

MEADOWWORD

Newsletter of the Meadowood Neighborhood Association

June/July 2010

MNA President News – Lisa Veldran

Spring was in the air and with warmer weather and anxious kids at home I know that summer is just around the corner. (See July 3rd parade & picnic article below.)

There are also positive events to report: On April 24th Edgewood College students, the Permaculture Guild, the Public Health Department and *many* volunteers participated in the Russett Road Front Yard Garden Initiative. (See article below.) The MNA was proud to support this worthwhile event. On May 6th we had a Balsam Road picnic. About 75 people enjoyed brats, burgers and delicious salads and desserts. The event was the brainchild of Ernie and Joan Horineck and Pat and Steve Bergen, landlords on Balsam Road. We shared food and many thoughts about our neighborhood. Everyone who attended, tenants, landlords and single-family homeowners, were in agreement that we want a safe neighborhood to live, work and play in and will work towards that goal.

Beauty, food on the grow outside West Side apartments by Dee J. Hall, *WI State Journal*

Ronald Wiggins stood on the front stoop of his West Side apartment Saturday morning. As he watched, volunteers dug up the front lawn at 5818 Russett Road to plant fruit trees and shrubs, vegetables, herbs and flowers.

"It's a beautiful thing," Wiggins said. "This is real nice — very, very nice. Young people doing something great today." That beautiful thing was the brainchild of Kim Neuschel, a public health nurse for the Madison-Dane County public health department who works at the nearby Meadowood Neighborhood Center.

About 70 volunteers worked from 9 a.m. to 5 p.m. Saturday to transform the front yards of eight Russett Road apartment buildings into a community garden and beautification project. Members of the Madison Permaculture Guild created distinct designs for each building, whose owners agreed to turn over their front yards to the effort.

The Russett Road Garden Project was made possible by about \$3,000 in grants, donated plants and dozens of volunteers, including students from UW-Madison and Edgewood College. It's a small part of an overall anti-violence strategy, including establishment of the community center, a weekly farmers' market and quarterly community suppers.

The goal of the Russett Road project is to fill stomachs and feed souls in a part of Madison that has grown uneasy about crime

and neighborhood decay. Residents can take the food that grows there and take pride in their spiffed up street, said Edgewood College student Ann Goth, who organized the project along with fellow students Carly Reipe and Casey Zadoka. Permaculture is relatively easy to maintain because it uses elements in the environment that work together, volunteer Math Heinzl said. For example, trees are surrounded by a "plant guild" of herbs and flowers that naturally support them by adding nitrogen or drawing pollinating insects, said Kate Heiber-Cobb, founder of the permaculture club.

"Instead of trying to eliminate anything, let the elements interact with each other, like they do in nature," Heinzl said. Resident Concha Thurow enthusiastically plunged a shovel into the moist soil to help dig a flower bed in front of 5738 Russett Road.

"I think we should do it in everybody's yard," she said.

July 3rd Parade and Picnic

Don't miss this year's 4th of July neighborhood events on Saturday, July 3rd! Come out and enjoy the fun with your family and neighbors at the children's parade in the morning and the picnic in the afternoon. The schedule is:

- 10:00 a.m. – Bike Parade at Good Shepherd Lutheran Church. This year's theme is "Let's Have a Parade". There will be prizes for the best-decorated bikes, wagons and children in the following categories:
 - Individual ages: 0-5 years, 6-8 years and 9-12 years
 - Groups: 2 or more children
 - There will be treats for all parade participants.
- Assemble at the Church (located at the corner of Whitney Way and Raymond Road):
 - 10:15 a.m. Judging begins
 - 10:30 a.m. Parade begins
 - 12:30 p.m. – Picnic/Election of MNA Board at Elver Park Shelter. Food will be served from 12:30-1:30 p.m. and is free to MNA members. You must show your membership card for check-in. Guests accompanied by MNA members are welcome for just \$1 per person

2010-2011 Election & Candidates

The nominees listed below will appear on the ballot. If you wish to run for an officer position or an area representative contact Lisa at 271-0722 by Friday, June 18. The ballot will also have a write-in option for each position. Nominees must be members in good standing of the MNA. Check area boundaries on the insert in this newsletter issue. For

more information on the duties of an officer or area representative check out the MNA Bylaws on the website.

You can get an absentee ballot by mailing or dropping off a written request to Bob Rabehl at 2117 S. Whitney Way (53711) no later than Monday, June 28, 2010. Ballots must be returned to Bob by Friday, July 2, to be counted.

Officer Candidates

President Lisa Veldran

Vice President Bob Rabehl

Secretary Joyce Dingman

Treasurer Lorene Wendricks

Area Representative Candidates

- | | |
|--------------------|-------------------------|
| 1. Sally Stix | 8. Mark & Janice Bauman |
| 2. Krista Ralston | 9. Dave Glomp |
| 3. Bob Rabehl | 10. Reid Bowers |
| 4. Dorothy Loehrer | 11. Mary Conlin |
| 5. Sheri Rembert | 12. Darlene Burrell |
| 6. Lisa Veldran | 13., 14, 15 open |
| 7. Lisa Schulz | |

Jodi Lou Cancer Foundation 3rd Annual Walk/Run June 12

Shirley and Cecil Barlow have lived at 6001 Monticello Way for 34 years. Jodi Lou, their daughter, was raised in the Meadowood Neighborhood. Jodi, a nonsmoker, was diagnosed with lung cancer in 2006, and died on April 28, 2008, at the age of 36. Jodi's body gave up, but she never did. Before Jodi died, she set off on a mission to make a difference and began the Jodi Lou Lung Cancer Foundation. Jodi has a 4 1/2 year old daughter, Sophie and Jodi wanted to save another parent the pain of having to say goodbye to their child. The Foundation has an annual Run/Walk, held the second weekend in June each year. This will be its third year. The goal is to fund lung cancer research at the UW Carbone Cancer Center by quickly advancing breakthroughs in the lab and bringing them to the patients' bedsides. The Barlows share Jodi Lou's story to remind us anyone can get lung cancer. Please join them for the third annual Run/Walk. For more details go to the Jodi Lou Lung Cancer Foundation's website www.jodilou.org The Barlows are hoping to make this year's event the best; each previous year has brought in more than \$30,000.00.

Shirley shared two of Jodi Lou's poignant statements: "I went in with a cough and came out with cancer" and "I never DREAMT... now I DREAM..."

MSCR Art Cart Coming to Meadowood Park! Tuesday, July 13, 1:30 p.m - 4:00 p.m.

The Art Cart is a FREE traveling art program that provides creative, outdoor art-making experiences to children ages 3+ and their families. Activities include both group and individual projects with a variety of materials.

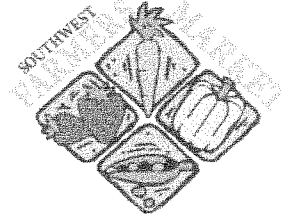
Southwest Community Farmers Market Is Open!

Wednesdays 3 – 7 p.m.

Orchard Ridge UCC Church

www.southwestfarmersmarket.com

Facebook: Southwest Community Farmers Market



Looking for fresh produce, bakery goods or cheese curds? Don't look any further! Visit our Farmers Market on Wednesdays to pick up your goodies, mingle with your neighbors, hear great entertainment and pick up information from various organizations. New this year – Reusable Southwest Community Farmers Market bags! Bags are \$5 and support our Farmers Market.

Want to visit more with your neighbors? Consider volunteering for an hour or two at our information booth. Want to promote you organization? Consider a table next to the information booth. Play an instrument, juggle or dance? Consider providing entertainment. Nominal compensation is provided if required. Email Lisa Veldran at lveldran@yahoo.com or call 271-0722.

Next Meadowood Community Supper Wednesday, July 21, 2010

Meadowood Neighborhood Center

Doors open at 5:30 p.m. Dinner starts at 6:00 p.m.

Neighborhood Updates & Children's Activities Available.

More information to follow on the MNA website at

www.meadowoodneighbors.org

SHARE Food Buying Network

SHARE is a nonprofit food-buying network that can save you 30-50% on groceries. SHARE works like a co-op—the more people who purchase food, the better the prices. SHARE has many food distribution sites in Madison and throughout Dane County.

SHARE offers a choice of pre-selected foods including meats, organics, canned goods, and fresh fruits and vegetables. The menu changes monthly. Food is ordered around the first of the month and delivered to a pick-up site near you towards the end of the month. Pick-up happens on a Saturday morning during a scheduled time.

A person becomes a member by ordering food. To learn how to do that, visit the website www.sharewi.org. Complete information is available and you can even order on-line using a credit or debit card. Other methods of

I've Walked a Mile in Their Shoes

By Dave Glomp, Area 9 representative

I recently completed an intense 9 week program; the 2010 Madison Police Department Citizens Police Academy. The program was 6 to 9 PM every Wednesday evening from January 20th to March 20th. Our class included about 20 individuals from throughout the city and all walks of life, including several UW students, retired persons, neighborhood association leaders, like myself, and both blue collar and professionals. This diversity made for a rewarding experience as the kinds of questions reflected the different backgrounds and experiences of those attending.

The reason I chose to attend had a lot to do with my concerns about the increase in crimes in my neighborhood. I was the moderator for the 1st crime meeting held several years ago after a shooting death on Theresa Terrace. I was angry, afraid, and disappointed in the police response and ability to prevent such crimes. I was a critical of the MPD and I pledged to do whatever I could to help make my neighborhood safer! Attending the Citizens Police Academy was just one step in that overall endeavor.

During the Academy's 9 weeks, more than 23 police department individuals, including Chief Noble Wray gave their time to help us better understand the values, goals, and objectives of the MPD. I now have a real world working knowledge of just how and why police officers do what they do.

The course was designed as a hands on interactive program. We learned about the organization and structure of the department, it's specialized teams, and were able to personally participate by going on a "ride-along" with police officers and visit the 911 Call Center to understand how it functions to prioritize emergency and non-emergency calls. We learned about drugs and gangs and their inter-connection from an outstanding officer and head of the Gang Task Force, Officer Lester Moore. Traffic is a big issue in every neighborhood so we learned about traffic stops, OWI issues and crash scene investigation. For anyone who watches one of the CSI programs on TV, Madison has its own Crime Scene Forensics team and we learned why and how it really works to solve crimes, not like on TV, at all.

For the SWAT or Crisis Negotiations team the emphasis is on communications and negotiations rather than use of physical force or weapon intervention to resolve a critical situation. Those involved in SWAT are the best of the best. Likewise, the crime response team, which addresses all, types of crime both personal and property knows what it takes to do the job and get a positive result.

The section on the law and its impact on police policies and procedures was extremely interesting and enlightening! From the protections of the U.S. and Wisconsin Constitutions and federal and state laws, everything must be done "by the book" to insure a positive result in the judicial system.

One of the most interactive and hands on of the programs related to the "use of force." We were able to see and experience, if we wished, the use of a taser to subdue persons. We used a computer simulator to be put into critical life and death situations officers face and had to make the same split second decisions. We had a life size screen along with a computerized pistol and had to decide whether or not to shoot at a perpetrator after trying to defuse the situation! This gave me the most definitive understanding of what MPD police officers go through.

We learned what the MPD is doing to use the latest technologies to protect us and our children from cyber crimes of all kinds, and how the MPD with other first responders--firefighters, paramedics, other law enforcement and governmental agencies--would respond to a terror event. Finally, we met and interacted with both the members of the K-9 and Mounted Patrols.

I encourage anyone interested in getting all the facts related to the operation of their police department to do as I did, "Walk a Mile in Their Shoes!" Watch the Madison Police Department Website www.madisonpolice.com this fall for information on the 2011 MPD Citizens Police Academy and be one of the 20 in the next class, you will be glad that you did!

June 14-August 20, 2010

MEADOWOOD NEIGHBORHOOD CENTER

5734 Raymond Road, Madison 608-467-8360

HOURS: Monday, Tuesday, Wednesday 9am-8pm, Thursday and Friday 9am-6pm
Closed July 4

Age Day Date Time Fee Course #

ADULT ENRICHMENT

- ★ **ESL-Beginner (English as a 2nd Language)**
Focus on elementary competency and basic grammar and writing skills.
18+ W 6/22-8/17 6-8pm Free Sign up at center
- ★ **Hook Up - An Employment Connections Group**
Assistance with job search, job leads, resume development and other services and receive one on one service for neighbors trying to secure employment. A collaborative program with Joining Forces for Families.
18+ W 6/7-8/18 10-11:30 Free Drop in
- ★ **Knitting Group**
Come compare patterns, share techniques and trade tips. Meet, mingle and knit with other neighborhood knitters! Anyone wanting to learn to knit welcome too!
18+ W 6/2-8/18 9:30am Free Drop in
- ★ **Madison Tatters Guild**
A fading ancient art, also known as "knitting". Its history goes back to the Egyptians. Tatting is done with a shuttle or with a needle and is open to novice learners.
18+ M 6/7-6/16 9:30-11am Free Drop in
- ★ **Writing Our Life Stories**
Everyone has a life story to tell. Life stories have the power to inform, inspire, and compel. This seminar helps preserve our unique stories. Skip 7/5.
18+ M 6/21-8/2 10-11am Free Sign up at center

YOUTH

- ★ **Lunch Bunch**
Free lunch is provided by the Department of Public Instruction. Youth must have a MNC Registration Form on file. Children under 6 yrs must be supervised.
Ages 2-17 M-F 6/21-8/13 11:30am-12:15pm Free Drop in
- ★ **Elementary Drop In**
Daily schedule includes a group activity time 12:15-1:15pm, and free time 1:15-1:45pm. Activities may include; group games, art projects, gardening, and water games. Program take place in the center or the surrounding area (including the Toki field and Meadowood Park). There is no cost to participate. However, donations are accepted.
Grades 1-5 M-F 6/21-8/13 12:30-1:45pm Free Drop in
- ★ **Middle and High School**
Middle and High School drop-in is open to youth entering 6-12 grade. There is no cost to participate. However, donations are accepted. Daily schedule includes a group activity time 4-5pm and free time 5-6pm. Group activities may include; group games, art projects, discussions, cooking projects, or water games. Activities take place in the center or surrounding area (including the Toki Middle School fields and Meadowood Park).
Grades 6-12 M-F 6/21-8/13 4-6pm Free Drop in
- ★ **Middle and High School Camp**
Youth participate in structured activities around the weekly theme. Activities take place at the center or students travel using Metro buses to get to local destinations. Each week concludes with a large project or field trip fitting with the weekly theme. Registration is required and space is limited. Additional information and registration form can be picked up at the Meadowood Neighborhood Center.
Grades 6-12 M-F 6/21-8/20 2-6pm Free Drop in
- ★ **Bike Repair Shop**
Wanted: Middle and High School youth interested in learning basic bike repairs. Youth will be taught by local professionals how to make basic repairs for neighborhood kids throughout the summer. Please contact Kris at the center if interested. Look for weekly bike repairs hours to be posted once summer begins.
Grades 6-12 Tu 6/22-8/10 4-5pm Free Sign up at center

SPECIAL EVENTS

- ★ **Community Dinner**
Meet and greet your neighbors, make new friends, enjoy a free delicious meal, learn about all the great things happening in your area and get involved!
All ages W 7/21 6-8pm Free Drop in

Age Day Date Time Fee

ADULT FITNESS

- ★ **Growing Stronger**
Basics of strength training and balance exercise for age 50+.
50+ Tu 6/22-8/17 9:15-10:15am \$20 31586
- ★ **Hatha Yoga**
Yoga postures (asanas) with deep breathing to promote flexibility, balance, relaxation, and muscle strength. Mats provided.
18+ Tu 6/15-8/10 6-7pm \$36 32781
- ★ **Pilates**
Focus is on postural symmetry, breath control, abdominal strength and spine stabilization. Mats provided.
18+ Tu 6/22-8/17 7:15-8:15pm \$36 32782
- ★ **Zumba**
Routines feature aerobic/fitness interval training with a combination of latin music rhythms that tone and sculpt the body.
18+ M 6/14-8/9 6-6:55pm \$32 32261

ADULT COMPUTER

- ★ **Basic Computer**
Designed for the beginner. Learn how to cut, paste, save, create folders, and more. Space is limited to those who pre-register at 608-467-8360.
18+ W 7/7 9-10am Free Sign up at center
18+ W 7/14 9-10am Free Sign up at center
18+ W 7/21 9-10am Free Sign up at center
18+ W 7/28 9-10am Free Sign up at center
- ★ **Email and Questions**
Learn how to sign up for free email and how to use the features such as attaching documents and photos. Space is limited to those who pre-register at 608-467-8360.
18+ Tu 7/20 10:15-11:15am Free Sign up at center
18+ Tu 7/27 10:15-11:15am Free Sign up at center
- ★ **Facebook**
Facebook is a free-access social network website with more than 200 million current members. Learn how to set up your own account, navigate the website and meet up with friends! Space is limited to those who pre-register at 608-467-8360.
18+ Tu 7/6-7/13 9:15-11:15am Free Sign up at center
- ★ **Internet Basics**
Learn to use search engines, maps, informational tools and entertainment sites. Space is limited to those who pre-register at 608-467-8360.
18+ Tu 7/20 9:15-10:15am Free Sign up at center
18+ Tu 7/27 9:15-10:15am Free Sign up at center

*Request to be added to our email list at
meadowood@madison.k12.wi.us

*Summer volunteers needed! 1-5 days a week, 11:15am-12:30pm for lunch service.
Call 467-8360 for more information.

*A list of current donation needs can be found at www.msccr.org click on the Meadowood Neighborhood Center link.

Center Statistics Jan-April 2010

508 People have attended at least one activity
3115 Total visitors
124 Volunteer hours

ordering are also available. Please call Mary Kay Clark at (608) 575-2344 or Margie Blumer-Darling at (608) 843-8405, who are also available to answer your questions.

Making the Safe Grocery Run

Officer Lori Chalecki lochalecki@cityofmadison.com

A lot of us have done it, okay, maybe not some of the guys... You're making the grocery run, you grab a cart and toss your purse into the child seat. While perusing the produce aisle, you're trying to make the decision between Honeycrisp and Jazz Apples. Parking your cart directly behind you, you go in for a closer look. After selecting the perfect apples, you turn around to put them in the cart and your purse is gone! That is how quickly it happens and you didn't see or hear a thing--in an instant, someone grabbed your purse, and took off.

While we find the victims of these criminal acts tend to be seniors and older individuals, anyone can become the next victim. One option is to keep your purse on your shoulder. If that is too cumbersome, shop with items that will fit in your pockets, the method of payment and your car keys. If you leave your purse in the car, make sure it is not visible from the outside looking in!

Make a copy of everything you keep in your wallet or purse (credit cards, membership cards, gift cards, etc) and store it somewhere safe at home. Make sure you photocopy both sides of the cards as the number to report a lost or stolen card is on the back. Should you be victimized, or lose your wallet or purse, the photocopy allows for quick, easy reference for reporting the cards. Questions, comments, concerns? Please feel free to contact me,

Thank You Neighbors....

...Helen Wroblewski for weeding and making our Meadowood Neighborhood Association signs look so beautiful.

...Bonnie Doermann and Shelly Miller for cleaning up and beautifying the traffic circles on Leland Drive and to Tim and Jean Gavin for their hosta donation.

Alder Thuy's Summer 2010 Newsletter

district20@cityofmadison.com

My sincere appreciation to all area residents for putting up with the early morning noises caused by low flying planes spraying for gypsy moths. This treatment started my first year in office and has continued to protect our treasured trees from being ravaged by these pesky pests. The high humidity and low wind conditions typical of early morning are needed to assure the product being sprayed does not evaporate and/or blow away before it lands on trees. The Department of Natural Resources also chooses early morning treatments because that time minimizes the number of people active during spraying. City

Forester Marla Eddy confirmed with me that spraying was completed by 9:00 a.m. on May 10.

According to Fire Chief Amesqua, her Department responded to more than 18,000 EMS calls in 2009 -1,400 of them in Station #7's territory. I am happy to report the good news of the installation of a new ambulance and crew at Fire Station #7 to meet national standards in emergency medical care. The new ambulance crew that began operating on April 15 will markedly improve response times to emergency medical calls in our district and bring reassurance, especially to area seniors.

I am pleased that last year's street modifications at both S. Whitney Way and Hammersley Road and Segoe Road and Tokay Boulevard, plus traffic lights at Raymond Road and Whitney Way, have been well received. Recently, City Engineer Rob Phillips proposed to me the installation of another bump-out on Raymond Road at Leland Drive to match the one on the north side by Meadowood Mall to facilitate pedestrians crossing Raymond Road. Presently, I don't have much information to share with you as a design has not yet been produced. If you have any questions, comments or concerns, please contact Traffic Engineer David Dryer at ddryer@cityofmadison.com.

The first stage of the Verona Road/Beltline intersection reconstruction is slowly moving forward with work expected to begin in 2011. I encourage you to make efforts to attend any of the remaining public meetings while there is still a chance for your voice/opinion/concerns to be heard.

Last week, at the request of board member/volunteer Carol Ross, I toured Bethel Lutheran Church's Hope House at 4605 Odana Road and visited with the staff. Here's a brief description of Hope House kindly provided by Carol:

"Hope House has provided shelter for young mothers and their children since 2002. The home is owned and maintained by Bethel Lutheran Church, and Bethel Church members volunteer to provide companionship, material resources, and home maintenance for the families. Young mothers find their way to Hope House through enrollment in Early Head Start. They enter motivated to use a safe shelter and healthy environment for their children and to work on skills leading to stable housing and economic security. More than 80 mothers and children have stayed at Hope House during the past eight years. Most have been able to secure independent housing and to develop skills that lead them to a more secure future for themselves and their children."

I hope this helps neighbors get to know one another better. Hope House welcomes visitors and volunteers if you are interested in learning more or helping out.

The current recession has resulted in a number of foreclosures and abandoned properties in our neighborhood. Last week, squatters moved into one vacant house on the far Westside. For our safety, I urge you to keep an eye on your block and promptly report any suspicious activities or apparent neglect around empty homes. Once a legitimate report is received, an inspector will be sent out to evaluate the situation. If a broken window would allow an animal to enter, it can be boarded. If grass is not mowed, it will be mowed by the City and a fee charged to the

The Meadowood Neighborhood Association Board of Directors meets at 7:00 pm the first Wednesday of every month (except July, when there is no meeting) at the Meadowood Neighborhood Center. Meetings are open to the public.

www.meadowoodneighbors.org

owner, an abandoned vehicle will be ticketed and eventually towed, etc. However, depending on the severity of the violations, this can be a long process because some notices have to be hand-served to the owner or published weekly for three consecutive weeks. There is also a 30-day right-to-appeal after service or last publication. Our City has a very diligent Neighborhood Preservation and Inspection Division headed by Director George Hank (ghank@cityofmadison.com) whose contract was recently renewed for five years and in whom I have great confidence.

The very first week serving my alderman's duties, I was handed the unpleasant task of informing District 20 constituents that our community's long-held tradition of July Fourth fireworks at Elver Park would not be continued due to lack of financial support because the private sponsor had pulled out. I consider the 4th of July to be a special holiday for families to celebrate our national pride and to strengthen our community spirit. I refused to give up and worked hard to locate a private sponsor at the last minute. Midwest Family Broadcasting stepped in to save the day, and the show continued. It has been quite a challenge to maintain this tradition every year.

My best wishes for a safe and happy summer. I look forward to seeing you all at the Elver Park fireworks.

Matt Veldran Dane County Supervisor

(c) 608-235-8369 Veldran@county.dane.wi.us

It is great to be back and to continue representing you on the Dane County Board! While I haven't mapped out the all the areas I want to focus on yet in this term I will continue making core services a priority.

I recently attended a conference on gang activity with national speakers discussing gang related issues in the media and cultural settings. There was a principal from a Milwaukee high school who talked about working with students to steer them clear of gang involvement, as well as many workshops dealing with gang issues. This conference was scheduled prior to the shooting on the northeast side so it was obviously relevant. I had a discussion with Aaron Perry, who works in the county's Human Services division known as Neighborhood Intervention Program (Nip), on the need to expand our work in this area. I was able to work with the County Executive to unfreeze a position that would work with Aaron on gang related issues. While I believe we need to do more, this is a position in the budget that needed to be filled immediately. This person should be working with Aaron in a month.

I have been reappointed to the Public Works and Transportation Committee and will move forward with oversight of current building projects such as the expansion to the 911 Center and the construction of the Badger Prairie facility, the long term care center in Verona. I will also focus on Green Initiatives in all county projects and in Dane County.

I also have been reappointed to the Dane County Youth Commission which just hired a new youth facilitator. The facilitator will work with the Dane County Youth Board, made up entirely of high school-aged students, on their projects promoting both community service and awareness of youth-oriented issues. If there are any high-school aged students who would be

interested in joining the youth board, please feel free to pass on the student's name to me or directly to the Dane County Youth Board, which can be found on the Dane County website.

Finally, I attended a presentation by the Dane County Parks Department on the expansion and creation of the Capitol Springs State Recreation Area. This will be a fabulous addition to an already great park system. It is a culmination of years of work with the state to incorporate a state and county park into a system that stretches from Fitchburg to the shores of Lake Waubesa. The area will add bike trails connecting to the Capitol City Trail, a dog park, disc golf, camping areas and public access to the lake. While the overall plan is still a work in progress, many of the pieces of the parks are already in place for your enjoyment!

"Slow Down" Yard Sign Campaign

You've probably seen them around because Meadowood was the kick off neighborhood for the Slow Down Yard Sign Campaign this year. If you would like a sign, stop by Lisa Veldran's at 5738 Kroncke Drive.

TAK'EM DOWN, MOVE 'EM AROUND: The yard sign Campaigns are effective because they make a visual impact on motorists. However, the signs lose their impact if they stay in one place too long. One to three days is optimal – then they start to blend in with the scenery. Signs last longer and make more of an impact if they are up for short periods of time, moved around to different locations, and/or taken down for a while. We are asking you to put a sign up the first Sunday of every month and take it down the following Sunday.

HospiceCare Inc. To Offer Two Free Seminars in June

On Tuesday, June 8, from 6:30 p.m. to 8:00 p.m., HospiceCare will offer "Final Insights: Discovering the Messages of the Dying." Remarks that seem unusual or gestures that seem random may carry real meaning for someone who is at the end of life. Yet it is easy to miss, misunderstand or simply ignore these cues because they seem to make no sense. At this seminar participants will learn to pick up on these statements or gestures that are often missed.

On Monday, June 21, from 1:00 p.m. to 2:00 p.m. HospiceCare will offer "Choosing the Gift of HospiceCare," a presentation about the support that's available for people with life-limiting conditions, and their caregivers. Participants will learn who is eligible, where the care can be given, and who pays for HospiceCare.

Both seminars are free, open to the public and will take place at the Don & Marilyn Anderson HospiceCare Center, 5395 E. Cheryl Parkway, Madison. Pre-registration is requested; please call Carrie Glantz, HospiceCare public affairs, at (608) 327-7202.

(Editor's note: the articles by Alder Thuy and Dave Glomp, which were edited due to space, can be found in their entirety on the MNA website.)