Annual Bowl-a-thon is a festive, fundraising tradition of fun!

For the 4th year in a row the EMCC Bowl-a-Thon raised over $40,000. It is the Center’s biggest fundraiser of the year and is crucial in EMCC’s effort to raise 70% of its yearly budget.

This was made possible through hundreds of people who personally support individual bowlers, as well as by our volunteers who make calls seeking prizes; often picking-up those prizes so that each bowler receives a lovely gift for their participation. We are very grateful to these area businesses that provide over 150 wonderful prizes for the bowlers that raise at least $50 in sponsorships.

Then there are dozens of businesses and individuals that sponsor the event itself, providing gifts that range from levels $100 up to $5000. Many of these generous donors have supported the Bowl-a-thon for many years and some of those donors have contributed to this event for decades.

And we would be remiss if we didn’t recognize Robin and his great staff at the Dream Lanes Bowling Center, located on Atlas Avenue, just off Cottage Grove Road, for making this event such a successful annual tradition.

Make a note in your calendar that the next Bowl-a-thon will be on November 7th, 2020.

NOTE! The football Badgers are NOT playing at home that Saturday.
Hello EMCC Community! It is so wonderful to see many familiar faces and meet the new members of the EMCC community. I have missed the Center and welcome this opportunity to assist the EMCC staff as the Acting Assistant Director. Since leaving EMCC in 2011, I worked at Second Harvest Foodbank in the FoodShare Outreach and Agency Services Programs. I gained in-depth knowledge about the FoodShare Program doing outreach and providing application assistance. As a Service Area Representative, I was the liaison between Second Harvest Foodbank and food pantries, community agencies, and mobile pantry volunteer groups in 5 counties. This entailed supporting existing food pantries and building partnerships in communities to establish new food pantries.

Prior to my time at EMCC as the Assistant Director from 2007 to 2011, I taught Biology and Physical Education, worked in a university laboratory, and served as the Youth Program Manager at Neighborhood House Community Center and the Center Manager at the Bridge Lake Point Neighborhood Center.

After being blessed with two beautiful daughters, I left the workforce and enjoyed being a full-time mom. Through working at the local YMCA, volunteering at local non-profits and joining the PTO, I was fortunate enough to find opportunities to still stay at home with my girls while staying active in the community.

In Dane County, more than 4,500 families are non-native English speakers struggling with language barriers at school, at work, and in the community. In June 2019, Literacy Network and EMCC decided to help make a difference for these families. They collaborated to start a free English for Parents program at EMCC. Through this program, adults attend a weekly two-hour English as a Second Language class taught by a Literacy Network instructor. Students practice the English listening, speaking, reading, and writing skills they need to support their family and participate in their local community. Meanwhile, free childcare is provided by EMCC staff.

So far, 22 adults from 8 different countries have benefited from the program. After attending classes last summer, Hector said, “I understand more and speak more when making doctor’s appointments or speaking with some teachers.” Jorge shared he feels more confident speaking and writing in English.

The English for Parents program is made possible with generous support from EMCC, United Way of Dane County, and the City of Madison. Together we will continue to strive to help Dane County adults achieve financial security, well-being, and deeper engagement with their families and the community.
Did you know that garlic contains compounds with potent medicinal properties? It does! Garlic is a popular ingredient in many recipes. It has a strong smell and a delicious taste that is an enhancement to various dishes around the world.

Garlic is highly nutritious. One clove of raw garlic contains:

- Manganese: 2% of the Daily Value (DV)
- Vitamin B6: 2% of the DV
- Vitamin C: 1% of the DV
- Selenium: 1% of the DV
- Fiber: 0.06 grams
- Decent amounts of calcium, copper, potassium, phosphorus, iron and vitamin B1
- This comes with 4.5 calories, 0.2 grams of protein and 1 gram of carbs.

**Ingredient Spotlight:**

**GARLIC!**

**There are several of the proven health benefits of garlic:**

- Combats sickness including the common cold
- Reduces blood pressure
- Improves cholesterol levels and may lower the risk for heart disease
- Helps with the prevention of Alzheimer’s disease and Dementia
- Eating garlic may help detoxify heavy metals in the body
- Improves bone health

Garlic can be added right to soups, sauces, dressings and other savory dishes. The strong taste of garlic can liven up any bland recipe with just a few cloves. Keep in mind that despite the amazing benefits that can be yielded from this common cooking ingredient that the downside is bad breath, possible allergies, and other health concerns. Please check with your physician if you are on blood thinners or have a bleeding disorder.

*Source: www.healthline.com/nutrition/11-proven-health-benefits-of-garlic*

**Immune Boosting Garlic Ginger with Lemon**

**INGREDIENTS**

- 3 cups water
- 3 garlic cloves, sliced or cut in half
- 3-6 thin slices of ginger
- 1/2 cup honey
- 1/2 cup fresh lemon juice

In a saucepan, bring 3 cups of water, 3 garlic cloves, and 3-6 slices of ginger to a boil. Turn off the heat when the water boils, and add 1/2 cup of honey and 1/2 cup of fresh lemon juice. Allow to steep for 10 minutes. Strain. Drink.

*It is recommended to sip a warm 1/2 cup, three times a day. Refrigerate left overs.*


**The EMCC Choice Food Pantry**

is open Tuesdays from 12 noon to 2 pm with sign in starting at 10 am. Bring identification and proof of residence to get signed up.

**FOOD PANTRY SCHEDULE**

1st Tuesday of the Month:
- Food Only

2nd Tuesday of the Month:
- Food and Toiletries

3rd Tuesday of the Month:
- Food Only

4th Tuesday of the Month:
- Food, Toiletries, Clothing and Household Items.

5th Tuesday of the Month:
- Food Only (March, June, Sept., Dec.)

Due to COVID-19 directives Call the Center for Pantry schedule updates at 608-249-0861.
Girls just wanna have fun, create, learn, and bond!

By Leah Kutschke and Natalie Moxon, Group Facilitators

The EMCC Girl’s Group provides an opportunity for girls in grades 3-6 to learn leadership skills, life skills, and to build up the strong bonds of female friendship. In the last two years, we have worked on learning skills to empower our young ladies to be positive examples of leadership through team building activities, creativity-building crafts and experiments, and by engaging in the planning process to identify problems and working to solve them.

We build community between group participants by focusing on the power of female friendship, listening to one another, and learning from one another. But, perhaps most importantly: we have lots of fun, too! We go on one field trip per month and have gotten to try out lots of new opportunities, such as ice skating, exploring the Olbrich Gardens Gleam art exhibit, and hearing local authors speak about their books. We also learn life skills by cooking together, working to solve problems between group members, and planning and implementing long-term goals. Last year, the Girl’s Group planned, budgeted, shopped, and baked for a Bake Sale to benefit EMCC programs and had a blast! We look forward to seeing what awesome ideas the girls come up with this year!

Laniyah Brown
School: Hawthorn Elementary School
Grade: 5th
Favorite Subject: Math
Favorite EMCC Activity: Girl’s Group
When I grow up I want to be: A Fashion Designer
Role Models: Mom and Grandma

EMCC Students are Making the Grade

The first quarter of the “2019-2020” school year was a major success for the majority of middle and high school students that attend the center on a regular basis. There are 28 middle and high school students that attend the Center at least 3 times a week. Eighteen of those youth received a G.P.A of over 3.0 and twelve of those students received over 3.25. We had two students receive 4.0 and only two students fail to reach a 2.0 G.P.A. Many students expressed that having tutors and homework time for an hour and half each day helps them complete their school work and study for tests. Students at the center learn at an early age at the center that school and education is a tool that can be used to make dreams come true.

We are on Facebook! On Facebook, we have our up-to-date schedule of events. You will also be able to see pictures of EMCC events. Give us a “Like”, so you stay up-to-date with what is happening in the community.
For the past 10 years the children of EMCC have been experiencing non-traditional sports such as handball, squash, racquetball, canoeing, rock climbing and now! Table tennis. Thanks to the Madison Table Tennis Organization the youth have another wellness activity in which they can participate in and experience not only a great way to exercise but develop positive relationships with adults and other youth that enjoy the sport.

So far over 20 children have participated in the workshops that are taught by Francisco Brito Jr. who is a former professional table tennis player from Brazil. It is amazing to see how well, many of the children have become excited to play table tennis and develop new skills that help assist in improving their self-esteem and social skills along with a great work out.
Thermostat Settings = Energy-Savings

Adjusting your thermostat settings can have many energy (and money) saving benefits:

- For your heating bills: Setting your thermostat back just 3° Fahrenheit, you could save $74 per heating season. Bigger setbacks save even more.

- For your air-conditioning bills: If we all reduce our air conditioner use by 10% this summer, we could save enough electricity for 2,400 homes.

- For our community: If we all set back our thermostats by 1° Fahrenheit this winter, we could save enough gas for 3,100 homes.

<table>
<thead>
<tr>
<th>RECOMMENDED THERMOSTAT SETTINGS</th>
<th>( \text{WINTER} )</th>
<th>( \text{SUMMER} )</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHEN YOU ARE HOME</td>
<td>68°*</td>
<td>78°</td>
</tr>
<tr>
<td>WHEN YOU'RE NOT AT HOME</td>
<td>55°*</td>
<td>85°</td>
</tr>
<tr>
<td>WHEN YOU'RE SLEEPING</td>
<td>55°*</td>
<td>78°</td>
</tr>
</tbody>
</table>
* Or as low as health permits. Check the owner’s manual if turning down the temperature for more than 24 hours.

**HEATING FICTION & FACTS**

**FICTION:** It costs as much or more to heat a home back up after a setback. (Or to cool the house after a summer setup.)

**FACT:** The longer your house remains at the lower temperature, the more heat you save.

**FICTION:** The house will warm up faster the higher the thermostat is raised.

**FACT:** The thermostat isn’t like the gas pedal on a car. It’s either calling for heat or not, so setting the thermostat too high may cause you to overshoot the desired temperature.

**FICTION:** The kids will kick off the covers and get cold.

**FACT:** Children can regulate their body temperature just like adults, so they don’t need different temperature settings. If they kick off the covers, try dressing them in two sets of pajamas with feet or using a sleeping bag.

Learn more about EMCC programs at www.eastmadisoncc.org
Through 2019 I have had the pleasure of completing a community health assessment for the Truax neighborhood. I interviewed over 35 people, looked at local data, and led a youth photo voice project through EMCC to learn about the strengths, challenges, and opportunities that exist in the Truax community.

We had a community supper that was co-organized by a team of resident leaders and Joining Forces for Families to report what was learned.

The community prioritized the needs for:

- Improved safety and violence prevention
- Access to childcare and more supports for single parents
- Greater mental health supports
- And improved transportation options

In 2020 we will begin resident working groups to focus in on these priorities. Our hope is to bring more focused attention and resources to the Truax community to improve the health and well-being for all.

**TRAUX COMMUNITY PROFILE REPORT:**

2019 was a busy year!

by Kim Neuschel, Public Health Nurse in the Truax Neighborhood

In 2019 we also got a lot done!

- We completed a community-designed mural in the pedestrian tunnel under East Washington Ave – if you have not seen it yet check it out!
- We supported our first breast cancer awareness event for African American women (thanks to the amazing leadership of Truax resident, Typhanny Greene).
- We had 2 youth interns for the summer that helped lead the photo voice project at EMCC.
- We hosted the Mayor and Alder to hear the youth ideas on improving transportation (and Mayor Satya included some of their ideas in her 2020 budget!).

Here is to a healthy 2020!

**EMCC Food Pantry stays open during the Coronavirus health crisis**

The East Madison Community Center normally hosts a free choice food pantry where patrons may choose the items they would like in a spacious organized store-like setting. Due to the public health crisis, we have had to alter our system and distribute pre-packaged food. The amazing EMCC food pantry volunteers maintained social distancing and safe handling processes while pre-packing food for distribution on March 17th.

With quick distribution of flyers in the surrounding neighborhoods and social media updates, the food pantry was able to reach many people in need and served over 65 households that day. From this point forward, the pre-packaged food will come from Second Harvest. Without their numerous volunteers boxing food, we would not be able to maintain our services. It is truly a community coming together to help each other.

Thanks Volunteers!
East Madison Community Center
8 Straubel Court
Madison, WI 53704

Current occupant or

EMCC 2020 VOLUNTEERS

Youth Volunteers
Nakea Black, Ashley Bruno, Amira Hampton, Keyan Harper,
Antuan Haskins, James Moore, Nikia Rowe, Elijah Smith,
Elizabeth Xiong, James Xiong, Richard Xiong

Food/Clothing/Household Items
Distribution Volunteers
Eddie Bibbs, Kenny Brumfield, Marbeli Bruno,
Martha Galston, Pat Haak, Rosie Haskins, Hattie Lomax,
Jeffrey Lomax, Regina Oliver, Lisa Patterson, Alicia Rowe,
Mylas Sparks, LC Williams, Jared Oronyi, Stefano Rizzardo,
John Vinje, Madison College, East Madison/Monona Rotary

Resource Development
Larry Hamlin, Bunny Lenburg

Program Volunteers
Pedro Diasardo, Martha Galston, Peggy Merrick-Bakken,
Valerie Moran, Amanda Toy, American Family Insurance,
Ascendium Education Group, Madison College Service
Learning Academy, UW Volunteers

Board Members
Erika Brown, Marbeli Bruno, D’Livia Dumas-Henriquez,
Larry Hamlin, Rosie Haskins, Dannis Jallow, Tracy Lomax,
Dr. Melina Lozano, Meghan O’Dell, Jamal Palmer,
Kris Rasmussen, Je’Daurn Robinson, Renee Robinson,
Tauri Robinson, Alex Shade, Mylas Sparks, Sandy Xiong

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