



# Midvale Messenger

SEPTEMBER-OCTOBER 2020

## Calendar

**September 8:** Good

Neighbor Project meeting via ZOOM; see p. 3 for more information.

**September 22:** MHCA board meeting via ZOOM, 6:45 pm.

If you wish to attend, contact Elizabeth Mackey at [mackeylawyer@gmail.com](mailto:mackeylawyer@gmail.com).

**October 15:** Copy deadline for the November-December *Messenger*.

**October 20:** Good Neighbor Project meeting via ZOOM; see p. 3 for more information.

**October 27:** MHCA Annual Meeting via ZOOM, see p. 4 for further details.

**November 3:** Election Day, Sequoya Branch Library, 7 a.m. to 8 p.m.

### MIDVALE MESSENGER

The Midvale Messenger is published six times a year by the Midvale Heights Community Association. Copy deadlines are the 15th of February, April, June, August, October, and December.

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### President's Message

## Madison Housing: Future and Past by Elizabeth Mackey

When I meet friends these days, our conversations quickly turn dark, as we cover all the issues causing us to feel sad, depressed, or panicked. But I'm not going to spend time on those topics. Instead, I'm going to share information about housing in Madison, future and past, because things change quickly.

First, the future: Westgate. Some of you may recall that the developer JT Klein Co. presented plans for the now-defunct Westgate mall space in person and virtually last spring. Those plans are now closer to fruition. On August 10, the city Plan Commission approved demolition and conditional use permit requests for the Westgate site, and recommended that the Common Council approve the preliminary plat. The developer's plans include five 4- to 5-story residential buildings. The first phase, to be completed in 2022, would include 153 market-rate units and 83 senior living units. The next two phases would yield a final total of about 460 living units, including market-rate units, and senior, affordable, and low-cost housing. A multi-story building for office or medical space is planned for the corner of Whitney Way and Tokay Blvd. Hy-Vee will remain as it is. For more information, links the developer's plats can be found [here](#).

Now, the past: A tent city. On a recent walk along the Lake Mendota shoreline, I learned that around five acres near what is now Eagle Heights had once been home to a literal tent city. Most summers between 1912 and 1962, approximately 300 UW summer students, mostly married graduate students with their families, made their homes in tents on 60 small platforms next to Lake Mendota. The tents were constructed with lumber, mosquito netting, waterproof paper, and tarps. There was mail and garbage pick-up, but the campers had to pump their own water, and tents featured only kerosene lamps for light. At some point, an attempt was made to limit tent city to out-of-towners, both because it was so cool and pleasant beneath the willow trees next to the lake, and because, at a price that started at \$5 and by 1962 was still only \$35 dollars a platform, it was cheap and attractive to Madison natives. I'm sure it wasn't pleasant all of the time. I'm sure the mosquitoes were annoying and thunderstorms nerve-racking. But right now, a tent city on the lake sounds pretty idyllic.

## **County Executive: We All Have a Role to Play in Overcoming Racism and COVID-19**

**by Joe Parisi, Dane County Executive**

Our community and nation have been through much recently, so much that it may feel like things are coming apart at the seams: a global pandemic, economic dislocation, and a spotlight on how little progress our nation has made toward the promise of equality, safety, and opportunity for people of color.

Our responsibility to our community is great. The work of racial healing, keeping COVID-19 at bay, and working to help those who are suffering from economic hardship will be ongoing for years. If there was ever a time to be mindful of the guidance to love our neighbors as ourselves, this is it.

Our work on racial healing will require that we come to terms with our past and how much of it remains in our present. For those of us who are white, that work will involve understanding that generations of white people created and perpetuated racism, often consciously, sometimes unconsciously. Racism exists because of us, and it's on us to end it.

The pandemics of COVID-19 and racism are tragically intertwined, with the ruthless suffering caused by COVID-19 falling disproportionately on people of color. That reality means that if you are African American or Latino your chances of becoming sick or dying from COVID-19 are mercilessly higher than your white neighbors.

For this reason, we must *all* do everything in our power to slow the spread of this deadly disease. Even if we don't feel we are as vulnerable to it as others; we all have a role to play.

Dane County has responded more vigorously to COVID-19 than any other county in the state and most states in the nation. Our response has not been without hardship, but it is necessary

and it is working. Everything we do, every step we take, is for the purpose of keeping our residents safe.

We were the first in Wisconsin to issue stay at home guidance and first to issue a mask mandate. We have the strongest science-based guidelines in the state, and we've had much success keeping the virus relatively under control—so much so that we must spend much time urging people not to become complacent because this virus can flare with a vengeance when you let down your guard.

Our success has not been without sacrifice. It's affected how and if we work and how our kids learn. It's tested our tempers and strained our psyches.

If we remain mindful that our enemy is the virus, not one another; if we are guided by compassion and remember that our sacrifices are for both ourselves and others, we can look back on this period knowing we did our best as individuals and as a community. And we can use that experience moving forward, after the worst of the COVID-19 crisis has passed, to help those in need and to help our community heal.

### **Triad Announces September Program**

Caring for a loved one in the home can be challenging. Tune into Triad's September Zoom event on Wednesday, September 23, from 10 to 11 a.m. to get tips and tools for helping a loved one living with dementia. Heidi Musombwa from Brookdale Senior Living will be the featured speaker. To request the Zoom link, email [TriadEvents@rsvpdane.org](mailto:TriadEvents@rsvpdane.org).

## Good Neighbor Project News: Take Extra Precautions to Thwart Break-Ins

by Wendy Reichel and Kris Schutte

This summer, thieves targeted homes in our area by throwing rocks through windows or doors to gain access, and then stole cash, coins, jewelry, and other items. In all these incidents the residents were away for several days, which indicates someone may be casing the area looking for homes that are temporarily unoccupied. Madison police tell us there have been almost 20 of these rock-related break-ins since May 2019 in Westmorland, Midvale Heights, and Hill Farms. All have been reported to police, but without any video or witnesses the cases are difficult to solve.

Unlike crimes of opportunity which can often be prevented by locking your house and car, forced-entry break-ins require extra crime-prevention measures. Consider asking a friend or neighbor to park their vehicle in your driveway while you are away, and plug some lamps into variable timers that go on and off in different rooms in your house at dawn, dusk and other times.

Closing all your curtains and blinds can be a sign to a thief that you are away, but if you do leave some windows uncovered or partially covered, make sure to hide any tempting valuables from sight. Also considering putting a TV or radio on a timer that comes on intermittently during the day so it sounds like someone is home. And make sure the shrubbery and trees around your house are trimmed so that there are no convenient places for a thief to hide. Finally, ask a trusted neighbor to keep an eye on your property while you are away, and make sure to leave them an emergency contact number in case they discover a break-in has occurred.

### JOIN OUR ZOOM EVENTS THIS FALL!

To get Zoom invitations for these events, you must receive our weekly **Good Neighbor Project Digest**, emailed each Sunday, and

packed with neighborhood and city news, safety tips, and updates on local crime: Go to <http://midvaleheights.org/>

Good\_Neighbor\_Project\_Newsletter to sign up.

### **GNP ZOOM EVENT: TUESDAY, SEPTEMBER 8 – 6:30-8:00P.M. Learn How the Red Cross Helps Neighbors During a Pandemic:**

How does the Red Cross continue offering services, including changes to processing vital blood donations? **Tom Mooney**, the Red Cross SW Chapter's Chief Operating Officer, will tell how they respond, helping victims locally and after storms like Marco and Laura with food, shelter, and other needs. Our neighborhood **MPD Officer Dustin Pailing** will also be joining us to answer neighborhood safety questions.

### **GNP ZOOM EVENT -- TUESDAY, OCTOBER 20 FROM 6:30-8:00P.M: Ask a Medical Expert Your COVID-19 and Flu Season Questions:**

**Dr. Jeff Pothof** will update us on the pandemic and this year's flu season and respond to your concerns. Jeff is UW Health's Chief Quality Officer as well as a practicing physician and a Medflight critical care flight physician. You've probably seen him giving coronavirus updates and sharing his medical expertise on the local news channels.

**STAY SAFE—  
WEAR A MASK**

## MHCA Annual Membership Meeting Set for October 27 by Denise Lamb

The Midvale Heights Community Association will hold its annual membership meeting on Tuesday, October 27, beginning at 6:30 p.m. Given the continuing Covid-19 pandemic, the meeting will be virtual. Board members are still working out the details of a virtual meeting, and MHCA members will be notified in mid-



Shilagh Mirgain

October how to “sign on” for the meeting.

The agenda will include guest speaker, Shilagh Mirgain, Ph.D., a Senior Psychologist and Clinical Assistant Professor in the University of Wisconsin-Madison

School of Medicine and Public Health.

Her areas of expertise include cognitive behavioral interventions, acceptance and commitment therapy, forgiveness and compassion, and mindfulness meditation. She will be speaking on ways to counter depression, stress, and anxiety brought on by the Covid-19 pandemic and its related concerns—isolation, job loss, and financial and health concerns. She writes and speaks on mind-body skills to foster optimal health and has led mindfulness meditation interventions, as well as developed a manual for use with chronic pain populations.

In her practice, Dr. Mirgain provides innovative programming for patients with a variety of medical conditions and adjustment issues.

Also on the agenda will be remarks by our County Board rep, Carousel Bayrd, our alder, Zach Henak, and MHCA president, Elizabeth Mackey. Watch for a notice in October instructing you how to join the remote meeting.

## Friends of Sequoya Library News by Nadine Pfothauer

The Friends of Sequoya Library will soon open their bookshop at Market Square (6672 Odana Rd.) to a few shoppers at a time, *by appointment only*. Our goal is to make books, CDs, DVDs, records, and games available for purchase and thereby support the Sequoya Library without putting the health of our shoppers or volunteers at risk.

Shoppers must supply their own masks and wear them at all times while in the shop. The Friends will supply hand sanitizer, and we request shoppers observe the mandatory 6-foot social distancing and that they are healthy and have not come in contact with anyone testing positive for

COVID-19 in the previous 12 days. To arrange for an appointment, email [tfloren52@gmail.com](mailto:tfloren52@gmail.com).

We are very grateful to the community for their continued donations. We are still receiving donations at the shop on Mondays and Thursdays from 10 a.m. to noon. For more information, check out our Facebook page at Friends of Sequoya Library. (You don't have to be on Facebook to access the information.)

