

Hi, Neighbor!

A Newsletter for the Eastmorland and Lake Edge Neighborhoods

Spring 2023

Upcoming Events

Spring Election (Citywide)

Tuesday, April 4, polls open 7 a.m.-8 p.m.

Find your local polling place at myvote.wi.gov

Spring Parks Cleanup

Saturday, April 22, 9 a.m.

Meet at Olbrich Park Shelter on Walter St. Celebrate Earth Day with your neighbors by picking up trash in nearby parks. Trash bags and gloves provided.

Eastmorland Outdoor Market

Thursdays, May 11, July 20, and September 21, 4-7 p.m.

Lansing Food Forest

Contact eastmorland.market@gmail.com for information on vending, playing music, or hosting a food cart at the market. May 11 market includes neighborhood Seed Swap and ECA Annual Meeting following the market.

ECA Board Election & Annual Meeting

Monday, May 1—Deadline to nominate

(info@eastmorland.org)

Thursday, May 4—**Thursday, May 11**—Online voting at

eastmorland.org

Thursday, May 11—ECA Annual Meeting

7-7:30 p.m.

Lansing Food Forest

Rain location: Pinney Library Community Room A

See page 20 for details on voting/running for a board seat.

ECA-LENA-Glendale Garage Sale

Saturday and Sunday, June 17-18

Sign up your sale at bit.ly/2023-garage-sale

Save Our Ash Trees Fundraiser

Wednesday, June 7

Rain Date: Wednesday, June 14

Buy a drink at Olbrich Biergarten on this date, and the Biergarten will donate a portion of its proceeds to the Save our Ash Trees initiative!

Tunes on the Triangle

Late August—Exact Date TBD

Music, food carts, kids' activities, and more on Tulane Ave. between Schenk Elementary and Common Grace Church.

Annual Leaf Raking

Saturday, November 4, 9 a.m.

Rain Date: Sunday, November 5, 1 p.m.

Meet at Olbrich Park Shelter on Walter St.

Volunteer to help out neighbors who need assistance raking. Pizza to follow our work!

Java Cat Update

By Jennica Skoug

As I passed the old Java Cat building on Monona Drive this winter, and saw the remnants of steel and cement behind the construction fence, I found myself curious for an update on this favorite neighborhood café. I thought other folks might be interested, too, so I visited their new location at 4221 Lien Road in mid-February.



Java Cat Coffee House's new location at 4221 Lien Road.

Navigating the periphery of East Towne Mall, I expected a strip mall set-up. Instead, I came upon a quaint house-turned-café, with a winding brick path leading up to the front door. The familiar purple cat hung above the doorway. The Manager, Mimi Gunathilaka, came out to greet me. Just a few weeks out from opening their new space to customers, she offered me a coffee (delicious!) and a tour.

Tables of various shapes and sizes dotted the bright wooden floors that wrapped around the coffee bar, and a dozen or so containers sat ready to hold the house-made gelato. A battery-powered drill, clearly in use that day, sat nearby.

"As you can see we've been working hard to get the new space set up," Mimi said. "We put in the flooring, cabinets, a bathroom, and reconfigured the kitchen so it would work for the food service that we do. That's why we had to be closed for a while after we moved out of the old building, but we're just finishing up and should be open in March after our permits from the city go through."

We passed a table set for a larger group that sat in front of a large bank of windows, and I asked Mimi what she

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Hi, Neighbor!

Spring 2023

Submit articles & photos

Send articles for publication to hineighboreastmorland@gmail.com as a Word document or Google Doc for editing by the newsletter crew.

Photos are welcome and will be included as space allows. Please keep in mind they will be printed in black and white, but published in color online.

Advertise in Hi, Neighbor!

For information about advertising, contact Dan at 608-241-1158 or zimmerman_dan@hotmail.com.

NEWSLETTER VOLUNTEERS

EDITORS:

Meghan Chua, Micah Kloppenburg, Matthew Ledger, and Jennica Skoug

ADVERTISING:

Dan Zimmerman

CONTRIBUTORS AND VOLUNTEERS:

Sara Brelie (Schenk PTO Vice President), Randi Coloni, Liz Dannenbaum, Liz Davison, Brad Hinkfuss, Brian Juchems, Jenny Klamm, Kristin Larson, Rebecca LeBeau, Matthew Ledger, Linda Linssen, Dina Nina Martinez-Rutherford, Jennifer Peterson, Kathryn Prince, Joel Sacramento, Kate Schultz, Jennica Skoug, Allison Werner, Charlie Werner, Olivia Williams, Romelle Witkins, Melissa Agard, Samba Baldeh, Joe Parisi, Satya Rhodes-Conway, Jacob Wright, Madison Gas & Electric, Public Health Madison & Dane County

Triannual Publication Schedule:

March 2023
June 2023
November 2023

Past issues are available online and in color at eastmorland.org and lenamadison.org.

Hi Neighbor! is an ECA & LENA collaboration

Hi, Neighbor! is a community newsletter serving residents of the Eastmorland and Lake Edge neighborhoods and is published on behalf of the Eastmorland Community Association (ECA) and the Lake Edge Neighborhood Association (LENA).

We are neighborhoods separated by Cottage Grove Road with lots in common! By combining forces, our newsletter reaches more homes, has more unique and personal content, connects more volunteers, and highlights the similarities of our communities' interests.

This newsletter is possible thanks to the help of many volunteers! No experience is needed, and there are many ways to get involved.

To receive updates or get involved, please email hineighboreastmorland@gmail.com.



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Ring Street Neighbors Sit Down Together at October Block Party

By Brian Juchems

With a can-do attitude and a good amount of door knocking, Karen Rappe and Camille Conway organized a successful and fun block party capped off by a sit-down meal with their Ring Street neighbors.

The impetus for the gathering stemmed both from a COVID-inspired community chicken coop project as well as the passing of a beloved neighbor. Both wanted to celebrate their neighbor's life.

So Rappe and Conway got to work.

They collected signatures from their neighbors showing support for the block party and submitted a permit request to the city. Then Rappe hit the pavement and gathered a total of 50 gift cards from local businesses for door prizes. "I asked them to give us a \$10 gift card," she said. "In many cases the businesses gave a lot more!"

Rappe and Conway used a free online organizing tool (SignUpGenius) to coordinate communication and have people indicate what they would bring. "We put a ton of work into this block party," both said.

The block party featured a 50/50 raffle, with half the proceeds covering event costs while the other half (\$150!) went home with a lucky neighbor. They also set out a free will donation box with a suggested \$5 donation.

The block party included an appearance by the Neighborhood Resource Trailer, which is available for free by contacting the Madison Police Department. MPD dropped off and picked up the trailer, and it included tables, chairs, grills, a generator, gasoline, games, and a pop up awning that neighborhood kids used to distribute lemonade. Other kid-friendly activities included face painting and mini pumpkin painting, and a visit from a number of community officers, ambulance, and fire truck



Karen Rappe and Camille Conway organized a block party for Ring Street residents in fall 2022 with kid-friendly activities and a chance for neighbors to spend time together.

crew members. Kids were able to explore an ambulance and fire truck while fire crew members answered questions.

"The Minute to Win It games were quite a hit with the kids," Conway reported. "We also have a neighbor who does karaoke professionally, which added to the fun!"

For Rappe, the most important part was the chance to sit down and eat together.

"We had all missed various holidays and chances to sit down with family and friends. That's why we wanted to sit together," she said. "It was like a giant Thanksgiving table, and we were inviting everyone to join."

While it was exhausting, the event was something both neighbors felt proud of, especially having never organized one before.

"I can't believe we pulled it off!" Rappe added with a big laugh.



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Practice Mindfulness With East Side Meditation Group

By Joel Sacramento



Carol and Joel Sacramento

Joel and Carol Sacramento relocated to Madison from Chicago in 2020. Last September, they began hosting a weekly mindfulness meditation group. On most evenings, the group meditates in silence for 30 minutes and listens to a short, pre-recorded talk on mindfulness.

The basic concept of meditation is that it is a practice that connects the mind, heart, and body. Its purpose is to support overall well-being. A common misconception is that meditation involves not thinking. In actuality, mindfulness-based meditation involves maintaining attention or awareness of the present moment without making judgment, and gently coming back to the present moment when distracted by thoughts and feelings. This is achieved by focusing attention on breath, sounds, or body sensations.

Carol is a certified yoga teacher, has taught mindfulness to young children in Chicago Public Schools, and has volunteered her time to lead meditation sessions with inmates at the Chicago Metropolitan Correctional Center. Joel is a digital media producer, former member of the Insight Chicago Meditation Community, and a part-time registered nurse.

All are welcome to join the group; no meditation experience is necessary. All sessions are free, and the group meets most Sunday nights from 6:30 to 8:00 p.m. at Carol and Joel's home in Eastmorland. In addition to the regular Sunday night gatherings, Joel and Carol offer an Intro to Meditation session, in which they teach meditation technique and posture. For more information, visit the Madison East Side Mindfulness and Meditation Group's Facebook page or contact Joel by telephone at 312-952-5045.

**Write an article or share a story idea
for a future issue of the newsletter!
Get in touch at
hineighboreastmorland@gmail.com
No experience needed!**

Ode to Henrietta Hen

By Olivia R. Williams

When I named my chickens I usually focused on a name related to their coloring – Midnight is black and Cookie was black and white, like an Oreo. But there was a scraggly, brown hen, not one particularly noteworthy, except that she wasn't especially pretty. "Henrietta," I said, and she perked up. That became her name. She looked like a gender-bender, so I thought she/they might want to go by Henry sometimes.

Henrietta quickly became my favorite. She ran up to me every time I came outside, surely looking for food foremost, but even when food was right in front of her she seemed to want to greet me and get a few pets from my hand.

This week a hawk got to her. We've had a small-statured hawk come and occasionally watch the coop for a few days at a time. The hawk had killed Cookie a couple months before, but Cookie didn't have my heart the way Henrietta did.

On her last evening with us, I went out a little too early to try to close up the coop. Henrietta was inside but not yet settled on her perch, and, upon hearing my steps and my voice, hopped out of the coop to come see me. I picked her up, pet her, and told her I loved her til she asked to get down. I had to go back inside for a few minutes to wait until the sky was a little darker to come

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Pet Vignette: Aldo

Name: Aldo Doggerton

Age: Three

Stats: Aldo has golden fur, pointy ears, and an insatiable hatred of squirrels. He enjoys lounging on furniture and climbing trees (in pursuit of squirrels), hates swimming, and rarely barks. We suspect he is secretly a dog robot being piloted by a cat, but his veterinarian said the X-rays were inconclusive.

He is making the best of being a dog by training for a career in middle management. So far he has learned to shake hands and demand things of people, but it is doubtful that he is actually able to read any of those business reports he receives.

On a given day you may find Aldo on a walk around the neighborhood, keeping our streets safe from the menace of school buses, delivery vehicles, and snow plows by doing his best to chase them away whenever they drive past.

-Submitted by Kathryn Prince



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to be interviewed in a "Get to know a neighbor" story for a future issue.



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Java Cat Update

(Continued from page 1)

and Renee, Java Cat's owner, were looking forward to about the new location. She gestured out the door at a large green space that took me by surprise. "We're really excited about the backyard," she said. "We're planning to put in a porch, outdoor seating, lights, and make it a space where we can host gatherings and events. There's also quite a bit of wildlife. This fall we saw cranes almost every day – Matthew and Matilda."

"The cranes ... have names?" I asked.

Renee laughed. "Yes, the previous owners said the same pair has been coming here for so many years that they named them."

I imagined taking my five-year-old to this hidden gem of a place when the cranes return in early spring. She could get a gelato, I could get a coffee, we could watch for cranes and run around the yard. As if she had read my mind, Mimi said, "We're also going to set up the kids' corner with the toys and all that before we open."

Lien Road will be Java Cat's new permanent location. While the new spot is slightly farther from our neighborhood, there are clearly a lot of reasons to make the two-mile commute. Hope to see you there this spring!

**Join your neighbors for the
Spring Parks Cleanup!**

Details on page 1



Inside Java Cat Coffee House's new location.

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Vote for Your New Alder on April 4

Hi, Neighbor! asked the candidates in the District 15 Alder race to say a little bit about themselves before the April 4 election. This is what they had to say:

Brad Hinkfuss

Hello neighbors! I've had the pleasure of meeting many of you as I walk the neighborhoods of District 15. Walking every street is a great way to get a sense of these places we call home. Even better is talking to people and asking about the issues that matter to you. For someone who's lived here over 20 years and been very involved in lots of grassroots organizing, I think one of the most powerful things I can do is listen.



Brad Hinkfuss

As a candidate for Alder, I am convinced that the best results happen when the people who live in a place are engaged in the decisions about that place. District 15 is a diverse area that is under a lot of pressure to change and grow. No one knows a place as well as the people who live there, which is why I prioritize listening and resident engagement. As Alder, I will advocate for your local interests in ways that further improve our district and the surrounding city.

My experience with issues like affordable housing, environmental concerns, and fiscal responsibility runs deep. But what runs even deeper is my love for this district as a special place that we all call home. My candidacy is a combination of local history, relevant experience, and personal commitment. In the spirit of making a place that is already great even better, I humbly ask for your support and your vote on April 4. Thank you!

Learn more about Brad at sites.google.com/view/brad4madison.

Dina Nina Martinez-Rutherford

Hi, my name is Dina Nina (she/her). I am a small business owner and an innovative problem solver, and I'm committed to making a positive difference in my community.

As a transgender woman, I understand the importance of representation. Some of my priorities include affordable housing and expanding the CARES program. I'm also deeply committed to protecting the rights of underserved communities.

My unique perspective and diverse background make me well-suited to serve on the Common Council, and I am eager to get to work on behalf of my community.

Learn more about Dina Nina at dinaninaformadison.com.



Dina Nina Martinez-Rutherford and Gertie

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how and where to vote:
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Updates from the Schenk Elementary PTO

Hello from the Schenk Elementary PTO! We are happy to connect with the Eastmorland neighborhood and greater school community! As always, we thank YOU, our neighbors, for your support - whether you donate money, send your kids to Schenk, and/or smile and wave at our students around the neighborhood, we are grateful to have you as part of our community. We have some updates to share:

DAMA Mural Project and Schenk Garden

In our last update we requested donations to the DAMA (Dane Arts Mural Arts) Mural Project, with the goal of creating a mural on the side of the garden shed. DAMA recently visited the school to measure the shed for installation of the mural. The goal is for the mural to be visible to anyone walking on the street, with text in English and Spanish. The theme will be related to gardening, with a shark included to represent our Schenk Sharks! There will also be animals or colors to represent different cultures within our building. Work on the mural is projected to begin in March, and students will be involved. The hope is to unveil it officially on National Garden Day in May.

As I write this update in February, Schenk's garden is buried in snow. The Americorps volunteer who works with the garden has been using this time to do nutrition education with students. Most recently, she has been teaching third to fifth graders about marketing techniques and ads, and students have been creating ads for fruits and vegetables. Second graders will soon be growing microgreens. As the weather gets warmer, there are plans to get students into the garden and start preparing it for spring! A big THANK YOU from us to you for the donations that have made these and other activities possible!

(Continued on page 24)

Speak Up About the Future of Voit Farm

By Randy Coloni

On December 8, 2022, developers with Starkweather Creek, LLC presented their plan for Voit Farm. The Eastmorland neighborhood should be aware the developers' proposal calls for over 1,500 predominantly market-rate housing units, an extensive road grid, and very limited community gardening space.

In contrast, the non-profit organization Save the Farm, which consists of nearly 400 Madison neighbors, has a vision for how this agricultural land might be developed for maximum community benefit. Save the Farm's plan capitalizes on the 65-acre parcel's unique attributes and suggests three distinct land uses:

- 1) Substantial greenspace and regenerated, protected conservation land
- 2) A small central farm space
- 3) A full range of housing types (approx. 800 units)

We believe it is vitally important that Eastmorland and adjacent neighborhoods speak up and demand the city and county explore the above ideas, before accepting the developers' very dense, heavily paved, and profit-focused plan, lest a unique opportunity be lost.

The Voit parcel's size, location, and natural amenities provide a once in a lifetime opportunity to create a diverse, integrated neighborhood, restore and preserve natural areas and agricultural land, and create a focal point for neighborhood interactions and community-building. Ideally, development on the site would also include a Community Ecology Center that offers environmental education, recreation options, and community events.

Your voice is key in calling on the city, county, non-profits, and philanthropists to get involved. The developers' current plan lacks a significant allocation of affordable housing, garden and farm space, and educational and community-building resources. It also

includes too much paved area. Ideally, sections of the parcel could be split off to be developed by community non-profits focused on community benefit, not just profit. For more details, please refer to SaveTheFarm.net.

Save the Date for the Eastmorland Pride Picnic!

The Eastmorland Pride Picnic will be on Saturday, June 3 at the Olbrich Park Walter St. shelter. This all-ages gathering will be a fun and relaxed way to celebrate Eastmorland's LGBTQ+ community through a potluck, yard games, and socializing. More details to come. If you are interested in joining the email list for event updates, please email Rebecca at rlbeau22@gmail.com. We can't wait to see you there!

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Change in Leadership on LENA Board

By Matthew Ledger

After serving two years as Lake Edge Neighborhood Association (LENA) Board President, Liz Dannenbaum chose to step down in 2022. Dannenbaum has served on the board in a variety of positions over the last 20 years, including as President, Vice President, Secretary, and an at-large member.



Liz at Olbrich Gardens

"I love LENA, and someday maybe I'll get involved again," said Dannenbaum. "But I felt like I needed a break."

Dannenbaum says she hopes LENA members felt she was a good connector between the city and the neighborhood during her tenure, and that she and the LENA board were a good source of

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Lake Edge Neighborhood Association (LENA)

LENA OFFICERS

PRESIDENT: *Bentley Wolfe*
VICE PRESIDENT: *Sarah Wilkin*
SECRETARY: *Laura Haefs*
TREASURER: *Hawk Sullivan*
AT LARGE: *Kathleen Connors, Nick Heindl, Kate Schultz*

**Contact the Lake Edge
Neighborhood Association at:**
LakeEdgeNA@gmail.com

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**We currently meet via Zoom
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Join us at ECA Meetings

ECA meetings begin at 7 p.m. on the second Tuesday of each month. Meetings are held virtually over Zoom. Please email Emily Mixon (emilyemixon@gmail.com) if you have an agenda item, questions, or would like the Zoom link to attend. We hope to see you there!

Eastmorland Community Association (ECA) Board

ECA OFFICERS

PRESIDENT: *Emily Mixon*
(emilyemixon@gmail.com)
VICE PRESIDENT: *Brian Juchems*
(brianj@gsafewi.org)
SECRETARY: *Rotating amongst board members*
TREASURER & NEWSLETTER: *Dan Zimmerman*
(zimmerman_dan@hotmail.com)

DIRECTORS

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Micah Kloppenburg, Kris Whitman, Jennica Skoug
Kathy Soukup (alternate), Patrick Soukup (alternate)*

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608-241-1158, zimmerman_dan@hotmail.com

ECA WEBSITE: *Dan Glassman,*
dan.glassman@gmail.com, communications@eastmorland.org

WEB LIAISON: *Jennifer Moore, jmoore3501@gmail.com*

EASTSIDE PLANNING COUNCIL LIAISON
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Take a Page from Pinney: Advice on reading and loving the library

By Liz Davison

Have you been wanting to get back into reading? Has it been a while since you've picked up a book for yourself? Have you fallen out of the reading habit? Well, I'd love to help you with your reading and library-related queries.

I'm worried it will feel boring or go over my head. How do I find a book that I will be comfortable with?

You're right: some books can be a real snoozefest. Start with something that's guaranteed to be a fun experience for you. The Pop Culture collection has a lot of quirky topics and books that don't take themselves too seriously.

I never know what to pick out. How do I just choose a book?!

I feel you. "Too Good to Miss" is a sampler collection of different types of books, from cookbooks to trending topics. This section, as well as new and bestselling books are right at the front of the library. There are rotating displays and featured topics so that something has a chance to catch your interest. Basically, go ahead and judge books by their covers.

I want to try something different than what I usually read. Where do I start?

I love that you're challenging yourself! Try to step outside your typical genre. If you usually read mysteries, maybe try a science fiction book with a strong mystery plot. Or instead of fiction, you could read nonfiction on a related topic.

Gooo-go-gahh?

Hmm, sounds like you're a baby. I would recommend a board book! There are also toys, storytime, and play sessions you'd probably like at the library.

I have no free time. How can I get more book time in?

I hear you: there are only so many hours in a day, and it sounds like you have a fully packed schedule. You should try audiobooks! Pick up a book on CD if you log hours in a car, or you can use Libby. It's an app that allows you to check out ebooks and audiobooks to your own device for free! Turn your daily walk or mindless chore (laundry, I'm looking at you) into your reading time. And in case no one has ever told you, listening to an audiobook IS reading.

I want a good story but I don't want it to take forever. Advice for quick reads?

You want to fall in love with a story without feeling like you have to be actually married to the book: sounds reasonable! I have a couple ideas. First, there's nothing like a YA (young adult) book to satisfy the craving for a compelling story without having to submit to the standards of the Grownup Novel. Second, have you ever read a graphic novel? If you're new to the genre, it will be a slower process at first, but with a little practice, you can go on a fully realized journey in a couple hours.

If you have a questions about reading or want a recommendation on how to find your next favorite thing at the library, just ask edavison@madisonpubliclibrary.org.

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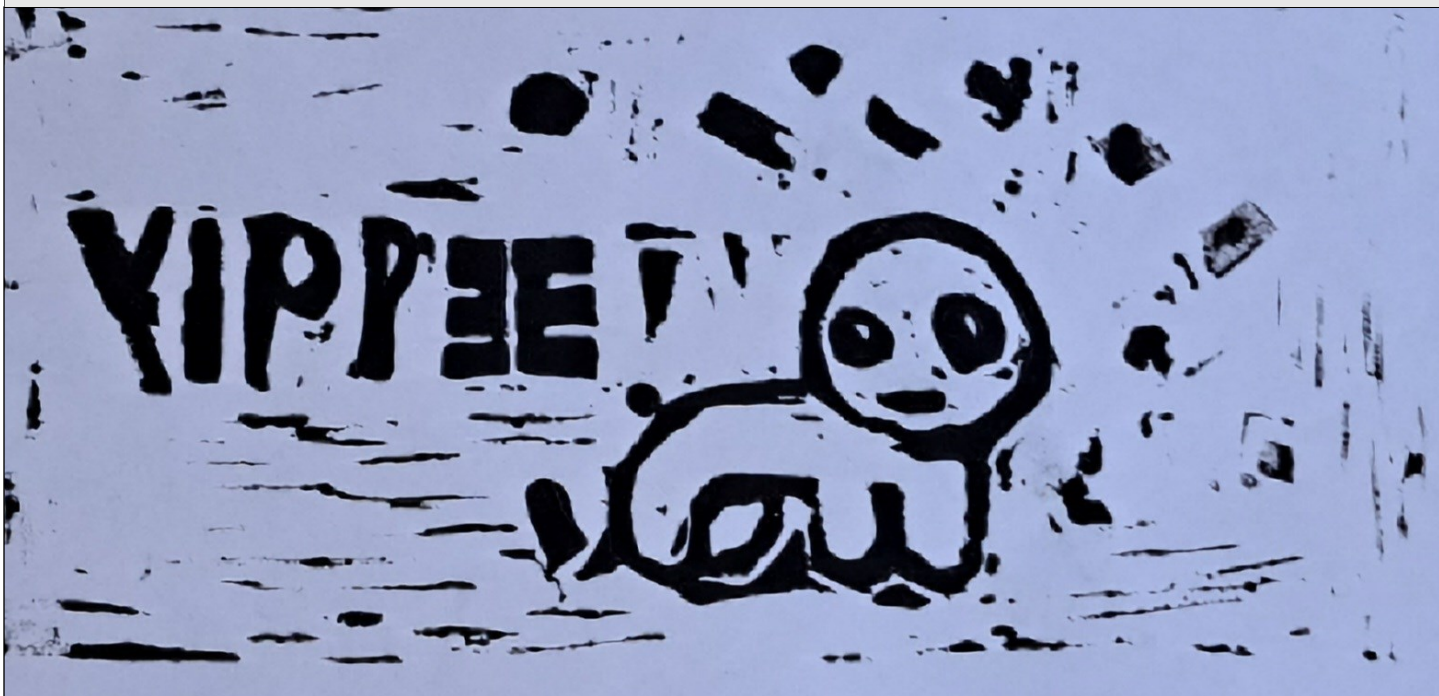
Public Health Offers Services for People Who Use Drugs

Did you know your local health department provides harm reduction services for people who use drugs? We provide free safer use equipment, risk reduction information, test strip kits, treatment information, and other services. Our goal is to prevent overdoses, reduce infections, and provide a non-judgmental space to support the wellness of people who use drugs.

Services we provide (all free!):

- Safer use equipment
- Safe disposal of used syringes
- Risk reduction information
- Sharps disposal boxes
- Condoms

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Linocut print by local artist Charlie Werner, 7th grader at Whitehorse Middle School.

Eastmorland Students Exhibit Art at MMoCA

Young at Art opens at the Madison Museum of Contemporary Art on Saturday, March 18 and closes August 6. Eastmorland neighbors and Whitehorse Middle School students Gabriel Arena, Cerenity Cisneros, and Charlie Werner will have art in the exhibit.

-Allison Werner

Anagrams

How many words can you make using the letters in: SPRING

Find answers on page 21!

Submit your work to Kids Corner!

Kids and Teens: Want to submit your original artwork, joke, word puzzle, or coloring page to Hi, Neighbor? Drop your design or idea in an envelope at 161 Lansing Street, or email to hineighboreastmorland@gmail.com.

Don't forget to include your name, address, and a way to contact you if we choose your submission for the next newsletter!

Spring Sillies!

How is the letter A like a flower?

Answer: A bee comes after it!

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12:00-6:00 p.m. or home delivery

www.steadfast-acres.com

Tipi Produce

CSA - Veggies, berries, melons

Pickup at 4109 Major Ave., Thursdays 4:00-7:00 p.m.

www.tipiproduce.com

Two Onion Farm

CSA - Apples

Pickup at 4109 Major Ave., Thursdays 4:00-7:00 p.m.

www.twoonionfarm.com

Lansing St Veggies

Self-serve veggie table

161 Lansing St., Thursdays 4:00-7:00 p.m.

June-October

Vitruvian Farm

CSA - Veggies, mushrooms

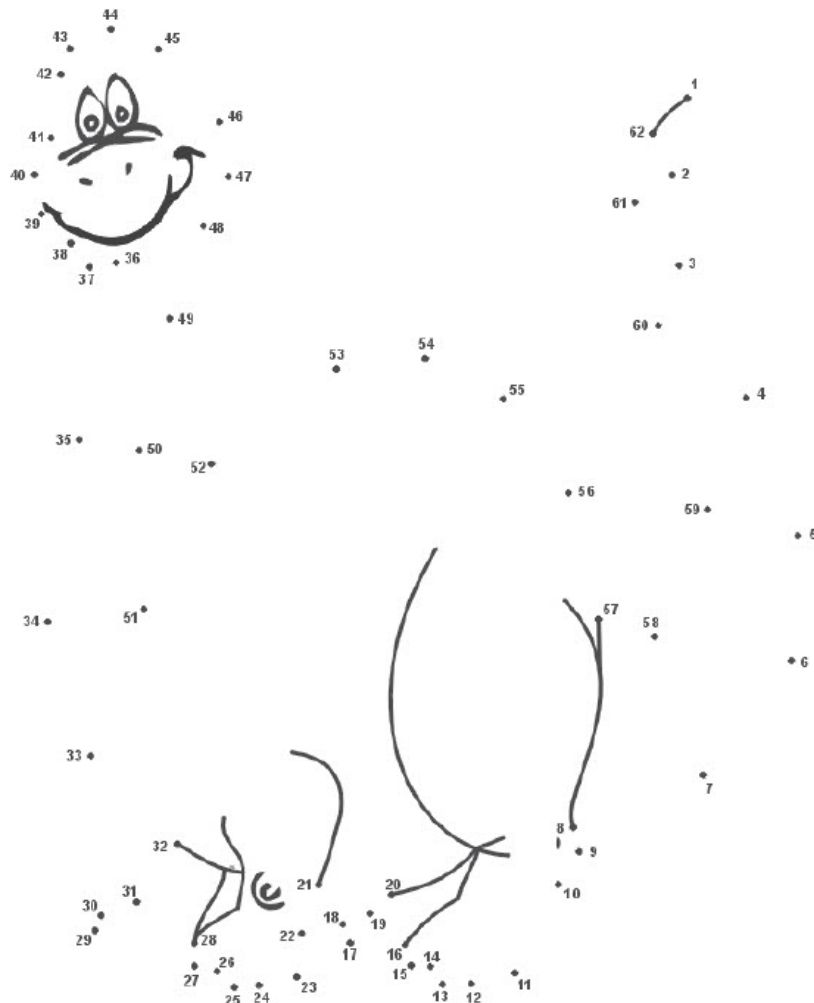
Home delivery or pickup at Monona Farmers Market

www.vitruvianfarms.com

This is definitely not an all-inclusive list! There are many Madison-area farms that deliver to nearby neighborhoods, as well as to a number of area businesses. Check out www.csacoalition.org/farm-search to search for farms by location, delivery day, share types, products, or season.

Hi Neighbor! Kids Corner

Connect the Dots!



Introducing Lake Ridge Bank

Submitted by Lake Ridge Bank

Monona Bank Changes Name in Merger with State Bank of Cross Plains

It may seem like we have a new bank in the neighborhood, but Lake Ridge Bank is simply the new name for all the Monona Bank and State Bank of Cross Plains locations since they merged on February 13.

While Lake Ridge Bank now has 23 branch locations throughout Dane, Green, Sauk, and Rock counties, the offices affected in our neighborhoods include:

- Schenk's Corner branch at 1965 Atwood Avenue in Madison
 - Monona Drive branch at 5515 Monona Drive in Monona
 - Bridge Road branch at 6430 Bridge Road in Monona
- Lake Ridge Bank is the same bank with the same knowledgeable advisors from our neighborhood that you've gotten to know over the years. It simply has a new name and a few new-and-improved services. In case you

are not familiar with the bank, it offers a full range of personal and business banking products and services to help our neighbors meet their financial goals. Better yet, combining the two banks ensures that Lake Ridge Bank remains locally owned and all decisions will continue to be made right here in the area by experts who understand our local economies.

Curious about the new name? Lake Ridge is meant to reinforce the bank's local focus and priorities. With a nod to our local geography, Lake Ridge Bank wants to help shape the communities within the bank's service area in the same way the glaciers shaped the region's lakes and

(Continued on page 17)



Lake Ridge Bank's 5515 Monona Dr. location

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Change in Leadership on LENA Board

(Continued from page 10)

information on neighborhood and city issues.

“To me, that’s the most important thing a neighborhood association does. It helps people know what’s happening in their neighborhood, in terms of new roads, or when there are problems with housing, or any kind of city issue. So I tried to work closely with city officials, and I tried as President to send out pretty frequent emails explaining what we were trying to do, and what I thought people’s attention needed to be focused on.”

Though she’s stepped down from the LENA Board, Dannenbaum is still active with a variety of local organizations including the Olbrich Botanical Society Board, Friends of San Damiano, and Eastside Progressives. She says she’s excited to see the new ideas the new LENA Board brings to the table, and she hopes more Lake Edge neighbors will consider joining the neighborhood association.

Safe Communities: Medicine Collection and Disposal

By Kristin Larson, Safe Communities

Have you looked in your medicine cabinet lately? Spring is a perfect time to take a peek and get rid of any unused, unwanted, or expired medicines you may find.

In a recent survey by the Center for Disease Control (CDC), more than 70% of people who misuse prescription drugs for the first time get these medicines from people they know, with or without asking. Disposing of medications in a timely and appropriate manner is an excellent preventative measure, especially as unintentional drug poisoning deaths exceed deaths from motor vehicle crashes in Dane County. In addition, it’s especially important to keep unwanted medications out of children’s hands and out of our streams and lakes.

The African American Opioid Coalition and Safe Communities Madison-Dane County hosts community drop days each spring and fall. Over the last 20 years, MedDrop collected more than 18 tons of unused or expired medications. Products are incinerated and disposed of in the most environmentally sound method currently available.

We’ll be sharing the dates for our spring collection activities soon, but you don’t have to wait. There are a variety of MedDrop locations that accept items year-round. Visit SaferCommunity.net for more information.

Safe Communities of Madison and Dane County is an award-winning non-profit coalition of over 350 organizations working together to save lives, prevent injury, and make our community safer. We convene coalitions and task forces focused on falls prevention, drug poisoning prevention, suicide prevention and traffic safety. For more information visit SaferCommunity.net.

What can you get rid of at MedDrop boxes?

- Prescription medication
- Over-the-counter medicine (pills, liquids, creams)
- Pet medication
- Medicine samples
- Vitamins
- Nebulizer solution
- Inhalers

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Supervisor District 17

Jacob Wright
Dane County
Board of Supervisors

608-338-3766

wright.jacob@countyofdane.com

Hi neighbors!

On February 14, Senator Tammy Baldwin announced that Wisconsin will receive over \$25.2 million from the U.S. Environmental Protection Agency (EPA) under the Bipartisan Infrastructure Law to address emerging contaminants and forever chemicals, like PFAS, in drinking water. This is exciting news for us locally, and I am tracking what this will mean for our efforts in addressing PFAS plumes at and around the airport.



County Executive

Joe Parisi

Dane County

608-266-4114

Parisi@countyofdane.com

Local Food Pantries Play a Vital Role in Serving Our Community

Thanks to an innovative partnership born out of the COVID-19 pandemic, Dane County, Second Harvest Foodbank of Southern Wisconsin, and our network of local food pantries and meal sites have provided over 12 million pounds of freshly grown, locally sourced food to thousands of families.

In 2022, our Farm to Foodbank initiative supported 3.8 million meals through 128 food pantries and meal sites. Moreover, 53 Dane County food producers received a fair price for their food, which helped create a positive local economic impact of over \$12 million. Our partnership exemplifies the good that can result when people come together to address challenging circumstances.

My budget includes \$6 million to sustain this work in 2023. The funding comes at a critical time, given that temporary increases to the federal Supplemental Nutrition Assistance Program (SNAP) sunset at the end of February. These benefits helped families cope with the pandemic's financial impacts. Roughly 20,000 Dane County residents are being impacted by this cut, and food pantries are expecting a surge in people seeking assistance.

I created a \$2 million emergency grant program to increase food supplies for pantries, and those funds are now being distributed to 18 agencies throughout the area. I encourage you to find your local food pantry and donate your time or extra food to further support these vital organizations.

Every Dane County resident deserves access to healthy, nutritious food. And, every donation takes our food pantries one step closer to achieving this mission countywide.

In March and April I'll be busy with a number of local items of interest:

- On March 9, the County's Environment, Agriculture, and Natural Resources Committee received our quarterly report from the Dane County Airport.
- Also in March, we are scheduled to receive the final cost estimate for construction of the new Dane County Jail.

Watch my blog for updates on these and other items.

I provide a monthly digest on the main District 17 Blog (board.countyofdane.com/supervisors/detail/17) where you can sign up to have them delivered directly to your inbox! I also blog regularly at wrightfordanecounty.com/blog, where the updates are more frequent and—it must be said—more opinionated. My goal is to provide multiple avenues of engagement that keep you informed based on your preferences.

You can email me anytime at wright.jacob@countyofdane.com, and calls or texts are welcome to 608-338-3766. I hope to hear from you soon!



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Madison's NEW Vision Zero Newsletter

Have you seen Madison's newly launched Vision Zero quarterly newsletter? The first issue discusses the work of Madison's Vision Zero initiative, which aims to eliminate traffic deaths on all roadways, bikeways, and sidewalks throughout the city. In the newsletter, you can find information on data-driven programs that work to increase

safety for everyone moving about the city, get updates on current Federal Grant applications, and see a preview of how that money will be used.

The newsletter will give you an inside look at Madison's Transportation Demand Management policy, the Atwood Avenue reconstruction project, the City of Madison fleet department's Defensive Driver course for City employees, and more. On the Vision Zero website you can also see the data, reasoning, and results for all Vision Zero programs: cityofmadison.com/transportation/initiatives/vision-zero.

I am committed to making changes to our streets to ensure safe travel for everyone whether they are walking, biking, taking a bus, or driving. City staff are working every day across our city, using education, enforcement, and engineering to reduce serious injury and fatality crashes. We need your help too - everyone can be part of creating a culture of safety. Slow down, look out for others, and help us realize our vision of zero traffic fatalities.

Lake Ridge Bank

(Continued from page 14)

landscape. Much like the Eastmorland and Lake Edge neighborhood associations, the bank aims to create an atmosphere of community and belonging.

For example, one interesting and community-building service Lake Ridge Bank offers is our Prime Time Plus membership for people over age 50. This group plans both social and educational events, as well as offers special

deals and perks, such as group travel.

According to the bank leadership, this merger made sense for many reasons, especially since both banks are locally owned and share a similar set of core values. Lake Ridge Bank plans to continue its dedication to promoting opportunity and prosperity within the region. The bank is based on the idea that when we invest in our neighbors, we help our communities to be stronger, more stable, and truly vibrant places to live and work. To learn more about Lake Ridge Bank, visit www.lakeridge.bank.

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State Representative District 48

Samba Baldeh

Wisconsin State Assembly

608-266-0960

Rep.Baldeh@legis.wisconsin.gov

Legislature Has Historic Budget Surplus

There's a \$7 billion question before the Legislature this spring:

What should we do with the budget surplus? Spend it? Save it? Invest it? All of the above? The state surplus is due to higher-than-expected tax revenues and a billion dollars left over from federal pandemic relief funding.

One way to save it is to lower the tax burden. The Governor has proposed cutting taxes by 10% for households with incomes of under \$150,000. This makes sense. However, we must be careful to ensure that we don't cut taxes so much that we find ourselves in deficit if the economy goes south. The GOP "flat tax" proposal

would do just that – lower taxes so much that it could cripple the state's future financial health and give a tremendous tax windfall to the wealthiest residents.

As for spending, I support returning \$250 to each resident in the state to help families offset higher prices. We'll also make big investments in roads and bridges. Additionally, Governor Evers has declared this the Year of Mental Health. Part of the budget surplus could provide mental health specialists for every school and make more specialists available in rural communities.

The biggest budget item is state support for public education. Hopefully, we will increase funding to support students with special needs – a critical piece of our education system which has been shortchanged for years. The GOP continues to focus on state support of private education for all income groups, including the wealthiest families.

The state collects about \$2.5 billion each year in sales tax – I support returning about \$500 million of these funds to cities and counties. Of that amount, about half would be used for public safety such as police and fire services. This should slow down increases in property taxes for the city and county.

This debate will continue at least into June. Plenty of time for you to weigh in! If you have any thoughts, concerns, or questions about the budget, you can reach me at 608-237-9148 or at Rep.Baldeh@legis.wisconsin.gov.



State Senator District 16

Melissa Agard

Wisconsin State Senate

608-266-9170

Sen.Agard@legis.wisconsin.gov

Child Care Counts Program is Critical for Families & Wisconsin's Workforce Needs

Democrats are working for Wisconsin, and we know that access to affordable, quality child care is critical for the well-being of working families. It is imperative that child care providers are supported and provided with the resources necessary to grow the future of Wisconsin. We know that when we invest in our kids, we invest in Wisconsin's future.

I'm sure you all have heard about the impending child care

funding cliff, impacting both families with kids and child care providers should support not be provided to this vital industry. Fortunately, Governor Evers and legislative Democrats know the importance of child care access and are working to lift up Wisconsin's network of providers.

Governor Tony Evers' 2023-25 biennium budget proposal works to make quality child care more accessible and affordable. The Governor's proposal includes \$340 million to provide a permanent investment in the Child Care Counts: COVID-19 Stabilization Payment Program, which was created with federal dollars during the pandemic to support Wisconsin's early care and education community. To date, the program has sent monthly payments to over 3,300 providers in Wisconsin to stay open, recruit and retain qualified staff, and provide care to over 113,000 children statewide.

Ensuring working families have access to quality child care at an affordable cost is critical to addressing Wisconsin's workforce needs. Unfortunately, we know that if the Child Care Counts program isn't extended 25% of Wisconsin providers said they would close permanently, 60% of providers indicated they would have to raise tuition, and others said they would cut wages on already underpaid workers.

I will continue to be a tireless advocate for child care providers and working families in Wisconsin. My Democratic colleagues and I recently contacted more than 4,000 child care providers in Wisconsin to inform them of this vital funding proposal. We asked them to vocalize their support and share their stories using the petition identified below.

The Governor's budget proposal will be amended by the Republican-controlled Legislature over the next couple of months before it is sent back to him for approval. If you would like to vocalize your support for the Governor's \$340 million investment in the Child Care Counts program, you can sign the petition that is available at tinyurl.com/Support-ChildCareCounts.

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East Madison Little League 2023 Season Sign-Up Open

Are you ready for the next pitch?

East Madison Little League offers baseball (boys and girls) and softball (girls only) between the ages of 4-14. We offer four fully-lit fields with eight divisions each of baseball and softball.

East Madison Little League is a non-profit organization which has provided play opportunities for eastside boys and girls since 1958.

- First time Tee Ball players receive \$25 off their registration fee
- Early bird discount for registrations before April 8
- Full and partial scholarships available for qualifying individuals
- Multi-player discounts make East Madison Little League affordable for the entire family

East Madison Little League kicks off its 2023 Spring Season with Opening Day on May 20. We are looking for any kids who want to play America's game.

Our fully stocked concession stand is always open featuring hot menu items. Cash and debit charges accepted.

Register today at emll.org.



An East Madison Little League player.

The March Garden

By Jennifer Peterson

Garden writer Margaret Roach once asked, "How is it that so many garden plants can disappear come winter and then, from nowhere, reappear in spring, unbeaten by having 'lived' like Birds Eye vegetables in the earth's own freezer, month after frozen month?"

I do my best gardening in February and March. That is to say, in my winter dreams where my visions of leafy splendor are unscathed by drought, powdery mildew, squirrels, or my own inconsistent skills and energy. Night after night, I page through gardening books, plant catalogs, and the Olbrich Gardens pamphlet of upcoming workshops. On Saturday mornings, I draw and redraw circles representing perennials on graph paper where I've sketched out my borders. I look online for plant heights, bloom times, and soil preferences. I hear a choir sing when I picture how the plants will look together, moving in the wind and dappled sun.

Come spring, I fling open the proverbial screen door with a bang. I feel like Dorothy stepping into the colors of Oz. The smell of mud and the red peony shoots under dead leaves make me delirious with the delight of being. By July, my springtime missteps can no longer be ignored. The sedum is too pink next to the yellow coneflowers. I've crowded the false indigo. Everything by the back fence is one dull height. And the rabbits have shaved off half my new plantings.

But once in a while, a thread of my winter plan carries all the way through the season - in one small corner of one border, the plants grow and flower just as I pictured them in March. And I live to dream again.

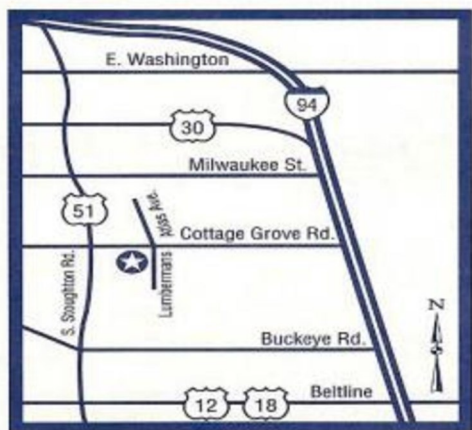
In case you're in need of some winter inspiration, here are some things I've enjoyed.

Books: *The Layered Garden* by David Culp; *American Roots* (featuring many American gardeners including Jeff Epping, Director of Horticulture at Olbrich Gardens), *Gardens of the High Line* by Piet Oudolf; *The Midwest Native Plant Primer* by Alan Branhagen

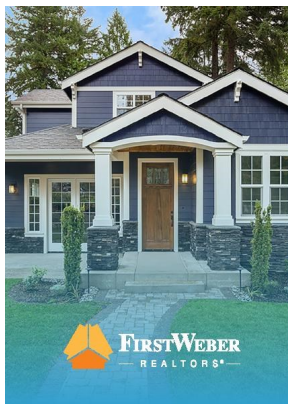
TV shows: *Big Dreams, Small Spaces* (Netflix); *Rosemary and Thyme* (crime-solving gardeners on BritBox); *Gardeners' World* (Amazon Prime)

Plant lists/catalogs: Klein's (kleinsfloral.com); Prairie Nursery (prairienursery.com); Two Ferns Nursery (twofernsmadison.com)

Workshops and lectures from our neighbors at Olbrich Gardens (olbrich.org)



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"A Day in the Life" of ECA Board Members

...pssst! The ECA Board Election is May 11. Run for a seat, vote, or both!

By Jennica Skoug

If you live in Eastmorland, chances are you've heard of the Eastmorland Community Association (ECA) Board of Directors. (If you haven't, that's ok too!) As a newer resident, I had only a vague idea of the board's existence and responsibilities until two years ago when a friend encouraged me to run for one of nine seats available to neighborhood residents. I was skeptical of committing my free time to another responsibility, but my friend convinced me it would be worth it. She was right.

As part of the ECA board, I have helped plan and organize neighborhood events, met and connected with more of my neighbors, and settled into a deeper sense of belonging to the streets and parks I've walked so many times. The time commitment felt reasonable – one meeting a month – and I was able to spend any additional time of my choosing on neighborhood projects that interested me.

With the board elections around the corner, I thought it might be useful to have an "insider's look" at the ECA Board. Here are a few reflections from other board members:

- "I was reluctant to get involved in ECA because of time and other commitments, but discovered I really enjoyed having the opportunity to problem solve and build community with neighbors with a wide range of viewpoints." -Brian Juchems
- "I have enjoyed serving on the ECA Board of Directors because I value building connections among people in our community through social activities and

service projects, such as the annual leaf-raking volunteer effort. I like to keep up on what's going on in the neighborhood and share that information with others. And as someone who has lived in ECA for decades, I enjoy sharing my historical knowledge in addition to my new ideas. This is a very welcoming and diverse group, and each member can use whatever skills or interests they have to make a difference!" - Kris Whitman

- "Being a part of the ECA has been a learning experience. I have learned so much about how city government works and how that affects our local neighborhood. I often talk about my experience on the ECA board as grassroots democracy. I've gotten to share opinions and learn about things happening in our neighborhood and also dream about what could be and ask how we can make it happen. It's a great way to connect with neighbors and invest in this place we call home." -Breanna Illéné

To run for a seat on the ECA Board: Send an email to info@eastmorland.org with your name, address, and brief description of why you are interested in serving on the board.

(Continued on page 23)

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Ode to Henriette Hen

(Continued from page 4)

tuck them all in safely for the night. If only I could keep them safe in the daytime too.

Does the cycle of chicken life and death get easier with time? I hope so, but I also admit it teaches me something about the fleeting nature of everything, and reminds me to take in those moments of joy knowing they are not a given. Nothing keeps me more grounded and present these days than taking care of chickens, seeing how they're doing each day, and sympathizing on cold mornings when they don't want to come out.

Do you have chickens and a desire to connect with other Eastmorland chicken keepers for help with coop-sitting when out of town?

Are you chicken-curious with a desire to help care for your neighbors' chicks while they're away and maybe score some tasty eggs along the way?

Email Olivia (oliviareneewilliams@gmail.com) to join the Eastmorland Coops list serv.

Chickens take a village!

Anagram Answers

From page 12

There are 53 possible words! Here are a few: grins, grips, pings, rings, sprig, nips, pigs, pin, ring, sign, sing, snip, spin, rig, rip, sip, in, is, pi

Services for People Who Use Drugs

(Continued from page 11)

- Fentanyl test strip kits
- Overdose reversal medications nasal Narcan and injectable naloxone
- Safe smoking supplies
- Referrals to resources

Our Syringe Services hours are Monday through Friday 8:30 a.m. to 4:30 p.m. at 2705 E. Washington Ave and 2300 S. Park St. You can also visit our website for more information at publichealthmdc.com.

For treatment and recovery resources, contact the Behavioral Health Resource Center of Dane County at 608-267-2244.

Overdose response

If you encounter someone who is unconscious, meaning they don't respond to their name or "Hey you" and shoulder shaking:

- Call 911 and report your location and an unresponsive person, and follow the directions from the 911 operator.
- Administer Narcan if you have it. Narcan will not harm someone who is unconscious for reasons other than an opiate overdose.
- If you or someone you love uses drugs, keep Narcan on hand. Narcan can be sprayed up someone's nose to reverse an opiate overdose. We can provide free Narcan to people who use drugs and their households at our public health offices.
- If someone doesn't respond to the first dose of Narcan, wait 2 minutes and administer another. You may start rescue breathing and CPR as well.

If you find a used syringe

- Use kitchen tongs or another pincer-like tool to pick up the needle. Place it needle-first in a sharps container. If you don't have a sharps container, use another thick-walled container (empty laundry detergent bottles work great).
- Dispose of the needle at a place that offers sharps collection. Locations near Eastmorland include the Walgreens pharmacy on 108 Cottage Grove Rd, Community Pharmacy, and our Public Health office at 2705 E. Washington Ave.
- If you are accidentally poked by a used needle that isn't yours, contact your health care provider or go to the nearest urgent care or emergency room. You can receive medicine that reduces the risk of HIV infection. Don't panic: the risk of catching a serious infection is low.

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Meet your neighbors at the Eastmorland Outdoor Markets this year!

Dates and details for interested vendors, food carts, and musicians on page 1.

Try Something Special at Yako Sushi House

By Matthew Ledger

Since opening in early January, Yako Sushi House owner/chef Zhaolu Lam and manager/waitress Winnie Lei have been plenty busy. Just the two of them, along with Lam's mother, staff the new restaurant at 515 Cottage Grove Road, formerly the site of Red Lion.

Prior to opening Yako, Lam worked as a sushi chef at restaurants throughout the United States, including in Florida, Minnesota, and New York. Lam's father, who was also a sushi chef, spent four years working in Madison, and his love for the city made an impression on Lam.

"He told me Madison is a great place," said Lam. "He told me to come here. So I've been trying to move here and live here."

Connections with Red Lion's previous owner allowed Lam to take over the location when Red Lion closed and realize his dream of opening his own restaurant. Currently, Yako serves sushi rolls, poke bowls, appetizers (including edamame, dumplings, and spring rolls), soups, salads, and bubble tea. Lam and Lei say the restaurant's offerings may expand in the future when they can hire more staff, but for now, customers seem to be enjoying the Sushi House's namesake cuisine.

"Because we've worked all over, that's why you'll see that there are a lot of different special rolls in our menu," says Lei. "Those are all the popular items from all the



Yako Sushi House owner and chef Zhaolu Lam

places we've worked. We're new to here and we don't know whether people like cream cheese or spicy or whatever. So this is only our first version of the menu."

So far, Lei and Lam have found their Madison clientele like rolls that include some combination of sweet potato, avocado, and spicy tuna or salmon. (I can confirm that the Badger Roll, which includes spicy salmon and is topped with avocado, is delicious.) For those who'd like a suggestion of a roll to try, Lei recommends the Naruto

(Continued on page 24)

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Your community energy company

ECA Board Elections

(Continued from page 20)

To vote in the ECA Board Election:

- Vote online anytime from May 4 to 11. A link to the electronic ballot form will be posted at eastmorland.org during this time.

- OR -

- Vote in-person at the ECA Annual Meeting on May 11 at 7 p.m. Location: Lansing Food Forest.
Rain Location: Pinney Library Community Room A
Curious about the ECA but not ready to run for the board? Anyone is welcome to attend an ECA Board meeting - listen in or contribute your thoughts. Meeting times and locations are posted monthly at eastmorland.org.

JOIN ECA/LENA TODAY!

Annual ECA/LENA membership dues are voluntary and are \$10 for a basic membership and \$25 for a supporting membership. Dues collected are used for general operations expenses and for special neighborhood events, such as the spring park clean-up and fall leaf-raking parties and potlucks. While everyone living in the neighborhood is considered to be a member of ECA, only paid members have the additional benefits of participating in the annual ECA garage sale and Santa visits. ECA relies on your support.

Neighborhood Ash Trees

In 2015, 2018, and 2021, ECA raised sufficient funds to treat and save some of Eastmorland's most beautiful park ash trees from being cut down due to emerald ash borer (EAB). Together we saved 33 of the healthiest, largest ash trees in our neighborhood parks. These trees must be treated every three years according to current city policy.

We must have all the funds to treat them again by fall 2024. The estimated cost of the treatment will be approximately \$7,070.45. Please donate any amount as every dollar adds up to help save a beautiful shade tree.

If you live in the **Eastmorland neighborhood**, you may pay your dues, make a general contribution, or make a contribution to treating the 33 ash trees in our neighborhood parks by completing and mailing the form below with your check to ECA, PO Box 14584, Madison, WI 53708 or via PayPal

by going to <http://eastmorland.org/> and clicking on the "Donate" tab.

If you live in the **Lake Edge neighborhood**, you may pay your dues, make a general contribution, or make a contribution to treating the 33 ash trees in the Eastmorland neighborhood parks, 22 of which are in Olbrich Park, by completing and mailing this form with your check to LENA, PO Box 14102, Madison, WI 53708 or by going online to [Join Today - Lake Edge Neighborhood Association \(lenamadison.org\)](http://JoinToday-LakeEdgeNeighborhoodAssociation.lenamadison.org) [note: there is a \$1.00 processing fee]. If you wish to contribute to treating the ash trees, mail a check to ECA (see above) or follow the instructions above for contributing to ECA online.

Note: ECA and LENA are not IRS 501(c)(3) approved organizations, so your dues and contributions are not tax deductible.

Thanks for being an active member of the neighborhood!

Name _____

Address _____

Phone _____

Email Address _____

Contribution for Save the Ash Trees_ \$ _____

Contribution for Dues and/or General Purposes_ \$ _____

Would you like to volunteer to help? If so, email the ECA president at info@eastmorland.org or the LENA president at LakeEdgeNA@gmail.com.

Schenk PTO Updates

(Continued from page 9)

Fundraising

The Schenk PTO set ambitious goals for fundraising this year. We are making steady progress toward those goals, but we still have work to do! In addition to funding the garden and DAMA mural, the PTO spends money each month on staff and teacher appreciation and other things that benefit students and families. In an effort to not overburden Schenk families, we look for fundraising opportunities that do not require our students to directly sell things or spend their own money. Donations are always appreciated and put to good use. If you are able, please consider making a donation to the Schenk PTO!

Checks can be mailed to Schenk Elementary, Attn: PTO, 230 Schenk Street, Madison, WI 53714. Donations can also be made through PayPal: [tinyurl.com/bdcj5aca](https://www.tinyurl.com/bdcj5aca). If you need additional instructions or have questions, email schenkppto@gmail.com or visit the Schenk PTO website at schenk.mmsd.org/pto.

To keep up with what is happening at Schenk, including dine-out nights and volunteer opportunities, feel free to like our Schenk Shark Community Facebook page ([facebook.com/SchenkSharkCommunity](https://www.facebook.com/SchenkSharkCommunity)). Thank you for supporting Schenk Elementary School!

Yako Sushi House

(Continued from page 22)

Roll, which includes tuna, salmon, yellowtail, avocado, and masago wrapped with cucumber.

"Customers have said that in this area of Madison, we're the only ones who make a cucumber-wrapped roll," says Lei.

Yako also offers party trays, lunch specials, and weekly specials that can save cost-conscious sushi lovers a bit of money. The restaurant is open Tuesday through Thursday 11 a.m. to 9 p.m., Friday and Saturday 11 a.m. to 10 p.m., and Sunday 4 p.m. to 9 p.m.



A Yako Sushi House party tray

We're always looking for more story ideas & volunteer writers! See page 2 for details.



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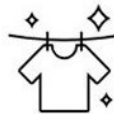
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Email timothycokeefe@gmail.com for details