 9 at 6:30 pm

Celebrate dinosaurs with stories, songs, crafts for a rip-roaring good time.

Saturday Sweets and Stories – Saturday, April 13 and May 11 at 10:30 am

Enjoy donuts and juice with your stories and crafts.

Library LEGO Club – Tuesday, April 16 and May 21 at 4 pm

We'll provide a theme and the LEGOs. Whole family is welcome.

Drop-In Crafts – Saturday, May 4 from 1-2 pm

Flex your creative muscle with artist, Teresa Getty. For children in grades K-5.

A Royal Night Out – Tuesday, May 14 at 6:30 pm

Children of all ages are invited to hear stories and songs about princesses, princes, kings and queens. We provide the crowns.

Toddlers in Motion – Thursday, April 25 at 10:30 am

Toddlers up to age 4 stay active with music, dance, ribbons and shakers and an obstacle course. Rock 'n' roll.

Preschool Storytime – Tuesdays

through April 23 at 10:30 am

For ages 3-5, with younger siblings welcome

Stories, fingerplays and songs presented for preschool children. Groups are welcome.

Toddler Time – Wednesdays through April 10 at 10:15 am

Stories, songs and rhymes for children ages 0-35 months. One adult per child recommended.

Book Baby – Wednesdays through April 10 at 11 am

Stories, songs and activities for babies ages 0-15 months. One adult per baby required.

Toddler Music – Tuesdays May 7 through 28 at 10:30 am

Join Kjerstie Johanson for songs, movement and instruments geared to children ages 12 months-3 years. Call 246-4547 to register beginning April 23.

Lakeview Chess Club – second and fourth Mondays at 6 pm - anyone is welcome.

Knitting at the Library - Every Wednesday at 6:30 pm

Neighborhood knitters provide expertise and fun.

Adult Programs

Art in the Style of ...

April 3 – Henri Matisse

April 10 – Romare Beardon

May 7 – Frida Kahlo

May 21 – Mary Cassat

From 5:45-7:45 pm on the above nights

Local artist Teresa Getty will help adults create their own works of art inspired by memorable artists, using imagination, working with collage, story-telling through art and chance combinations as well as a variety of material techniques. Sign up online, in the library or call 246-4547.

Make Your Money Talk – Wednesdays from April 24 through May 15 from 5:30-7:30 pm

A personal money management series. Topics covered include creating a personal budget, saving money of food and utility bills, developing a savings plan and dealing with credit. Call 257-5450 to register.

Chickens in the 'Hood – Saturday, April 27 from 11 am-12:30 pm

Isthmus Handyman partners and fellow Northside chicken owners Dennis Harrison-Noonan and Tim Carlisle will host a discussion session for anyone interested in keeping chickens in their backyard.

They will talk about Madison's ownership requirements, pros and cons of keeping chickens, basic chicken care, and chicken coop options. Children are welcome and chickens will be on hand for display and petting. Northside chicken owners are encouraged to attend and share their own experiences. Please send photos of your chickens and/or your chicken coop for a slideshow to im-handy@sbcglobal.net by April 24.

Start your own business – Be your own boss – Monday, April 29 from 6:15-7:45 pm

Ed Paulson, author of "The Complete Idiot's Guide to Starting Your Own Business" shares tips for start-up success and answers your questions.

Choose Privacy Week Free Shredding Truck – Wednesday, May 1 from 11 am-1 pm

Identity theft is the fastest growing crime in the country. Patrons may bring up to 5 standard size boxes to the Northside TownCenter to be shredded on site for free.

Adult Noon Book Group – Held on the second Thursdays

Discuss books and eat cookies. It's that much fun. Copies available at Lakeview Branch Library.

April 11 Wisconsin Vietnam War Stories

May 9 Disobedience by Jane Hamilton

Scrabble for Adults – Every Wednesday at 10 am

Give the regulars some competition.



Art in the style of ...

April 3 - Henri Matisse

April 10 - Romare Beardon

May 7 - Frida Kahlo

May 21 - Mary Cassat

Time: 5:45 - 7:45 pm

On the above nights, local artist Teresa Getty will guide adults as they create their own original works of art inspired by memorable artists.

The series of adult programs "Art in the style of" will explore creating from the imagination, working with collage, story-telling through art and chance combinations, as well as a variety of material techniques.

Sign up online, in the library or call 246-4547.

Chickens in the 'Hood

Saturday, April 27

11 am-12:30 pm

Lakeview Library



Isthmus Handyman partners and fellow Northside chicken owners Dennis Harrison-Noonan and Tim Carlisle will host a "show and tell" discussion session for anyone interested in keeping chickens in their backyard.

We'll talk about Madison's ownership requirements, pros and cons of keeping chickens, basic chicken care and chicken coop options. Children are welcome and one or more chickens will be on hand for display and petting. Current Northside chicken owners are encouraged to attend the session and share your own chicken experiences.

Please send photos of your chickens and/or your chicken coop for a slideshow. Send your photos to im-handy@sbcglobal.net by April 20.

vacation with my bff

Take a trip

Tie the knot

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