

the area for generations. The very BEST photos will earn your name a place in our book, as you will be credited in the book with helping us preserve history before it is lost. We are looking for old photos and ephemera of the neighborhood, its houses, families and parades, events, sports, advertisements, real photo postcards, the OLDER the BETTER! There were many postcards printed showing older homes that are very common. The Association is hoping everyone in Frost Woods will search out the one of a kind photo we hope to publish in our book. Pictures of places long gone, and of people who now only walk the streets of Frost Woods in memories. We'll be putting history in the hands of the neighborhood itself! This book will be something all residents will be proud of!

The preservation of history is our credo, and myself, and the members of the Association feel that this is the sort of thing that can unite a community and encourage the continued revitalization of Frost Woods.

If you have OLD PHOTOGRAPHS or memorabilia you would like to share with us, with a donation or a scan please call us at 608 770 8613 and leave a message, or CONTACT US AT MY EMAIL ADDRESS: rebeccaholmquist@yahoo.com

### PEDESTRIAN SAFETY – SPEED ON WINNEQUAH

Ever since the Winnequah Road reconstruction, we've all been scratching our heads at the design of the road. Clearly, the intent was good. The design was meant to make the road safer for pedestrians and bikers by giving them a clear path and by slowing down traffic. Most of us would agree that the road is not safer and may even be more hazardous due to the bumpouts at intersections.

In October, a number of neighbors who live along the southern stretch of Winnequah or nearby it signed a letter to the City asking for action. Signers included people within the Frost Woods boundaries and outside of it. This is not a movement by our neighborhood, although the Board definitely supports it. This is a movement driven by all of our fears for the safety of our children, our dogs, our bikes and ourselves!

The letter requested a crosswalk near Frost Woods Beach and a trial of a speed bump. The specific requests were intended to get the issue on the agenda of the appropriate city committees and to open up the discussion to all safety issues. It succeeded and the Public Safety Committee discussed the issue at their meeting on November 11. Many people spoke about the issue and the committee members agreed that action should be taken. The committee agreed to ask staff for their opinions before proceeding (that staff will include public works, fire, police, engineer).

Discussion points included: The bumpouts are disliked by almost everybody. The speed bumps won't work for many reasons including the inability of bikes to maneuver over them, jarring by ambulances using Winnequah, and the difficulty in install-

ing/removing them seasonally. A speed table might work (a speed table is a much wider version of a speed bump that ambulances and firetrucks as well as snowplows can maneuver over). Cars do speed down Winnequah but recent enforcement has slowed the traffic down considerably – unfortunately, that level of enforcement can't continue indefinitely. Over 3000 vehicles a day use the south stretch of Winnequah.

The Public Safety Commission will discuss Winnequah Road again at either the December or January meeting. If you want to be notified of the next meeting, please send me an e-mail at brandaweix@gmail.com. Also, if you'd like a copy of the letter or would like to be added as a signer, drop me an e-mail or call me at 222-8477.

### 2010 Calendar of Events

It's hard to believe that is almost 2010. Especially as when I'm writing this, the sun is shining and there's no snow on the ground! Still, we're looking ahead to January (brrrrrr!) and planning the Winter Social as well as our other annual events.

**Sunday, January 31** – Winter Social on the Island

**Sunday, April 18** – Annual Meeting at Anita and Bruce Barlow's home

**Saturday, May 15** – Traffic Island maintenance

**Sunday, September 12** – Midwestern Clambake at Frost Woods Beach

**Winter Social – January 31** – The Winter Social has evolved into a bonfire on Frost Island. If you're new to the neighborhood, you may not know that FWHA owns an island. You can see it from Frost Woods Beach or from any of the 6 backyards south of the Beach. It's not very accessible in the summer as you need a boat and heavy duty tick-and-mosquito repellent. But in the winter, it's a short walk across the ice to a fantastic place.

There's a fire pit in the middle and winding trails to explore. Neighbors are welcome to explore the island anytime – but please if you want to build your own bonfire, let someone on the board know (frostwoods@frostwoods.org or 222-8477 will work). We keep an eye on the island and will come running if we see flames/smoke and haven't been warned!

Mark your calendars for January 31 and come out for hot dogs, marshmallow roasting and hot chocolate. We'll have the fire roaring and the ice cleared for skating. That is of course only if the weather accommodates us. We've never cancelled due to cold but we have had to cancel when it was too warm! We can only hold the event if the ice is safe enough to walk across.

**Annual Meeting – April 18** – This year's Annual Meeting

is at Anita and Bruce Barlow's home. The last dumpster has disappeared from their driveway and it's time to get a peek at what they've done! I've peeked already and the new wood floors are astonishingly beautiful! The remodel started out with something as small as removing part of a wall and spiraled into a new kitchen and living room. Oh, and we'll discuss business and nibble on some great food too!

#### **Traffic Island Maintenance** – May 15

The traffic island at Midmoor and Owen looks good even in the fall! Thanks to the neighbors who took the time to cut down some of the new perennials and add leaf mulch. With spring comes spring yard work too and the newly planted traffic island will need winter debris removed, some fresh mulch and maybe even some blooming bulbs added. Think spring already and mark your calendars!

#### **Midwestern Clam Bake** – September 12

Our annual Midwestern Clam Bake just keeps getting more popular! See the article in this newsletter for details about the 2009 clambake (you know, the Midwestern version of the clambake that has no clams and no baking!) The bouncy castle will be back of course, and a children's entertainer and babysitters – and look for some new additions like a margarita machine and marshmallow golf! We always hold this event on the Sunday after Labor Day which is the same day as the annual Ironman competition which starts on Lake Monona.

## Winterize Your Workout

We all know that we can layer up the clothes for the biting cold weather to keep running, biking, etc. outdoors. We all know that we can frequent the gym more to avoid the snow, the wind, and the ice. Well, the local gyms probably aren't going to like what I'm about to tell you. You can also bring your workouts indoors to the comfort of your own home using your own body weight, things you have around the house, and maybe a very small investment in some resistance bands. The information I'm about to give you will hopefully help you maintain your workout routine through the long winter months.

Maintaining a fitness routine during the winter months is incredibly important, not only for the obvious physical healthy benefits but also for your mental health. What better way to keep those endorphins flowing and avoid the winter "blues"? Why not use the winter months as a reason to break up the monotony of your current exercise program - give your body a break from

the same old same old that you've been doing and jump start your mind and your body with some new ideas.

Consider setting up a circuit training routine that you could easily do in your own home. Circuit training is a program method that can combine different exercise stations alternating muscle groups from one station to the next. This will allow a "go-go-go" style program, keeping you on the move while still allowing for adequate muscle recovery. A good circuit training program can give you the most "bang-for-your-buck" in the shortest amount of time. A good circuit training program will give you a good balance of full body strength and cardiovascular fitness.

Start with about a 5 minute, low impact warm-up such as jogging or walking in place. Then....

- Station 1) Squats; alternatives like sit to a chair or more dynamic by stepping side-to-side as you squat
- Station 2) Rows; more dynamic by using a resistance band
- Station 3) Push-ups; wall, toes or knees, just remember to incorporate your core by keeping a plank position through your full range of motion
- Station 4) Jump/step rope; with or without the actual rope
- Station 5) Squats with bicep curls; use a resistance band.
- Station 6) Tricep push-ups; use a chair or a stair
- Station 7) Mountain climbers; alternatives like knee up or step up one stair

With circuit training you can typically set up 6-10 stations. You have the option of doing a set number at each station or a set amount of time at each station. The shorter the rest between each station the better the cardio challenge. The circuit example outlined above should only be done every other day since the targeted muscle groups need a day of rest.

Circuit training can benefit anyone from a novice to an elite athlete. As you improve you can increase the amount of time spent at each station, lessen the rest interval between each station, or increase the difficulty of each station. After a winter of circuit training, check out your improved performance when you hit the great outdoors again next spring.

*Kristin Haanstad is a Personal Trainer & Fitness Instructor. She can be reached at 608.225.7525 or via email at [kjhaanstad@yahoo.com](mailto:kjhaanstad@yahoo.com). She is also teaching "Boot Camp" at the Monona Rec Department starting in January. Go to [mymonona.com](http://mymonona.com) and look under the rec dept. for her classes.*