


POLICE AND FIRE

From
CAPTAIN
JAY
LENGFELD
NORTH DISTRICT POLICE



It is hard to believe 2014 is over. It was generally a safe year for the Northside and I hope 2015 is as well. I will provide crime data for 2014 in the next issue.

In the meantime, here are a few tips on what you can do to make 2015 a safe year for you and your family:

- Lock your vehicle and house doors at all times.
- Do not keep valuables in your vehicle.
- Report suspicious activity to police right away.
- Watch over your neighbors and their property.
- Join your neighborhood association or watch group.
- Be an active member of your neighborhood.
- Follow the traffic laws.

As the population continues to age, it becomes more important for us to

watch over the seniors that live in our community. Check in with them regularly and do not hesitate to call the police if something doesn't look right. The "community care taker" role is one of the most important parts of being a police officer.

By the time you read this, the department will have completed the annual assignment process. The North Police District will have only six new faces this year, which is extremely low and a benefit to the Northside. We will be losing some talented staff and appreciate what they have done for the Northside community and the North Police District.



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Senior fire safety front and center

By Lori Wirth
City of Madison Fire Department

Knowing what to do in the event of a fire is particularly important for older adults. People age 65 and older are twice as likely to be killed or injured by fires when compared to the general population.

"Remembering When: A Fire and Fall Prevention Program for Older Adults" is a program developed by the National Fire Protection Association (NFPA) and the Centers for Disease Control and Prevention (CDC) to help older adults live safely at home for as long as possible. The City of Madison Fire Department offers the program, which is presented by community educators. If your group would like a presentation, call Lori Wirth at 266-5947.

To increase fire safety for older adults, NFPA and the Madison Fire Department offer the following guidelines:

- Keep it low: If possible, consider sleeping in a room on the ground floor in order to make emergency escape easier. When looking for an apartment or high-rise home, look for one with an automatic sprinkler system. Sprinklers can extinguish a home fire in less time than it takes for the fire department to arrive.
- Sound the alarm: The majority of fatal fires occur when people are sleeping. Make sure smoke alarms are installed in every sleeping room and outside any sleeping areas. If you or anyone in your household has diminished hearing, consider installing a smoke alarm that uses a flashing light or vibration to alert you to a fire emergency. Contact Sharon Gmache at NFPA's Center for High-Risk Outreach for a list of product

manufacturers. Her email address is sgamache@nfpa.org. Sharon has worked with the older adult population for years and is very responsive to questions from educators and the public. She is recognized as a national authority on the topic within the fire service.

- Do the drill: Conduct your own, or participate in, regular fire drills to make sure you know what to do in the event of a fire. If you or someone you live with cannot escape alone, designate a member of the household to assist, and decide on backups in case the designee isn't home. Fire drills are also a good opportunity to make sure everyone is able to hear and respond to smoke alarms.
- Open up: Make sure you are able to open all doors and windows in your home. Locks and pins should open easily from the inside. (Some apartment and high-rise buildings have windows designed not to open.) If you have security bars on doors or windows, they should have emergency release devices inside so that they can be opened easily. (These devices won't compromise your safety, but they will enable you to open the window from inside in the event of a fire.) Make sure windows haven't been nailed shut or sealed shut with paint. If they have, arrange for someone to remove the nails or break the paint seals.
- Stay connected: Keep a telephone nearby, especially in your bedroom. Keep a list of emergency phone numbers near the phone so you can communicate with emergency personnel if you're trapped in your room by fire or smoke.

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HEALTH

Degenerative joint disease?



Dr. Ross Royster

Health Tips

I can’t tell you the number of patients I have seen in near panic because they have been told their joints are deteriorating, or at least that’s what they heard after having X-rays or an MRI. The term “degenerative joint disease” (DJD) is pretty scary, but it shouldn’t be. First, you have to realize that doctors love to name conditions, especially when the name implies something important to the patient. Why do you think they use so much Latin? What DJD really means is that there is some wear and tear of the joints.

I tell my patients DJD is a souvenir of living that we all collect over time. I also tell my patients not to be too concerned about it.

In that “ah-ha” moment when they were told DJD was the cause of their pain, the doctor was probably wrong. In my 34 years of practice, I have seen some of the worst looking DJD spines on film, but as long as the joints were still moving, these people had little or no pain. On the other hand, someone with a perfect looking spine on film, but whose joints are not functioning properly, may be unable to walk. You see, the key is function, not structure, and

Good nutrition is where healthy aging begins

By Angela Velasquez
Area Agency on Aging of Dane County

In Dane County, the Senior Nutrition Program is one of the cornerstones for aging well in our community. According to the National Resource Center on Nutrition and Aging, healthy eating can help seniors increase mental acuteness, resistance to illness and disease, energy levels, immune system strength, recuperation speed, and the effectiveness of chronic health problem management. The National Institute on Aging says eating a well-planned, balanced mix of foods every day has many health benefits. For instance, eating well may reduce the risk of heart disease, stroke, Type 2 diabetes, bone loss, cancer and anemia. If you already have one or more of these chronic diseases, eating well and being physically active may help you better manage them.

Healthy eating may also help you reduce high blood pressure, lower high cholesterol and manage diabetes. Eating well gives you the nutrients needed to keep your muscles, bones and organs healthy throughout your life. These nutrients include vitamins, minerals, protein, carbohydrates, fats and water.

function is not seen on films or scans.

If you are told that you have DJD, don’t immediately plan that last trip to Disneyland. Take it with a grain of salt and start thinking about how to get moving more. Remember, a properly moving joint is usually a pain-free joint, no matter how it appears on an X-ray.

For nearly 40 years, Dane County has invested in community senior dining sites and Meals on Wheels programs. In a 2014 survey of meal participants, 69 percent of senior dining site participants indicated it is the only hot meal they eat each day, and 50 percent of Meals on Wheels participants report the volunteer delivering the meal is the only person they see each day. These meals provide a safety net for our most vulnerable seniors, provide a life-line to the community, and support a person’s ability to remain at home instead of in a long-term care facility.

Many of the 25 senior dining sites throughout Dane County offer a weekly salad option, vegetarian option, and a variety of entrées that are nutritious and meet at least one-third of the dietary requirements for healthy aging. They are located in community centers, senior centers, senior housing complexes, churches and restaurants. All sites are open to persons age 60 and older.

For help in locating a site near you, call the Aging and Disability Resource Center (ADRC) of Dane County at 240-7400. Join us in aging well by eating right.

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ELECTED OFFICIALS

From

ANITA
WEIER



DISTRICT 18 ALDERPERSON

I want to make sure everyone knows that I am not seeking re-election to the Madison City Council in April. I have enjoyed getting to know so many of you and helping solve some problems in District 18. However, after four years of hard work, I am imposing term limits on myself, although I will continue to work for the Northside I love.

I am extremely proud of achievements that include: helping to bring the UW Credit Union to Northport Drive, working with Mirus Partners to help them acquire and rehab The Woodlands, halting the state’s plan to build a 96,000-square-foot warehouse next to Troy Gardens, and envisioning and helping establish a productive community garden at Vera Court.

Of course, some problems remain. One major issue is the worn railroad bridge over Troy Drive and the disgrace-

ful condition of a culvert that serves as a sidewalk under the bridge. Children fear the dark culvert and tend to walk in the narrow street under the bridge — a dangerous situation. The bridge is also so low that trucks sometimes hit it, which is a serious safety issue.


Representatives of Mendota School, the Vera Court Neighborhood Center and the co-housing at Troy Gardens hope to improve the culvert “sidewalk.” The Brentwood-Northport Neighborhood Resource Team also is exploring improvements, after I raised the issue.

City Engineer Rob Phillips and I are looking into potential funding for a major project that would include lengthening the bridge, adding a sidewalk and raising the vertical clearance under the bridge from the current 10.5 feet to 14 feet. The State of Wisconsin now owns the tracks, so perhaps the state could help fund improvements.

I know that readers of this column also have concerns, and that you will continue to work for the Northside — one of the most dedicated and resourceful communities in Madison. Take pride in your achievements and the natural beauty around us.

From

MICHELE
RITT



DISTRICT 18 SUPERVISOR

Among my favorite things about being a Northside elected is getting to work with people in order to solve problems. I love it when people from different areas or different perspectives come together to make their shared community better.

For the past several weeks, I have worked closely with Northside Alder Anita Weir to problem solve around an issue unique to our area. District 18 is home to Mendota Mental Health Institute. As well-managed as this institution is, once in a while a patient escapes custody. Leaving Mendota grounds, an escapee would likely enter one of our neighborhoods. In a situation like this, it is important that neighbors are informed and can take any precautions necessary.

Mendota staff work closely with the Madison Police Department during a situation like this. While they urge people not to panic, they need a way to communicate information and instructions to neighbors.

The most efficient way of communicating this information is through the Dane County 911 system. Anita and I are working with Madison Police and the 911 Emergency Management staff to create a protocol to follow so that information gets to neighborhoods as quickly and efficiently as possible.


Reverse 911 calls, as they are commonly known, are recorded messages that offer pertinent information and instructions to neighbors possibly affected by an incident. These calls go out to land lines in the affected area. Residents may also sign up their cell phones to the Dane County Alert system at www.countyofdane.com/emergency/warning/default.aspx. Click the light blue button on the page that says “Sign up for Dane County Alerts.” Please note that, for data security reasons, this is a multi-step process that requires user validation before a new registration becomes active. Signing up will connect you to information about any type of emergency warning in Dane County.

I am grateful for the amazing emergency professionals in our city and county who work so hard every day to keep us safe.

Please feel free to contact me. I can be reached at ritt.michele@countyofdane.com or 335-6827.

From

LARRY
PALM



DISTRICT 12 ALDERPERSON

Greetings! I’m excited about some planning opportunities that are part of the 2015 city budget.

First will be a city staff-led Warner Park planning process. Here is an opportunity for community members to get together and really determine the future of Warner Park and the Warner Park Community Recreation Center. The Madison Parks Division has proposed that Jacob Tisue, Warner Park facility manager, work with other staff to develop a new parks planning process that should include plenty of community participation.

Over the past two years, many people and groups have engaged me about what Warner Park “should be.” Rather than piecemeal design, we should think ahead about what we want and, maybe more importantly, what we don’t want in the park. There are many important treasures already in the park that we all want to preserve. Let’s clearly identify and preserve them.

Alder Weier and I are working on a Northport Drive/North Sherman Avenue “block-face” planning process. Using the previously adopted Northside Plan, is there a way to be more clear and specific about how we want the commercial areas of Northport Drive and North Sherman Avenue to look? We’ll let you know more about this process as it gets going.


Also, we’re still finalizing the city-led planning process for the Northside TownCenter. Drafts clearly indicate that more infill development that hides the parking lot is not only economically sensible but would beautify the important Northport Drive/North Sherman Avenue intersection.

Finally, there’s also the Madison Public Library planning process for the Eastside and Northside branches. No fears — no one is looking at moving Lakeview outside the current area, but there continue to be questions about how all the branches work together to create a robust library system. Our library planner is working on the new Pinney Branch Library, but we should be looking at how to improve access and the experience for everyone.

I look forward to working with you on a terrific 2015.

From

PAUL
RUSK



DISTRICT 12 SUPERVISOR

As the director of the Alzheimer’s & Dementia Alliance of Wisconsin (ADAW), I’m delighted the Northside News is emphasizing senior issues in this edition. Dane County funds many programs and services for seniors. Often seniors are reluctant to ask, but assistance with transportation, meals or in-home help allows folks to stay independent in their homes, a huge benefit to all. I hope this edition helps promote what is available to encourage ways to enhance quality of life.

For decades Dane County, the City of Madison, United Way and several municipalities have funded 16 senior focal points so seniors can easily access assistance close to home. This is unique in Wisconsin. We are fortunate to have the North/East-side Senior Coalition (243-5252 or www.nescoinc.org), located in the Warner Park Community Recreation Center, where se-

niors can access information, local programs and case management.

We have a beautiful, state-of-the-art nursing facility at Badger Prairie (845-6601) for those who need specialized nursing care. I was proud to serve on the planning committee. Most seniors will never need this level of care, but it is there, just in case.

The county funds the Elder Abuse & Neglect Helpline (261-9933), which investigates reports of physical, emotional or financial abuse, and the Area Agency on Aging of Dane County (260-9930 or danecountyhumanservices.org/Aging/AreaAgencyonAging), which has numerous programs for seniors.

My organization, the ADAW (232-3400 or www.alzswisc.org), assists with everything related to dementia and is partially funded through a county contract. The newest Northside addition is the Aging & Disability Resource Center (240-7400 or www.daneadrc.org), funded with state dollars, where you can access general information on services, resources and programs available to the elderly and disabled, including financial assistance programs.

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

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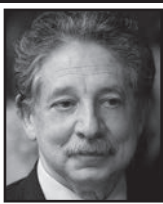
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ELECTED OFFICIALS

From

PAUL SOGLIN

MAYOR



The City of Madison is aware of the growing population of older adults. In Madison, more than 28,000 individuals are over the age of 60.

We are grateful that, despite advancing years and chronic conditions, many older adults serve our community as volunteers in our schools, faith communities and social service organizations. They are instrumental to the vibrancy and viability of the City of Madison.

Some seniors and their families need important social services, provided by both the City of Madison and Dane County. One important resource is the Aging & Disability Resource Center of Dane County (ADRC), which provides essential information and referral on senior services. Call 240-7400 or email ADRC@countyofdane.com or visit their office at 2865 N. Sherman Ave.

The City of Madison 2015 approved budget includes funding for senior services:

- Case management services and senior activities are provided through the geographically based Madison Senior Coalitions, including the North/Eastside and East Madison/Monona Senior Coalitions. A volunteer home chore program assists older people to live independently

in their own homes.

- Special programs for LGBT seniors and a cultural diversity program focused on African-American and Latino elders continues in 2015. Hmong elders are served through Kajsiab House, sponsored through Journey Mental Health Center.
- Senior adults are encouraged to share their lifetimes of skill and experience in the community through RSVP of Dane County. RSVP interviews, places and supports older volunteers in schools and agencies so we all benefit from their meaningful volunteer service.
- The Madison Senior Center, a nationally accredited senior center located at 330 W. Mifflin St., provides programs and activities that promote “successful aging.” This municipal senior center is known for its unique programming and intergenerational activities. Look for a visit from Mary Todd Lincoln (historical impersonator Jessica Michna) Feb. 24 and the VFW Band March 19. Visit www.madisonseniorcenter.org.
- The Committee on Aging is appointed by the mayor to accomplish three major functions: monitor the Madison Senior Center, recommend service funding to the Community Services Committee, and advocate for Madison’s senior adults. You are invited to apply for vacancies on this committee as they arise. See the City of Madison webpage (www.cityofmadison.com) for more information.

Stay well.

From

MARK MILLER

STATE SENATOR



With the New Year comes a new legislative session here in Wisconsin.

A biennial session begins in the first week of each odd-numbered year. The first days of the new session are dedicated to the inauguration of the members and organization of the legislature. In late January, the governor submits his proposed state budget to the legislature. While the Joint Committee on Finance begins work on the budget, other committees begin work on other legislation, and the legislature will meet several times to act on these bills. However, the focus of the legislature remains largely on the budget until its passage, usually in late June. This information and much more can be found in “A Citizen’s Guide to Participation in

the Wisconsin State Legislature” by the Wisconsin Legislative Council. The guide can be found at http://lc.legis.wisconsin.gov/media/1038/citizen_intro.pdf.

All legislative sessions and committee hearings can be viewed on [wiseye.org](http://www.wisconsinlegislature.org).

In the upcoming session, I will be serving on the Joint Committee for Review of Administrative Rules, the Committee on Elections and Local Government and the Committee on Natural Resources and Energy. I will also have the pleasure of serving on the Midwest Interstate Passenger Rail Commission, the Small Business Environmental Council, the Council on Military and State Relations and the Joint Legislative Council.

I look forward to continuing my work for the hard-working people of Wisconsin and Senate District 16. We have a lot of work to do in the upcoming legislative session.

If you have any questions or comments about the budget or legislation in the coming session, you can contact my office by phone at 266-9170 or email sen.miller@legis.wi.gov.

From

JOE PARISI

DANE COUNTY EXECUTIVE



The Northside is the hub of many of Dane County’s activities serving seniors. While there is programming throughout Dane County, the Aging & Disability Resource Center of Dane County and the Area Agency on Aging of Dane County are co-located at 2865 N. Sherman Ave. This offers convenient access for Northsiders who want to stop by for assistance or information in person.

The county-supported North/Eastside Senior Coalition (NESCO) marks a big milestone in 2015. It will celebrate 40 years of serving our seniors.

As Dane County Executive, I’m grateful we are able to help NESCO enable 300 Northside seniors to safely remain living in their own homes by providing support, resources and community services.

NESCO is the only senior focal point that provides bilingual case management services to Spanish-speaking seniors, as well as culturally specific programs — such as health education and a Grandparents Raising Grandchildren Support Group — for seniors living throughout Dane County.

Good nutrition is a cornerstone of healthy aging. NESCO, through its daily senior meal sites at Warner Park and the Goodman Community Center, served up more than 12,500 nutritious noon meals in 2014 to seniors on the Northside. We would love to see even more Northside seniors join friends and neighbors for good food and fun daily at both sites. Dane County, through the Senior Dining Program, is proud to support the good nutrition of seniors, helping to ensure they remain healthy and in our communities for years to come.

As this special edition of the Northside News focuses on Dane County’s senior population, it’s a great time to wish a happy 40th anniversary to NESCO and to wish all the residents of Madison’s Northside a wonderful 2015.

From

MELISSA SARGENT

STATE REPRESENTATIVE



Silver Alert saves lives

If you’ve driven on any Wisconsin highway recently, you may have noticed the digital signs displaying an announcement for a Silver Alert. The Silver Alert program is a new statewide resource to protect Wisconsin’s seniors. Silver Alerts will go out by email, text message or fax through the Wisconsin Crime Alert Network to notify the public that an adult with Alzheimer’s, dementia, or other permanent cognitive impairment is missing.

I am proud to serve as the ranking Democratic member of the Committee on Aging and Long-Term Care in the State Assembly. This committee works on the important issues facing the elderly in our state.

Last session, we worked in a bipartisan manner on the Silver Alert legislation. We heard moving testimony from people who had experiences with an elderly family member going missing due to a cognitive issue. I’m sure many of you have a personal story about an experience like this. My grandmother once went missing for hours due to de-

mentia. Thankfully, she was found, but the Silver Alert program could have saved valuable time during this period of crisis.

The Silver Alert program was unanimously approved by both the Assembly and Senate. It was signed into law in 2014 and went into effect in August. This common-sense measure will help to keep family members safe and increase communication between law enforcement and the communities they serve.

Silver Alert legislation has been effective in other states where it has been passed. In North Carolina, 128 Silver Alerts were issued in the first year of implementation. Of these, 118 seniors were safely recovered.

According to the Alzheimer’s and Dementia Alliance of Wisconsin, at least 116,000 people with dementia reside in Wisconsin, and approximately 60 percent will wander at some point as their condition progresses. If not found within 24 hours, up to half of wandering seniors with dementia suffer serious injury or death. We owe it to our seniors and their families to provide the security of knowing there are mechanisms in place should someone go missing.

As I continue my work on the Aging and Long-Term Care committee, I am confident this legislation will help Wisconsin seniors and save lives.

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Northside residents

LIBRARY

From

KATIE SCHARF

246-4547



LAKEVIEW BRANCH LIBRARIAN

Lakeview Branch Library: 246-4547
Hours: Mondays–Fridays: 10 am–8 pm
Saturdays: 9 am–5 pm

The Friends of Lakeview Library will hold their next Quarterly Book Sale Saturday, March 21, 9 am–4 pm, with a members-only sale Friday, March 20, 6–7:45 pm, and a Saturday bag sale, 2–4 pm. All proceeds fund library programs. Become a Friend.

Family Forts Storytime
Tuesday, Feb. 3, 6–7:45 pm
Thursday, March 12, 6–7:45 pm
How fun will this be? Bring blankets and pillows and get cozy and creative at the library. Enjoy a snack and a story and then get busy building your fort and reading as a family.

Pokemon Club
Thursdays, Feb. 5–March 12, 4–5:30 pm

It’s back. Do you love Pokemon? School-aged children will learn how to play during the first half-hour and then compete against other children.

Crafternoons
Tuesday, Feb. 10, 4 pm

Come one, come all. School-aged children can join creative librarians for afterschool craft fun with colorful paper, glitter, glue and paint.

A Valentine to the Earth
Saturday, Feb. 14, 10:30 am
Join the Northside’s own Clare Norelle for stories and songs about loving the earth.

I ♥ Art
Saturday, Feb. 14, 1 pm
Construction paper, stamps, stickers, glitter and more, all waiting for your creative mind to put them together as original and unique Valentine creations. Children ages 5 and up are invited to attend. Children under 7 must have an adult helper.

Read to a Dog
Saturdays, Feb. 14 and March 14, 2 pm
Bring a favorite book and read aloud to a furry friend. Time slots are available on a first come, first served basis

Library LEGO Club
Tuesdays, Feb. 17 and March 17, 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.

Library Laboratory
Fridays, Feb. 20 and March 13, 6–7:45 pm
Stop by this drop-in session to play all sorts of games, experiment with cooking, get creative with art, and more. This program is for children in grades 3–12. Supervised younger siblings are welcome.

Wooden Art Car with Justin Bitner
Tuesday, March 10, 4 pm
Join artist Justin Bitner and make a wooden art car inspired by your favorite book in the library. Call 246-4547 to register beginning Feb. 24. This is a Bubbler program.

Wonderworks
Wednesdays, March 11 and 18, 10:15 am and 11 am
Pre-kindergarten children can explore science, technology, engineering and math through play and books. To register, pick up a nametag from Ms. Madeline just before the class.

One World, One Sound Drum Circle
Saturday, March 14, 10:30 am
The whole family can find their groove in this drumming circle with Elmore Lawson.

Toddler Dance Party
Tuesday, March 17, 10:30 am
Children ages 2 and up are invited to come and shake it all about.

LEGO Buildathon
Tuesday, March 31, 2–4 pm
Join us for two hours of building fun. We’ll have LEGO blocks, LEGO coloring sheets, foam blocks and lots of time for building.

Preschool Storytime
Tuesdays, Jan. 13–March 3 and March 31–April 14, 10:30 am
Stories, fingerplays and songs that help preschool children ages 3–5 develop early literacy skills. Younger siblings are welcome. Groups are welcome.

Book Baby
Tuesdays Jan. 13–March 3 and March 31–April 14, 11:30 am
Babies 0–15 months old will enjoy stories, songs and activities. One adult per baby is required. Class length is 15 minutes, with time for play and conversation.

Toddler Time
All Wednesdays in February, 10:15 am and 11 am
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, 6 pm
All ages and skill levels are welcome.

Introduction to Woodcarving
Monday, Feb. 16, 5:30–7:45pm
This safety-first introduction to basic woodcarving is presented by the Capital Area Carvers of Wisconsin and is appropriate for attendees from age 10 through adult. All tools and safety gear, including Kevlar gloves and wood, are provided. Call 246-4547 to register.

Adult Programs

Free Income Tax Preparation
Every Monday and Thursday through April 13, 1–4 pm, by appointment
Trained Volunteer Income Tax Assistance (VITA) personnel prepare individuals’ basic tax returns for free. If married and filing jointly, both spouses must be present. Completed returns will be filed electronically. Call 246-4547 for a half-hour appointment.

Health Care Enrollment Assistance
Thursday, Feb. 5, 1:30–4:30 pm
Certified Application Navigators from Covering Kids & Families Wisconsin will answer your questions and assist you in choosing a health care plan. Please bring the birthdate and Social Security number of each person who needs insurance, income information (pay stubs, W-2 forms, or wage and tax statements), and policy numbers and information for any health insurance plans currently covering the people in your household.

Computer and eBook Assistance
Mondays, 10 am–1 pm, by appointment
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
Friday afternoons, by appointment
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 for an appointment.

Adult Noon Book Group
Second Thursdays
Discuss books and eat treats. It’s more fun than anything. Feb. 12, “Life After Life” by Kate Atkinson; March 12, “Destiny of the Republic: A Tale of Madness, Medicine and the Murder of a President” by Candice Millard. Copies are available at the library.

Scrabble for Adults
Every Wednesday, 10 am
Sharpen your mind with a group that makes it fun.

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

Computer Workshops

The following series of three free computer workshops is presented by Cris Carpenter of HouseCall Computer Services:

PC Maintenance and Performance
Saturday, Feb. 28, 11am–1 pm
Keep your Windows-based PC systems running at peak performance levels and prevent common computer problems. Topics include: hardware specifications, hard drive cleanup and maintenance, managing startup options, updates and upgrades, Windows operating systems (XP, Vista, 7 and 8), web browsers and more.

Internet Security
Saturday, March 7, 2–4 pm
Internet threats can take a variety of forms and most are intended to extract sensitive information from your computer and/or money from your accounts. Learn how to protect your computer, personal information and accounts by recognizing common threats, utilizing effective security software, and employing safe web browsing and emailing practices.

Backup Strategies Class
Saturday, March 28, 11 am–1 pm
Use simple techniques and strategies for successfully backing up and restoring computer data files. Topics include: identifying and locating files to back up, choosing a backup media or online service, techniques for successfully backing up and restoring files and utilizing automated backup software.

WRAP from page 17

laboratory testing included medical imaging using a variety of techniques. Lifestyle and health questions have been shared with my family, and I have had follow-up assessments every four years. Some times I have received a stipend for my clinic and hospital visits. I have seen new places in UW-Madison research centers, met very nice and interesting clinicians and technicians, and I even have a picture of my own brain.

Participation in WRAP has grown to more 1,500 and the study is now recognized around the world as one of the premier cutting-edge programs. There are two public updates a year held in several locations around the state. People attending have been able to get up-to-the-minute information on researchers’ findings and get answers to their many questions. Recommendations on diet and exercise have been emphasized to help stave off the onset of the disease and other forms of dementia. I have enjoyed attending public updates, meeting researchers and other study participants, and connecting with friends.

I will continue to be part of WRAP because I like playing a part in finding answers to this devastating disease and being able to share information on the latest outcomes with others.

The Wisconsin Alzheimer’s Disease Research Center is now in special need of participants in two areas. The first is healthy controls. That means if you are age 45–65 and don’t have dementia in your family, you can participate in research at UW-Madison that helps the side of the family that is impacted. The other is the national Anti-Amyloid Treatment (A4 Study, for short), a new drug study for folks age 65–85 who are at risk for developing dementia. For further information on how you can help today or in the future, contact Carol Hutchison at 265-0407 or email csutch@medicine.wisc.edu.

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Feeling off?

ENVIRONMENT

Northside nature trails and tales: bird stories from the “Crane Cult”

By Paul Noeldner
Wild Warner

Ten thousand years ago humans probably would have been sitting around the Warner Park senior lunch tables cutting sandwiches with Clovis-point stone spearheads and pointing at wooly mammoths and Sandhill cranes wandering through Warner marsh when the Ice Age receded. As a senior citizen myself, I find that, as I get older, 10,000 years doesn’t seem so long ago. Consider that for every 100 years there was a grandparent, parent and grandchild who shared stories. That means a chain of only 300 relatives could take us back to the Ice Age.

Friends of Lake View Hill
Park Annual Meeting

The Friends of Lake View Hill Park will hold its annual meeting at the Dane County Human Services Building, 1202 Northport Dr., Saturday, Feb. 7, from 10 am–12 pm. The agenda includes:

- 1. Annual restoration plan
- 2. AES presentation on the last and next 10 years
- 3. Fountain restoration
- 4. Water tower
- 5. Tower fund
- 6. Birding data
- 7. Electing board of directors

Everyone is welcome and refreshments will be served. If you wish to join, you may join at the meeting or online at www.lakeviewhill.org.

The Sandhill cranes that visit the Nature Nook bird feeders outside the senior lunch meeting room windows have a history in Warner Park one thousand times older than that. One fossil found in Nebraska is about 10 million years old, making cranes one of the oldest bird species on earth. Amazingly, these ancient cranes are still around. The stories today’s grandparents and grandchildren share about them still connect us with each other and with our natural world.

I was visiting the senior lunch group to ask for their favorite stories about Warner Park cranes and other birds. They all mentioned the magic of seeing the 5-foot-tall Sandhill crane pair that often come right up to the meeting room windows. In fact, these youthful seniors humorously call themselves the “Crane Cult.”

Etta’s favorite crane story was watching one peck at the window trying to catch a fly, but the fly was on the inside. Etta has lived on the Northside since 1959 and her daughter grew up fishing in Warner Park and the creek. Walter fondly remembered seeing one of the cranes raise its head straight up and trumpet loud and long at what looked like nothing but an empty sky. After walking outside, Walter spotted a flock of circling cranes trumpeting back from far overhead, perhaps waiting for their friend.

Many of the seniors had other favorite birds, too. Walter’s likes the goldfinch and cedar waxwing. Mary favors the Badger-red cardinals. The beautifully spotted mourning doves that visit the heated bird bath and the colorful downy woodpecker at the Nature Nook suet



Warner Park Sandhill cranes visit the Nature Nook.

Photo by Paul Noeldner

feeder are popular winter visitors with Gwen and others. Dean has lived on the Northside 37 years and is very happy Warner Park is a bird sanctuary, especially for bluebirds. Valerie has lived nearby for more than 30 years and most enjoys seeing the cranes and foxes.

Warner Beach was a popular swimming spot for Priscilla and other seniors. They remembered the awe of seeing immense flocks of waterfowl. Some of that wonder is coming back today as our lakes improve. More than 1,000 Tundra swans and other migrating birds are again visiting the Warner Park lakeshore. Helen picked the robin, Wisconsin’s state bird, and on this cold winter day, the spring robin song we played on the DVD was especially lovely. Even the scrappy house sparrows trying to make a living in the bluebird box and pecking at

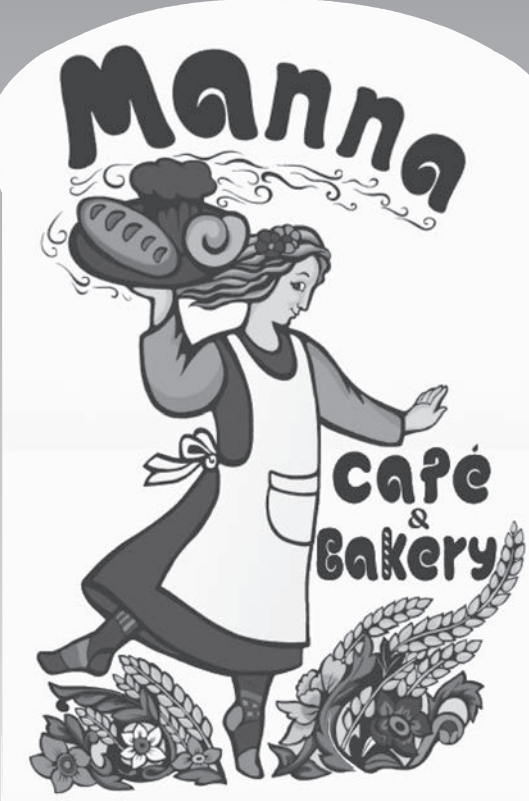
the bird feeder are special friends.

The Harrisons were celebrating their 65th wedding anniversary, and their favorite is the crane, but they enjoyed sharing crow stories, too. (By the way, their secret to a long marriage is to “ignore the noisy crows and stay in bed every Saturday morning until 11.”)

Seeing wild birds that can fly free come up close and visit us touches everyone. Be sure to take a look at the Warner Park Nature Nook area outside the big meeting room windows the next time you visit. Also check out the new Nature Center area photos of the Warner Park crane family. These Northside senior citizens have discovered that enjoying birds and nature helps keeps us young at heart.

One last question lingered, what do these 10-million-year-old cranes think of us newcomers?

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ENVIRONMENT

People empower energy resources with renewable ideas

By Dan Tortorice

Our country was nearly two centuries old before we had to start thinking seriously about how we use energy. In 1973 the major oil-exporting countries of the Middle East began to embargo oil shipments to the U.S. in response to our support of Israel in the Yom Kippur War. When the price of oil quadrupled, our consumption of oil, which had been increasing for decades, suddenly looked like a bad idea.

This event forced us to look at energy conservation as a means to improve our economy and to protect our air and water from costly pollution. We made an investment in energy conservation that

has produced tremendous results in the last 40 years. The federal government forced automakers to build higher-mileage vehicles. Institutions at every level of society realized they could benefit by conserving energy. Ideas such as recycling of resources, renewable energy creation and just plain walking instead of driving have steadily spread.

These efforts toward increased efficiency have contributed more to our energy outlook than the combined contributions of oil, coal, natural gas and nuclear. Our total energy use peaked in 2007 and has trended downward since then. Homes and businesses are using 12 percent less oil now than they did in

2005. We are now getting one-eighth of our total energy from renewable sources like wind and solar, which are the fastest growing areas of energy production. New technologies, like LED light bulbs, will have a big impact as they grow in the marketplace. These bulbs use only one-fifth of the energy consumed by incandescent bulbs.

In Wisconsin we created the state program Focus on Energy (FOE) in 2001. FOE provides information, assessment, assistance and rewards to energy consumers. Their Home Performance with Energy Star® program provides homeowners with cash rewards for doing smart things like sealing air leaks in

their homes or replacing an old furnace with an energy efficient model. MGE has a service to help their customers calculate home heating bills to look for possible significant savings. These programs can assist seniors who may be living on a fixed income.

Those of us who choose to live on Madison's Northside make our own contribution just by living in an area that has convenient services and mass transit. Our investment in energy conservation will continue to benefit us in the future.

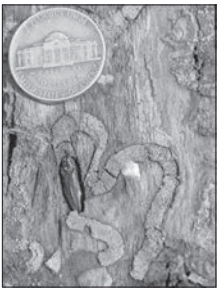
For more information visit <https://focusonenergy.com/residential> and <http://www.mge.com/saving-energy>.

Ash from page 1

types of wood, will burn right after being cut down. Dane County, along with most of southern Wisconsin, has been under quarantine for firewood transportation.

Despite efforts to slow the spread, area ash trees will soon show signs of the disease. During a Nov. 24 community meeting, city forester Marla Eddy said, "Our community has the opportunity to make some choices in dealing with this natural catastrophe." She explained that the goal is to not remove all affected trees at the same time, adding, "We want to control how we'll lose our trees." Waiting for the affected trees to die, however, would be a public safety hazard.

There are approximately 21,000 ash street trees in the city of Madison, and about one-third of them will receive chemical treatment injections every two years.



The emerald ash borer threatens to destroy tens of thousands of Dane County trees in the coming years.

Street trees less than 10 inches in diameter won't receive treatment because multiple drill points could destabilize the tree. Trees that are under power lines with clearance pruning and trees in poor condition that won't effectively absorb the treatment also will not be treated.

Street trees that are to be cut down are marked with a yellow dot. City crews are

currently making the rounds on the Northside. Once the ash trees are removed, the goal is to replant as many trees as possible as soon as possible. Eddy said the replacement rate is at about 80 percent, and the goal is to plant new trees within three growing seasons. The city will be using 20 different replacement species, and the goal is to have three different species on each block. Having more diversity will help protect against future diseases and pests.

For homeowners, the first step is to identify any ash trees on their property.

There are two main options — treatment or removal. With the confirmed presence of EAB on the Northside, all ash trees are in danger and now is the time for homeowners to do their research. For more information, check out the City of Madison EAB webpage at www.cityofmadison.com/parks/services/forestry/pests/EAB.

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From

JACOB
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245-3690



WPCRC FACILITY MANAGER

Happy 2015 from the Warner Park Community Recreation Center (WPCRC). Winter is a great time to re-new your commitment to get fit or learn something new. We have classes and programs for all ages at the WPCRC. As we welcome the New Year, I want to share some upcoming programs and activities.

I invite everyone to the inaugural “Bowls for Hunger” event March 14. Volunteers and artists from all over Madison have created one-of-a-kind pottery soup bowls. Similar to the Milwaukee Empty Bowl or the Souper Bowl at Madison West High, Bowls for Hunger will sell meals and a commemorative bowl as a fundraiser. Money raised at the event will be donated to the FEED Kitchens, located here on the Northside. Details will be available as the event date comes closer, so watch for information on times, entertainment and menu.

Warner Family Fun Nights on Feb. 13 and March 13 will help ward off the winter blues. We will have pottery and art projects, family fitness classes like Zumba and Hula Hoop, bouncy houses and more. March 13 is Beach Party Family Fun Night. We will show a beach-themed movie with popcorn, host a beach-themed dance, and have lots of fun dreaming of sunshine and warm temperatures.

Start the New Year right by hitting the gym and becoming a fitness center mem-

ber. 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 recently made a few changes to policies. If you buy a 20-visit pass, it no longer expires in 90 days; it is good for one year from the date of purchase. We also expanded free exercise hours at the fitness center and changed the policies on youth members.

As we look forward to 2015, don’t forget to visit the WPCRC. Let us know if there are things you think we could be doing to better serve the Northside. We look forward to seeing you at Warner Park, where everyone is welcome.



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Circle of Friends goes citywide

By Dorothy Borchardt
Warner Park Circle of Friends

The time has come for the Circle of Friends (CoF) to go citywide with our dream for an indoor pool at the Warner Park Community Recreation Center (WPCRC). The Warner pool will be used year-round with affordable swim lessons for all children. Swim meets on weekends will draw families to Madison’s Northside, fostering new jobs for pool staff and new customers for Northside businesses, and possibly even creating a demand for a hotel off International Lane.

Wanting to share the dream with the entire swimming community, CoF has organized a new subcommittee made up of swim families from all over town. By the time you read this article, the subcommittee will have held their first meeting. If you are interested in having your voice heard, please let us know. Contact Steve Nelson if you’d like to serve on a working committee.

In addition to the Warner Pool Fund, the CoF has a general fund to cover other needs at the WPCRC. Do you need to use a computer for a couple of hours and don’t have one? Check out a laptop or tablet to use at the center for up to two hours. The COF has also taken the lead on raising funds for equip-

Mark your calendars with
these 2015 CoF events:

Election Day Cookie Sale
Tuesday, Feb. 17

Election Day Cookie Sale
Tuesday April 7

Pounding the Pavement for the Pool
Saturday, Aug. 29

ment for the exercise room. When you come to exercise, drop off your donation with a note telling us what you think is needed. Every dollar helps.

Membership in the CoF is open to all residents who support the WPCRC and want to be a part of its continued growth and success. Board members are selected from CoF members who have volunteered to help and have the time to participate on a working board. Our board members are all volunteers; we have no paid staff.

New members and volunteers are always welcome. Contact one of the following: Dorothy Borchardt (dborchardt1@charter.net), Steve Nelson (onelly@charter.net), Terry Smith (tandbsmith926@yahoo.com).

Pickleball gets you moving at WPCRC

On Friday afternoons from 2:30–4:30 pm two courts are available for open Pickleball games at the Warner Park Community Recreation Center. All ages and newcomers, as well as experienced players, are welcome. Games started Jan. 16 and will continue through June 12. The only cost to partici-

pate is the \$2 daily fee to use the facility.

In Pickleball, players use paddles to hit an oversized ping pong ball over a tennis-size net. It combines elements of badminton, table tennis and tennis. The rules are simple, and the game is easy to learn and fun to play. Join us.

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FRIDAY, DECEMBER 12
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Oct 10 - Northside News - NORT night
Nov 14 - Dane County UW Extension
December 12 - Madison Audubon
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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

Join us on Friday nights for family fun! Take one of the family fitness classes for all ages; take flight in the bouncy house in the gymnasium; try your hand at throwing clay in our pottery studio; stop by the art room for this month’s drop-in art project; or challenge your kids to a ping pong match in our game room. Kids age 11 and under need to be accompanied by an adult.

Limited scholarships available – inquire at WPCRC




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photo by Mike Moskoff

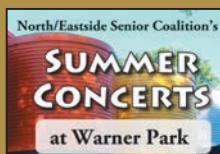
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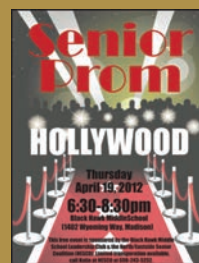
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For more information contact us at 608-243-5252 or email info@nescoinc.org.



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