

# CAPITOL NEIGHBORHOODS, INC.

## DOWNTOWN DIALOGUE

### Partnerships

*By Jeff Vercauteren, President, CNI*

Community partnerships are important in many parts of our lives, especially in neighborhood and non-profit organizations where financial resources are limited and the reach of our initiatives extends only so far as our members and volunteers are able to carry them. Partnerships enable us to work together, to maximize and prioritize resources, and to reach a larger audience. Ideally, partnerships make both partners stronger.

We are fortunate in Capitol Neighborhoods to have worked with some really good partners over the years, and we have seen many of those partnerships renewed and revitalized over the past several months.

The first set of partners we have is our fellow neighborhood organizations. An annual neighborhood conference at Monona Terrace in September brings together leaders from neighborhood organizations across the city. Additionally, late last year I met with Lynn Lee, the President of the Marquette Neighborhood Association, and Patty Prime, the President of the Tenney-Lapham Neighborhood Association. Our neighbors to the east share many common interests and issues with those of us who live on the isthmus.

That partnership has already borne fruit. We have exchanged ideas for how to address common issues our organizations share, cross-promoted events, and jointly hosted a mayoral forum in March, along with the Schenk-Atwood-Starkweather-Yahara Neighborhood Association and the Worthington Park Neighborhood Association.

Another important partner is the Madison Police De-

partment. The department has been an extraordinary resource for our organization, providing officers to attend our neighborhood meetings to keep residents informed of activity in the neighborhood and also to seek our input on upcoming events and potential issues. Last summer, I met with Chief Mike Koval in preparation for a very successful “Meet the Chief” event co-hosted with Downtown Madison, Inc. (DMI) last July.

Our partnership with DMI has been important in other areas as well. Increased communication on issues that affect both organizations, such as modifications to the top of State Street and the process to identify public restroom solutions for downtown, in addition to a jointly hosted mayoral forum in January, have strengthened the position of both organizations in addressing downtown issues.

Other partners include Madison College, the Madison Trust for Historic Preservation, the Madison Central Business Improvement District, and many others. These partnerships make our organization stronger and, through the sharing of resources and information, make our partners stronger as well. Communication, cooperation, and collaboration through these community partnerships help improve our city, our downtown, and our neighborhoods.

I hope to continue to expand these partnerships as our organization moves forward. Please feel free to share any suggestions you have for how we can strengthen relationships with existing partners or potential new partners we can work with on common issues.

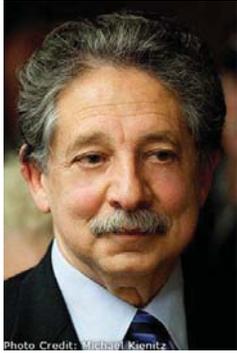


April - May, 2015, Volume 21, Number 2

# Housing First

By Mayor Paul Soglin

While our homeless services system does a tremendous job of providing shelter, transitional, and permanent supportive housing for our most vulnerable citizens, it is overtaxed and unable to serve everyone.



To address this challenge, the City of Madison is pursuing a "Housing First" strategy to help those families and individuals with the greatest needs. Traditional systems move homeless individuals and families through different "levels" of housing, whereby each level moves them closer to independent housing (for example: from the streets to a shelter, and from a shelter to a transitional housing program, and from there to their own apartment in the community). Housing First moves the homeless individuals or families immediately from the streets or homeless shelters into their own apartments.

that a homeless individual or families' first and primary need is to obtain stable housing, and that other issues that may affect the household can and should be addressed once housing is obtained. In contrast, many other programs operate from a model of "housing readiness" — that is, that an individual or household must address other issues that may have led to the episode of homelessness prior to entering housing.

To this end, the City of Madison has committed to construct approximately 250 new units of permanent supportive housing specifically targeted at moving people with the highest need from the street directly into housing. This housing will incorporate the principals of Housing First and Harm Reduction to first address the person's pressing need for housing followed by robust onsite social services to enable them to be successful in their housing.



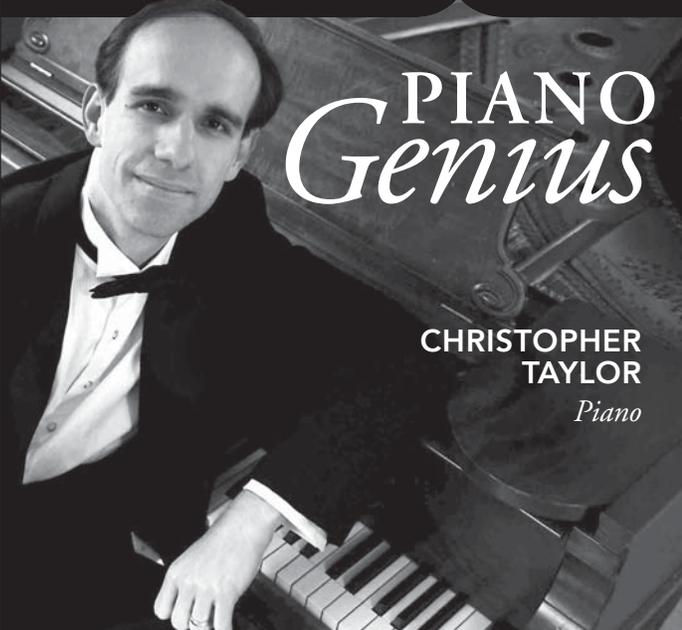
Housing First approaches are based on the concept



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# Access to Opportunity Initiative

By Dane County Executive Joe Parisi

Dane County is repeatedly ranked as one of the best places to live in America - with practically limitless opportunity. However, not all of our residents have access to all our community has to offer. My top priority as County Executive is to work with our entire community to ensure that every single resident has access to opportunity which is why I recently launched my Access to Opportunity initiative.



We know the most reliable vehicle out of poverty and toward upward mobility is accessing and maintaining family sustaining employment. All of my efforts will support our residents in accomplishing that goal by addressing barriers that they may face along the way. Some of the most urgent challenges include: access to a valid drivers license, successful reentry to the community after incarceration, employment training and placement, and mental health services. My Access to Opportunity initiative will work with the community, businesses, and other levels of government, including the state, to tackle some of these challenges in a practical way.

We are embarking on challenging, yet exciting, work in our efforts to make Dane County a better place to work, play and live for all its residents. I am optimistic that Access for Opportunity will take a large step forward towards addressing some of the longstanding issues of inequity and racial disparities we face in this community. We no longer have the luxury of discussing the problems without taking bold and meaningful action steps towards addressing them. That's

what my plan attempts to do. For more details on this initiative go to: <https://opportunity.countyofdane.com/>



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# Preserve Safe Options for Biking and Walking

By State Senator Fred Risser

Bicycling, walking, and other healthy activities are very popular throughout the state. Safe and accessible bikeways and pedestrian ways are vital to thriving local communities and bicycling is important to Wisconsin's tourism industry and economy overall.



Bicycling produces a \$1.9 billion economic impact to the Wisconsin economy and is responsible for more than 13,000 jobs.

Two programs, Complete Streets and the Transportation Alternatives Program are vital components to safe and accessible options for bicyclists and pedestrians in our state and local communities. Unfortunately, Governor Walker has targeted Complete Streets for elimination in his budget bill and is proposing to eliminate all state funding for the Transportation Alternatives Program, leaving the program with minimal federal funding.

Complete Streets was enacted into as part of the 2009-11 biennial budget bill. I was successful in inserting this program in that budget. Complete Streets provides that our state's Department of Transportation ensure that bikeways and pedestrian ways be taken into account, when feasible, in all new highway construction and reconstruction projects funded from state or federal funds.

The Transportation Alternatives Program is one of the few programs to help fund projects for cycling and walking. It is the main source of funding for local pedestrian and bicycle projects. TAP helps fund infrastructure-related projects and systems that provide safe routes to school for children, for older adults, for individuals with disabilities to access daily needs, and for all of us who wish to bike or walk to our destinations.

Safe, comfortable, and convenient access to community destinations and public places should be available to

everyone, regardless of age, ability, or income, whether that be driving, bicycling, or walking. An avid biker myself, I will be working during our budget debate to preserve Wisconsin's Complete Streets Law and restore state funding for the Transportation Alternatives Program.



## Wisconsin's State Jewel The Importance Of The UW System

By Representative Chris Taylor

I am proud to be a UW-Madison alumnus and honored to represent a big portion of the UW-Madison campus. I am especially proud that I live in a state that provides my sons with world-class public education opportunities after high school. But Gov. Walker's recent



proposal to cut funding to the UW System by \$300 million and turn it into a public authority is deeply troubling.

In Wisconsin, we invest in our kids' future by investing in the UW System. We want our best and brightest to be educated in our state and we want them to stay in our state after they graduate. Last year, 76% of students enrolled in the UW System were Wisconsin residents. And, according to the UW System's Office of Policy Analysis and Statistics, approximately 80% of UW alumni who were Wisconsin residents when they enrolled, remained in Wisconsin after graduation. The UW System is a powerful economic engine and we must fight to keep it both accessible and affordable for our children and working families.

Governor Walker seems to be using his failed economic policies as an excuse to gut the UW System. His proposal will raise the cost of tuition and limit opportunities for future generations. Currently, the cost of attending a UW institution is markedly less than the cost of attending many other reputable public universities in other states. In Wisconsin, depending on the institu-

tion, the cost of tuition for a resident for the 2014-2015 school year, ranged from approximately \$5,000 a year to just over \$10,000, which was the annual tuition at UW-Madison. In comparison, the 2014-2015 tuition for in-state residents at the University of Minnesota – Twin Cities was just over \$13,500.

The UW System is one of the jewels of our state. Not only is the cost of attending a UW System school often more affordable, the quality of a University of Wisconsin education is extremely high. For example, UW-Madison ranked among the top 50 schools nationwide by US News and World Report amongst dozens of predominantly private institutions that charge more than \$40,000 a year in tuition. UW-Madison is also a world-class research institution, taking the lead on cutting edge research in science and technology while providing students with the preparation they need to succeed in today's economy.

This system not only provides our children with a quality, affordable education but drives our state's economic engine. The businesses and jobs of today and tomorrow are often grown in our UW System. If Governor Walker is serious about trying to grow Wisconsin's economy, he should do everything he can to support and build on this already stellar institution, instead of decapitating it with budget cuts.

Obtaining a quality college education is part of the American dream. In Wisconsin that dream is still possible because of our UW System. As an alumnus, I understand the importance of having a robust higher education system. And as a mother, I know the value of affordable, world-class, and accessible educational opportunities for our kids. Wisconsin's families work hard and do everything they can to give their kids a bright future by scrimping and saving to send their kids to college. With the rising cost of tuition across the nation, the affordability and quality of the UW System is essential to our working families, economy and children's future. We should be striving to be great, not mediocre as Governor Walker's proposal suggests.



## What does a Dane County Supervisor do?

*By Mary M. Kolar, District 1, Dane County Supervisor*

**W**hat do I do as the District 1, Dane County Supervisor? Here's a summary.

The Dane County Board of Supervisors meets twice a month except for only once during July and August. Our meetings start at 7 PM and have lasted past midnight, but have also been over in less than 30 minutes.



Most often, committees have worked out controversies.

One issue in 2014 that contributed to a Board meeting lasting for nearly 5 hours was the approval of the Dane County Day Resource Center proposed for Martin Street. With a goal of having a resource center last year, I supported the purchase. However, the Town of Madison took legal action to try to stop the county's purchase of the site from Porchlight (which currently provides homeless services there). Legal action is still pending, and is, regrettably, delaying the county's ability to increase services available to those most in need.

A committee that meets twice a month and that I must devote the most time preparing for is the Zoning and Land Regulations Committee. I am Vice Chair of the ZLR committee. Property owners throughout Dane County petition to make zoning or land use changes. Some petitions are simple; some quite complicated. The most controversial have been related to quarries or communication towers. A petition that the committee has been reviewing since October 2014 is from Enbridge Energy. I received communications from hundreds of people about the expansion of the oil pipeline that runs through 12 miles of Dane County. Due to a federal law, the ZLR can't, say "No" to the pipeline. But we have worked to ensure Enbridge has as much insur-

*Continued on page 7*

# A Nod Of Thanks

By Joe Bonardi

I notice lately that as our downtown housing development projects are being built, using more and more space vertically and horizontally, I worry that the feel of our city on the Isthmus is getting a bit cramped. "Infill and density" are the terms used for growth, and it often reflects that this is good for business. I don't argue that, but quality of life in terms of a dense population is also a valuable commodity. As buildings grow ever taller, a "canyon" effect robs us of sun light. Car traffic in our already heavily used arteries will also be an issue as every one of these new housing projects have underground parking, accommodating more commuter traffic. As more people are encouraged to live downtown to take advantage of what we have to offer, our parks and green spaces become even more important to the quality of life we can enjoy on the Isthmus.

As many of you know, the small pocket park at 110 East Gilman St., Period Garden Park, is my passion. As a long time resident of the Mansion Hill district, I have volunteered there for the past eight years, slowly renovating and improving the grounds. Almost all the improvements were accomplished by the generous donations of neighbors and businesses, and the care provided by volunteer effort.

One person is actually responsible for the existence of this park since it's very beginning. The land where the park is located was dramatically saved from a horrible plan to build a poured cement apartment unit right in the heart of our most importantly historic neighborhood in the early 1970's. Fred Mohs, in the spirit of historic preservation, got the land away from the developer and as other key people became involved, it was turned over to the city as a public park. It was once the large front lawn of the circa 1850's mansion that faces the now public space. The new park was ambitiously designed as a Victorian era garden with paths and raised flower beds. Then as now, volunteers dedicated many hours creating a beautiful public garden for residents and visitors to enjoy. Over the years, city budget constraints had taken a toll on the maintenance of the park, and it became a rather derelict spot. Back in 2006, not

knowing where to start, I expressed an interest in helping to restore it, but soon learned there was no money in the city budget for that or its' maintenance.

Once again, it was Fred Mohs that came to the rescue. He donated what was needed to help us to start the project, and continues with his generous support every year. After improvements were made, many other people showed interest and donated as well, and the parks department has just recently included Period Park in their budget.

I am always grateful to any and all that show support for this project. It is still dependent on donations to survive, but I must give a special thank you to Fred, my friend and neighbor, for the very existence of this wonderful park to the downtown of Madison, giving us and the future residents a better preserved historical district and much needed green space.

Please be sure to visit Period Park this Spring and enjoy flower bulbs we planted last Fall. They should be blooming starting in late April. Wishing everyone a happy Spring season!

Much more info on the park and its history on our website;

[www.periodgardenpark.org](http://www.periodgardenpark.org)

Donations can be made to:

Capitol Neighborhoods Inc./Period Park

Sent to:

Capitol Neighborhoods Inc.

P.O. box 2613

Madison, WI 53703



# Now & Then

By Michael K. Bridgeman

## Madison's Iron Age

Cast iron was a popular building material in the last half of the 19th century. It was inexpensive and could be easily molded or cast into almost any shape, often imitating carved stone. Aesthetically, many contemporary critics dismissed cast iron as vulgar and unrefined.

Cast iron has drawbacks, too; it rusts easily and can be brittle. Nonetheless, it was employed widely. The largest concentration of architectural cast iron in the world is in New York City where many buildings in the SoHo Cast Iron District sport cast iron facades. There are examples of full facades closer by in Chicago and Milwaukee.

In Madison cast iron is seen in building details and ornamentation. Much that remains is found in columns on 19th century commercial buildings.

The Willett S. Main II Building at 107-109 State Street, which dates to 1894, has a cast iron column to the right of the entrance to the Capital Tap Haus. That may not be obvious unless you carry a magnet, which will cling to the column to confirm the presence of iron.

Finding the name of the manufacturer near the base of a column is another way to identify cast iron. Though not all castings carry a maker's mark, it was easy enough to add the name to a mold. Good examples are found on the Argus Building at E. Main and S. Webster Streets. Built in 1844, the Argus was remodeled in 1891 when cast iron columns were added to the façade. Look to the bottom of the columns and you may see the embossed name of "M H Ball Madison Wis." Madison H. Ball operated a foundry and machine works further east on Main Street.

Whether cast locally or shipped from afar, cast iron was an appealing material for Victorian-era buildings across America and the world.

*What County Supervisor Does continued from page 5*

ance as they can possibly get to pay for cleanup of any potential oil spill.

The Lakes and Watershed Commission, of which I am a member, meets monthly and we have working groups as well. I am on the Chloride Working Group. The LWC works with county staff, other communities and organizations, and volunteers to reduce the amount of phosphorus entering our lakes and waterways, reduce the use of chloride, improve water quality, and address diminishing water quantity.

I am Vice President of the Dane County Housing Authority Board of Directors. We work with the DCHA to improve the quantity and quality of affordable housing. The DCHA Executive Director, Rob Dicke, and his staff have steadily increased the number of units available and I expect they will continue to do so.

I am the Chair of the Dane County Veterans Service Commission Board of Directors. The Dane County Veterans Service Office ensures veterans receive the benefits they earned through their service to our country.

As Co-Chair of the City-County Liaison Committee, I enjoy working with other Supervisors, Alders, and City and County staff on issues that impact the City County Building. We have taken action on topics including hours the building is open and the art that hangs on the walls. We are currently working to help those who have been storing their personal belongings at the CCB find a safe alternative. With an eventual Dane County Day Resource Center, there will also be another option for the homeless who have been using the CCB as their safe haven.

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Capitol Neighborhoods, on occasion, has made its mailing list available, commercially, to those we feel assist the neighborhood. However, we're concerned about your wishes as our member. If you do not want these mailings, please check this box:

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Capitol Neighborhoods is a 501(c)(3) organization. Membership fees and all donations are tax deductible.

**Join or renew your membership online! Go to [www.capitolneighborhoods.org/membership](http://www.capitolneighborhoods.org/membership)**

## At the Madison Senior Center

**Top 5 Fad Diets: The Good, The Bad, and the Ugly** - Obesity is a growing epidemic in the US today. Learn about the current trends in fad diets versus healthy eating approaches. Join Kavita H. Poddar, PhD, RD, UW-Health clinical nutritionist on Wednesday, April 29, noon at Monona Terrace. Sponsored by Visiting Angels, Monona Terrace and the Madison Senior Center.

**Annual Recognition Breakfast** -Join Senior Center leaders and staff for a continental breakfast on Thursday, April 9 from 9-10:30 am. Dr. Robert McGrath, Distinguished Psychologist, and Coordinator of the UW Mind-Body Wellness Services. will present *Thriving: Pursuit of Health and Happiness*. Christine Beatty premieres the 2014 Senior Center Annual Report. Call 266-6581 to register.

**Spring Dinner Social LGBT** - LGBT Senior Alliance presents Dick Wagner at the Senior Center on Thursday, April 23 from 5 – 8 pm. He will present an interesting LGBT Wisconsin history and discuss his new book. RSVP to Outreach at 255-8582.

Enjoy the **Sixth Grade Essay Contest** on Wednesday, May 6, from 3:15 – 4:30 pm. Hear students from seven Madison Metropolitan School District middle schools read winning essays. The contest is hosted by the Madison Senior Center and the four Madison Coalitions of Older Adults. Look for parents and speaker Jennifer P. Cheatham, Superintendent of Madison Metropolitan School District. Kindly register at 266-6581.

**An Artful Affair** - The annual senior art show, opens on Friday, May 1 from 4 – 7:30 pm, as part of downtown's Gallery Night with the Madison Museum of Contemporary Art. View artworks in watercolor, pastels, oils, ink/pencil, chalk, acrylics, and mixed media that are created by talented Dane County artists, 55 years plus. Refreshments will be served.

**Wingra Woodwind Quintet** - The Senior Center proudly presents the Wingra Woodwind Quintet on Monday, May 11 at 12:30 pm. Since its formation in 1965, the Wingra Woodwind Quintet has established a tradition of artistic and teaching excellence.

**SAIL into Summer with Color** - Jane Earl, SAIL member and international trained color expert, will discuss how and why colors influence us. Participate in a "show & tell" with live examples and see how people respond. Join Jane on Wednesday, May 13 at 1 pm. Call 266-6581 to register.

Capitol Neighborhoods, Inc.

### Downtown Dialogue

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# 600 Gallons of Free Water City Offers Discounts on Rain Barrels and Compost Bins

Six hundred gallons. That's the amount of free water that comes from a 1000 square foot roof in every one inch rain event. Harvesting rainwater and backyard composting don't just make healthier plants; they also help sustain communities by reducing runoff.

Stormwater runoff, a by-product of every rain event, carries organic materials loaded with phosphorus into our waterways and is fueling excess plant and algae growth that is plaguing Madison lakes. It is estimated that the urban communities alone contribute about 30% of the total phosphorus that enters lakes Mendota, Monona, Waubesa, Kegonsa, and Wingra each year. Just one pound of phosphorus, the equivalent of about one large compost pile of leaves, can generate up to 500 pounds of algae if not managed correctly by homeowners.

The Streets and Recycling Division will be offering rain barrels along with compost bins for discounted prices at

the Compost Bin and Rain Barrel Sale on Saturday, May 9th at the Alliant Energy Center parking lot. Compost bins will be sold for only \$69.99 and 50 gallon rain barrels with a diverter are just \$119.99. Area residents who pre-order before by April 27th will save an additional \$10 off. This opportunity is open to both Madison residents and non-residents. For more information and to pre-order your rain barrel and compost bin, supplies are limited, visit <http://www.cityofmadison.com/streets/compost/CompostBinSale.cfm>



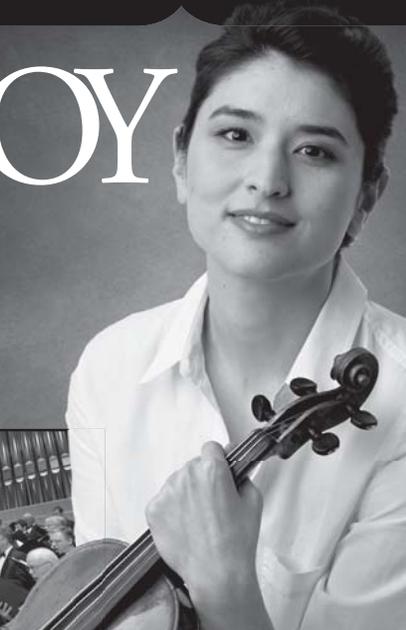
Rain barrels being offered by the Division of Streets and Recycling can provide hundreds of gallons of water and reduce runoff into lakes and streams



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Wisconsin Arts Board

# Downtown Business District News

By Mary Carbine, Madison's Central Business Improvement District (BID)

April kicks off the downtown event season, with the Dane County Farmers' Market on the Square opening Saturday April 18, Madison Museum of Contemporary Art's "Hair Affair: The Art of Hair" April 23, the Crazylegs Classic Run/Walk April 25, MMoCA Gallery Night May 1, the Syttende Mai Run/Walk, May 16, the Madison Marathon (Twilight 10K & Half Marathon), May 23-24, and a Madison Parks Moonlight Movie ("Battleship") in Peace Park on May 29. For more events see [visitdowntownmadison.com](http://visitdowntownmadison.com).

In another welcome sign of spring, watch for BID-funded pansies and other spring greenery to appear in downtown planters by late April, and summer annuals in select garden beds in late May, in partnership with City of Madison Parks and Mall Maintenance.

Coming soon to 119 State Street is the **Red Elephant Chocolate Café**, offering the experience of enjoying chocolate in many forms, from traditional handcrafted chocolates to distinctive desserts and ice creams, unique drinks, dips and toppings. Red Elephant Chocolate's first cafe is in a former produce merchant's building in Milwaukee's Historic Third Ward. In their first Madison location, they will offer everything from truffles and "tumbled chocolates" to bakery, hot chocolate, cocoa bean tea, and elephant and chocolate-themed gifts, both for retail and to enjoy at the café. Red Elephant



Madison Parks Moonlight Movie – Peace Park, May 29  
Photo Credit: Mary Carbine

Chocolate will join Vom Fass (featuring quality oils, vinegars, wines and spirits) in the new Block 100 Foundation development.

For shopping and dining suggestions and event information, stop by the **Downtown Visitor Center** at 452 State St. or see [visitdowntownmadison.com](http://visitdowntownmadison.com). Staffed by BID Information Ambassadors, the Visitor Center is open Mon.-Wed. 11:00am-2:00pm and Thu.-Sun. 11:00am-5:00pm through May 1.

Beginning May 2, the Visitor Center will be open summer hours: Mon-Thurs: 11am-5pm; Fri: 11am-6pm; Sat: 9am-6pm; and Sun: 12pm-5pm. The Capitol Square Info Booth will also open May 2 with hours (weather permitting) Mon-Tue: 11am-2pm; Wed-Thur: 11am-5pm; Fri: 11am-6pm; Sat: 9am-6pm; and Sun: 12pm-5pm.

Have an upcoming event, conference or guests coming into town? Order the free **Downtown Madison Map & Guide** (any quantity) at [visitdowntownmadison.com](http://visitdowntownmadison.com). The new 2015-16 edition will be available in early May.



## DOWNTOWN MADISON GIFT CERTIFICATES

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- University Bookstore 711 State St.
- Overture Ticket Office 201 State St.

More info at  
[visitdowntownmadison.com](http://visitdowntownmadison.com)

## Pet Loss Prevention And Recovery

Libby, pictured with family, went for a run recently after being let out to relieve herself. She was found in



a park by some kind people and quickly brought to Dane County Humane Society where she was scanned and, thanks to a microchip, was identified and returned to her owners within hours of her going missing. A sad fact is that 90 percent of lost pets without proper identification never make it home again.

Last year Dane County Humane Society (DCHS) received 922 dogs and 1,903 cats brought to the shelter as strays.

Most of us never expect our beloved pets to be lost or stolen. The two biggest reasons for pet loss are children and workmen inadvertently letting them out of the house or yard.

Many more pets could be reunited with their owners if they were microchipped and/or tagged. The Journal of the American Veterinary Medical Association reports a return-to-owner rate of 52 percent for dogs who are microchipped, versus a rate of just 22 percent for dogs who enter a shelter not microchipped. That means microchipping your dog more than doubles your chances of finding her, if she's ever lost! Cats have an even more dramatic increase in successful returns home. Only 2 percent of unchipped cats are returned to their owners, compared to more than 38 percent of microchipped cats. The combination of a tag and microchip gives the best of both worlds by providing a visual and an implanted ID.

In conjunction with National Pet ID Week, DCHS will be hosting a steeply discounted ID tag (\$5) and microchip (\$15) event during normal hours of operation

April 19-25 at the shelter for both dogs and cats. Microchipping services will be offered on a walk-in basis during this event as well as throughout the year at the regular price.

It's also understandable, especially in tough economic times, that some owners can no longer afford to care for their pets. NEVER release your pet into the wild. Doing so will likely result in a slow, stressful, and painful death of your animal. Please surrender a pet you can no longer care for to DCHS so someone else can provide it a safe home.

If you find a stray or injured animal, bring it to the shelter at 5132 Voges Road or call Animal Services (608-255-2345). If after hours, take the animal to Madison Veterinary Specialists at 229 W. Beltline Hwy (phone: 608-274-7772). Please go to the DCHS website ([giveshelter.org](http://giveshelter.org)) for more information or call 608-838-0413



## Fourth Annual Save Our Lakes Community Breakfast "2015: A Watershed Year for Our Lakes"

*Celebrating the lakes and the working lands that make our community strong*

Tuesday, May 5, 2015, 7:30 a.m. to 9 a.m.

Monona Terrace Community & Convention Center

You're invited to celebrate with Clean Lakes Alliance as we review our community progress towards cleaner lakes and share our plans for a watershed year. We will explore how our lakes and our working lands enrich our economy, our environment, and our culture. Ben Brancel, Wisconsin Secretary of Agriculture, Trade and Consumer Protection, will give the keynote address. Contact James Tye at (608) 255-1000 or visit [cleanlakesalliance.com/breakfast](http://cleanlakesalliance.com/breakfast)

# Madison Is The Best Place For Senior Citizens

By Lynn Phelps

A recent article in Time Magazine lists Madison, WI as the best city for senior citizens. We at Capitol Lakes second that. Capitol Lakes was once called Methodist Retirement Center and then Meriter Retirement Center. In 2008, it was purchased by Pacific Retirement Services, Inc., a not for profit organization with offices in Medford, OR.

My wife Sally and I moved into Capitol Lakes 7 years ago and have never regretted the move. Capitol Lakes is ideally situated in downtown Madison, with easy access to the new downtown library, The Overture Center, many restaurants of varied ethnicity, two drug stores, and scores of entertainment options, from the converted Majestic Theater to The Frequency. And don't forget the Orpheum Theater, which schedules many upscale options.

The Health Center houses a 3 lane lap

pool, a warm water exercise pool and a hot water spa. Many water exercise classes are held in the pools, open to residents and, by contract to seniors throughout the Madison vicinity. It has an affiliation with the University of Wisconsin Alumni Association, providing a venue for University lectures, MOOC access, and a Grand Hall for recitals, music groups, singing and dance groups, and a weekly "happy hour", with wine and munchies.

*Continued on page 14*



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## Save Your Thursdays for Central Cinema

Enjoy new films and old favorites? Visit the Central Library most Thursdays for film showings on the big screen. Monthly film series include:

CINESTHESIA, presented by Jason Fuhrman, shows noteworthy art films, neglected masterpieces, and obscure works. First Thursdays.

- April 2, 6:30 pm LA HAINE (HATE) is a 1995 French black-and-white film by Mathieu Kassovitz.
- May 7, 6:30 pm THE LIMITS OF CONTROL a 2009 film by Jim Jarmusch, starring Isaach De Bankolé

COMMUNITY CINEMA is a national civic engagement initiative featuring today's critical social issues. Second Thursdays.

- No film in April.
- May 14, 6:30 pm LIMITED PARTNERSHIP A film by Thomas Miller & Kirk Marcolina.

BAD CINEMA, presented by Michael Knutsen, explores the movies dismissed by others.

- No film in April
- May 21, 6:30 pm KRULL British-American heroic fantasy-science fiction film directed by Peter Yates

LAKE FRONT ROW, presented by David Klein, features the work of independent Wisconsin filmmakers.

- No film in April
- May 28, 6:30 pm UW STUDENT FILMMAKER SHOWCASE The latest and greatest from UW-Madison's student filmmakers.

## Madison Opera

Tuesday, April 14 7:00 pm

Join Madison Opera's Kathryn Smith for talk about The Barber of Seville by Gioachino Rossini. You will get a behind the scenes look at the music, the drama, the artists, and the production.

## Best Place for Seniors, continued from page 13

A chaplain organizes many religious functions for all denominations. An active resident association has established 12 committees and another 12 fellowship interest groups to keep things lively. Small busses provide transportation to many functions as well as personal visits for residents needing doctor or dental care.

An active Arts Committee oversees the three art galleries, with changing exhibits every few months.

Since Capitol Lakes is a CCRC (Continuous Care Retirement Community), it is divided into three major units, Independent Living, Assisted Living and Nursing Care. Residents can move from unit to unit as needed, and it's all under one roof. There is indoor parking for the residents maintaining their own cars.

All in all, Capitol Lakes is a terrific place for retirement and appreciates Time Magazine's listing as the best place for senior citizens to live in the United States.



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## Madison BCycle Opens 2015 Season with New Pricing

The Madison BCycle urban bike share system has launched its 2015 season. Along with the signature red bikes, Madison BCycle rolls out new pricing options to make the system more accessible.

Walk-up customers can now check out a bike at any station, paying \$3 for every 30 minutes of ride time. A \$3 fee accrues each half-hour increment from check out until a bike is returned to any station in the system. More frequent riders can still purchase a monthly auto-renewing or annual membership which allows unlimited, free trips under 30 minutes, and usage fees of \$3 each half-hour increment after, until the bike is returned to any station.

“We want to keep things simple and encourage even more riders to go by BCycle,” notes Madison BCycle City Manager, Martha Laugen, “The \$3 per 30 minute pricing is clear for customers unfamiliar with traditional bike share pricing. This way, kiosk users sign up at the station, choose a bike and are quickly on their way.”

Madison BCycle has continued to show record ridership since its initial launch in 2011. In 2014 riders took over 104,000 total trips using the system, an average of 400 checkouts per day from March through December. The BCycle network of stations grew to 39 locations, spanning from Olbrich Gardens to the new UW Health Digestive Health Center on University Avenue.

The 2015 season launch occurred on St. Patrick’s Day. To mark the event, BCycle introduced a uniquely green “Lucky BCycle” into the iconic red fleet. According to Laugen, “Bicycling is truly a green transportation option and we are pleased to see more residents and visitors experience the benefits and fun of bike sharing.”



## Moving for Mental Health Chrysalis 4th Annual 5K Run/Walk & 1 Mile Walk



Chrysalis created the Moving for Mental Health Run/Walk to increase awareness of the benefits of physical health on mental wellness. According to research by the National Center for Health

Statistics, “Physical activity enhances mental health in certain respects.” In their study, the level of physical activity was shown to be positively associated with general well-being, lower levels of anxiety and depression, and positive mood.

- Sunday, May 3rd, 2015
- Registration 10:30am / Start 11:00am
- Tenney Park Pavilion / 402 N. Thornton Ave.
- Featuring a beautiful route along the Yahara River Bike trail, free parking on-site, complimentary massages, celebratory snacks, screen-printed T-shirts.
- For more information visit: <https://www.firstgiving.com/51078/m4mh2015>

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## Capitol Neighborhoods Inc. Programs

### Presentation by Jen Davel

Preservation Architect, Wisconsin Historical Society

Madison Central Library, Third Floor Community Room

Thursday, May 28, 7:00-8:30 p.m.

Capitol Neighborhoods, Inc. and the Madison Trust for Historic Preservation welcome Jen Davel, Historic Preservation Architect with the Wisconsin Historical Society, who will discuss how historic preservation encourages sustainability, smart growth, and place-making in Madison

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### Now & Then

See the story on Page 7



The name of the manufacturer appears at the base of many of the cast iron elements on the Argus building, home to the Argus Bar & Grill and Francisco's Cantina.



This capital crowns the cast iron column at the entrance to the Capital Tap Haus on State Street.



Both sides of the entryway to Francisco's Cantina on E. Main Street feature decorated cast iron columns.

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