

MEADOWOOD

Newsletter of the Meadowood Neighborhood Association

January, February, March 2011

President's Message – Lisa Veldran

lveldran@yahoo.com 271-0722

Well winter is definitely here! Remember to check out the City's webpage on all things winter at <http://www.cityofmadison.com/residents/winter/>. Here you will find out whether a snow emergency has been declared, snow plowing updates, information on sidewalk clearing and winter fun. You can also sign up for alerts via email!

Our neighborhood has seen an increase in burglaries, as have surrounding areas. I recommend you read the inserts on residential burglary and auto theft and the home security check list. If you haven't already, please sign up to be part of the Meadowood Neighborhood Watch Yahoo Group at <http://groups.yahoo.com/>. This is one way to be kept informed of criminal activity occurring in Meadowood.

As always, lots of good things are happening!

- Landlords on Balsam Road are looking at ways to improve community with landscaping.
- Meadowood Park will be renovated this year with new playground equipment, a larger shelter, water bubbler and another basketball ½ court.
- Read about a new homeowner from the Habitat for Humanity project on Russett Road at www.habitatdane.org/curr.detail.cfm?build=192.
- With Spring will come the Meadowood Community Garden and the Southwest Community Farmers Market. Definitely something to look forward to when winter becomes overbearing!

What does your membership do? The MNA Board is charged to disburse donations to neighborhood organizations. After a year hiatus we disbursed \$800 in donations in November to: Good Shepherd Food Pantry, Meadowood Neighborhood Center, Friends of Meadowridge Library, Millennium Soccer Program and the Southwest Resource Center – all organizations that serve Meadowood residents in one way or another.

As the weather warms up (eventually) we will see each other out and about but in the meantime keep

a watch out for each other and please check up on any homebound neighbors during the winter months.

BINGO, BINGO, BINGO!

The Meadowood Neighborhood Association is having a Bingo Party, Saturday, January 29th at the Knights of Columbus Hall with snacks and a cash bar. Games will begin at 7:00 p.m. This event for ADULTS ONLY who are current MNA members. If you are not a member, you can join that night for \$5.00. Directions:

Whitney Way south to Williamsburg Way. Turn left on Williamsburg Way and continue to Anton Dr. Right on Anton (M&I Bank is on the corner). The KC bldg. is on the left next to the Chalet Ski Shop. The building is handicap-accessible. For more info call 271-5054.

MEADOWOOD COMMUNITY SUPPER **January 19 - Celebrate Our Successes!**

Doors open at 5:30 p.m., Dinner at 6:00 p.m.
Meadowood Neighborhood Ctr, 5734 Raymond Rd.

Come in from the cold and enjoy a hot meal, time with your neighbors, and a conversation about what's happening in the area! After dinner there will be a Mayor's Roundtable Discussion

Future 2011 Community Suppers

Wednesday, April 13, 2011

Wednesday, July 21, 2011

Wednesday, October 12, 2011

Free Income Tax Help Available!

The Volunteer Income Tax Assistance (VITA) program is coming to the Meadowood Neighborhood Center! IRS certified volunteers will help prepare basic tax returns for low and moderate income people. VITA will be at the MNC from 4-8 pm on 2/23 and 3/2. Keep checking the MNA website for more information!

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www.meadowoodneighbors.org

Meadowood Neighborhood Center Update

Cristine Reid, MNC Director

We are quickly approaching our 2nd anniversary in February! Here is a sneak peek at some of our 2010 statistics. We had 10,950 visitors to the center, provided over 3000 hours of programming, 835 households in the Meadowood Neighborhood participated and had 400 hours of volunteer help. We thank you for all of your support! If you wish to be added to our email list, please email meadowood@madison.k12.wi.us

Our Winter Program Flyer is out, did you see it in the current *Meadowood*? Some highlights include: free tax preparation, computer classes, creative writing group and preschool social hour. Please note that our Meadowood Talks have been moved to Saturday morning to be available to a broader community base. Some of the topics and presentations are on genealogy, identity theft, how to get a free credit report and information on preparing your child for college.

Also, we have a special presentation that is not missed! "Walking in My Shoes", Thursday, January 13 at 6:15 pm at the Meadowood Neighborhood Center. It will provide insights to understand today's youth. Presented by MSCR High School Specialist RJ Knight. RJ was the recipient of "2010 Youth Worker of the Year" by the Youth Resource Network.

Last, we want to invite anyone who has lived in the Meadowood neighborhood for at least 20 years to a special get together on Saturday, January 15th at 10 am for conversations and sharing memories and treats.

Thank you neighbor

Thanks to my anonymous neighbors on Aspen Rd. who help my husband and I (both disabled) by bringing our trash/recyclable cans up the driveway.

And, thanks to the Aspen Rd. residents who put their excess garden produce out in front of their house for folks to take for free. —*Joyce Dingman*

Vitense Golf Family Fun Saturday, March 5

Is winter becoming a drag? Are the kids (and you) stir-crazy? Then join us at Vitense Golf (Whitney Way & the Beltline) from 6 p.m. to 8 p.m. for a fun family evening! **Free pizza and soda, and one free round of mini-golf for children 12 and under.** (Mini-golf \$7.50/game for children over 12 and adults, and \$6.00 for those over 55). You must be a current member of MNA, and adults must accompany children at this event. Bring your MNA membership card. RSVP to Lisa Veldran by Friday, February 25th. We look forward to seeing you and your family at the party!



MATT WINZENRIED

Real Estate Consultant

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www.IMadisonHomes.com



Broken Window Theory

submitted by Lori Chalecki, MPD West District

In 1969, Philip Zimbardo, a Stanford Psychologist, reported on some experiments testing the "broken-window" theory. The condensed version of the theory: fix problems when they are small so that problem doesn't grow into a larger problem or other problems compound the initial problem. The following is an edited excerpt from the *Atlantic Monthly* Broken Windows article:

"Window-breaking does not necessarily occur on a large scale because some areas are inhabited by determined window-breakers whereas others are populated by window-lovers; rather, one unrepaired broken window is a signal that no one cares, and so breaking more windows costs nothing. (It has always been fun.)

Zimbardo arranged to have an automobile without license plates parked with its hood up on a street in the Bronx and a comparable automobile on a street in Palo Alto, California. The car in the Bronx was attacked by "vandals" within ten minutes of its "abandonment." The first to arrive were a family—father, mother, and young son—who removed the radiator and battery. Within twenty-four hours, virtually everything of value had been removed. Then random destruction began—windows were smashed, parts torn off, upholstery ripped. Children began to use the car

as a playground. Most of the adult vandals were well-dressed, clean-cut whites. The car in Palo Alto sat untouched for more than a week. Then Zimbaro smashed part of it with a sledgehammer. Soon, passersby were joining in. Within a few hours, the car had been turned upside down and utterly destroyed. Again, the vandals appeared to be primarily white.

Untended property becomes fair game for people out for fun or plunder and even for people who ordinarily would not dream of doing such things and who probably consider themselves law-abiding. Because of the nature of community life in the Bronx—its anonymity, the frequency with which cars are abandoned and things are stolen or broken, the past experience of "no one caring"—vandalism begins much more quickly than it does in staid Palo Alto, where people have come to believe that private possessions are cared for, and that mischievous behavior is costly. But vandalism can occur anywhere once communal barriers—the sense of mutual regard and the obligations of civility—are lowered by actions that seem to signal that "no one cares."

Be mindful of your property and surroundings to ensure small problems don't manifest into larger ones.

For the full article go to:

www.theatlantic.com/magazine/archive/1982/03/broken-windows/4465/

CITY ELECTION SCHEDULE FOR 2011


Spring Primary Election - Tuesday, Feb. 15, 2011

Spring Election - Tuesday, Apr. 5, 2011

Polling Places open at 7am and close at 8 pm

- How to register to vote, polling places and list of candidates at www.cityofmadison.com/election/
- Application to be a poll worker: www.cityofmadison.com/election/pollWorkers/apply.cfm
- Information about absentee ballots: www.cityofmadison.com/election/absenteeVoting/

responsibleEnergy



how can you turn this down?

It's that time of year for a simply irresistible energy-saving opportunity. By setting back your thermostat just 1° Fahrenheit, you could save \$25 per heating season. Bigger setbacks save even more. If we all set back just 1° Fahrenheit this winter, we could save enough gas for 3,100 homes. To find out how much you can save with larger setbacks, visit mge.com/setback and use the calculator.

MGE
your community energy company

GS1399 10/28/2010

Become a Friend of the Meadowridge Library!

Your membership helps the efforts of the Friends to ensure that Meadowridge Library remains a special place in our neighborhood. They have contributed funds to purchase new materials, display units and signage and programming for children and adults. In addition to feeling good knowing you are supporting our branch, your membership gives you the Friends newsletter and Friends-only preview time for all Meadowridge book sales. Stop by the Library and join today! Membership forms are available at the counter.

A new LINKcat is coming!

Soon our libraries will transition to new software. There will be a brief cutover period when LINKcat will not be available. During the downtime you WILL be able to check out with your library card and pick up your holds but you WILL NOT be able to check out without your library card, pick up holds for other family members *unless* you have their cards, place new holds, search LINKcat or access your account online or pay fines.

Santa Visit Recap

Santa made his annual visit to Meadowood children in their homes on Saturday, December 11. He was disappointed that few children sent him letters. Times have changed and everyone is busy with many activities but the fall-off in participation was dramatic. Thanks to Matt Veldran, Owen and Abby Mutch, and Mark Bauman.

If you have any ideas or suggestions for Santa visits in the future, please call Dottie Loehrer at 271-5994

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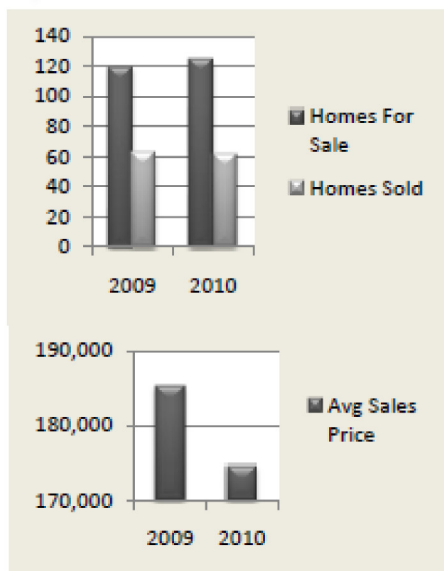
www.meadowoodneighbors.org



"New restaurant impresses with menu, service & prices" – Wisconsin State Journal, December 26, 2010

Find out for yourself about good food in a comfortable atmosphere. Dine-in, Carry-out, Catering
420 Gammon Place (Across from West Towne Mall, next to US Bank), (608) 836-5866
www.bellavitaitaliangrille.com

Meadowood HOUSING MARKET UPDATE



Stats based from January –December of each year

Would you like more information on the value of your home or to learn what we do to sell homes in today's housing market?

Contact your neighbor and Realtor **Matt Winzenried** of **Cooper Spransy Realty**.

- Home Sale
- Estates
- Short Sale

Call or email for a free home value report. Be sure to ask about the unique marketing tactics we use.

608-310-7346

Matt@Cooper-Spransy.com



New Year's Notes by County Supervisor

Matt Veldran Veldran@co.dane.wi.us (608-235-8369)

Happy New Year, Meadowood Neighbors, as we begin a new decade! The County Board finished its short holiday break and resumed meeting to begin work on some of the initiatives included in our current budget.

For the first time in many years, property values in Dane Co. dropped. This posed a challenge for the board to weigh the growing needs of helping families and individuals in need while protecting the public without significantly increasing spending. I believe a balance was struck that protected vital public and human services provided by the County, with the ability to add some small initiatives. Here are some budget highlights:

- The County Executive and the board restored a 3% cut to the human services budget, when significant pressure was being felt to make cuts on the backs of our most vulnerable citizens;

- A staffing study of the sheriff's department recommended significant staffing cuts, particularly in rural parts of the county. The board moved two deputies to the airport (paid from airport funds), preserved community deputies in all parts of Dane County and made no staff cuts.

- Approved \$50,000 for construction changes in the courthouse to improve the work area for the County's child support staff. Keeping vital children protective services intact was important for the board, especially in a poor economy;

- The County will invest in a new \$18 million public radio system to enable all public safety officials to communicate with each other during emergencies. All cities, villages and towns will contribute to its operating costs. Construction will begin next year and be completed by 2013. Savings were made by re-bidding the contract and hiring a new vendor.

- The highway department will start seven new road projects throughout the County. I continually review the department's policies on snow removal with the highway commissioner to make our roads as safe as possible.

- Meadowood's great success utilizing public health nurses led to the "Meadowood-model" budget item by public health director, Dr. Thomas Schlenker! The health department was able to add a staff member to continue increasing its community involvement.

- Executive Falk included \$40,000 in her original annual budget to pay for disposal of household pharmaceuticals collected in drop-off boxes. Currently two boxes are being piloted at the East Madison precinct and in Middleton. More boxes will be placed after the initial phase.

- The completion of the Lower Yahara River Bike Trail linking McFarland with Lake Farm Park and the Capital City Bike Trail system with State matching funds.

Dane County will open its new Badger Prairie Nursing Home in February which will provide services for the county's most needy, health-challenged residents. The building uses a geothermal heating/cooling system, solar heated hot water, energy efficient windows and "green" roofing materials.

I chair the Energy Task Force Committee which will award the final contracts from the federal stimulus grant program. This is the completion of over \$2.3 million dollars in energy efficient improvements in County-owned facilities saving Dane County thousands of dollars in energy use and paying for themselves in only a few years.

The County partnered with farmers in both Northern and Western Dane Co. to build two methane digesters designed to use local farm-made cow manure to produce energy and better protect the Yahara watershed from run-off. The first, in Westport, is up and running. The second, in Middleton, will start construction later this year. The "cow-power" projects are important economic and environmental advances for the region.

I co-sponsored a resolution, which the board passed, urging the state to re-evaluate parts of its supplemental environmental impact statement on the Verona Road project. I reviewed constituent responses and a formal letter from the Meadowood Neighborhood Association requesting a closer look be taken at

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www.meadowoodneighbors.org

a number of the concerns you shared with me. We will see how the new administration will view the significance of this project. I will continue to meet with Rep. Berceau on this matter.

Finally, at its last meeting the County Board approved Kathleen Falk's appointment as interim county executive after her resignation last month. She will leave office shortly after the Spring election. I urge everyone to take time to research all of the candidates running for county executive and vote on February 15th and April 5th! The board also approved long term contracts with all county employees through 2013, saving \$1,000,000 for county residents and bringing stability and certainty for county employees.



Domestic Abuse Intervention Services (DAIS) works to empower those affected by domestic violence and advocate for social change through support, education and outreach. Our vision is a non-violent community that actively promotes safety, peace, justice and hope. We have been in Dane County for over 26 years working to make our community a safer, more just, more equitable place for people who have experienced domestic violence, their children, and the people who love them.

We offer many support services, and volunteers are essential in providing these services to our clients and are involved in every aspect of the work we do. Our volunteer program increases support services to victims by two-thirds of what staff alone can do.

The following are ongoing DAIS Volunteer Opportunities:

- Crisis Line Advocate
- Crisis Response Advocate
- Shelter Advocate
- Children's Advocate
- Marketing and Media Advocate
- CAPE (Community Awareness and Prevention Education) Advocate
- One-Time Service Projects

If you are interested in volunteering with DAIS or for more information please contact:

Kira Young, Outreach and Volunteer Coordinator
(608) 251-1237, kiray@abuseintervention.org
<http://www.abuseintervention.org>

Monona Terrace Events

CELEBRATING YOUTH!

Sunday, January 30

11AM - 5PM

FREE AND OPEN TO THE PUBLIC

Join the Wisconsin Youth Company for the 12th annual Celebrating Youth! event. Witness the amazing talent and dedication of area children by visiting the four performance stages and the art exhibit. Enjoy many activity areas providing hands-on fun, and exhibitors with resources for families. Visit <http://www.celebratingyouth.org/> for up-to-date information or call 608.276.9782, ext. 23.

TUNES AT MONONA TERRACE

Wednesdays, 5:30 - 7PM

FREE AND OPEN TO THE PUBLIC

Come out for an early evening of celebration and dance highlighting the great heyday of live band music! Tunes at Monona Terrace has become a Madison tradition having entertained over 65,000 people since 1998. This year's series is sponsored by a grant from the Madison Arts Commission, with additional funds from the Wisconsin Arts Board, and the Dane County Cultural Affairs Commission with additional funds from the Overture Foundation and the Pleasant T. Rowland Foundation. A wooden dance floor and ample seating is provided. A cash bar, and light fare with nightly specials are available for purchase at 5pm.

FEBRUARY 16– Bob Klinger Band (Polka)

MARCH

02 SwingTime Music (Jazz Quintet)

16 Tony Rocker & the Comeback Special Showband (Elvis Tribute)

30 Universal Sound (Variety Dance Music)

APRIL 13– All That Jazz (Big Band)



Meadowood Neighborhood Center



Winter 2011
January 3–March 31, 2011
5734 Raymond Road, Madison, WI
608-467-8360

MADISON METROPOLITAN SCHOOL DISTRICT





Meadowood Neighborhood Center



Madison School & Community Recreation (MSCR) has managed the Meadowood Neighborhood Center (MNC) since it opened on February 23, 2009 as a pilot center. This was a collaborative project with the City of Madison. The Center is located on Madison's southwest side at 5734 Raymond Road, next to the Meadowridge Public Library.

The purpose of the MNC is to provide a safe, supervised place for youth during the after school and evening hours, a place for neighbors to meet and socialize and a place for adult programs. The space is a focal point in the neighborhood to share resources for a better and stronger community. For more information: www.mscr.org/meadowood

Funding

Funding for the Center is provided through Community Development Block Grants (CDBG) and the Madison Metropolitan School District (MMSD), MSCR and community donations.

Donations

We are steady need of copy paper, pens, pencils, markers, resume paper, sharpies, plain white envelopes, post its, batteries – AA, AAA, C, D, 9 volt, coffee, coffee filters-large, styro/paper coffee cups, plastic/paper bowls, paper plates, paper towels, plastic forks/knives/spoons. A detailed list can be found at the center or on our website. Monetary donations are accepted and should be written out to the *Meadowood Neighborhood Center*.

Registration

Although the vast majority of programs at the Center are free, our funding sources require us to report monthly on statistics for the center. To use the MNC, a registration form must be on file. MSCR fitness classes require registering with an MSCR program registration form.

Statistics

| | <u>2009 Actual (Mar-Dec)</u> | <u>2009 Goal</u> | <u>2010 (thru November)</u> | <u>2010 Goal</u> |
|---------------------------|------------------------------|------------------|-----------------------------|------------------|
| Hours of Operation | 2366 | 1500 | 2573 | 2050 |
| Unduplicated Participants | 765 | 450 | 1018 | 820 |
| Visitors | 7000 | - | 10,230 | - |

Center Hours

January 3-March 31, 2011
Monday & Thursday-9am-6pm
Tuesday, Wednesday, Friday-9am-8pm
Saturday 10am-6pm

Meadowood Neighborhood Center
5734 Raymond Road, Madison, WI 53711
608-467-8360

www.mscr.org/meadowood



A department of  MADISON METROPOLITAN SCHOOL DISTRICT



ADULT ENRICHMENT

Knitting Group

Compare patterns, share techniques and trade tips. Meet, mingle and knit with other neighborhood knitters! Anyone wanting to learn to knit welcome too! Drop-in, Wednesdays, 9:30am.

Writing Our Life Stories

Everyone has a life story to tell. Life stories have the power to inform, inspire, and compel. This class helps preserve your unique stories. Pre-registration requested. Mondays, 1/24-3/14 @ 10am.

HOOK UP

Employment Connections Group Every Wednesday 10am-12pm

Assistance with job search, job leads, computer assistance, resume development and other services and receive one on one service for neighbors trying to secure employment. New jobs leads printed out each week. A collaborative program with Joining Forces for Families, Urban League, Employment and Training Association and the Meadowridge Library.

Also, every other Wednesday, those who receive Food Share benefits and are searching for employment can speak with a Economic Work from the Dane County Job Center. Find out if you are eligible for child care assistance or transportation assistance including gas cards, bus tickets and/or mileage reimbursement.

Community Suppers

Wednesday, 1/19, 6-7:30pm

Wednesday, 4/13, 6-7:30pm

Meet and greet your neighbors at the Meadowood Neighborhood Center, make new friends, enjoy a free delicious meal, learn about all the great things happening in your area and how you can get involved!

Free Tax Preparation

This service is available at Meadowood Neighborhood Center Wednesdays, 2/23 and 3/2 between 4-7pm. You are eligible if your household income was under \$49,000 in 2010. You could also qualify for Earned Income Tax Credit (maximum is over \$5,600 for some families), Child and Dependent Care Credit, Education Credit and more! **Sign up for an appointment at the MNC @ 467-8918.** *Service provided by: Progress Through Business, Non-profit VITA -- Volunteer Income Tax Assistance and UW Credit Union.*

MEADOWOOD TALKS

Free, Drop-in

Walking in My Shoes

Thursday, 1/13 @ 6:15pm

An inside look at Understanding today's youth. A presentation not to be missed! Presented by MSCR High School Specialist RJ Knight. RJ was the recipient of "2010 Youth Worker of the Year" by the Youth Resource Network.

20 Year Club

Saturday, 1/15 @ 10am

All neighbors who have lived in the neighborhood for 20+ years are invited to come share in coffee, treats and conversation.

Remember When....

Saturday, 1/22 @ 10am

Do you remember what used to be at the Meadowridge Shopping Center mall? Did you attend Orchard Ridge Elementary School? Come share your memories and hear about the neighborhood history you live in. We invite all residents to come and share their known and unknown facts

Art Service Project

Saturday, 1/29 @ 10am

Help to complete 100 art projects to be distributed locally to brighten the day of those in our neighborhood. We supply the activity and supplies, you supply the creativity. Different projects each week.

What Every Parent Needs to Know About Getting

Their Kid Into College

Saturday, 2/5 @ 10am

Session includes what parents can do to help their children prepare for college at every grade level. Topics include setting expectations, preparing academically, researching & applying to colleges & financial aid. Presented by Great Lakes Higher Education Corporation.

Getting Started Researching Your Genealogy

Sat. 2/12 @ 10am

Geared towards those who want to begin researching their family histories. Presented by neighbor Kay Simmons, who has 25 years experience researching her own genealogy.

Art Service Project

Saturday, 2/19

Help to complete 100 art projects to be distributed locally to brighten the day of those in our neighborhood. We supply the activity and supplies, you supply the creativity. Different projects each week.

Protecting Yourself from Identity Theft

Saturday, 2/26 @ 10am

Increase your awareness and information on how to protect yourself from becoming a victim. Presented by the Retirement Education Council of America.

Art Service Project

Saturday, 3/5 @ 10am

Help to complete 100 art projects to be distributed locally to brighten the day of those in our neighborhood. We supply the activity and supplies, you supply the creativity. Different projects each week.

Get Up To Date w/ Your Credit Report

Saturday, 3/12 @ 10am

What's all on your credit report? Learn how to read your credit report and how to improve and/or maintain your credit score. Presented by Dane County Credit Union.

Stepping Stone Project

Saturday, 3/19 @ 10am

Create a mosaic stepping stone for your yard or garden. Learn the mosaic technique using stained glass pieces to create and adhere your design to a stepping stone. Written grouting instructions sent with you to completing your piece at home. \$5 fee collected at class for materials. Call to reserve a space 467-8360.

ADULT COMPUTER

Space is limited to those who pre-register at 608-467-8360. Free to neighborhood residents.
*Thursday NIGHT classes will be held at Orchard Ridge Elementary School computer lab.

Open Computer Lab

Monday-9-2:30pm
Tuesday- 9-2:30pm, 6-8pm
Wednesday-12-1:30pm, 6-8pm,
Thursday-9am-2:30pm
Friday-9-2:30pm
Saturday-- 10am-12pm

Very, Very Basic Computer

Designed for the novice. Learn how to use the mouse, opening/closing a program, turning on/off the computer.
Thursday, 1/27, 6-8pm*
Thursday, 2/17, 10:30am-12:30pm

Basic Computer

Designed for the beginner. Learn how to cut, paste, save, create folders, and more.
Thursday, 1/20, 6-8pm*
Thursday, 2/24, 10:30am-12:30pm
Thursday, 3/17, 6-8pm*

Digital Photos-Beginner

Basic photo editing, web publishing & printing. Participants must bring a digital camera and USB cable or card reader to class. Must have basic computer knowledge.
Thursday, 1/13, 6-8pm*
Thursday, 2/10, 10:30am-12:30pm

Email and Questions

Learn how to sign up for free email and how to attach documents and photos.
Wednesday, 1/19, 9-10am
Wednesday, 2/9, 9-10am
Wednesday, 3/2, 9-10am
Wednesday, 3/23, 9-10am

Facebook

Learn how to set up your own account, navigate the website and meet up with friends! Must have current and working email account.
Thursday, 2/3, 10:30am-12:30pm
Wednesday, 2/16, 9-10am
Wednesday, 3/9, 9-10am
Wednesday, 3/30, 9-10am

Internet Basics

Learn to use search engines, maps, informational tools and entertainment sites.
Wednesday, 1/12, 9-10am
Wednesday, 2/2, 9-10am
Wednesday, 2/23, 9-10am
Thursday, 3/10, 6-8pm*
Wednesday, 3/16, 9-10am

Word 1

Learn to type, edit, format and save documents.
Thursday, 3/3, 10:30am-12:30pm
Thursday, 3/24, 6-8pm*

Free Application for Federal Student Aid

Are you seeking financial aid for college? Is your child? Confused about how to fill out a FAFSA? Let us help you. Most schools require FAFSA submission in spring before the fall academic start date to receive funds faster, making tax season the best time to complete your FAFSA.

The **Free Application for Federal Student Aid** can be intimidating, but with some guidance, accessing federal funding for education is less stressful. With over 70% of the information required for the FAFSA coming from your tax return, we offer these services together to save you time. **Call 608-232-9000 ext. 2253 to schedule a meeting with a FAFSA Counselor.**

ADULT FITNESS

Please use an MSCR registration form to register. Forms can be obtained online at www.msccr.org, or by calling 204-3000. Scholarships are available.

15/15/15

15 minutes each of cardio, strength training and instructor's choice.

| | | | | |
|------|-----------|----------|------|---------------|
| Tues | 1/18-3/8 | 7-7:45pm | \$34 | waitlist only |
| Tues | 3/22-5/10 | 7-7:45pm | \$26 | 34090 |

Hatha Yoga

Yoga postures with deep breathing to promote flexibility, balance, relaxation, and muscle strength. Mats provided.

| | | | | |
|------|-----------|-----------|------|-------|
| Tues | 1/18-3/8 | 6-6:55 pm | \$34 | 34414 |
| Tues | 3/22-5/17 | 6-6:55 pm | \$34 | 34419 |

Growing Stronger

Basics of strength training using weights and bands for age 50+.

| | | | | |
|------|-----------|---------------|------|---------------|
| Tues | 1/11-5/24 | 9:15-10:15 am | \$43 | waitlist only |
|------|-----------|---------------|------|---------------|

Gentle Yoga

Breathing, stretching and yoga philosophy for age 50+.

| | | | | |
|------|-----------|---------------|------|---------------|
| Thur | 1/13-5/26 | 9:15-10:15 am | \$48 | waitlist only |
|------|-----------|---------------|------|---------------|

Youth Programs

PRESCHOOL-Social Hour

Make fun projects and play with other neighborhood friends. Adult must participate with child to help run a smooth program. Drop-in, free, ages 0-5 years, Tuesdays, 10:30am-12pm.

ELEMENTARY (GRADES K-5)-Drop-In

Open only for grades K-5. Join us for various activities such as, bingo, arts and crafts, music, dancing, video games and movies. Fridays, 6pm-7:45pm, Saturdays, 12-3pm.

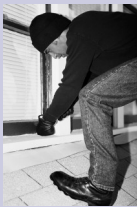
MIDDLE AND HIGH SCHOOL (GRADES 6-12)-Drop-In

Structured activities, and open recreation time including cooking, dance, spoken word, Wii, PS2, Xbox 360, and more! Monday, Tuesday, Thursday, Friday, 2:30-5:45pm, Wednesdays, 1:30-



**City of Madison
Police
Department**

Residential Burglary & Theft from Auto Prevention



Burglary/Theft from Auto

Residential burglary and theft from auto trends ebb and flow and can be attributed to different factors.

The following information is offered to help residents of the City of Madison prevent burglaries and thefts from autos and assist the Madison Police Department in apprehending those who commit these crimes.

There are currently six (6) officers assigned to addressing crime prevention strategies/issues in the Madison Police Department. If you would like additional information, contact your neighborhood's police district at:

- West:** (608) 243-0500
- South:** (608) 266-5938
- Central:** (608) 261-9694
- North:** (608) 243-5258
- East:** (608) 266-4887

Please remember, should you observe suspicious persons or behavior, call **911 immediately.**

Types of Burglars

Most residential burglaries occur during the day. It would appear burglars are checking to see if people are home by ringing the doorbell and determining their next course of action based on that outcome. If no one answers, they may make entry into the residence on the side or rear of the home by breaking out a window or forcing the door. If someone does answer, they may ask for "Mary" and when told that no "Mary" lives there, they may say that they must have the wrong house.

Other burglars look for signs indicating that no one may be home; mail or newspapers stacked up, trash cans on the curb days after trash collection, or a dark house.

Some burglars aren't picky and may not care if you are home. We have seen some break-ins that occur in the middle of the night. Some people wake to the burglars who typically flee. Some people never know they have been burglarized until the next morning when they find property missing.

Other burglaries occur as a result of open garage doors. Burglars quickly rifle through a car for loose change, iPods, cell phones, purses, GPS's, CD's or laptops. They may even steal a car in some circumstances.

What Can You Do at Home?

1. Lock your doors. Some of these crimes are opportunistic.
2. Lighting in general may help deter people as they no longer have the ability to move around in the cloak of darkness. Motion lights are a good deterrent if you are looking to be energy conscious.
3. Keep your garage door closed even when you are home.
4. Mark desirable property with driver's license number for later identification. Also, maintain a log of your desirable property with its description and serial number.
5. Increase the perception of occupancy by leaving on lights, radio, or TV.

(Cont...)



What Can You Do at Home? (cont.)

6. If you will be out of town, have a neighbor or friend look in on the house.

A. Make sure someone picks up your mail and/or newspaper or put the delivery on hold.

B. During the snowy season, make arrangements for someone to shovel your sidewalk and driveway. At a minimum, ask someone to drive into your driveway to leave tire tracks, thus giving the appearance someone is home.

C. Use a variety of timers throughout the house to activate lights in different rooms.

D. Have someone put your trash can out on the curb, and return it, on trash day.

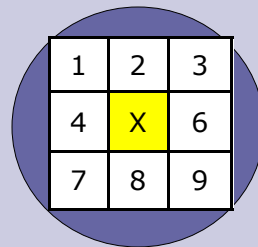
Please remember, should you observe suspicious persons or behavior, call **911**

What Can You Do in Your Neighborhood?

You and those that live in your neighborhood are the best people to know what goes on in your neighborhood! While police can show a presence, we are not familiar with which people, cars, and activities are common for your area. The more you are aware of the surroundings in your neighborhood, the more you can speak to what is out of place and why.

Citizen participation is a critical piece of the solution. Consider starting or revitalizing a Neighborhood Watch Program. Contact the Madison Police Department Crime Prevention Unit for more information.

Get to know your neighbors using the Nine House Model. Picture a tic-tac-toe board and your home is the free space (X).



Numbers 1, 2, 3 are homes behind yours, numbers 4 and 6 are your side yard neighbors, and numbers 7, 8, 9 are your neighbors across the street. By sharing and obtaining information within the Nine House Model, you have expanded the number of eyes and ears around your home by 8!

Consider sharing the following information:

- Names of adult residents (children or others if desired)
- Address
- Home Phone
- Cell Phone
- Work Phone
- Vehicle description
- Emergency contact information

By sharing this information, your neighbors have a better idea of who belongs which will help them decide if there is someone at or around your home that doesn't.

Theft from Auto

Thefts from autos are also a concern so remember:

1. Always lock your vehicle doors and keep the windows closed.
2. Never leave your vehicle running if unattended.
3. Limit the amount of personal information kept in the glove box or console to avoid identity theft.

Theft from Auto (cont.)

4. Park close to light sources, in highly visible areas.
5. Remove, or at a minimum, conceal items in the vehicle interior. Popular items include:
 - CD's
 - Briefcases or Purses
 - Laptops
 - Radar Detectors
 - Portable GPS units
 - Loose change
6. Avoid parking next to large vehicles (vans and trucks or SUV's).
7. Back into a space if possible.
8. In secure parking garages, make sure no one enters while door is open and never prop open a door that leads into a garage.
9. **Be aware of suspicious persons or behavior and call **911** if observed.**

Home Security Checklist

Use this as a guide as you check your home for safety measures. Boxes marked “no” indicate areas where you could take action to improve your home’s security. These are just some of the steps you can take to decrease the likelihood that you or your home is targeted.

Exterior Doors

- | | Yes | No |
|---|--------------------------|--------------------------|
| All doors are locked at night and every time we leave the house—even if it’s just for a few minutes. | <input type="checkbox"/> | <input type="checkbox"/> |
| Doors are solid hardwood or metal-clad. | <input type="checkbox"/> | <input type="checkbox"/> |
| Doors feature wide-angle peepholes at heights everyone can use. | <input type="checkbox"/> | <input type="checkbox"/> |
| If there are glass panels in or near our doors, they are reinforced in some way so that they cannot be shattered. | <input type="checkbox"/> | <input type="checkbox"/> |
| All entryways have a working, keyed entry lock and sturdy deadbolt lock installed into the frame of the door. | <input type="checkbox"/> | <input type="checkbox"/> |
| Spare keys are kept with a trusted neighbor, not under a doormat or planter, on a ledge, or in the mailbox. | <input type="checkbox"/> | <input type="checkbox"/> |

Garage and Sliding Door Security

- | | | |
|---|--------------------------|--------------------------|
| The door leading from the attached garage to the house is solid wood or metal-clad and protected with a quality keyed door lock and deadbolt. | <input type="checkbox"/> | <input type="checkbox"/> |
| The overhead garage door has a lock so that we do not rely solely on the automatic door opener to provide security. | <input type="checkbox"/> | <input type="checkbox"/> |
| Garage doors are all locked when leaving the house. | <input type="checkbox"/> | <input type="checkbox"/> |
| The sliding glass door has a strong, working key locks. | <input type="checkbox"/> | <input type="checkbox"/> |
| A dowel or a pin to secure a glass door has been installed to prevent the door from being shoved aside or lifted off the track. | <input type="checkbox"/> | <input type="checkbox"/> |
| The sliding door is locked every night and each time we leave the house. | <input type="checkbox"/> | <input type="checkbox"/> |

Protecting Windows

- | | | |
|--|--------------------------|--------------------------|
| Every window in the house has a working key lock or is securely pinned. | <input type="checkbox"/> | <input type="checkbox"/> |
| Windows are always locked, even when they are opened a few inches for ventilation. | <input type="checkbox"/> | <input type="checkbox"/> |

Outdoor Security

- | | | |
|--|--------------------------|--------------------------|
| Shrubs and bushes are trimmed so there is no place for someone to hide. | <input type="checkbox"/> | <input type="checkbox"/> |
| There are no dark areas around our house, garage, or yard at night that would hide prowlers. | <input type="checkbox"/> | <input type="checkbox"/> |
| Every outside door has a bright, working light to illuminate visitors. | <input type="checkbox"/> | <input type="checkbox"/> |

continued on back

- Floodlights are used appropriately to ensure effective illumination.
- Outdoor lights are on in the evening—whether someone is at home or not or a photocell or motion-sensitive lighting system has been installed.
- Our house number is clearly displayed so police and other emergency vehicles can find the house quickly.

Security When Away From Home

Yes No

- At least two light timers have been set to turn the lights on and off in a logical sequence, when we are away from home for an extended time period.
- The motion detector or other alarm system (if we have one) has been activated when we leave home.
- Mail and newspaper deliveries have been stopped or arrangements for a neighbor/friend to pick them up have been made when we go away from home for a period of time.
- A neighbor has been asked to tend the yard and watch our home when we are away.

Outdoor Valuables and Personal Property

Yes No

- Gate latches, garage doors, and shed doors are all locked with high-security, laminated padlocks.
- Gate latches, garage doors, and shed doors are locked after every use.
- Grills, lawn mowers, and other valuables are stored in a locked garage or shed, or if left out in the open, are hidden from view with a tarp and securely locked to a stationary point.
- Every bicycle is secured with a U-bar lock or quality padlock and chain.
- Bikes are always locked, even if we leave them for just a minute.
- Firearms are stored unloaded and locked in storage boxes and secured with trigger guard locks.
- Valuable items, such as television, stereos, and computers have been inscribed with identifying number approved by local police.
- Our home inventory is up-to-date and includes pictures. A complete copy is kept somewhere out of the house.