



**C-Sport, Eden Fire Depts. help recognize Flight for Life's 25,000th patient**

Page 5

**Kewaskum a ghost town?**

Goblins, ghosts and super heroes descend on village

**KMS Girls Track teams shine**

Seventh grade girls bring home title

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# THE STATESMAN

Kewaskum  
The Statesman, Kewaskum  
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KEWASKUM

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Volume 112 Number 49

Thursday, November 1, 2007

www.kewaskumstatesman.com

11-0 Indians will entertain Madison Edgewood next

## QB sack is huge; pass is huge; Kewaskum's win over Eagles is huge



The Indians' Michael Bunkelman (81), takes down Jefferson's quarterback, Craig McDermott while McDermott attempted to make a pass. Jon Komp (43) seconds later picked up the ball dropped by McDermott and made a 30 yard play.

**By Judy Harlow**  
Statesman Sports Correspondent

Jason Piittmann, the head coach of the Kewaskum High football team, loves the word "huge."

For the past three seasons, he has been able to find a play or a drive or the effort by the Indians' offense or defense and sum it up as being "huge" in a particular victory. He didn't have to look far for one Saturday in a Level 2 Division 3 playoff game at Jefferson won by the Indians 42-13.

With 18 seconds left in the first half and Kewaskum ahead 14-7, junior quarterback Nick Olla stepped back into the pocket and lofted a 30-yard TD pass to wingback Ray Wollner who had run a down and out pattern to the left corner of the end zone.

So instead of going into the break ahead by seven points, the Indians were up by 14, and the momentum gained on that play continued right on into the second half when they scored another three touchdowns for an impressive victory.

"Getting that score before half was HUGE!" Piittmann said emphatically after accepting congratulations from friends and family for his team's 11th straight win.

Setting up the opportunity for the late score was defensive end Michael Bunkelman, who has made a habit of harassing opposing quarterbacks and running backs.

The host Eagles had picked up three first downs and were on the KHS 37-yard line when Bunkelman sprinted toward quarterback Craig

McDermott, who had dropped back to pass. Bunkelman hit McDermott so hard, the ball flew out of his hand, and the Indians' other end, Jonathon Komp scooped it up and scampered 30 yards to the Eagle 30-yard line.

"Play of the game," Piittmann said. "That changed it right there."

When Kewaskum came out of the locker room, they took the second half kickoff and proceeded to march 56 yards in seven plays, with Jordan Petrin going the final six, and more offense was on the way.

After Jefferson failed to convert and fourth-and-on at its own 37, the Indians took over and were on the attack again. Kewaskum's big line was moving the Eagles backward as Ben Boettcher and Nate Westerman were

Please see **Kewaskum win**, page 27

## Public information meeting on Hwy 28 planned here

The Wisconsin Department of Transportation (WisDOT) is hosting a public information meeting on Wednesday, November 7 from 4 until 7 p.m. at the Kewaskum Village Hall's Community Room to discuss plans for improvements slated for 2011 on State Highway 28 in Washington County. The meeting will be in an open house format. No formal presentation will be made. Project staff will be available to answer questions and record comments.

The project aims to improve safety and pavement conditions on State Highway 28. Current plans include:

- Reconstructing State Highway 28 from Highway 45 to the bridge over the Milwaukee River in the village of Kewaskum.

- Replacing the pavement from the Milwaukee River bridge to Carol Road (on the front side of Golfview Apartments by Johnson Bus).

- Resurfacing the pavement with spot areas of reconstruction from Carol Road to State Highway 144.

The purpose of this meeting is to gather opinions, insights, and information from the local community. This project is in the initial stages of design and your input is needed on important issues such as: Safety, drainage issues, driveways, sidewalks, pedestrian and bicycle accommodations, parking restrictions, business access during construction, emergency vehicle access and the proposed cul-de-sac at Hickory Drive south of State Highway 28

The roadway will be realigned to improve safety at locations with crash concerns. As a result, real estate acquisition is anticipated. Temporary easements are also anticipated for minor grading, landscaping and matching of driveways to the new roadway. Information regarding the property acquisition process will be available at the meeting. Relocation of residences or businesses are not expected with this project.

If you cannot attend or would like additional information, feel free to contact the project manager, Christine Rawson, at (262) 548-6428 or 1-800-648-05552. E-mail: christine.rawson@dot.state.wi.us. Mail: PO Box 798, Waukesha, WI 53187-0798

**The football game against Madison Edgewood will be played here at 2 p.m. Gates will open at 12 noon. Any blankets that are placed on the bleachers prior to 12 noon will be removed.**



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# ON THE RECORD



## Area Births



weighed seven pounds, 13 ounces and was 20 inches long.

**WALDROP** -- A daughter, Olyvia Coral Mikenzie, was born to Jennifer Wenninger and William Waldrop of West Bend on October 19, 2007 at St. Joseph's Hospital. Olyvia weighed six pounds, 10 ounces and was 20 inches long.

**MILLER** -- A daughter, Gia Peyton, was born to Nicole and Craig Miller of West Bend on October 19, 2007 at St. Joseph's Hospital. Gia weighed seven pounds, five ounces and was 20 inches long.

**WOLFENBERG** -- A son, Michael Jordan, was born to Sarah and Jordan Wolfenberg of Iron Mountain, Michigan on September 11, 2007 at Dickinson County Hospital. Michael weighed eight pounds, one ounce and was 19 1/4 inches long. Maternal grandparents are Brian and Sue Bausch of Fredonia and paternal grandparents are Jim and Janet Wolfenberg of Adell. Paternal great-grandparents are Bill and Shirley Wolfenberg of Wauwatosa.

**OLLA** -- A son, Luciano Cruz, was born to Fay and Tony Olla of West Bend on October 15, 2007 at St. Joseph's Hospital. Luciano weighed nine pounds, one ounce and was 22 inches long.

**SEGGEINK** -- A son, Parker Blais, was born to Jane and Paul Seggelink of West Bend on October 18, 2007 at St. Joseph's Hospital. Parker

## TUESDAY NIGHT SHEEPSHEAD WINNERS

Five handed winners on Tuesday, October 23rd, were: Jerry Wiedmeyer, 68-7-61, 19-3-16; Robert Kaufmann, 57-5-52, 15-4-11; Joanne Weislinger, 52-5-47, 21-3-18; Sylvester Stern, 50-8-42, 17-4-13; Adam Cornelius, 23 most losses; Nick Martinez, 22 low points.

The next five handed callan-ace will be Tuesday, Nov. 6th at 7:30 p.m. sharp. Bring your own drink. Cash prizes, cheese and sausage for lunch.

Bring a friend. New players welcome. Kewaskum Labor Center.



## Rescue Calls

On October 23, Kewaskum Rescue and Kohlsville First Responders were dispatched to the Town of Wayne for a person that had a diabetic problem. A transport was made.

On October 24, Kewaskum Rescue was dispatched in the Village of Kewaskum for a per-

son that had weakness. A transport was made.

On October 26, Kewaskum Rescue was dispatched in the Village of Kewaskum for a person that had a weakness. A transport was made.

On October 28, Kewaskum Rescue and Boltonville First Responder were dispatched to the town of Farmington for a person with diabetic problems.

## KEWASKUM SENIOR DINING CENTER

For the Elderly Menu  
Meadowcreek Complex  
262-483-2056

Monday, Nov. 5 -- Pork chop, sweet potatoes, asparagus tips, dinner roll, chocolate pudding. Alt: diet pudding.

Tuesday, Nov. 6 -- Stuffed green peppers, rosemary roasted potatoes, Caribbean blend vegetables, whole wheat bread, peach pie. Alt: diet pie.

Wednesday, Nov. 7 -- Spaghetti with meatballs, Italian green beans, romaine lettuce salad with Ranch dressing, Italian breadstick, chocolate chip cookie. Alt: fruit cocktail.

Thursday, Nov. 8 -- Liver and onions, mashed potatoes with gravy, creamed corn, multigrain bread, frosted orange cake. Alt: diet pudding.

Public Health Nurse every first and third Thursday, 9-11:30 a.m. Bingo every Monday, 10-11:30 a.m. Bring 50¢ prize to participate.

## CAMPBELLSPORT MEALSITE MENU

Campbellsport Community Center, 12 noon  
920-533-8351 x1216 by 1 p.m. on Tuesday

Wednesday, Nov. 7 -- Swedish meatballs, rice, California blend vegetables, relishes, apple squares.

## Municipal Meetings

### MONDAY, NOV. 5

Village Board - Council Room, 7 p.m.

School District - Finance Committee Meeting - District Office, 6 p.m.

Public Safety Committee - Sheriff's Department Conference Room, 8:30 a.m.

Landmarks Commission - Courthouse Government Center Room 1041, 2 p.m.

### TUESDAY, NOV. 6

Washington County Highway Committee - Vehicle Maintenance & Storage facility, 7:30 a.m.

Administrative Services Committee - Courthouse Government Center Room 1041, 9 a.m.

### WEDNESDAY, NOV. 7

DOT - Hwy. 28 Public Informational Meeting - Community Room, 4-7 p.m.

Washington County Health and Aging Committee - PAC Room 1023, 9 a.m.

### THURSDAY, NOV. 8

Aging & Disability Resource Center of Washington County Board - PAC Room 1023, 1 p.m.

## Washington County's Most Wanted

The Washington County Sheriff's Department is seeking:



Name: Shaqueita Shaniel Stamps  
Age: 27  
Race: Black  
Sex: Female  
Height: 5'0"  
Weight: 182  
Hair: Black  
Eyes: Brown  
Last known address: Hartford  
Warrant Entry Date: 09-21-2007

Wanted For Delivery of Cocaine

Anyone with information on this person's whereabouts should call the Washington County Sheriff's Department at 262-335-4411 or Washington County Law Enforcement Tip Line at 800-232-0594. Resident should not attempt to apprehend this suspect.

**Fall Back**

Daylight Savings Time End this Sunday, November 4

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## XYZ CARD RESULTS

The winners at cards played at the Municipal Building Annex on Wednesday, October 24th were:

SKAT: Allen Reindl, 9-2-7; Teresa Peterson, 7-2-5.

SHEEPSHEAD: Gloria Liepert, Ruth Campbell, Judy Lickman, Delbert Petermann.

New members are always welcome. Cards are played from 8:30-11:15 every Wednesday.

## The STATESMAN



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# COMMUNITY

## Kewaskum morphs into ghost town for trick or treat



The village of Kewaskum was overtaken by ghosts, ghouls, vampires, wizards, witches, Batman, Buzz Lightyear and cheerleaders to name just a few. Shown above is Kayla Curasi and Samantha Heberer who roamed the streets in search of treats. Megan Hogan, 2, gave her best cheer for her treats during the village's trick or treat that was held Sunday, October 28 during perfect fall weather.

Statesman photos: Andrew Kuehl

## Community IN BRIEF

### FES student not left on bus

**KEWASKUM-** Rumors of a Farmington Elementary student being left on a Johnson Bus are false. A student who had fallen asleep and did not get off the bus was discovered as the driver was parking the bus.

Lori Heisler, Kewaskum depot manager, explained that the mishap occurred during the 4-K afternoon pick-up on Tuesday, October 23. Heisler explained that under normal circumstances, a paraprofessional or teacher greets the students from the bus but that had not happened.

Heisler went on to explain that the bus driver drove the bus back to the depot and saw the girl wake up. The driver made sure the student was ok and then took her back to school.

All busses from Johnson Bus are equipped with electronic check systems that require a driver to walk to the rear of the bus and touch a button above the rear window. If this does not occur within a few minutes of the bus's engine being turned off, the bus's horn blows and lights flash. Heisler stated that the monitoring devices were installed on all Johnson busses about five years ago.

Heisler stated that the mother of the girl was notified and that she understood the explanation without any problems.

-Andrew Kuehl

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## One injured in roll over crash



Kewaskum Police Department and EMS responded to a two-vehicle crash in the village of Kewaskum on Monday, October 29 at 3:03 p.m. A West Bend teen, Lauren Hautamaki, 17, was injured in the crash although she refused medical attention. The crash unfolded on Railroad Street at the First Street intersection as Dustin Voge, 18, of Fredonia was traveling southbound on Railroad Street when police say Hautamaki, traveling westbound, failed to yield to a stop sign on First Street. Voge was unable to miss hitting Hautamaki in the rear passenger side of her Jeep Cherokee. The Jeep then rolled over and landed on its roof.

Statesman photo: Andrew Kuehl

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# COMMUNITY

## Halloween fun cooked up at library



The Kewaskum Public Library held their annual Halloween Costume Party on Friday, October 19. Shown above is Bridget Dean who enjoyed storyteller Judy Farrow-Busack who entertained the almost 40 children and their parents. Library Director Steev Baker stated the guests that ranged from princesses, witches, Spiderman, Transformers and pirates

enjoyed snacks and took part in a scavenger hunt and pumpkin decorating contest. To find out more about upcoming library programs visit the virtual library at [www.kewaskum.lib.wi.us](http://www.kewaskum.lib.wi.us)

Statesman photos: Andrew Kuehl

## Car show matching funds check presented



Recipients of the proceeds from the Grand Larsony Car Show gathered to receive their checks from The Grand Larsony and Modern Woodmen who matched the funds for the event. Shown above left to right are Kissy Kissinger, Dick Baker, Jeff Jaeger and Heather May.

## Cheese of the Month Chipotle Olé 11 oz. stick ..... \$2.00

Smooth cheddar with smokey jalapeño peppers.  
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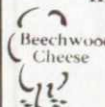
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## SynergyHealth Welcomes Rheumatologist Rafal J. Ryzka, MD

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*"I believe in practicing medicine with both passion and compassion. I understand the importance of patient education and building strong relationships with my patients. Medicine is ever-changing and I follow the latest research to provide up to date care".*

Dr. Ryzka received his Medical Degree from Jagiellonian University and completed his internship and residency at John H. Stroger Jr. Hospital of Cook County, Chicago. He completed his fellowship at the University of Texas Health Science Center in San Antonio, TX.



Rafal J. Ryzka, MD  
Rheumatologist

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## SynergyHealth West Bend Clinic

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## C-Sport, Eden Fire Departments, recognized for assisting Flight for Life's 25,000th patient



Those involved in Nissa Stenz's care posed for a photo outside the Flight for Life helicopter that is credited with helping to save her life. Stenz was recognized as the 25,000th patient to receive emergency medical care via Flight for Life.

**FOND DU LAC-** It's not often that those responding to a medical emergency meet face to face with the lives they save, but on Sunday, October 28 exactly that happened at St. Agnes Hospital. That meeting came in the form of a celebration of Flight For Life Medical Helicopter recognized its 25,000th patient, Nissa Stenz and her family.

Along with Stenz and her family, many of the personnel involved, from dispatch to hospital caregivers, were also in attendance.

Stenz's story as Flight For Life's 25,000th patient is an outstanding example of a superb response by emergency services personnel, excellent health care intervention from initial admission through rehabilitation, and most importantly, the patient and her family's courage and determination to overcome a tragedy and turn it into a triumph.

On June 11, 2007, college student Nissa Stenz was en route to her summer job when her motorcycle collided with a dump truck, changing her life forever. The Fond du Lac County Communication Center quickly mobilized the Eden Fire Department and First Responders, Campbellsport Fire Department, and the City of Fond du Lac Fire Department to respond. Once she was stabilized, agencies quickly realized that her injuries were extremely critical and Flight For Life-Wisconsin was requested to the scene. "Emergency response and the trauma system

worked exactly as it should on that call, getting Nissa rapidly to the Level 1 Trauma Center at Froedtert Hospital to care for her life-threatening injuries," stated Claire Rayford, spokesperson for Flight For Life.

Stenz underwent several surgical procedures and many weeks in Intensive Care to repair the multiple complex injuries she sustained in the crash.

According to Stenz, "My doctors at Froedtert told me that I'm a miracle."

Her father, Jim Stenz, wasn't quite as surprised. "I know my daughter; she is very resourceful, hard-working, and determined," says Jim. "If anyone could do it, it would be Nissa."

After five weeks, Nissa was transferred to the caregivers at the St. Agnes Hospital Center for Physical Rehab - where she remained for several weeks to continue her recovery process. Today, she is at home, but continues to receive therapy three times a week at St. Agnes Hospital Outpatient Therapies

department.

According to Barb Gorman, St. Agnes Hospital Center for Physical Rehab case manager, "The partnership between Froedtert Hospital and Agnesian HealthCare provides a wonderful medical resource for our community. It also allows patients like Nissa to receive quality therapy services close to home, near the support of family and friends."

Nissa's story is an inspiration to both health care providers and families who have faced similar incredibly challenging circumstances. Nissa's goal is to continue her final year as a senior student at the University of Wisconsin - La-Crosse. She and her family are confident that she will succeed.

The role of emergency response and the health care system is to provide the opportunity for survival; the rest is up to the patient and their support system.



Campbellsport Fire Chief Jeff Lindsley explained it was a team effort to save Stenz's life. Lindsley told Stenz, the day of her accident, she "had it all, the best first responders, emergency medical technicians and paramedics in Fond du Lac County."

Statesman photos: Andrew Kuehl

## Local News IN BRIEF

### Fillmore Firefighters, others respond to fire

**TOWN of TRENTON** - On October 30, at approximately 8:30 p.m., the Washington County Sheriff's Department received a call for a garage on fire on Sandy Knoll Court in the Town of Trenton.

Upon arrival, a single-story, detached, two and a half car garage was found to be fully engulfed in flames.

The Newburg Fire Department responded and were assisted by West Bend and Jackson Fire Departments. The blaze consumed the entire garage and its contents. Fire also spread to the nearby home, but was quickly extinguished.

The fire was reported by the tenants of the home after being alerted to the flames by their children. The tenants and seven children were at home and inside the residence when the fire started. They were able to safely evacuate and call for assistance.

An estimated \$25,000 in damage was done to the structures and an additional \$10,000 in property was lost.

The cause of the blaze at this point is not known and it remains under investigation by the Sheriff's Department.



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## Big Brothers Big Sisters achieve 30 mentors in 30 days goal



**WEST BEND-** That's right, the goal was reached 30 Mentors in 30 days. Big Brothers Big Sisters of Washington County couldn't have asked for better support, response and commitment in helping to reach their recruitment campaign goal.

The media including the local newspaper and radio

along with numerous BBBS yard signs added to the success; but the big impact came from those who personally asked another friend to become a Big Brother, Big Sister, Big Couple or Big Family.

The number of volunteer inquiries during the month-long campaign sky rocketed - a 628% increase from a typi-

cal month - for a total of 51 inquiries of which 29 followed through to become mentors. They also were able to make 22 additional matches above and beyond those 29 new mentors - the majority being attributed to a new and exciting after-school Big Buddy program with the Kewaskum School District on their early release day.

Even though they reached their goal and far exceeded their expectations; remind everyone that the job is not complete. Littles are still waiting, especially boys. Therefore, remember to pass along the message "Mentors are Real People who become Real Heroes and no tights are required!"

Call Big Brothers Big Sisters today at 262-334-7896 or apply online at [www.bbbswashco.org](http://www.bbbswashco.org), and help make a difference in a child's life.

## Local fund set up for Crandon shooting victim

**CAMPBELLSPORT-** Charlie Neitzel, the lone survivor of the Crandon shooting was shot three times in his right side. Due to these extensive injuries and unknown length of recovery, his family is asking for the community's help.

Neitzel's grandmother, Diane Kleinke explains he was studying in Automotive Design. "He would like to continue in that field, but what he needs now is a special laptop (computer)" she reports.

This laptop has to be able to utilize the design programs needed. These programs run between \$1,500 and \$6,000. "We are trying to raise the \$1,400 needed for the laptop," Kleinke further explains.

Neitzel was born and raised in West Bend and has extensive ties to the people in this area, grandparents, aunts and uncles, cousins and friends.

The Charlie Neitzel Benefit Fund has been set up at the National Exchange Bank & Trust at 114 N. Fond



**Charlie Neitzel**

du Lac Avenue, PO Box 840, Campbellsport, WI 53010. Donations can also be made at any National Exchange Bank or mailed to the above address.

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Kim Carr, Hartford resident and family practice patient, pictured with her son Emmett. Photographed along Sumner Street in Hartford.

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 **Aurora Health Center**

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



# PEOPLE

## Four Generations



Shown above in this four generation photo are, standing, left, grandmother, Sandy Lynn, and mother Jamie Thomas. Seated in the center is great-grandmother Ellie Fischer. Standing in the front are Amayah, left and Isabell, right.



Michael Schulz and his trolley of riders began the ninth annual Schulz wagon train on September 8. Michael and his wife, Jody Schmidt Schulz, met on the 1998 Wagons of Wisconsin wagon train celebrating the state's sesquicentennial. The couple were married four years later on September 14, 2002 in a wedding which included a wedding train to the church in New Fane from the bride's home and back. Each year to have a reunion of the sesquicentennial wagon train and celebrate their anniversary, friends and relatives who enjoy horses and carriages are invited to ride along on a 14 mile trip through the Kettle Moraine area, starting and ending at Kettle Moraine Carriages, which Michael and Jody own.

## Congratulations Dylan Tackes, 13

**First Buck**  
(6 pointer)  
during  
youth hunt  
on Oct.7



## Tell Us About It!

As our community continues to grow, so do the stories of people who have tales to tell. Perhaps it's an unusual occupation or hobby, a new business venture, or someone whose service to others too often goes unnoticed.

If you fit into any of the above categories or know of someone who does, The Statesman would like to hear about it. Our feature stories function as a means to get to know each other better and that is what your community newspaper is all about.

**Please call us with any suggestions you might have.**

**THE STATESMAN**  
240 Main St.  
Kewaskum  
262-626-2626

**Happy Birthday!**

<b>Nov. 1:</b>	Dustin Kuehl Kristine Turk Troy Martin	Cindy Turk Nick Thorn
<b>Nov. 2:</b>	Scott Rohlinger	
<b>Nov. 4:</b>	Richie Thiemer IV Linda Dymond	Dave Ledger
<b>Nov. 6:</b>	Nicole Kuehl	Joy Neuenfeld

Birthdays will no longer be carried over on an annual basis.  
All birthdays must be called in yearly  
To have a birthday announced on the Community Bulletin Board  
Phone - 262-626-2626 Fax - 262-626-1382  
or E-mail - ckuehl@kewaskumstatesman.com  
There is a deadline 3 pm Monday for Thursday publication.

## Thank You!

We would like to thank all the people of Holy Trinity Parish and the surrounding communities that attended the Halloween Dance that was organized as a benefit for Isaiah and our family. It was wonderful to see all of you there and to hear all your well wishes and prayers. It means so much to all of us that you care so much and open your arms to little Isaiah and our family. Thank you so much for your donations. Thank you also to the families that organized the night, it was beautiful and a lot of fun. And also thank you to the businesses and people of the communities that donated food, prizes, raffle items, entertainment and hall space for the party. We had a wonderful time and will always remember your love and compassion.

*John, Rebecca, Zachary,  
McKenzie & Isaiah Van Beek*

## Thank You! Thank You! Thank You! Thank You!

We would like to take this opportunity to thank the following people for making the 7th Annual Grand Larsony Car Show a huge success.

**We couldn't have done it without your help.**

The Village of Kewaskum, The American Legion, KT Farms, Katie, Tom, Donna, Tom, Sandy, Mike, Tobi, Matt, Bob, Victor, Adam, Marion, Chris, Jimmer, Kettle Moraine Kar Klub, Post Printing, Alex Heating, Bumper to Bumper, Barton Small Engine, Gateway Café, Full Service Car Wash, Ace Hardware, Campbellsport Self Service, Geidel's Piggly Wiggly, Tantalizer Tanning LLC, Bits & Pieces, Main Street Gas Station, Roger & Dan's, Luxury Box, Mid-City Motorsports, Auto Body Dynamics, Mid-America Banks, River City Distributors, Badger Liquor, Raindance Car Wash, Fire Escape, Bob Fish, Don's Electric, Johann Plumbing, Richie Thiemer, Smith Insurance, Oz, Guzzlers, Belger Masonry, Strobel Oil, J.O.'s Restaurant, Eric Anderson, Better Brands, Kohn's Citgo, Portraits Today, Eden Meat Market, Dimo's, D&D's, EVS-Mayville, Roadhouse, Sweeds, Wiedmeyer Trucking, Kewaskum Auto Recycling, Sandy's Barton Cafe, Milestone Motors, Bahr Time, PJ Majoo's, John's on Main, Boar's Nest, West Bend Savings, NAPA, Kewaskum Mobil, Serve Chevy/Buick, Mike's Country Meats, Tri-Par - Random Lake, Homefront Restaurant - Random Lake, JW Rod Garage - Belgium, Mueller Sales & Service - Random Lake, RT Speed Shop, RM Drystripping, Jerry Miller, Schluffy's, KB Lettering, Mike Westerman, Randy Schlice & Kleutz Auto.

*Sincerely, Kissy and Deb*



# EVENTS

## Pete Morton to perform at Peace UCC November 11

International touring artist Pete Morton, one of England's best known singer/songwriters and traditional balladeers, will perform Sunday, November 11th, at 6:30 pm at Peace United Church of Christ, 343 1st Street, Kewaskum.

Folk singer Pete Morton is a songwriter and performer from Nottingham, England with a wealth of great songs and stage presence. His show is dynamic and intense as well as approachable and fun-loving. He seriously believes there are 'six billion eccentrics' in the world, and that particular song is fast becoming a signature tune for people everywhere.

Starting out as a busker on the streets of Europe, Pete has entertained all over the globe with his unique and involving style of songwriting and traditional singing. Pete sings from the heart, delivering songs that tell compelling stories and speak of the human condition from a very unique perspective. With a passionate strong voice and strident guitar style, his songs are an unruly mix of humor, politics, love and social comment, wrapping their way around the folk tradition. A singer and songwriter of charm, wit and humor... also a must for anyone who fancies a really entertaining evening!

A free will donation will

be collected with proceeds supporting missions in Africa and Haiti.

Peace United Church of Christ is a congregation of diverse people and ideas who celebrate the opportunity to join together as one family to sing and laugh, to work and pray all in lively celebration of how God is at work in our lives.

For more information contact Peace Church at 626-4011 or Christine Kuhn at [christinekuhn@westmontlibrary.org](mailto:christinekuhn@westmontlibrary.org).

## International Handcraft Sale November 10

Handcrafted products from artisans from around the world will be available at "A Greater Gift" Sale on Saturday, November 10, from 10 a.m. to 2 p.m. at New Horizon United Church of Christ, 9663 Hwy. 144 North, in the Town of Farmington.

"A Greater Gift" is a program of SERRV International, a nonprofit alternative trade and development organization that has been working to spread hope and justice for almost 60 years.

The public is invited to view and purchase these

unique handcrafts. When you purchase a handcraft or food product from SERRV International you become part of a global partnership for justice and hope. Your purchase brings dignity and needed income to people in developing regions of the world.

Enjoy complimentary Fair Trade beverages and chocolate while you browse.

## Meet the Robinsons at C-sport library

People of all ages are invited to the Campbellsport Public Library on Wednesday, November 7th at 4 pm to watch Meet the Robinsons.

This animated feature is about Lewis, a brilliant inventor, whose latest project is the Memory Scanner, a machine that will help him find his birth mother so they can become a family. When it is stolen Lewis meets a mysterious stranger named Wilber Robinson who whisks our bewildered hero away in a time machine and together they track down the thief in this animated adventure.

This film is rated "G" and is 102 minutes long.

The movie will be projected onto a large screen and there is surround sound. Free popcorn will be served.

Children age 9 and under will need to be accompanied by an adult and parents with older children will need to pick-up their children inside the building immediately following the movie at 5:25 pm.

If you would like more information about this program, or would like to volunteer to help at the program, please call the Library at (920) 533-8534, or stop in at 220 Helena Street. They are open Monday and Tuesday from 12 to 8 pm, Wednesday from 10 to 6 pm, Thursday from 12 to 5 pm, Friday from 12 to 5 pm and Saturday from 9 to Noon.

You can fall in love at first sight with a place as with a person.

-Alec Waugh

## Peace UCC looking for singers for Ecumenical service

The Peace Church choirs are looking for singers to participate in the annual Ecumenical Service on Thanksgiving Eve. In the past, members from Holy Trinity and St. Michaels Catholic Churches have come together with strong voice for this service and will continue to do so.

The choir is open to anyone who likes to sing and enjoys strong, ecumenical togetherness.

Rehearsals are scheduled for 7:15 p.m. at Peace Church, second floor, second room on the right, on Wednesdays, November 7th and 14th.

The group will be singing two anthems for the service, which will be held at Holy Trinity Catholic Church on Wednesday, November 21, 2007.

If you are interested in singing with this combined voice choir, please plan on attending rehearsals, or call Larry Ammel at 262-626-4731 if you have any questions.

### Berry Banana Smoothie

- 1 1/2 cups frozen berries (strawberries, blueberries, raspberries)
- 1 banana
- 1 cup vanilla yogurt
- 1/2 cup skim milk
- 1/2 cup apple juice

Combine all ingredients in a blender until smooth. Serve and enjoy!



## West Bend Gun Show

Washington Co. Fair Grounds  
Exit PV off Hwy 45

NOV 2, 3 & 4  
Fri. 5-9 pm; Sat. 9 am-5 pm  
Sun. 9 am - 3 pm

## Buy • Sell Swap

Free Appraisals  
Many dealers wanting to buy your gun and gun related collectibles!

NEW AND USED  
Guns • Ammo  
Hunting Equipment



Admission \$5  
12 & under free  
Fundraiser for youth Waterfowl and Deer Hunts

Sponsored by Bob Pucci, National "Take a Kid Hunting" and WSMFS, Inc.

Kohler School Friends

## Holiday Arts & Crafts Fair

**Saturday, November 3**  
**9 a.m. - 4 p.m.**

**Kohler School - 333 Upper Rd., Kohler**  
*One block from The American Club's Wisconsin Holiday Market*

**\$3 (adults) \$1 (kids 6-12 under) FREE (5 & under)**  
70 Crafters • Café • Bake sale • Entertainment

**GREAT RAFFLE PRIZES!**

Table For Two - Restaurants all over town are waiting to treat lucky winner & guest to delicious meals.  
Packers Tailgate - Tickets to a game and tailgate fixin's, plus a certified Packers Autographed Football!  
Kids Adventure Pak - "Geared" for the kid who loves action and adventure, this lucky winner will enjoy camps, outdoor fun, and fitness all year long!  
Queen for a Day - The ultimate in spa and personal services, this winner will indulge herself in luxury treatments, and return to a clean castle!  
Sports Fan-tastic - Year 'round sports fan? We've got you covered! If you've never met a sport you didn't love, this package is for you!

Complimentary shuttle service provided between our Craft Fair, The American Club's Wisconsin Holiday Market, and The Shops at Woodlake  
[craftfair.kohlerschoolfriends.com](http://craftfair.kohlerschoolfriends.com)

Beechwood Fire Department

## FALL FUND RAISER & RAFFLE

Sunday, Nov. 4 • 11 am to ???

**GRAND PRIZE:  
BROWNING A-BOLT RIFLE**

2nd: Remington 1187 12 ga.  
3rd: Thompson Center - Muzzle Loader Pkg.

**FOOD & REFRESHMENTS AVAILABLE**  
Hamburgers, Pork Sandwiches, Potato Salad,  
Baked Beans, French Fries & Onion Rings

Also, featuring a Bake Sale by The BWFD Auxillary  
And their famous homemade applesauce

**Proceeds go towards equipment fund.**  
*Tickets available at local businesses and all firemen for raffle*



## Cedar Community to hold memory screening day

WEST BEND - If you keep forgetting such things as what you ate for breakfast or where you parked your car, consider participating in the National Memory Screening Day on Nov. 13, from 9 a.m. to noon at Cedar Ridge Apartments, 113 Cedar Ridge Drive.

Cedar Community along with the Alzheimer's Foundation of America urges anyone concerned about memory problems or interested in memory care to take a free screening that takes only about five to ten minutes to complete. A screening consists of a series of simple questions and tasks. The screening is free and open to the general public. Appointments are encouraged.

The screening will be administered by two qualified registered nurses and a social worker. Erika Salmeron, RN, BSN, CDP has been the nurse manager of Cove 3 Household at Cedar Lake Health and Rehabilitation Center for over two years. Salmeron received her nursing degree at Washburn University in Topeka, Kansas and has over 10 years of nursing experience working with the geriatric population. She recently received her certification from the National Council of Certified Dementia Practitioners.

Melissa Gerken, CBSW has been a social worker at Cedar Lake Health and Rehabilitation Center for almost three years. Gerken received her social work degree from the University of Wisconsin, Milwaukee. She specializes in working with persons affected with Alzheimer's and related dementias.

Sarah Fuller, RN, CDP has been the nurse manager of Cove 2 Household at Cedar Lake Health and Rehabilitation Center for over two years. Fuller received her nursing degree at Moraine Park Technical College in West Bend. She has over 10 years of experience working with the geriatric population, starting as a CNA, then as a nurse extern and currently as an RN manager. She recently received her certification from the National Council of Certified Dementia Practitioners.

The tests are noninvasive and completely confidential, and they do not represent a diagnosis. Individuals who score poorly or who have normal scores but are still concerned will be encouraged to follow up with their physician or another qualified healthcare professional.

For more information on National Memory Screening day or to schedule a confidential appointment, please contact Erika Salmeron, RN at 262.334.1680, ext. 4172.

The Alzheimer's Foundation of America is a national nonprofit organization headquartered in New York and made up of hundreds of member organizations that provide hands-on programs to meet the educational, emotional, practical and social needs of families affected by Alzheimer's disease and related illnesses. AFA's services include a toll-free hot line, counseling, educational materials, a free caregiver magazine and professional training. For information, call (toll-free) 866-AFA-8484 or visit [www.alzfdn.org](http://www.alzfdn.org).

Cedar Community provides a wide variety of services and programs specifically for those living with Alzheimer's disease or other memory loss. Friendship House assisted living facility is a very special part of the continuum of care provided by Cedar Community for people age 62 and better. Every service and ac-

commodation our Friendship House services and accommodations are staff members provide is dedicated to the unique and varying needs of the individual facing early- to mid-staged Alzheimer's disease or other progressive memory loss. Those needed skilled care transition to Cedar Cove, a long-term nursing unit that mirrors Friendship House's décor and memory loss-specific programming and care.

Cedar Community is a not-for-profit, church affiliated leader in providing superior health care, education, rehabilitation and senior housing to over 1,000 residents. Its facilities are located on five campuses in Washington and Sheboygan counties. Cedar Community is proud to provide a continuum of care including independent and assisted living, skilled nursing care, rehabilitation, hospice, memory loss services, subacute and home care. For more information visit their website at [www.cedarcommunity.org](http://www.cedarcommunity.org).

## Camp Crop-A-Lot Nov. 4 'Annie Get Your Gun' this weekend

On Sunday, November 4, Kewaskum's very own Scrap Nook will be hosting its first annual Camp Crop-A-Lot. The event will be held at the Village Annex Building located on Hwy. 45, just north of Hwy. 28.

The event, for those of you not familiar with it, provides scrapbookers with an uninterrupted day to work without phone, tv, housework and children. Attendees work all day on trying to complete their keepsake scrapbooks.

Some women bring their stamping supplies and finish their holiday cards and others just come for ideas.

There will be a table of tools available for you to use during the event.

There will be a break for attendees to shop at The Scrap Nook and also there will be Creative Memories supplies on hand for purchase.

The doors open at 9:30 a.m. and at 10 a.m. the work begins. There will be door prizes, idea sheets and lunch.

To reserve your spot, please call 262-477-1033. The cost of the event is \$20.

## 'Annie Get Your Gun' this weekend

The musical "Annie Get Your Gun" can be seen this week on either Friday, November 2 and or Saturday, November 3, beginning at 7:30 p.m. both evenings.

Friday's performance is close to a sell-out and Saturday has some tickets left.

Please call 262-626-8427, ext. 4571 to see if tickets are available.

**How hard it is to escape from places. However carefully one goes they hold you-you leave little bits of yourself fluttering on the fences-like rags and shreds of your very life.**

-Katherine Mansfield

**ORDER PHOTO REPRINTS**

Did we take your photo?  
Want a copy of a photo that appeared print?

**ORDER A REPRINT!**  
262-370-0831

## COMMUNITY CALENDAR

### NOVEMBER

**JUST IN TIME FOR THANKSGIVING** - Homemade pumpkin pies by Kewaskum Junior Woman's Club members. Order forms at West Bend Savings Bank, Kewaskum. One pie \$8, two \$15, three \$21. Send prepayment and order to KJWC, Box 634, Kewaskum, WI 53040. Order by November 10. Pickup Nov. 20, Kewaskum Annex Building, 3-7 p.m. 10-25-3t

**Nov. 4 -- CAMP CROP-A-LOT** Scrapbooking event. 10 a.m. to 7 p.m. Kewaskum Annex Building. \$20 per person. Call 262-477-1033 for more information or reservations. Reservations required. 10-25-2t

**Nov. 4 -- ANNUAL PANCAKE BRUNCH**, St. Martin's U.C.C., Fillmore. Held at Turner Hall, Fillmore, handicapped accessible. Serving 11 am to 2 pm. Served family style- Homemade potato & buttermilk pancakes, applesauce, desserts. Carryouts available. Donation, Adults \$7, children 10 & under \$3.50, (3 & under FREE).

**Nov 10 -- "A GREATER GIFT SALE"** A program of **SERRV International**, a nonprofit alternative trade and development organization, 10:00 a.m. to 2:00 p.m. at New Horizon United Church of Christ, 9663 Highway 144 North, Town of Farmington. Purchase of handcrafts and food products through SERRV brings dignity and needed income to people in developing regions of the world. Enjoy complimentary Fair Trade beverages and Divine Chocolate while you browse. 10-25-3p

**Nov 10 -- Annual RAFFLE AND BAKE SALE** The Women's Guild of the United Christian Church in Campbellsport will be held Saturday, Nov. 10, 8 am to noon. Raffle drawing at noon. The First item on raffle is the quilt made by the guild. It is on display in the window at Twohigs Furniture in Campbellsport. UCC is located at 228 Forest St., one block off Main St. at Poplar (Village Hall) and a left onto Forest. (Same place the Cantata is practicing.) Tickets are available - any member and at Twohig Furniture. Also by calling 920-533-5466. 11-1-2p

**Nov. 17 -- 25th Annual A KETTLE COUNTRY CHRISTMAS ARTS AND CRAFT SHOW.** 9 am to 3 pm. Kewaskum Middle School. Bake sale & assorted cookies, lunch and beverages available. Quilt raffle drawing - day of show. Free quilt raffle ticket w/\$2 admission. Sponsored by GFWC

There is a \$3.00 charge for publishing your event up to three times in the Community Calendar in advance. The deadline for all items is Monday by 3 p.m.



Fillmore Fire Department's  
**FALL FISH FRY**  
FRIDAY, NOV. 2 • 5 pm until 8 pm  
FILLMORE FIRE DEPT.  
8485 Trading Post Trail  
2-piece Cod dinner - \$7.00  
3-piece Cod dinner - \$8.00  
Delicious homemade desserts are also available!  
prepared by Schwai's Carryouts available (262) 692-2361

St. Martin's U.C.C., Fillmore  
**Annual PANCAKE BRUNCH**  
Sunday, Nov. 4 • 11 am to 2 pm  
Brunch held at: Turner Hall, Fillmore  
Homemade Potato & Buttermilk Pancakes, Kewaskum Brats, Applesauce, Desserts  
**FAMILY STYLE • Carryouts Available • Handicapped Accessible**  
Donation: Adults \$7.00, Children 10 & under \$3.50, (3 & under FREE)

St. Matthew's Annual...  
- Small & Sweet Raffle -  
**Spaghetti Dinner**  
with our Hometown Heroes!  
Saturday, Nov. 3rd • 5 pm - 7 pm  
Cost \$7.00 per Adult; \$4 for Children 10 and under (Age 3 & under are FREE!)



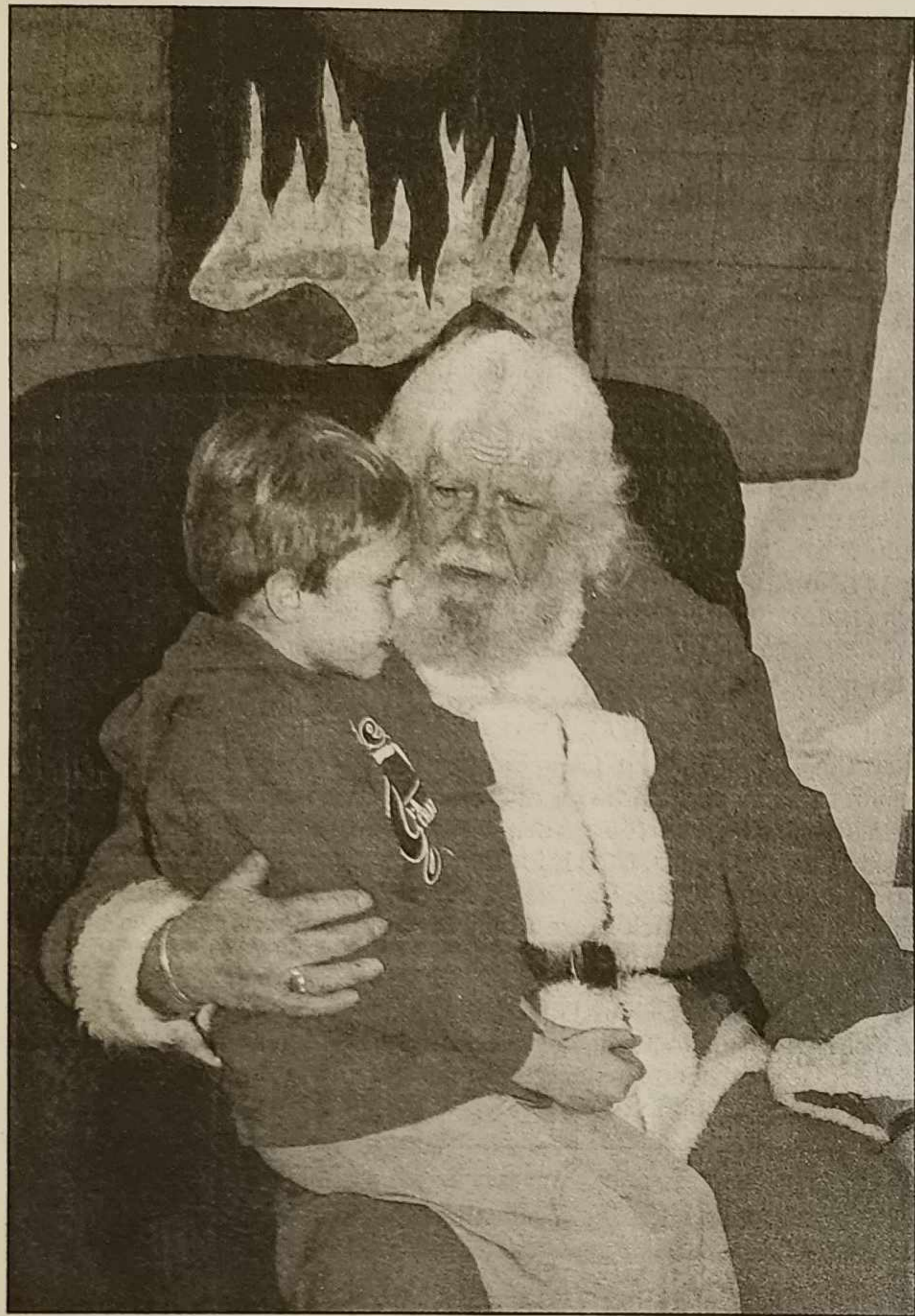

Meet & Greet Police Chief Randy Karoses & his officers along with Fire Chief Jeff Lindsley and a team of Campbellsport Firefighters!  
**ALL IN UNIFORM!**

Bring the family for a night of Fun, Food & Prizes!!  
\*\* St. Matthew's Cafeteria!



# EVENTS

## KHS Breakfast with Santa December 1



Zachary Hutchins tells Santa all he wants for Christmas at last year's Breakfast with Santa at Kewaskum High School.

The 33 members of Kewaskum FFCLA Chapter #130343 invite area residents to join them for Breakfast with Santa on Saturday morning, December 1 at Kewaskum High School. Doors open at 8:30 a.m. with a full breakfast served promptly at 9 a.m.

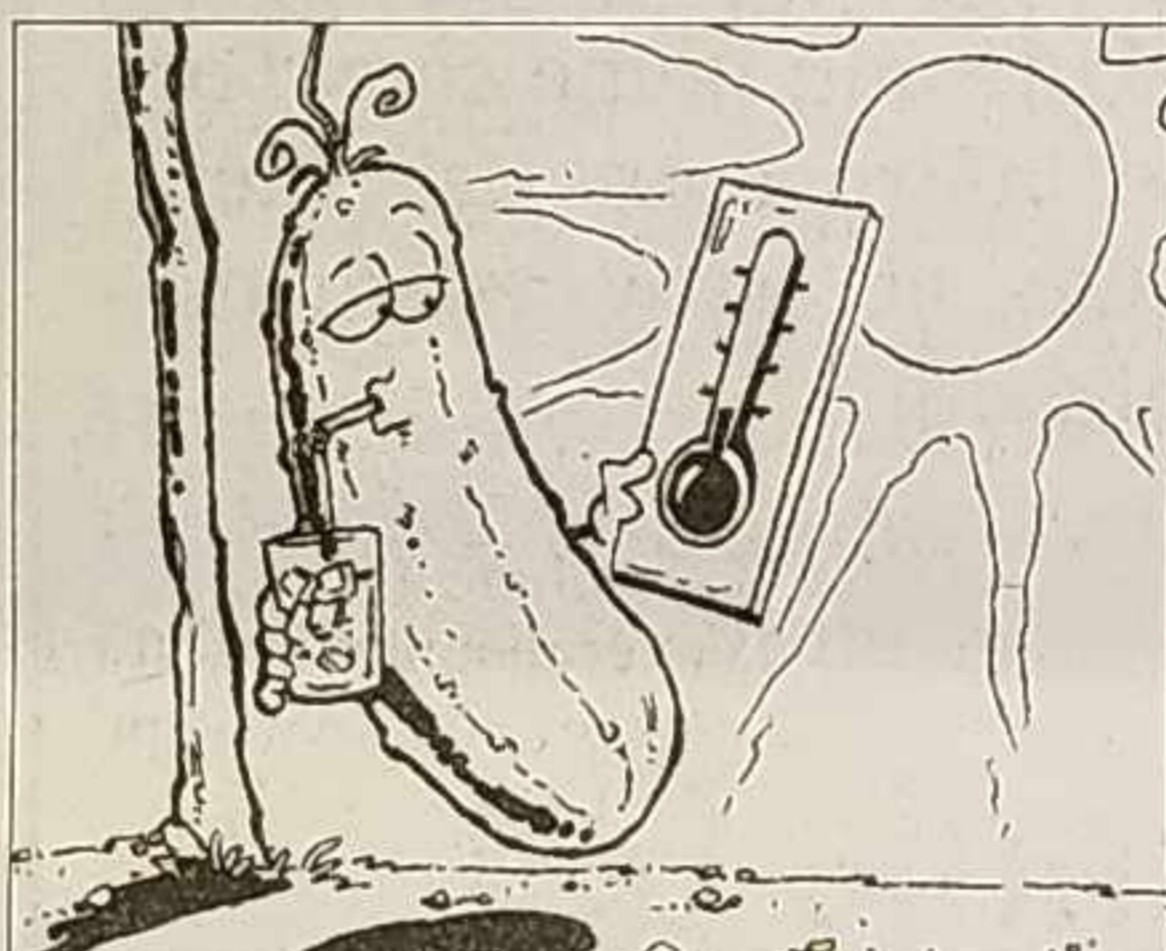
The high school swing performance precedes the arrival of Santa with a gift for every girl and boy age ten and under. Tickets are available at all Kewaskum Public Schools during school office hours beginning November 5, and through November 29. Tickets for children two and under are free. Children ages 3-10 are \$6 each, tickets for children 11 and up and adults are \$8 each. Seniors aged 62 and older are \$6.

Table centerpieces provided by Kewaskum FLoral are available for purchase before, during and after the breakfast. A fundraising table of holiday items sold to support FCCLA scholarships will also be available.

FCCLA is Family Career and Community Leaders of America; The Ultimate Leadership Experience. Most area residents may remember and recognize the former name as Future Homemakers of America. The 32 Kewaskum chapter members are making a difference in their families, careers and communities through the

as an additional component to their high school diploma. Today, over 20,000 members in nearly 7,000 chapters are active in a network of associations in 50 states, the District of Columbia, Puerto Rico, and the Virgin Islands.

With the guidance and inspiration of advisors who are Family & Consumer Education teachers, FCCLA members grow into well-rounded young adults through career development that contributes to career success. Through various activities, students can discover their strengths, target career options and initiate plans for achieving the goals they desire. Service occupations include careers related to child care and development, hospitality and tourism, fashion apparel and textiles, interior design, cosmetology, health, housing, and food service and production. To learn more about FCCLA, log on to [www.fcclainc.org](http://www.fcclainc.org).



The inside of a cucumber on the vine measures as much as 20 degrees cooler.

Power of One project initiated this year, along with the Department of Public Instruction "Leadership Skill Certificate"

## Community Events For

Nov. 4 - Nov. 7

**Nov. 4 - FALL FESTIVAL 2007** The Parishes of St. Mary's and St. Theresa's at the Brownsville Community Club, 871 Main Street, Brownsville, from 4:00 pm to 8:00 pm. Features Pork Chop Dinner. Raffle with over \$3,000 in cash prizes, silent auction. A home made queen size quilt will be raffled. Tickets for dinner \$15.00 in advance \$16 at the door, big money raffle tickets are \$20.00, quilt tickets are \$5. Tickets available after Saturday and Sundays masses. Tickets are also available at the door. Call 920-269-4429 for more details.

**Nov. 4 - FALL FESTIVAL** St. Cloud Catholic Church will be celebrating. Festival begin at 10:00 a.m. with a Polka Mass featuring the Good Time Dutchmen. A broasted chicken and ham dinner with homemade dessert will be served at the Cabaret Supper Club (on Main Street) from 11:00 a.m. until 2:00 p.m. Refreshments and carry outs will be available. There will be raffles and games for all ages. We look forward to seeing you again or meeting a new friend!

**Nov. 5 - NEW YOGA CLASS SESSION** starting at the Health Hut Fitness Center: Kim Bilgo, certified Yoga instructor, is offering a 7 wk session of Yoga classes before the holidays. It starts Monday, November 5th through December 17th. (There will be another 8 wk session starting after the holidays.) Class size is limited, so register today! Classes are held on Mondays, from 6:30 - 7:30pm. The cost is \$56. (or \$9.00 per class). Class size is limited, so call today! (Yoga mats are provided.) Call 920-533-4747 to register.

**Nov. 7 - KEWASKUM JUNIOR WOMAN'S CLUB MONTHLY MEETING** at Kewaskum Municipal Building Annex, 7:00 p.m. New membes always welcome. Join a dynamic club, help conceive new ideas to benefit our community, our children and ourselves. For more information call 920-205-5381 or e-mail [stempleton@terracon.com](mailto:stempleton@terracon.com)

To be included in the Community Events, FREE OF CHARGE, please submit your event prior to our 3 pm Monday deadline, at our office at 240 Main Street, Kewaskum; e-mail - [ckuehl@kewaskumstatesman.com](mailto:ckuehl@kewaskumstatesman.com) or on the web [www.kewaskumstatesman.com](http://www.kewaskumstatesman.com), PLEASE NOTE, businesses offering specials or events for profit are not accepted. Events are listed at the Editor's discretion.

**3rd Anniversary!**  
**Halloween Party**  
NOVEMBER 3RD

**Shot Girls**  
**Halloween Costume Party**

1st Prize... \$50.00 Cash  
2nd Place... Buddies Place Quarter Barrel Parties  
**\$2.00 Domestic Bottles • \$5.00 Domestic Pitchers**

**RELATIVE**  
9pm-1am • No Cover  
Varied Rock 'n Roll  
Door Prizes

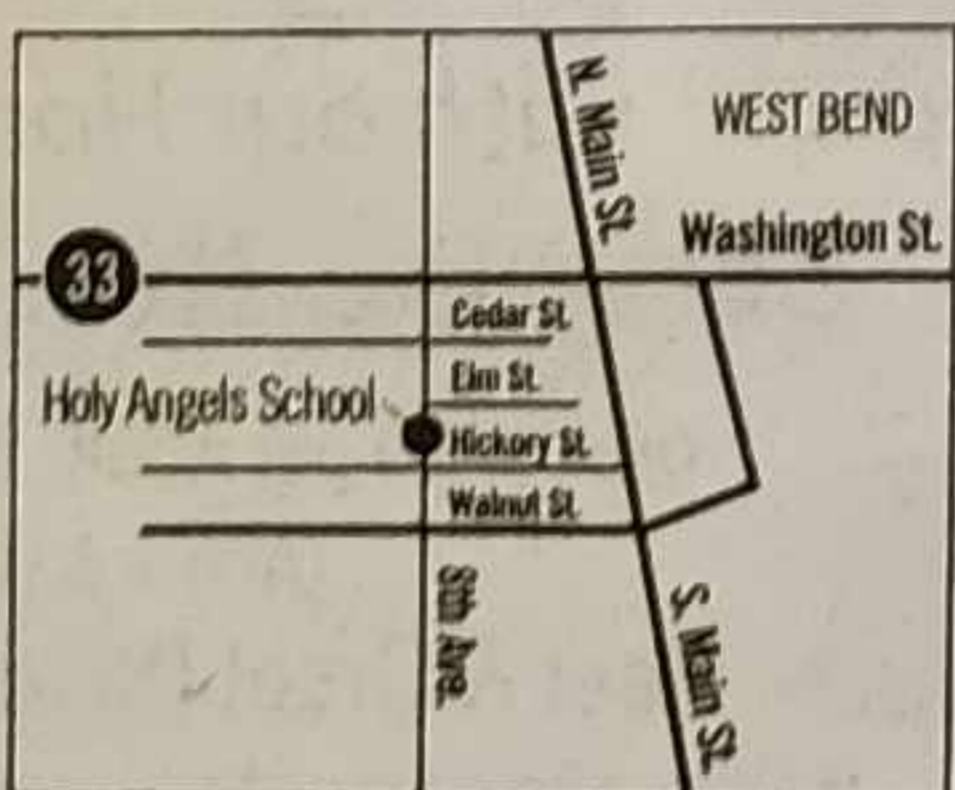
**BUDDIES**  
*Place*

**262-692-6500**  
**1307 Scenic Dr., Boltonville**  
Hwy 144 N to Hwy X - left 2 blocks

## SynergyHealth FALL HEALTH FAIR

# Join us for a healthy dose of fun!

Saturday, November 3; 9:00 am to 1:00 pm  
Holy Angels School Hall  
138 N. 8th Ave.; West Bend



**FREE HEALTH SCREENINGS** Blood Pressure, Bone Density, Blood Glucose, Posture and Flexibility, and More!

**SPECIAL EXHIBITS** Valuable information on health and wellness.

**FREE GIVEAWAYS** Throughout the day.

**REGISTER FOR PRIZE DRAWINGS!**

**FREE REFRESHMENTS!**

For more information, visit [www.synergyhealth.org](http://www.synergyhealth.org) or call (262) 334-8584.

SynergyHealth

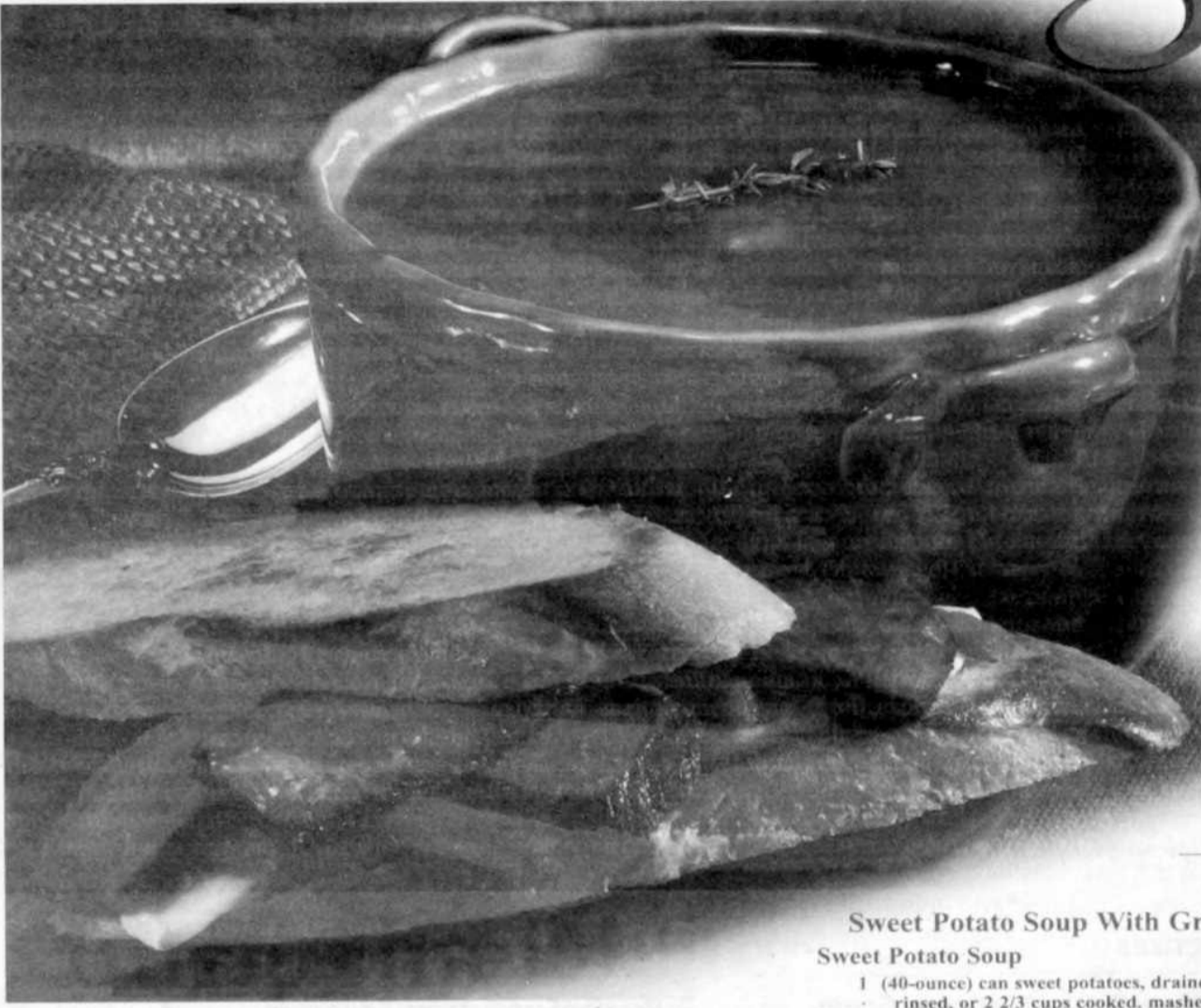


# CELEBRATE THE Season

## WITH CREATIVE BEEF AND SWEET POTATO DISHES

FAMILY FEATURES

**T**his fall, family and guests will cheer for meat and potatoes. But not your mother's ground round and potatoes — instead, get creative with lean, savory beef and tender, nutritious sweet potatoes. The rich, complex flavors of seared beef make a winning combination with the healthful sweetness of versatile sweet potatoes, while satisfying the seasonal shift toward delicious, filling comfort foods. Beef and sweet potatoes also score points for being easy to prepare. The recipes showcased here feature innovative takes on standards like soups, sandwiches and wraps. In the mood for soup and sandwiches? Creamy, steamy pureed sweet potato soup along with hearty grilled sirloin on a sliced baguette will certainly satisfy. Imagine a perfectly grilled filet served on a sweet potato biscuit, topped with roasted red peppers, portobellos, Monterey Jack cheese and bacon. Looking for something lighter? Think of the sweet-savory combination of lean sirloin, paired with a sweet potato, pear and apple slaw, rolled in a wrap. What are you waiting for? Invite some friends over and watch them become big fans of the new and improved meat and potatoes.



### Sweet Potato Biscuit and Tenderloin Sandwich

- 1 pound *Certified Angus Beef* tenderloin steaks
  - Salt and pepper to taste
  - 2 portobello mushrooms, grilled and sliced thin
  - 4 ounces shredded Monterey Jack cheese
  - 4 sweet potato biscuits, sliced in half (see recipe)
  - 4 slices center-cut bacon, cooked
  - 1/4 cup roasted red pepper, sliced
  - 1/4 cup spring mix salad greens
  - 2 tablespoons light mayonnaise
1. Preheat grill to medium-high. Season filet with salt and pepper, and grill to medium rare (140°F internal temperature) or desired doneness. Remove steaks from grill, let rest 5 minutes and slice.
  2. Preheat oven broiler. Arrange mushrooms on baking sheet in circles to fit biscuits. Sprinkle cheese evenly over mushrooms and broil 30 to 60 seconds, until cheese melts.
  3. Assemble sandwiches by stacking steak on biscuit bottom and adding bacon, mushrooms and cheese, peppers, greens and biscuit tops spread with mayonnaise.

Serves 4  
**Nutritional Information per Serving:** 455 Calories; 25g Fat; 10g Saturated Fat; 105mg Cholesterol; 20g Carbohydrate; 1g Dietary Fiber; 35g Protein; 673mg Sodium; 23% daily value Iron (based on 2,000-calorie diet).  
**Nutritional Information per Serving for biscuit only:** 115 Calories; 4g Fat; 0g Saturated Fat; 0mg Cholesterol; 17g Carbohydrate; 1g Dietary Fiber; 2g Protein; 261mg Sodium; 3% daily value Iron (based on 2,000-calorie diet).  
 Recipe provided by Certified Angus Beef LLC and Louisiana Sweet Potato Commission

### Sweet Potato Biscuits

- 1 (15-ounce) can sweet potatoes, drained and mashed, or 1 cup cooked, mashed fresh sweet potatoes
  - 4 cups biscuit baking mix
  - 1/2 teaspoon ground cinnamon
  - 3/4 cup skim milk
  - 3 tablespoons margarine or butter, softened
1. Preheat oven to 450°F. In a bowl, mix sweet potatoes with baking mix and cinnamon. Add milk and margarine, stirring until blended.
  2. Roll onto a floured surface to 1-inch thick. Cut with a 2-inch cutter or glass, and place on ungreased baking sheet. Bake 10 to 12 minutes, until golden brown. Serve hot.
- Yields 20 to 24  
**Chef's tip:** For a savory biscuit, omit cinnamon and add 1 tablespoon chopped parsley and 1 teaspoon seasoning salt.  
**Note:** Leftover biscuits are ideal to serve the next day for breakfast.

### Sweet Potato Soup With Grilled Steak Sandwich

#### Sweet Potato Soup

- 1 (40-ounce) can sweet potatoes, drained and rinsed, or 2 2/3 cups cooked, mashed fresh sweet potatoes
  - 4 cups beef broth
  - 1 cup apple juice
  - 1 apple, unpeeled, cored and quartered
  - 3 tablespoons chopped sweet onion
  - 1 clove garlic, peeled and sliced
  - 4 bay leaves
  - 3 sprigs fresh thyme, or 1/2 teaspoon dried thyme
  - Salt and pepper to taste
1. Combine all ingredients in large saucepan and simmer over medium heat for 15 to 20 minutes. Remove bay leaves and thyme sprigs.
  2. Transfer mixture to a blender and puree. Season with salt and pepper. Adjust consistency with additional beef broth, if necessary. Serve with sandwiches.

Serves 8  
**Nutritional Information per Serving:** 571 Calories; 16g Fat; 8g Saturated Fat; 76mg Cholesterol; 75g Carbohydrate; 7g Dietary Fiber; 31g Protein; 1186mg Sodium; 32% daily value Iron (based on 2,000-calorie diet).  
 Recipe provided by Certified Angus Beef LLC and Louisiana Sweet Potato Commission

#### Grilled Steak Sandwich

- 1 1/2 pounds *Certified Angus Beef* top sirloin steaks
  - Salt and pepper to taste
  - 16 French baguette slices, cut on the bias
  - 1/3 cup unsalted butter, softened
  - 1/2 cup roasted red peppers, sliced
  - 4 ounces fresh mozzarella, sliced
1. Preheat grill to medium-high. Season top sirloin with salt and pepper, and grill to medium rare (140°F internal temperature) or desired doneness. Remove from heat, let rest 5 minutes and slice thin.
  2. Butter one side of bread slices. Place four slices, butter-side down, in skillet over medium heat. Layer steak, peppers, mozzarella and another slice of bread on each. Toast sandwiches until golden brown, flipping once.

### Helpful Hints

Here are a few things to keep in mind when choosing beef and sweet potatoes for recipes.

#### Sweet Potatoes: What to Know

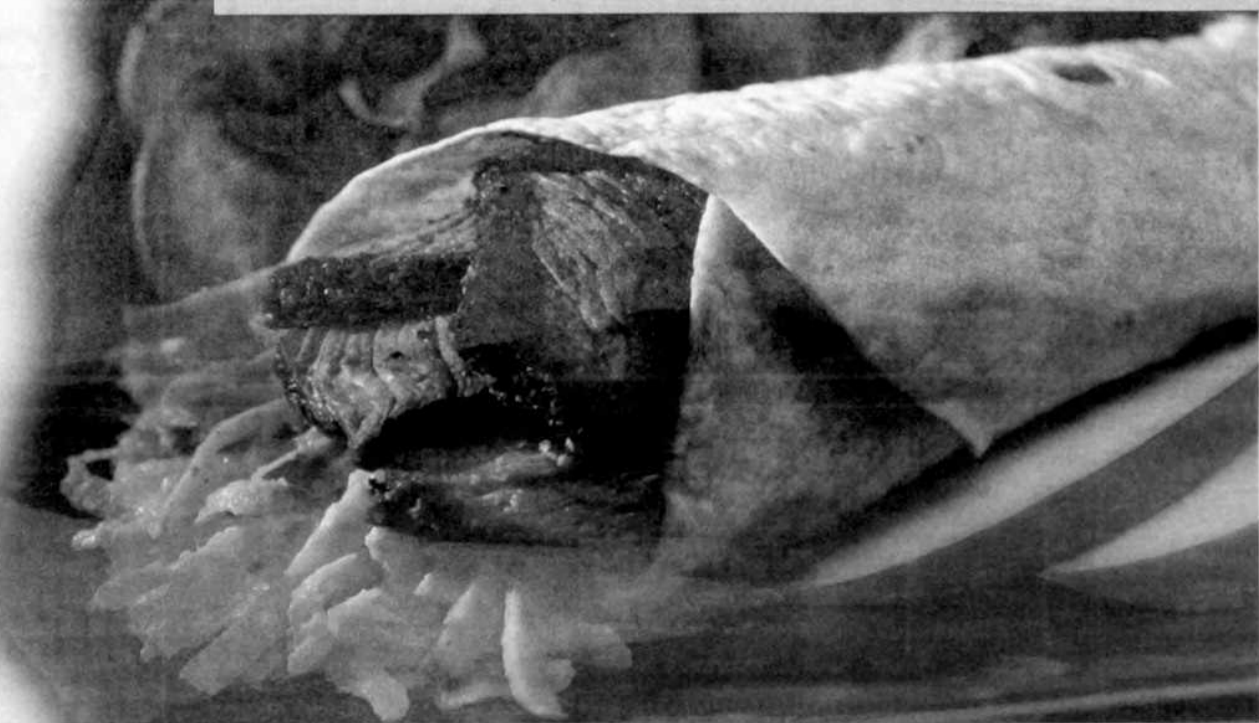
- Don't refrigerate uncooked fresh sweet potatoes. Store at 55 to 65°F.
- One 15-ounce can of sweet potatoes (yams) equals one cup fresh.
- Opt for sweet potatoes from Louisiana (canned or fresh). The state's unique climate and soil conditions are ideal for growing a naturally sweeter and more flavorful sweet potato.

### Beef: What to Look For

- Many lean cuts of beef are available. Look for those with "round" or "loin" in the name, such as top sirloin or tenderloin.
  - For the best results, start with the highest quality ingredients. Look for the *Certified Angus Beef*® brand, which comes from the highly acclaimed Angus breed of cattle known for its flavorful meat. Only 8 percent of all U.S. beef can meet the brand's 10 strict quality specifications.
- For more tasty recipes starring the *Certified Angus Beef*® brand or Louisiana Sweet Potatoes, visit [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com) and [www.sweetpotato.org](http://www.sweetpotato.org).

### Steak Wrap With Sweet Potato Slaw

- 1 1/2 pounds *Certified Angus Beef* top sirloin steak
  - 1/2 teaspoon salt
  - 1 teaspoon blackening spice
  - 1 sweet potato, peeled and shredded
  - 1/2 pear, unpeeled, cored and shredded
  - 1/2 apple, unpeeled, cored and shredded
  - 1 tablespoon apple juice
  - 2 tablespoons mascarpone cheese
  - 1 tablespoon light mayonnaise
  - Freshly ground pepper, to taste
  - 4 (8-inch) flour tortillas
1. Preheat grill to medium-high. Season top sirloin with salt and blackening spice. Grill to medium rare (140°F or 60°C internal temperature) or desired doneness. Remove from heat, let rest 5 minutes and slice thin.
  2. In a bowl, combine sweet potato, pear, apple, juice, mascarpone and mayonnaise. Season with salt and pepper.
  3. Place steak and slaw in tortilla, fold in one end and wrap.
- Chef's tip:** Sweet potato chips make an ideal garnish or side dish.  
 Serves 4  
**Nutritional Information per Serving:** 502 Calories; 15g Fat; 4g Saturated Fat; 102mg Cholesterol; 52g Carbohydrate; 5g Dietary Fiber; 39g Protein; 718mg Sodium; 33% daily value Iron (based on 2,000-calorie diet).  
 Recipe provided by Certified Angus Beef LLC and Louisiana Sweet Potato Commission





# DAYS GONE BY

## 75 Years Ago

October 21, 1932

The officials of the Chicago and Northwestern Railroad Company have asked the Village Board for permission to close the railroad crossing at the Kewaskum Creamery.

The Primary pupils of the Kewaskum school have had a Good Conduct Race during the past six weeks. Each child entered a car and the following pupils had the winning cars: Homer Schaub, Wilmer Bunkelman, Beatrice Hafemann, Lois Koch, Lavern Ramthun, William Schmidt, Allen Tessar, Lorena Vorpahl, Lillian Werner, Allen Bruesel, Beatrice Vorpahl, Oscar Nordquist, Robert Brauchle, Lloyd Etta and Pearl Vorpahl.

The County Health Department announces that toxin-antitoxin (diphtheria vaccinations) will be given by local physicians at some county schools to any child from six months of age through 12 years.

William Foerster Sr. of Wayne, who was erecting a windmill at the Hy, Foerster place last week Tuesday, had the misfortune of falling a height of 50 feet just as he reached the tower. Mr. Foerster is confined to his bed with a fracture of his left foot.

A baby girl was born to Mr. and Mrs. Walter Theusch, Kewaskum, on October 15.

## 100 Years Ago

October 5, 1907

A.G. Koch of Kewaskum is building a one-story addition on the west side of his store building, size 23 x 35 to be used as a post office.

Fred Backhaus Jr. had his buggy badly smashed last Sunday evening while returning home from Kewaskum with his family. Some reckless driver ran into his buggy, breaking a wheel and nearly

causing him and his family serious injury.

Joseph Eberle will open his bowling alleys in Kewaskum for the season October 5, when a free lunch will be served to the patrons. Mr. Eberle has greatly improved his alleys this season.

Nic Rimmel of Kewaskum bought the house and lot adjoining his machine shop on the east side of Wilhelmina Street from Mat. Beisbier last Monday for \$800.

John Grimes of Boltonville met with quite an accident last week. While ascending the stairway on his way to bed, he

slipped and fell causing a fracture of three of his ribs, one of which penetrated the lining of his lung.

The new cement sidewalk on Main Street in Kewaskum was completed Wednesday.

October 12, 1907

C.W. Miller has sold his store property and dwelling at Beechwood to J.A. Dvorak of Dodge, Wisconsin, and has purchased a 280 acre farm in central Minnesota, onto which he will move in the near future.

The following young ladies from the village began teaching school last Monday: Miss

Dela Gottleben in District No. 3, Miss Ella Wunderle in District No. 1, Miss Iva Wright in District No. 6, Aurilla Backhaus of Auburn in Eden, and Etta Schoofs in District No. 4, Town of Kewaskum.

The Hook and Ladder boys held a meeting last Tuesday evening to take the preliminary steps to organize an athletic club. A committee was appointed to draw up a constitution to be presented at the next meeting at which time officers will also be elected.

The work of building the brick walls on the new post office building was finished this week. Postmaster Koch expects

to have the building ready for occupancy in a few weeks.

Ed Ferber of Auburn raised his new 40 x 100 foot barn last Thursday.

A little baby girl was born last Tuesday to Mr. and Mrs. William Kippenhan of Wayne.

**The creative person is both more primitive and more cultivated, more destructive, a lot madder and a lot saner, than the average person.**

-Frank Barron

## Promoting a Healthy Lifestyle

SynergyHealth offers a wide range of programs, support groups, and classes designed to help you enrich your life through health maintenance and wellness education.

To register and for more information, including dates and location if not listed, please visit [www.synergyhealth.org](http://www.synergyhealth.org).

### Sleep Center

#### AWAKE – Sleep Apnea Syndrome Group

Information on sleep apnea syndrome is discussed. CPAP machine pressure checks are provided free of charge.

#### Restless Legs Syndrome Group

Restless legs and periodic limb movements in sleep are discussed.

For information about sleep groups or to register for the sleep apnea program, go to [www.synergyhealthsleep.com](http://www.synergyhealthsleep.com) or call 262-334-8393.

### Diabetes Education

#### Diabetes Self-Management

A three-part, comprehensive series that deals with all aspects of diabetes. Physician referral required. Check with your insurance carrier for coverage of program fees.

#### Basic Carb Counting

Provides a basic understanding of carbohydrate counting to self-manage food intake. Information on portion size, carb counting, and meal planning.

#### Diabetes Express

This fast-paced class reviews skills needed to begin to self-manage the disease. Class is offered to those who have gone through prior education or whose busy lifestyle cannot accommodate a more intensive education session.

#### Advanced Carb Counting

For insulin and insulin pump patients. Provides an advanced understanding of the relationship of food intake to the amount of insulin taken.

Diabetes Education Classes are held at the Cancer Care Center, 1110 Oak Street, West Bend. For more information about dates and times, call 262-306-7758.

### Wellness

#### BreatheFree Asthma Education

Open to children and adults newly diagnosed with asthma and those who need help managing their asthma.

Third Thursday of Each Month, 6:30 – 8:30 pm  
West Bend Clinic, 1700 W. Paradise Dr., West Bend (Boardroom)

For more information or to register, call 262-836-7007.

#### Free Sports Injury Assessments

Sports injury assessments by a licensed athletic trainer for non-urgent sports related injuries.

SynergyHealth Rehabilitation Center. The assessment allows athletes to check out concerns, learn what may be causing the problem and how to treat it. Call 262-306-6319 for an appointment.

### Support Groups

#### Smoking Cessation Discussion Group

Learn more about methods to help you quit the use of tobacco products.

First Wednesday of Each Month, 6:30 – 7:30 p.m.  
St. Joseph's Hospital, Conference Room A  
Fee: No Charge

For more information or to register, call 262-836-7007.

#### St. Joseph's Hospital offers "Living With Cancer,"

"The Hearty Bunch, Cardiac Rehab," Pregnancy and Infant Loss, Prostate Cancer, Pulmonary, Diabetes, and Stroke support groups.

For information about SynergyHealth support groups, contact public relations at 262-334-8584.

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# SCHOOL

## School Menu

### KEWASKUM SCHOOL DISTRICT

**Monday, Nov. 5** - Toasted cheese sandwich, tomato soup or tuna salad, buttery peas, pineapple. \*Fish nuggets. (E) Mini pancakes & cheese omelet.

**Tuesday, Nov. 6** - Corn dogs, strawberries, corn & a Curious George snack. \*Mexican bar. (E) Mini pancakes & cheese omelet.

**Wednesday, Nov. 7** - Chicken fajita, green beans, peaches, bread stick. \*Cheeseburger/bun. (E) Mini pancakes & cheese omelet.

**Thursday, Nov. 8** - Ravioli, French bread, tossed salad, asst. dressings, fresh fruit. \*Chicken salad. (E) Mini pancakes & cheese omelet.

**Friday, Nov. 9** - NO SCHOOL.

### HOLY TRINITY CATHOLIC SCHOOL

**Monday, Nov. 5** - French bread pizza, green beans, oranges, apple kuchen, milk.

**Tuesday, Nov. 6** - Chicken patty on a bun, broccoli/cauliflower, applesauce, Oreo salad, milk.

**Wednesday, Nov. 7** - Mozzarella pizza sticks w/ marinara sauce, wheat bread w/ butter, corn, peaches, brownie, milk.

**Thursday, Nov. 8** - Turkey cubes/shredded w/ gravy over fluffy rice, wheat bread w/ butter, peas, pears, cookie, milk.

**Friday, Nov. 9** - NO SCHOOL.

### ST. LUCAS LUTHERAN SCHOOL

**Monday, Nov. 5** - Chicken nuggets, mashed potatoes w/ gravy, carrots, peaches, cookie.

**Tuesday, Nov. 6** - Spaghetti w/ meat sauce, pizza dippers, peas, fresh fruit, brownie.

**Wednesday, Nov. 7** - Ham slice, cheesy potatoes, green beans, applesauce, Goofy bars.

**Thursday, Nov. 8** - Hot dog on a bun, French fries, corn, mixed fruit, cupcake.

**Friday, Nov. 9** - NO SCHOOL.

### CAMPBELLSPORT SCHOOL DISTRICT

**Monday, Nov. 5** - Chicken patty on a bun, oven brown potatoes, California blend vegetables, pineapple tidbits. A - Chicken pretzels & dip.

**Tuesday, Nov. 6** - "Taco Tuesday," Mexican rice, assorted fruit, French bread. A - 5" pizza.

**Wednesday, Nov. 7** - Cheese omelet, sausage links, tri-taters, warm apple slices, juice, biscuit. A - Ham wrap or egg rolls.

**Thursday, Nov. 8** - Roast turkey in gravy, mashed potatoes, garden peas & carrots, cranberry cup, pumpkin pie, bread. A - Bosco sticks & dip.

**Friday, Nov. 9** - Sausage pizza, lettuce salad, green beans, fresh fruit. A - Cheeseburger or pretzel.

### ST. MATTHEW'S CATHOLIC SCHOOL

**Monday, Nov. 5** - Hot dog/bun, potato wedges, baked beans, applesauce or orange, cookie, milk.

**Tuesday, Nov. 6** - Diced chicken & gravy, mashed potatoes or rice, green beans, cranberries, peaches or pears, French bread, milk.

**Wednesday, Nov. 7** - Spaghetti & meat sauce, coleslaw, wax beans, apples or grapes, garlic bread, milk.

**Thursday, Nov. 8** - Hamburger/bun, French fries, pickles, corn, mixed fruit, milk.

**Friday, Nov. 9** - Pizza dippers, curly fries, green beans, applesauce, milk.

### ST. MARY'S CATHOLIC SCHOOL

**Monday, Nov. 5** - Cheese omelet, hashbrowns, bagels, applesauce.

**Tuesday, Nov. 6** - Nachos grande w/ ground beef, golden corn, French bread.

**Wednesday, Nov. 7** - Stromboli, fresh veggies/dip, mixed fruit.

**Thursday, Nov. 8** - NO SCHOOL.

**Friday, Nov. 9** - NO SCHOOL.

## Sylvan Learning's Helpful Hints for Student Success: *Parents often just as nervous as students about report cards*

It's expected that students may begin to feel anxious as report card time approaches, but parents often experience their own share of nervous anticipation as they await formal feedback on their child's academic performance in the new school year.

Securing in-depth feedback on their child's scholastic performance is critical in arming parents with the information they need to identify potential challenges at school, which allows parents to then work with their child and the educator to determine what types of learning support, such as tutoring, would be beneficial for the student. Survey respondents cited parent-teacher conferences as one of the most effective tools for monitoring their child's progress at school, as well as for seeking advice on how to improve performance.

Sylvan Learning Center of West Bend also recommends

the following tips to help eliminate report card surprises and encourage optimum performance:

- Discuss goals and objectives for the school year and set expectations with your child. This may be a great way to learn about difficulties your child feels he or she has in specific subject areas.

- Talk with your child about study habits and develop a study plan. Set aside specific time for studying and homework and make sure that he or she has a proper workspace with a minimum of distractions.

- Tracking test scores and other assignments on an ongoing basis helps parents, teachers and students work together to improve performance prior to report cards. Many area schools have created online assignment and grade-trackers that are available to all parents through the districts' websites.

- Establish an ongoing dialogue about challenges and successes to ensure your child is not apprehensive about sharing his or her report card with you.

As part of its "Find Your 'A' Game" program Sylvan Learning Center of West Bend is offering 2 free hours of instruction when a child is enrolled in a Sylvan program before November 30, 2007. Sylvan's trained and certified personal instructors will use a unique combination of standardized tests, diagnostic tools and personal interviews to create a blueprint that illustrates the learning areas that need attention. Sylvan will then use that information to work with the family to develop a personalized program for the student that addresses any skill gaps.

Call Sylvan Learning Center of West Bend to learn more about this limited-time offer.



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\*Offer expires 11/30/07. Can not be combined with any other offer. Limit one per customer. Regular programs only. Call for details.

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# SCHOOL

## KES fifth graders explore Riveredge



Mrs. Hubbard and Mrs. Schultz's fifth grade classes from Kewaskum Elementary School visited Riveredge Nature Center in West Bend on October 5th to learn about pollination. The students went on a prairie walk to find natural pollinators; visited the organic garden to inspect the parts of plants and flowers; went to the "bee keeper" station to learn about the jobs the bees have in the hive and another bee station where the students learned about the parts of a bee and it's functions. ABOVE: Nathan Warnkey, left, and Kayla Roberts, right, work with a Riveredge staffer. TOP RIGHT: Delaney Schmitt dresses as a bee to help explain the different parts of a bee. RIGHT: Greg Martin and Rebecca Hernikl investigate the parts of a plant.

### St. Mary's School collects coats for Condella's Coats for Kids



On Thursday, October 18, St. Mary's School Student Council members dropped off collected coats at the Subway located on Highway 33 by Piggy Wiggly in West Bend. St. Mary's School hosted the coat drive, and was a drop-off site for Condella's Coat Drive, where people could bring in used coats for children. With the generosity of the people of St. Mary's School and Parish and the local community, they collected over 70 coats for children in need.

### Johnson Bus drivers recognized for safety

During National School Bus Safety Week - October 21-27, Johnson School Bus congratulated their school bus drivers who have achieved a year of safe driving. Drivers with at least 10 years of safe driving are inducted into the company's "Safety is No Accident" Driver Hall of Fame. The Hall of Fame recognizes an outstanding roster of Johnson School Bus Service drivers who have achieved a tremendous safety record.

Seven Kewaskum drivers are in the Safe Driver Hall of Fame. They are: John Schmidt (31 years), Irene Gnacinski (22 years), Howard Fischer (15 years), Norbie Gau (12 years), Dawn Reksten (12 years) and Chesty Pesch (12 years) and Betty Koehler (11 years). Other Kewaskum drivers receiving recognition for safe driving for the past year are: Dave Bronner, Lance Buechel, Joan Daggett, Terri Diels, Ray Kirchner, Sue Kleinke, Earl Kleinke, Jeanette Knoeck, Dave Kornfehl, Nellie Morse, Cheryl Oelke, Andy Pesch, Butch Schmitt, Patsy Schultz, Gladys Tackes and Ken Weddig.



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## Kewaskum Chamber donates to Theater fund



The Kewaskum Area Chamber of Commerce recently donated \$2500.00 towards the cost of the new Kewaskum Theater. The Kewaskum Chamber donated a portion of the proceeds from this year's golf outing held on July 21st. Shown above is chamber member Aaron Laatsch giving the check to Larry Ammel.

Submitted photo

## MPTC announces scholarship recipients

The Moraine Park Foundation, Inc., at Moraine Park Technical College announced the 2007-08 scholarship recipients.

The following Moraine Park students from West Bend and surrounding areas were awarded scholarships.

They are listed with their program and scholarship.

**West Bend:** Amy Brehmer, Nursing, West Bend Women's Club; Kayla Brock, Marketing, Nicole Dalton, Electricity, Sherry Eckert, Culinary Arts, Julie Justman, Nursing, Joseph Remillard, Graphic Communications - Electronic Prepress, and Sally Sanfilippo, Nursing, West Bend Noon Rotary Club Scholarship; Enid Goodall, Kathleen Hanson, Jamie Quinlan and Lynn Woods, Nursing, Kenneth G. Marsden Foundation scholarship; Rebecca Henning, Nursing, and Derek Yogerst, Electricity, Moraine Park Foundation High School Scholarship; Michelle Irving, Medical Assistant, Melissa Jacobs, Surgical Technology, Kristyn Koenig, Accounting, and Kelly Wroblewski, Early Childhood Education, Moraine Park General Scholarship Fund; Kyle Mich, Automotive Technician, James Mowbray Memorial Scholarship; Melanie Priebe, Nurs-

ing, Kettle Moraine Support Services Inc. Endowed Scholarship; Shelly Puckhaber, Marketing, Carrie Schucht Memorial Scholarship.

**Fredonia:** Travis Bryant, CNC/Tool and Die Technologies, Tom Michael Memorial Scholarship.

**Kewaskum:** Elizabeth Bartelt, IT - Web Developer, and Chelsea Hron, Clinical Laboratory Technician, West Bend Noon Rotary Club Scholarship.

The Moraine Park Foundation, Inc., is a tax-exempt nonprofit corporation. Its purpose is to solicit, receive and administer gifts, bequests and property for the development, promotion and benefit of Moraine Park. For more information about the Moraine Park Foundation, contact Dr. Sharon Nevins Holmes, Moraine Park vice president of Marketing and College Advancement, at 920-924-6326 or visit [www.morainepark.edu](http://www.morainepark.edu).

**The school is the last expenditure upon which America should be willing to economize.**

-Franklin D. Roosevelt

## Preview Days planned at Moraine Park

Public and parochial high school juniors and seniors and those who are homeschooled are invited to attend Moraine Park Technical College's Fall Preview Days to learn how the College can help shape their future.

Students will spend a morning on campus taking a closer look at specific programs, meeting Moraine Park instructors and getting a feel for college life. High school seniors will have a chance to win a \$250 Moraine Park scholarship. Up to two program visits per campus may be selected, and one campus or all three can be visited.

Preview Days will be offered from 9 to 11:15 a.m. on the following dates:

- West Bend campus - Tuesday, Nov. 13
- Fond du Lac campus - Wednesday, Nov. 14
- Beaver Dam campus - Thursday, Nov. 15

Register by Nov. 5 with your high school guidance office or at [www.morainepark.edu/pages/1133.asp](http://www.morainepark.edu/pages/1133.asp).

For more information, contact Katie VandeSlunt at [kvandeslunt@morainepark.edu](mailto:kvandeslunt@morainepark.edu) or 1-800-472-4554, ext. 3347.



## Indian Ink

By Steffy Arntz  
Statesman School Correspondent

As to follow up on the last of the new teachers at KHS, Heid Korth is now teaching the foreign language Spanish one and two classes. In addition, Christine Horbas has brought her skill to the math classes. She is now teaching Algebra I.

Student government along with the ski/snowboard club organized a free leaf clean up and removal for senior citizens last Friday October 26

which was a success.

It's that time of the year, prom is coming up fast. The junior class is selling pizzas to help fund their prom in May. So get out there and buy some pizzas, help out the junior prom fund.

Annie Get Your Gun is being performed this year at KHS and will be held this Friday and Saturday Curtain call is at 7:30 p.m. in the High School Theater, don't miss it!

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[www.kewaskumstatesman.com](http://www.kewaskumstatesman.com)

## Keep Warm This Winter

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# OBITUARIES

## DWAYNE 'DEWEY' ASHAUER

Dwayne "Dewey" Ashauer, 13, Greenville, passed away unexpectedly on Oct. 26, 2007, due to a farm accident.

Dewey was born on June 1, 1994, to Joseph and Jenny (Dreher) Ashauer.

He was a student at Greenville Middle School and loved dirt biking, snowmobiling, hunting, fishing and working on the farm. He will be well remembered as being everybody's helper.

Dwayne is survived by his loving mother and sisters, Abby and Grace; his grandparents, Dennis and Susan Ashauer; great-grandmother, Cecelia "Hubby" Ashauer; maternal grandparents, Jules and Gwendolyn Dreher of Kewaskum; four uncles, Anthony (Kelly) and his children, April, Zachary, Seth and Breanna; Jacob (Kristin); Arthur "Barney" (Becky) and their children, Edyn and Lincoln; and Jeff Dreher; three aunts, Mary Ann (Tony) Berrens and their daughter, Lily; Julie Marchetti and her son, Kris; and Jody (Gary) Mac Donald. He is further survived by many other relatives and friends.

Dwayne is preceded in death by his father.

Funeral Services were noon on Wednesday, Oct. 31, 2007, at St. Mary's Catholic Church in Greenville with Fr. Mark Vandersteeg officiating. Visitation was Tuesday, Oct. 30, 2007, from 4 p.m. to 8 p.m. with a vigil starting at 7:30 p.m. at Valley Funeral Home in Appleton and at the church from 10 a.m. until the time of services.

In lieu of other expressions of sympathy a memorial fund is being established.

The Valley Funeral Home of Appleton served the family.

**SYLVIA K. HEINECKE**



Sylvia K. Heinecke, (nee Kohl), age 95, of Allenton, passed away Sunday, October 28, 2007 at Cedar Lake Health & Rehabilitation Center.

She was born on March 14, 1912 in Kohlsville to the late Henry and Elizabeth (nee Ruffing) Kohl.

Sylvia attended Marx School in the Town of Wayne and won the Washington County Spelling Bee in 1925.

On October 22, 1932 she was united in marriage to Harvey Benedum at St. John's Lutheran Church in Kohlsville. Together they farmed in the

Town of Wayne. During her years on the farm she became an avid gardener and enjoyed playing bingo at community picnics. They retired from the farm in 1969 and moved to Allenton.

Sylvia then started working at the Fireside Restaurant in Allenton, until retiring in 1986.

Harvey preceded her in death in 1973, and Sylvia was later united in marriage to Edwin Heinecke at Zion Ev. Lutheran Church in the Town of Wayne on October 18, 1980. Edwin also preceded her in death in 1984.

Sylvia was a member of Zion Ev. Lutheran Church in the Town of Wayne. She enjoyed playing Skat and Sheephead, bird watching, old time music, and being a gracious hostess.

She is survived by her brother, Otto Kohl of Kohlsville; a niece, Janice (Harold) Ehlke of Jackson; a great niece, Lisa (Jonathan) Nimmer of Milwaukee; a great nephew, Daniel Ehlke of Allenton; other relatives and friends.

She was preceded in death by a sister-in-law, Erna Kohl.

Funeral services to remember Sylvia were held on Wednesday October 31st at 6:30 pm at the Myrhum - Patten Funeral Home, West Bend. Rev. Steve Bode officiated.

Visitation was Wednesday at the funeral home from 4:00 pm until the time of service. Burial was Thursday at 10:00 am in Washington County Memorial Park.

Memorials to Zion Church are appreciated by the family.

## HILDEGARDE M. MINNINGER

Hildegard M. Minninger (nee Johnson), of Jackson, Wisconsin entered into eternal peace on Monday, October 22, 2007 at Cedar Lake Healthcare Center, after 93 years of life.

Hildegard was born on February 19, 1914 to Andrew and Elizabeth (nee Schneikert) Johnson, in Sheboygan.

Hildegard loved to travel, truly enjoying her Golden

Years; "World Wide Traveler." She also loved devoting her time, love and energy to her children, grandchildren, and her great-grandchildren.

Hildegard was a member and past president of the Wisconsin Women's Club; she was also an avid reader donating hundreds of books to The Kathy Hospice when they first opened.

Hildegard will be deeply missed by her loving children, Janet Kunkel of Cedarburg, Pat (Gordy) Erdmann of Milwaukee, and Kathy Scheibel of Arizona; her dear grandchildren, Michael (Kerie) Kunkel, Kelly Stone, Jodi (Robert) Liniewski, Wendy (Scott) Bohl, Steve (Laurie) Erdmann, Sheri (Steve) Sandoval, Troy (Candy) Scheibel, and Todd Scheibel; and her great-grandchildren, Michaela Kunkel, Ryan Stone, Ashley Stone, Eric Liniewski, Jessica Liniewski, Heather Bohl, Nicole Erdmann, Sara Erdmann, Josef Koller, Jeremy Koller, and Jordan Koller. She will also be missed by nieces, nephews, other special relatives and many dear friends.

Hildegard was preceded in death by her husbands, Adam Ratajczak and Cecil Minninger; her son, Michael Ratajczak; her sons-in-law, Tom Kunkel and Roger Scheibel; four sisters, and four brothers.

A Funeral Service in memory of Hildegard was held on Monday, October 29, 2007 at 2:00 p.m. in the Chapel of the Chimes at Wisconsin Memorial Park, Brookfield, with Chaplain Cheryl L. Matusiak officiating.

Visitation with family and friends was held on Monday in the Chapel of the Chimes from 1:00 p.m. until the time of the Funeral Service at 2:00 p.m. Entombment took place at Wisconsin Memorial Park.

If desired, memorials are appreciated to the American Cancer Society (N19 W24350 Riverwood Drive, Waukesha, WI 53188).

The Phillip Funeral Home of West Bend assisted the family.

## SISTER KATHLEEN SWAIN, SSSF

Sister Kathleen Swain, SSSF, "Sister Stanita," died Oct. 24, 2007 at St. Joseph Convent, Campbellsport, at the age of 77.

She was the dear sister of Charles (Lucille), Quentin (Kathleen), Paule (Joan), Clare (Joseph) and Jan. She is further survived by nieces and nephews, other relatives and the School Sisters of St. Francis with whom she shared life for 61 years.

A prayer service was held at St. Joseph's Convent, Campbellsport at 8:30 a.m. on Wednesday, Oct. 31.

Visitation was at St. Joseph Convent Chapel, Milwaukee on Wednesday, Oct. 31 from 4 to 6:30 p.m.. A wake service was held at 4:00 p.m. and Mass of Christian Burial was at 6:30 p.m.

Interment will be Thursday, November 1 at Mt. Olivet Cemetery, Milwaukee.

In lieu of flowers, contributions to the School Sisters of St. Francis Development Office are appreciated.

## SISTER EMELITA MICHAEL, SSSF

Sister Emelita Michael, SSSF passed away on Oct. 23, 2007 at the age of 77.

She was the dear sister of Theresa Glaze and Ruth Lochner and is further survived by nieces, nephews, other relatives and the School Sisters of St. Francis with whom she shared life for 61 years.

A prayer service was held at St. Joseph's Con-

vent, Campbellsport at 10:00 a.m. on Friday, Oct. 26.

Visitation at St. Joseph Convent Chapel, Milwaukee was on Friday, Oct. 26 from 4 to 6:30 p.m. A wake service was held at 4:00 p.m. and a Mass of Christian Burial was at 6:30 p.m..

Interment was Saturday, October 27 at Mt. Olivet Cemetery, Milwaukee.

In lieu of flowers, contributions to the School Sisters of St. Francis Development Office are appreciated.

## FRUITY ACORN SQUASH BAKE

- 2 medium acorn squash, halved lengthwise, seeded
- 2 Tbsp. butter or margarine, melted
- 1 can (8 oz.) pineapple chunks, drained, finely chopped
- 1 medium pear, peeled, cut into 1/2-inch pieces
- 1/2 cup dried cranberries
- 1/3 cup PLANTERS Slivered Almonds, toasted
- 1 Tbsp. honey
- 2 Tbsp. brown sugar

PREHEAT oven to 375°F. Cut a thin slice off bottom of each squash half to keep it from rolling; discard slices. Remove and discard seeds. Place squash halves in foil-lined baking pan; brush insides lightly with butter.

COMBINE fruit and almonds in medium bowl. Add honey and brown sugar; mix lightly. Spoon evenly into hollowed-out squash halves. Brush filling with remaining butter.

BAKE 1 hour or until squash is tender. Cut each squash in half again to serve.



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### RECOGNIZING NATIONAL ALZHEIMER'S MONTH


**Candlelight Vigil**  
Wednesday, November 7  
6:30 p.m.  
Cedar Lake Health and Rehabilitation  
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**National Memory Screening Day**  
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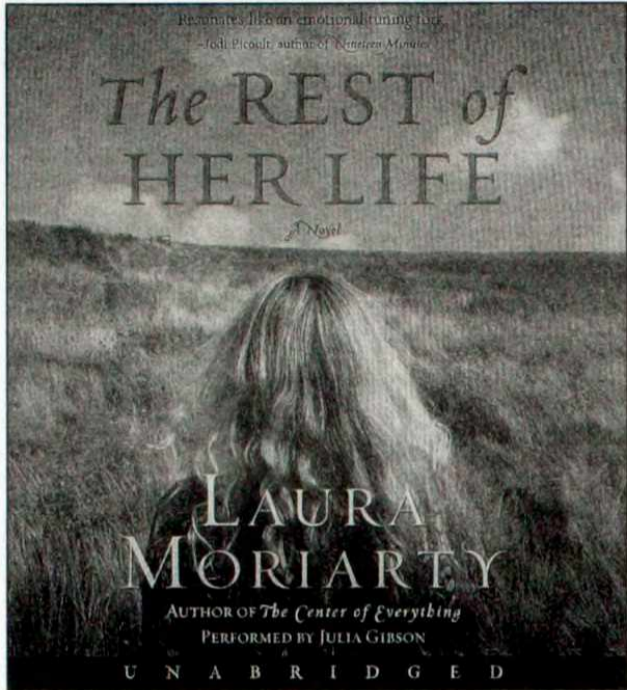
## The Bookworm Sez

by Terri Schlichenmeyer

*The Rest of Her Life*

By Laura Moriarty

Harper Audio, \$49.95 10 CDs/11 hrs.



Here's a question for every daughter: do you get along with your mother?

Do you enjoy one another's company, laughing at the same things, happy to be together? Do you miss her when she's not around or are you happy to see her once a millennium? How does she feel about you?

And what about your own daughter?

Mother-daughter relationships are complicated things, made more so by life-changing events. In the new audio book "The Rest of Her Life" by Laura Moriarty, Leigh wonders when things fell apart between her and daughter, Kara. After the accident, Leigh may never know.

It wouldn't have happened, if it wasn't for that dog. Kara loved animals and when she and her best friend, Willow, found the stray mutt, Kara became distracted. Excited, talking on her cell phone and not paying attention, she accidentally hit and killed 15-year-old Bethany Cleese in the crosswalk of a downtown street.

In her effort to comfort and protect her daughter and make sense of this tragedy, Leigh tried to reach Kara in the bubble in which the teenager has swaddled herself. But Kara was deaf to her mother's help, causing Leigh to doubt herself.

She always thought she was a good mother, but she really didn't have much of a role model. Leigh's father left the family when Leigh and her sister, Pam, were small. The girls' mother hadn't had much mothering herself, having had a hardscrabble childhood. Being the sole parent wasn't easy, either. Pam was a teenager when she got pregnant, dropped out of school, and left home. Leigh was sixteen

when her mother abandoned her in favor of dream-chasing in California. The last time Leigh saw her mother was when Kara was an infant.

But now that baby is all grown up, and she's facing possible jail-time. When Leigh thinks about the impossibility of getting through to her daughter, her heart breaks. But there's another mother whose heart is breaking, too, and her fierce anger scares Kara so much that Kara is asking for the harshest penance.

It was an accident. Just that. Will it affect Leigh and Kara for the rest of their lives?

Because "The Rest of Her Life" is basically interesting, the characters are believable, and because we read differently than we listen, I think I would've liked this story much, much better had it been in paper form. As it was, I didn't like the discs much at all.

While an 11-hour audiobook might seem like good commute listening for a week or two, the problem is that this one contains infinitesimal details, go-nowhere reminiscences, and mean-nothing subplots: everything that makes listening pure drudgery but isn't so noticeable when you're reading. Author Laura Moriarty created some decent characters, but Julia Gibson's performance didn't make me the least bit sympathetic to Leigh; in fact, I rather disliked Leigh when the last track trickled out.

Make yourself happy and get "The Rest of Her Life" in book form. Skip the audio version, though, because life is just too short.

If you think it's hard to meet new people, try picking up the wrong golf ball.

-Jack Lemmon

## New small business campaigns make a difference in United Way campaign

"As of Friday, October 19th, we've raised \$620,822 of our \$1,118,300 goal for United Way of Washington County, thanks to the hard work of our volunteers," said Kari Schilling, Campaign Co-Chair and Director of Patient Care & Information Systems at Synergy Health West Bend Clinic. "We've made good progress but know we're not done yet."

"This year we need to raise about \$60,000 more than last year in order to fund the community needs identified by our volunteers," stated Michael Schilling, 2007 Campaign Co-Chair and a Vice President and Senior Financial Advisor with M&I Wealth Management in West Bend. "One way we hope to make that happen is with a new 12 by 25 Small Business Club."

The 12 by 25 Small Business Club is a special fundraising effort directed at businesses with less than 50 employees. With a donation of at least \$25 per month, for 12 months, these businesses receive special recognition and benefits.

"American Cartridge Systems, Fireside Books and Gifts, HED, J L Business Interiors, Reger Quality Consultants, Renard Law Office, Ron Albiero Heating and Air Conditioning, West Bend Builders Supply and West Bend Sand & Stone are charter members of our new 12 by 25 Small Business Club," announced Joe Calabrese, United Way Executive Director. "Their increased corporate donations help make Washington County a better place to live because people

receive the help they need that measurably improves their lives."

The donations raised during this year's campaign, which runs through December, will be used to fund 37 programs offered by 20 United Way member agencies in five community impact areas: supporting people in crisis, strengthening families, developing successful children and youth, building strong and healthy communities, and promoting self-sufficiency. For additional information about United Way, you can call (262) 338-3821 or go to its website at [unitedwayofwashingtoncounty.org](http://unitedwayofwashingtoncounty.org) to learn more about the good work it helps fund in Washington County, ways to give or how you can help.

## Flu vaccine urged for people with diabetes

Every person with diabetes is urged to get a flu shot this fall.

Despite long-standing recommendations from the Centers for Disease Control and Prevention, American Diabetes Association and the Wisconsin Essential Diabetes Care Guidelines, just over one-third of all people with diabetes in Wisconsin do not receive an annual flu (influenza) vaccine according to 2005-2006 Wisconsin Behavioral Risk Factor Survey data.

The Wisconsin Diabetes Prevention and Control Program, along with its partner the Milwaukee Area Health Education Center, encourage people with diabetes to get a flu shot as they are especially at risk of flu and its serious complications. Flu interferes with blood sugar control and can worsen other chronic conditions for a person with diabetes as well. They also encourage health care providers and other professionals who serve people with diabetes to urge their patients/clients to get a flu vaccination this fall.

"Influenza is easily transmitted from person to person

in multiple environments and people just don't realize this. Even close contacts, family members, close friends and coworkers should be vaccinated as they too can easily transmit the influenza virus," said Thomas Repas, DO, FACP, CDE, chairman of the Wisconsin Diabetes Advisory Group.

According to the Centers for Disease Control, each year about 36,000 people die in the United States from the flu. People with diabetes are six times more likely to go to the hospital because of the flu than people without diabetes and are three times more likely to die because of the flu than people without diabetes.

Although complications can occur at any age, the elderly and people with chronic health conditions such as diabetes are more likely to develop serious, life-threatening complications than younger, healthier people.

Peak activity for the flu in

the U.S. is during the fall and winter months; however, the peak season for flu can continue into April or May. The best time to get the flu shot is in October and November. Vaccination in December is still beneficial because the virus that causes influenza continues January to May.

The Wisconsin Diabetes Prevention and Control Program (DPCP) is dedicated to improving the health of people with or at risk for developing diabetes. For more information about the Diabetes Prevention and Control Program or copies of various publications such as Wisconsin's Essential Diabetes Care Guidelines or the Wisconsin Diabetes Strategic Plan, go to the DPCP website at <http://dhfs.wisconsin.gov/health/diabetes>, or contact Leah Ludlum, RN, BSN, CDE via phone at (608) 261-9422 or email at [ludlule@dhfs.state.wi.us](mailto:ludlule@dhfs.state.wi.us).

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# BUSINESS NEWS

## Martire to chair Aurora Health Care board

Frank Martire, president and chief executive officer of Metavante Corp., has been elected chair of the Aurora Health Care Board of Directors, succeeding Bev Greenberg, vice president of community/government relations for Time Warner Cable, who is completing her term. Greenberg will remain on the board.

In appreciation of her work, Aurora Health Care has established the Bev Greenberg Internship in Corporate Affairs, which will be awarded to an outstanding college student studying journalism, public relations or public affairs. "Bev Greenberg has been a tremendous asset to our board, providing critical leadership in our efforts to improve the quality of care and the efficiency of our operations," said Nick Turkal, M.D., Aurora's president and chief executive officer. "I thank her for her dedication to our organization and, most important, to the patients we serve. This internship is another way to honor her tremendous work."

Greenberg said, "I am thrilled that Aurora has named a summer internship in my honor. This is a wonderful extension of Aurora's mission and a great way

to help educate Wisconsin students."

Martire, who has served two years on the board, will become chair effective Jan. 1. "Aurora Health Care is an outstanding organization that is leading the way in finding new solutions to our nation's health care challenges, and I welcome this opportunity to serve our community in this role," he said.

The Aurora Board also has elected four new board members:

Daniel J. Minahan, president and chief operating officer, Continental Properties Company, Inc., of Menomonee Falls. Minahan also sits on the boards of the PrivateBank, YMCA of Metropolitan Milwaukee, Milwaukee World Festival, Inc., and the Greater Milwaukee Committee.

Deloris Sims, president of Legacy Bank, the first bank owned by an African-American woman to be chartered in Wisconsin. She also serves on the boards of the National Bankers Association, the Milwaukee Art Museum, and the State of Wisconsin Investment Board, and is president of Wisconsin African American Women, LTD.

John Anderson, M.D., senior vice

president and chief medical officer of Catholic Health Initiatives of Denver, Colo., the country's second largest Catholic health system with 73 hospitals and other facilities in 19 states.

Eugene W. Monroe, M.D., president of Advanced Healthcare, which has 250 physicians and 14 clinics in Milwaukee, Waukesha, Washington and Ozaukee counties. Advanced Healthcare recently decided to enter into a broad affiliation agreement with Aurora to enhance patient care and better serve the community. Dr. Monroe's appointment is effective Jan. 8.

The other Aurora board members are: Charles E. Baker, C.P.A., Ernst & Young LLP (retired); James Barton, M.D., Greater Milwaukee Otolaryngology; Robert Devermann, M.D., regional director of medical operations for Aurora Medical Group; Philip Farrell, M.D., Ph.D., professor of pediatrics and population health sciences at the University of Wisconsin School of Medicine; Cristy Garcia-Thomas, president of the United Performing Arts Fund; William F. Martin, associate vice president of human resources and associate dean at the Barat

Campus of DePaul University; John Matthews, vice president of global communications, public affairs and administrative services at Johnson Diversey; Jere McGaffey, a retired partner at Foley & Lardner; Richard H. Meyer, executive vice president of the Milwaukee Jewish Federation; Gary Poliner, chief financial officer of Northwestern Mutual; Mary Ellen Stanek, managing director, Robert W. Baird & Company, Inc.; Gail Hamity Vergara, SpencerStuart (retired), Chicago and Richard Weiss, a partner at Foley & Lardner.

Dr. Turkal serves as president of the Aurora Health Care Board, while Donald J. Nestor, Aurora's executive vice president and chief operating officer, is secretary-treasurer. The board's Executive Committee consists of Martire, Greenberg and Dr. Turkal.

Aurora Health Care is a not-for-profit Wisconsin health care provider and a national leader in efforts to improve the quality of care. Aurora offers care at sites in more than 90 communities throughout eastern Wisconsin.

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**FOR RENT:** Kewaskum, new 3 bedroom townhouse. 1700 sq. ft. 2.5 baths, 2 car garage. \$1250 rent or option to buy. 262-689-4204. 10-11-tf

**LARGE TWO BEDROOM** - Overlooking golf course, cathedral ceiling, all appliances, washer/dryer, air, attached garage w/opener, private entrance. NO PETS. \$625.00. Call 262-335-9787 or 262-626-4440. 9-20-tf

**KEWASKUM DUPLEX** -- 3 bedroom upper, 2 car attached w/opener, no pets, appliances included. \$625. 335-9787 or 626-4440. 9-20-tf

**KEWASKUM:** Brand new starter home. Rent-to-own, 3 BR, 2.5 BA condo w/2 car garage, \$1,095 with \$400 per mo. toward down payment. Or buy outright for \$189,900. 262-689-4204, 262-689-4573. 6-14-tf

**HWY. G MINI STORAGE** -- Now renting, 10 x 10, 10 x 21, 10 x 25. Take Hwy. S north of Kewaskum, two miles to G. 626 4937. 8-29-tf

**KEWASKUM STORAGE CENTER** -- Units available. 10' x 10', 10' x 20', 10' x 30' and 10' x 40'. Ph. 626-2903. 6-13-tf

## For Sale

**FREE** -- Corner computer desk, has been re-enforced but may need to be re-enforced again. You haul from The Statesman office, call Andrew at 262-370-0831. 10-25-tf

**APPLE POWERMAC G4 DESKTOP** - Great second computer for the kids this desktop includes Apple's OS 10.3.9 and has a 500 mhz processor with 1.5 GB of RAM, third party wireless card, USB 2.0, internal ZIP 250 drive, internal CD/RW drive and a 25 GB hard drive. An extended Apple Keyboard and mouse are included. Monitor not included. Programs installed include Adobe CS 1.0, Microsoft Office 2004 and pre-installed Apple software. \$150 OBO call 262/370-0831. Item is listed on Ebay, auction will end Monday, October 29. 10-25-tf

**FIREWOOD FOR SALE** -- Call Adam or Craig. 262-365-8527 or 262-689-3722. 10-18-3p

## REDUCED PRICE! Small Town Living

Beautiful updates and attention to detail throughout. 3 bdrm with new kitchen, bath, Garage/workshop. Appliances included. \$159,900 or Occupy to Own for \$3,750 down, \$995 per month  
**1152 Fond du Lac Ave.**  
Kewaskum  
262-689-2523  
www.propertiesnow.net  
8-30-tf

## Rummage Estate Sale

**INDOOR RUMMAGE/ESTATE SALES** 355 Main Street, Kewaskum. Fridays Nov 2, 9 & 16 (10 to 4); Saturdays Nov 3, 10 & 17 (9 to 5). Furniture, Antiques, Christmas, Collectables & MUCH MORE! More added each week. 11-1-2p

## Real Estate Wanted

**NEED TO SELL** --No equity? In foreclosure? No problem! Private party. Call 262-626-6617. 6-10-tf

\*\*\*

Golf, like measles, should be caught young.

-P. G. Wodehouse  
\*\*\*

## Services

**CIDER PRESSING** -- Empire Mills, W4478 Street Road, two miles east of Fond du Lac on CTH T. Saturdays, 8 am to noon, Nov. 3. 920-921-9509. 10-4-5t

**SNOW REMOVAL** Village of Kewaskum. Residential only. Best prices around. Ten years experience. Call Adam or Craig. 262-365-8527 or 262-689-3722. 10-18-4p

**FAX SERVICE:** Local and long distance \$1 per page to receive, \$2 first page, \$1 page there after to send. The Statesman, 240 Main Street. Fax: 262-626-1382.

**PHOTOCOPIES:** 10¢ per copy, 100 copies and over 7¢ each. Color and oversized paper available. The Statesman, 240 Main Street. 262-626-2626.

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Effective communication starts with listening.  
-Robert Gately

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Lisa at 920-994-4717 or  
262-626-4258

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## LAUNDRY ASSISTANT (Fill-in)

Saint Joseph Convent, a retirement community for the School Sisters of St. Francis is looking for a Laundry Assistant. This part time position works early morning to early afternoon, includes days during a week and a weekend and holiday rotation and the flexibility to work fill-in hours as needed. Interested applicants can apply at: ST. JOSEPH CONVENT

Attn: Human Resources  
526 Mill Street, Campbellsport, WI  
920-533-1135 920-533-1145 fax kbinotto@sssf.org  
Application available at: www.sjconvent.org EOE

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EOE MFDV

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# REAL ESTATE / NOTICES

## Notice of Public Budget Hearing, Special Town Meeting and Town Board Meeting Town of Kewaskum, Washington County November 12, 2007 7pm

Notice is hereby given that a special town meeting and then a town board meeting of the Town of Kewaskum, Washington County, Wisconsin, will be held at the Kewaskum Town Hall, 9019 Kettle Moraine Drive, Kewaskum on the 12th day of November, 2007 immediately following the completion of the Public Hearing on the proposed 2008 town budget which begins at 7p.m. for the following purposes:

1. To approve the total highway expenditures for 2008 pursuant to Sec. 82.03 of Wis. Statutes

2. To consider the adoption of a resolution by the town meeting endorsing a town board resolution which proposes that the town levy will exceed the state levy limit under Sec. 66.0602 of Wis. Statutes, specifically a proposed tax levy which would exceed the town tax levy for the past year by 19% which would be a dollar increase of \$49,958.98 over the town tax levy for 2007 of \$262,942.00

3. To approve the 2007 town tax levy to be paid in 2008 pursuant to Section 60.10 (1) (a) of Wis. Statutes

4. Town Board Meeting to adopt the 2008 Town of Kewaskum Budget Dated this 17th day of October 2007

By: /s/Nancy Boden, Clerk

The 2008 Proposed Budget is available for inspection at any of the posting boards located at the Kewaskum Town Hall, at the Buffalo Cemetery on E. Moraine Drive, at the VanVechtin Cemetery on Highland Drive, or at the clerk's office during office hours starting October 29th, 2007.

WNAXLP

## ASPARAGUS SOUP

Serves 4

- 2 tablespoons canola oil
- 2 1/2 cups chopped asparagus stalks and tips
- 1 1/2 cups leeks, mostly white parts, well rinsed and chopped
- 1/4 cup chopped celery
- 1 teaspoon minced fresh garlic
- 1 bay leaf
- 6 cups vegetable broth
- 1 teaspoon salt
- Ground pepper
- 1/2 cup soy milk creamer (such as White Wave Silk Creamer)

### Preparation:

Prepare the asparagus by discarding the tough ends.

Heat the oil in a 4-quart pot, and add the asparagus, leeks, celery, garlic and bay leaf. Sauté over medium-low heat, stirring frequently, for 10 minutes. Add the vegetable broth; simmer, partially covered, for about 20 minutes over medium-low heat.

Let cool slightly; then purée mixture in a blender in batches. Return the purée to the pot, season with salt and pepper to taste. Add soy creamer and heat thoroughly.

## TOWN OF FARMINGTON MONTHLY TOWN MEETING

The Board of Supervisors of the Town of Farmington will meet on the first Tuesday each month, next meeting is, Nov. 6, 2007, at the Town Hall,

9422 Hwy. 144 in Boltonville at 7:00 P.M. to conduct its regular business and to consider such matters as are authorized by law.

Joanne Oneska  
Town Clerk

WNAXLP



## SPORTS REPORTER WANTED

The Statesman Weekly Newspaper, a growing, family owned and operated newspaper in Kewaskum, is seeking a sports reporter. The reporter will be in charge of covering prep sports, recreational sports, club sports, column writing and sports features.

The ideal candidate will have a passion for sports, will be able to work under deadlines and will have general photography and typography skills. Pagination experience along with knowledge of Adobe Creative Suite is a plus. Please send resume, wage expectations and writing samples to statesmansportsjob@mac.com. Freelancers are encouraged to also apply. This is a part-time position with the reporter working in our office Mondays and covering events throughout the week.

## FINANCE COMMITTEE MEETING

MONDAY, NOVEMBER 5, 2007  
DISTRICT OFFICE

6:00 P.M.

### AGENDA

1. Call to order
2. Roll Call of Members
3. Agenda
  - a. Corrections and/or Deletions
  - b. Approval of Agenda
4. Review September 2007 Revenues & Expenditures
5. Review Gifts and Grants
6. KHS Weight Room/Fitness Center Project
7. Discussion Regarding Financing Renovation Projects and Other Projects
8. Set next meeting date
9. Adjourn

WNAXLP

## Kondex Corporation is seeking QUALITY ASSURANCE ENGINEER

Kondex is a manufacturer of engineered cutting components for the agricultural and commercial turf care markets. We are a leader in our field. Our excellent growth has been the result of producing quality products and providing a high level of customer service in a strong team environment. *We have recently moved into a state-of-art manufacturing facility which will significantly expand and modernize our production capabilities.*

Under the direction of the Quality Assurance Manager, the Quality Assurance Engineer will administer our Quality System policies and procedures by performing quality planning for new products, resolving customer issues, performing quality improvement activities and general problem-solving. The successful candidate will have the following qualifications:

- A Bachelor's Degree in a related field, completion of a recognized Quality Control certificate or equivalent work experience.
- Proficiency and working knowledge of precision measuring devices & Microsoft Office.
- Working knowledge of ISO standards or other recognized Quality System.
- One to three years of mfg experience.
- Additional education and/or manufacturing experience with exposure to inspection and statistics desired.
- Ability to work with others and participate in teams.
- Effective communication, organization, and problem solving skills.
- Ability to grow and assume additional responsibilities.

Reply if you are a highly motivated individual committed to excellence and enjoy a team-oriented culture.

Email your resume to [HR@kondex.com](mailto:HR@kondex.com) or fax to 920-269-7974.

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## Holiday Happenings

The Statesman will publish listings of holiday events throughout the Christmas holiday season in our weekly newspaper and in our special holiday supplements. If you would like to have your event listed at no charge, please email them to [newsroom@kewaskumstatesman.com](mailto:newsroom@kewaskumstatesman.com). All events must be open to the public.

Listings should include the name of the event, location, date, times and a short description of the event. Please include a contact name and phone number (will not be published.)

Questions may be directed to Nicole at 262-483-5330.



## OPEN THURSDAY, NOV. 1 4:30-6:00 1323 Roseland Dr., Kewaskum



Adorable, affordable and attainable! This 3BR/1.5BA Cape Cod is filled with character and nicely updated with loving care. Generous landscaped yard and plenty of living space including finished lower lever rec. room and handyman's workshop. Within walking distance to parks, schools and downtown. Conveniently located to commute routes in any direction. This home is waiting for you to move in and enjoy! NEW PRICE! \$154,900. PIN#55433. Dir: Hwy 45 to Roseland Dr., west to home.



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The ECKBLAD TEAM  
Barbara Eckblad and Betty Kruepke  
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## OPEN HOUSE SUNDAY, NOV. 4 • 11:00 to 1 pm 490 Reagan Road, Kewaskum



**CLASSY KEWASKUM RANCH** Better than new, only 4 years old. The lawn, landscaping, deck and concrete are in. An abundance of KIT cabinets w/snack island. First floor laundry. Dinette area has patio door leading to large, 2-level deck. Open concept LR & open stairway to basement. 3 BR, 2 BA. master suite has walk-in closet. Meticulously maintained. 2-car garage. **Drastically Reduced \$235,000.** Hwy. H West to Edgewood Rd., North to Reagan.

## OPEN HOUSES SUNDAY, NOV. 4 • 1:30 to 3 pm 1202 Riverview Dr. & 1208 Parkview Dr., Kewaskum



**Spacious 2-Story.** Cream City brick. Located in the village near the park and golf course. 3 BR, 2 Bath, first floor laundry, huge living room. New windows, updated mechanicals. Patio door leads to wood deck and yard with mature trees. **REDUCED \$154,900.** Main Street East to Riverview Drive, South.



**AFFORDABLE CAPE COD** Huckelberry Finn would love this cute Cape Cod on the Milwaukee River. Enjoy the serene views from the terraced backyard. Located across from the park. Fish or canoe from your own property. Your family will like the huge living room and large upstairs bedrooms. Newer mechanicals and freshly painted exterior. Affordable with many amenities at \$159,900. Directions: Main Street East to Parkview Drive, South.



740 Chief Kewaskum Place  
Quality upgrades made during construction. Better than new. 2 BR, 3 BA, condo with vaulted ceilings, skylights, gas fireplace, wood deck, finished lower level has gigantic family room and full bath. Walk-out LL to patio. 2-car att. garage. All appliances included. **REDUCED \$198,900.**



## Badgerland recognizes Culver's as a Friend of Wisconsin Agriculture



Shown above are, Diane Cole, left, CEO for Badgerland Farm Credit Services, presenting the award to Chris Contino, vice president of marketing for Culver's.

In appreciation for their ongoing support of Wisconsin agriculture, Culver's Franchising System was recently presented with a Friends of Wisconsin Agriculture award from Badgerland Farm Credit Services.

"Culver's has demonstrated a commitment to Wisconsin agriculture through their promotions and the purchase of locally grown products," said Diane Cole, CEO for Badgerland Farm

Credit Services. "We also commend Culver's for their financial and volunteer contributions to our rural communities. It is a pleasure to recognize Culver's for sharing in our vision to enrich the lives and communities of rural Wisconsin."

Chris Contino, vice president of marketing for Culver's, accepted the award during a presentation on October 8th at the Chula Vista Resort in Wis-

consin Dells, Wis.

Badgerland Farm Credit Services, headquartered in Baraboo, Wis., serves over 8,000 members through offices in 21 communities in 33 southern Wisconsin counties. Its \$2 billion in assets ranks it among the largest Farm Credit associations in the U.S. Visit [www.badgerlandfcs.com](http://www.badgerlandfcs.com) for additional information.

## SAMUELSON SEZ

by Orion Samuelson

*Mind your manners on your ATV*

In the past when I have discussed practicing safety on ATV's, all-terrain vehicles, and particularly when it comes to the safety of young people, I tend to hear from some of you saying "My kids are responsible, they can handle an all-terrain vehicle whether they are six, nine or ten years old."

Well, I still don't agree with that and I will share numbers that support my belief. The American Academy of Pediatrics said recently children under the age of 16 riding these machines is a recipe for tragedy. According to a report by an injury prevention specialist at West Virginia University, the death rate for children on off-road vehicles increased 24% over the past five years.

But now there is another problem and that is protecting the environment. There are more than nine-million off-road vehicles, that's ATV's, dirt bikes, snowmobiles and other vehicles in the country today and at least one-million new ones are sold every year. Thousands of Americans responsibly use off-road vehicles for work, to explore the back country and to enjoy nature's beauty.

But here is the problem... there is a growing number of riders who are ruining things for everyone by riding off established trails, destroying our

public lands and burdening already stressed law enforcement officials. As a matter of fact, the problem is so bad now that the Forest Service called off-road vehicles one of the top four threats to America's forests.

Let me share another number. While off-roaders account for 15% of all visits to U.S. Bureau of Land Management lands, reckless riding represents 50% of all law enforcement incidents, more than thefts, assaults and arson, according to the Bureau.

So it comes back to minding our manners. It is unfortunate that a few irresponsible people are going to spoil it for the majority of people who ride ATV's responsibly; who use all-terrain vehicles for work because they are an important tool, particularly on farms, ranches and construction sites.

But again I emphasize, they are not a toy, particularly for small children. If you think differently, take a look again at the death rate increase noted earlier in this column and I strongly suggest you contact Farm Safety 4 Just Kids and request their booklet on safe use of ATV's.

So, please, follow the rules when you are riding on public (or private) land, and ride safely!

## Determine Dairy's Direction at the National Dairy Issues Forum

FOND DU LAC - Take the bull by the horns and tackle the tough issues at the National Dairy Issues Forum, November 14-15, at the Holiday Inn at The American Center in Madison. Designed for dairy producers, processors, marketers, retailers, elected leaders and other industry leaders, this is a conference you don't want to miss!

Consumer confidence and uniting as an industry has never been more important. At the National Dairy Issues Forum, you'll cut to the core of today's issues - revealing trends, dissecting issues and aligning together to shape dairy's destiny.

This is a hard-hitting agenda that addresses all the issues surrounding ethical and moral obligations as it pertains to dairy production - both opportunities and challenges. They'll cut to the million dollar question of "Who is setting the pace...activists, consumers, customers or are you? As the face of agriculture changes, so do the rules of the game. To influence the future, agriculture

needs to re-tool the strategies. They'll analyze the balance in maintaining consumer confidence, embracing technologies and modern-day practices.

Hear from national experts as they discuss issue management, focusing on challenges and solutions. The first day will include Charlie Arndt, a national issues management expert, Kevin Murphy with the Center for Food Integrity and leaders from the poultry and pork industries, to name a few. On the second day, the National Dairy Animal Well-Being Initiative will be discussed, including the proposed guidelines and principles. Engage in open dialogue with industry leaders who helped develop the National Dairy Animal Well-being Initiative. This is your opportunity to ask questions and determine dairy's direction! In closing, former Congressman Charlie Stenholm will address the audience, and share his definition of taking "the bull by the horns" as we set the record straight on a number of issues, including

animal well-being.

"PDPW is proud to offer another high level conference that is like no other," said Shelly Mayer, PDPW Executive Director, "The National Dairy Issues Forum will bring together producers and industry from coast-to-coast, allowing us to learn how to best determine our next steps for the industry."

To register for the National Dairy Issues Forum or for more information, visit [www.pdpw.org](http://www.pdpw.org) or call 800-947-7379. PDPW educational programs, such as the Issues Forum, are open to anyone involved with the dairy industry.

Professional Dairy Producers of Wisconsin is a dairy-producer founded and producer-led organization that provides educational programs and resources to fellow dairy producers and the next generation of agriculturists. PDPW's mission is "to share ideas, solutions, resources, and experiences that help dairy producers succeed."

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1998 Grand		1997 E150 Cargo Van Auto, air, bulk head, only 113K miles, clean work van	
1998 Ford Escort ZX2 2 DR Auto, 4 cyl, air conditioning	\$3,495	1998 Plymouth Voyager SE Captain's Chairs, Air, Cruise, CD	\$4,495
1998 Saturn SL2 Auto, air, economical	\$55	1998 Jeep Grand Cherokee Laredo 4x4, auto, air alloys	\$55
1999 Mercury Sable GS 4 dr, air, auto, power windows & locks	\$55	2000 GMC SLE 4x4 X-Cab Fiberglass cap only 44K miles, new car trade	SAVE!
1999 Pontiac	\$55	2000 Dodge Grand Caravan 4 DR 3.3 V6, 7 pass. PW, cruise, local trade	\$5,495
1999 Oldsmobile Alero GLS Leather, sun roof, 70k miles	\$6,995	2000 GMC 1500 X-Cab 4x4 Z71 Diamond plate tool box	\$55
1999 Ford Taurus Only 65,000 miles, auto, air, cruise...more	\$5,995	2002 Explorer	SHARP
2000 Cavalier 4 DR Red, 48,000 miles, auto, air, CD	\$55	2002 Chevrolet S-10 ZR2 4x4 Black, 72,000 miles	10,995
2000 Dodge	\$55	2002 Ford Explorer 4x4 4 DR Eddie Bauer local trade, with all the options including leather & adjustable pedals	\$55
2000 Chevrolet Malibu 4 dr, auto, air, 74,000 miles	\$55		
2002 Escort ZX2 Sunroof, auto, air, alloys, PW/PL	SAVE		

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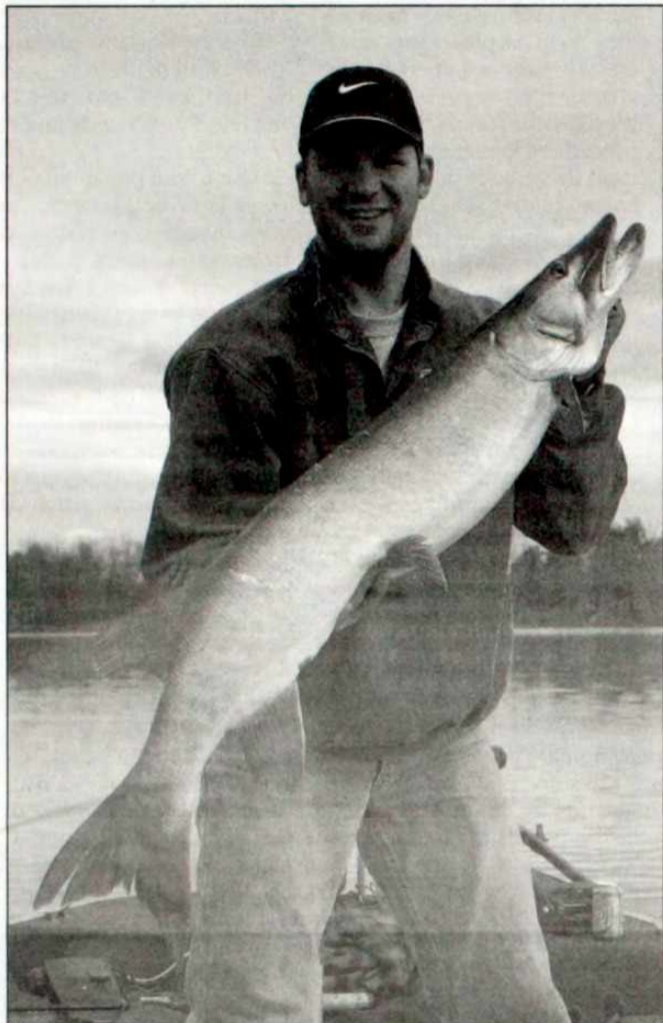
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## Outdoor Wisconsin

with Dick Ellis

### The 24 hour fix - Distance no obstacle on musky marathon



This 45 inch musky fell to a home-made John Kubiak quick-strike sucker rig October 26 on the Island Chain in Rusk County. The fish was released.

It's a small world after all. It's a smaller state.

My brother-in-law, John Kubiak and I were discussing our fall musky plans and his upcoming 24-hour trip to Rusk County that would give the musky addict a temporary fix. Distance is no object. Travel time from Waukesha County in the far southeast would be worth one day on good musky water in the northwest. It's a simple fact I learned long ago in my own pursuit of Natural Highs waiting throughout Wisconsin. If you're from the south, expand your horizons north. If you live in the North Country, look south.

In this autumn time of choices, there is no choice for Kubiak. He retired the hunting gear long ago but won't retire the musky gear for any given winter until hardwater forces him to. I was seeking a final row trolling adventure with my wife, Lori in the warm sunshine of a late October afternoon on Pewaukee Lake in Waukesha County. Quite possibly, though, I would not pick up a musky rod again unless archery and rifle tags are filled. Kubiak friend and fellow musky lover, Scott Rice on Madison readily bought

into the one-day marathon.

"The plan was a one day fishing trip, just 24 hours" said Kubiak. "Leave New Berlin at 2:00 a.m., pick up Scott in Madison at 3:00, be in Rusk County at 7:00, catch a breakfast and be on the water for moonset at 8:20."

My itinerary showed similar dedication. Roll out of bed Sunday at 9:00, say prayers including special bargaining for a Pewaukee picture fish, eat a lumberjack breakfast, read the Sunday paper, and ask Lori for a date on one of Waukesha County's premiere musky lakes. That request was a true act of love reflective of our 21 year marriage.

"Lori," I said. "Because you know I want to spend every hour of every day including every Sunday with you, and because the Packers don't play until tomorrow, do you want to row troll today?" Any way, I got the date. Back to John.

Along with the musky addiction comes acute attention to details. John would arrive on the Island Chain in Rusk County for moonset. Lunar tables told him that active fishing would come on the dark

water after a full moon set until moon rise again. October 26, that meant a long potential feeding window from 8:20 a.m. moonset through 5:55 moonrise. Good fishing could be an all-day affair.

Arriving on the chain without a travel hitch, John and Scott put the tactics into play that would cover all depths of the water column. Three Kubiak home-made sucker quick-strike rigs were set that enables the angler to set the hook immediately upon the hit but still release the fish unharmed. One sucker was set under a bobber near the surface. Two suckers were set without floats near the bottom. Rice would also cast a shallow running double cowgirl similar to a bucktail with a reputation of taking an extraordinary number of 50-inch fish. Kubiak would throw deep-running lures.

An extreme algae bloom in 50-degree water temperatures often indicative of fall turn-over and "pea soup" conditions with poor visibility including a significant amount of floating weeds discouraged Kubiak. He had thought that turnover conditions with the reputation of poor fishing would have occurred a week prior to the trip. He described turnover generally as a cooling of surface water to the point that warmer water beneath rises to mix throughout the lakes. Thermocline conditions where baitfish can be found all summer and pursuing predators targeted are eliminated.

"The water becomes the same temperature throughout and all the fish that have related to the thermocline which in many lakes is about at 15 feet are found throughout the entire water column," Kubiak said. "An algae bloom is part of turnover and fishing for a while is in a state of flux. I was afraid we had hit turnover and bad fishing."

On the contrary. Rice caught an extremely hefty 38 inch musky on a figure-8 of the cowgirl at 9:30 a.m. On that same gravel point in 15 feet of water at 1:00 p.m., Kubiak caught a 28 inch fish on a depth raider. At 3:00 p.m., Kubiak caught a 45 inch fish on a quick-strike rig. All of the muskies were released. Periodically across the day, three other good fish made appearances following retrieves in improving water clarity conditions. The lunar table prediction of good fishing all day would prove accurate.

Close to moonrise, falling rain sent the anglers back to

## Sports IN BRIEF

### Two former KHS football players compete

It was a case of two former Kewaskum High football players lining up against each other last Saturday in one of the feature games in the WIAC (Wisconsin Intercollegiate Athletic) Conference.

Dave Wicklund and the UW-Eau Claire football team took advantage of six UW-Plattville turnovers as the BluGolds won the game 40-33 to improve to 2-3 in the conference and 6-2 overall.

Wicklund, a 5-11, 200-pound safety, is a junior at Eau Claire. In the game, he had three solo tackles, one assist and he broke up one pass.

Corey Darmody was on the losing end of the decision. Darmody, a 6-2 and 250-pound senior guard, won second-team all-WIAC honors last fall for his work in the offensive line. He was credited with one tackle, undoubtedly coming after one of the Pioneer turnovers.

With the loss, Platteville, which outgained Eau Claire 361 to 254 yards, is 1-3 and 2-5.

-Judy Harlow

### Flanders member of Marian soccer team

Austin Flanders is a member of the Marian College soccer team this fall, but boy, are the Sabres struggling. Marian has won just one game and scored six goals.

Flanders, who played soccer and basketball at Kewaskum High, has played in 12 games and started six of them.

The lone win by Marian came last Saturday when they out shot Benedictine University 20-4 and won the game by a score of 1-0.

-Judy Harlow

### Wittmann named to all tournament team

Jill Wittmann and her UW-Stevens Point volleyball teammates had quite a weekend, going 4-0 last Friday and Saturday to win the annual Stevens Point Invitational.

In Saturday's action, the Lady Pointers had to come from behind to defeat the Luther College Norse, 31-29, 25-30, 17-30, 30-27 and 16-14.

In that match, Wittmann, who played her prep ball at Kewaskum High School, was credited with 35 assists.

In the championship contest, it was the Pointers winning 3-1 over Viterbo by scores of 30-27, 28-30, 31-29 and 30-28.

Maus was again the kill leader with 18, giving her an even 70 in the four matches and earned her MVP honors for the weekend.

Wittmann's play was also rewarded. She had an impressive 44 assists in the championship efforts and was named to the all tournament team.

For the year, UW-Stevens point is 21-10 and was scheduled to play at UW-La Crosse on Wednesday, Oct. 24.

-Judy Harlow

the truck. The long ride home seemed a small due to pay for another fine outing on prime Wisconsin musky water.

Back on Pewaukee Sunday, the prayers went unanswered, possibly due to some G-mail trouble. Despite my spousal pitch that rowing, especially into a stiff wind would be the best spot for her; Lori assumed her normal position sprawled with a book in the bow of the rowtroller.

We worked the autumn-reliable north shore for three hours with proven deep running lures, sharing space with anglers working suckers, casting and motor trolling. To no avail. We didn't have a hit. We didn't see a fish caught. Still, it's hard to beat a Sunday in the sunshine, especially on the water.

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## Grass Drags Award Winners



Shown above, left to right, Tanner Timblin, Jordan Beal and T.J. Timblin with their awards.

Jordan Beal, 8, and his cousins, T.J. Timblin, 16, and Tanner Timblin, 14, were recognized for their achievements in Grass Drag racing with their four wheelers.

Jordan is the son of Mike Beal and Tami Timblin of Kewaskum. T.J. and Tanner are the sons of Trev and Terri Timblin of Fredonia.

The trio raced at many events in Wisconsin including races in Crandon, Big Flats and Wittenberg. By pulling together and helping each other out, they were all able to excel in their

racing and received multiple first place trophies.

Jordan, T.J., and Tanner raced in the Fantasy Moto Racing Circuit.

The boys all received a lot of help from their parents, Jesse Lensmire, owner of Unique Power Sports and Joel Janssen of Janssen Motor Sports.

The awards ceremony was held at the Holiday Inn in Manitowoc on Saturday, Oct. 27.

## Simple steps to help hunters avoid falls from tree stands

MADISON -- Tree stands are popular among Wisconsin hunters -- especially among archery enthusiasts -- because they help improve the hunters' visibility and decrease the chance their scent will spook prey. But the stands also can be precarious perches if they're used incorrectly or carelessly, hunting safety specialists say.

"Research has shown that one out of three hunters will fall from a tree stand sometime during his or her hunting career," says Tim Lawhern, hunter education administrator for the Department of Natural Resources. The Department of Natural Resources has a new 30-second video public service announcement on tree stand safety available by clicking on the "Be Careful Up There" button on the home page of its Web site.

Falls can be caused by a variety of factors, including a weakness in the stand's structure, incorrect installation, failure to use a fall restraint device, and hunters dozing off while on the stand, Lawhern said.

Tree stands can also be a factor in other hunting incidents, such as when hunters shoot themselves while climbing trees with their guns, or when bow hunters fall on their arrows.

Lawhern recommends that hunters who plan on using tree stands follow these precautions to avoid accidents:

- \* Check permanent tree stands every year before hunting from them, and replace any worn or weak lumber before it breaks.

- \* Read, understand, and follow the factory recommended practices and procedures when installing commercial stands.

- \* Inspect portable stands for

loose nuts and bolts each time the stand is used.

- \* Use either a safety belt or harness.

- \* Use three points of contact while climbing into or out of the tree stand (two feet and one hand; two hands and one foot etc.).

- \* Use a haul line to raise and lower your equipment -- and keep firearms unloaded and arrows in a covered quiver.

- \* Select a tree -- one large enough to support your weight -- before the season. Some mishaps occur as hunters are hurrying to set up their stands on opening morning.

- \* Make sure someone else knows the location of your tree stand and knows when you will be hunting there.

- \* Stay awake.

## Black bear hunting zone designation to change for 2008 season

MADISON -- Bear hunters who are submitting an application for a 2008 Wisconsin Bear Harvest Permit should be aware that Subzone A1 will be renamed Zone D. There will now be four zones, A, B, C and D where hunters may apply for a bear hunting permit. The deadline for submitting a 2008 bear application is Dec. 10, 2007.

"Hunters will note that the paper applications still have a zone choice of A1. If a hunter selects A1, they will automatically be entered into the drawing for Zone D. Hunters who apply for Zone A will no longer be authorized to hunt in the new Zone D," said Linda Olver, DNR assistant deer and bear ecologist.

The department will contact all potential Zone A winners after the deadline, but prior

to the drawing to give them an opportunity to change their zone choice.

The proposed change was supported by voters attending the 2007 Spring Fish and Wildlife rules Hearings and was later approved by the Natural Resources Board. It will allow biologists to more closely manage the bear harvest in the "renamed" zone.

"This will give wildlife managers a much better handle on the number of bear hunters hunting in what was Subzone A1," says Olver. "Before this change, any hunter who possessed a permit for Zone A could also hunt in Subzone A1 making it difficult to accurately predict the number of hunters in the zone and hence, manage the harvest at sustainable levels."

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<b>1st Registration</b>	<b>Date:</b> Wednesday, November 7, 2007 (6:00 pm – 8:00 pm) <b>Location:</b> Registration - Kewaskum High School cafeteria
<b>2nd Registration /Wrestling Clinic</b>	<b>Date:</b> Sunday, November 11, 2007 (10:30 am – 12:30 pm) <b>Location:</b> Enter by the KHS field house doors

Not sure what wrestling is all about? We invite you to come to our wrestling clinic. Doors open at 10:30 am. The clinic runs from 11:00 am to 12:00 pm in the Kewaskum High School Auxiliary Gym.  
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(Shorts, t-shirt, and wrestling or athletic shoes suggested)  
Please bring a copy of your child's birth certificate. We will need it to verify your child's age for the USA Card.

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Joel Dziedic - President	262-224-7645
Dennis Aupperle - Vice President	262-626-1008



# SPORTS

7th graders bring home MC title; 8th grade relay team runs record time in 4x400

## KMS girls track teams sparkle



Shown above is the 2007 Kewaskum Middle School eighth grade girls track team. Front row, left to right: Aarika Spalding, Kate Evans, Danielle Reichard, Kendel Elliot, Danielle Rodenkirch and Taylor Elliot. Row two: Chelsea Watzig, Riley Elliot, Taylor Janssen, Jess Smallish, Kayla Bastian, Stephanie Grager and Emily Faber. Row three: Haley Hintz, Kristy Vogt, Paige Kraus, Katherine Etta, Natalie Bandy, Hope Hansen and Leah Domask. Row four: Val Hedlund, Caitlyn Murray, Tess Bandy, Sam Smallish, Katie Spang, Bryanna Juers, Megan Ringwell and Amanda Hallstead.

Submitted photo



Shown above is the 2007 Kewaskum Middle School seventh grade girls track team. Front row: Chloe Bindrich, Chelsea Herriges, Rachel Hernickl, Kelsey Heberer, Mallorie Kreis, Hunter Holz and Jenny Reicher. Row two: Coach Jason Meinen, Lindsay Treptow, Lauren Treptow, April Stern, Shannon Miller, Mikkin Abfall and Ashlee Stahl.

Submitted photo

By Judy Harlow

Statesman Sports Correspondent

Plenty of success was experienced by the Kewaskum Middle School girls track teams this fall.

The seventh grade girls, all 13 of them, walked away with the title in the Moraine Conference Championship, while the eighth grade team finished a respectable second in the season-ending competition.

Coach Jason Meinen's seventh graders were a perfect 4-0 in dual meets, took second in the conference relays, then piled up 132 points to win the MCC by 38 points over the host Slinger Owls. West Bend Silverbrook placed third at 64, followed by Pewaukee, 57; and WB Badger, 51.

The young Lady Indians

took first place in four of the 13 events and finished second in six others.

Kewaskum's best event was the discus where Shannon Miller and April Stern finished 1-2. Miller's winning toss sailed 65 feet, 3 inches (65-3) and Stern came in with a 63-0.

In the other weight event, the shot put, Indians got a 1-4 finish from Mikkin Abfall (24-111/2) and Lauren Treptow (20-4), and Mallorie Kreis provided another first place in the long jump. Her best leap of the day was measured at 12-4.

Kreis was the team's lone double winner. She also ran very well in the 75-meter relays where she had identical times of 14 and .5 seconds (14.5) in the trials and finals.

Lindsay Treptow added a fifth with her 15.8 in the hurdle race.

Meinen had to be pleased with his two 800-meter runners, Ashlee Stahl and April Stern, who finished second and third, respectively, with their times of 3:01.3 and 3:03.7, and Jenny Reicher provided another second in the 1,600 with her time of 6:19.1, with Stern two places back after being clocked in 6:31.8.

Miller, Rachel Hernickl, Lindsay Treptow and Abfall combined to earn second place points in the 4x200 relay with their time of 2:09.3, and Stahl was the second best high jumper on the day with her jump of 4-2, with Hunter Holz tied for third at 4-0.

The other second came

in the 100-meter dash where Abfall posted a 14.2 in the trials and nearly duplicated that in the finals, running a 14.3. Holz was .4 of a second behind Abfall in the fifth spot.

Third places included: Hernickl in the 200 (32.4); and the 4x400 relay with Holz, Kelsey Heberer, Stahl and Reicher joining forces for a 5:22.8

Those finishing from fourth to sixth were: Miller, 4th in the 400, 1:11.7; 4x100 relay, Chloe Bindrich, Heberer, Chelsea Herriges and Lauren Treptow, 1:08.8; Miller, 6th in the 400, 1:13.5.

The efforts were more than enough to bring home the championship trophy.

In the eighth grade meet, it was a more balanced run for the title won by Slinger with 101 points. Kewaskum was just seven back at 94, then came Pewaukee with 80, and the two West Bend schools, Badger and Silverbrook, in a dead heat with 64.

Coach Jerry Gosa, the head track coach at the high school, directs the eighth graders and he said the highlight of the meet belonged to his 4x400 relay team, which not only won the race but set new school and conference records in the process.

Jess Smallish, Megan Ringwell, Valerie Hedlund and Sam Smallish combined for a time of 4:38.6.

"They smashed the old records," Gosa said, reporting the old KMS record was 4:42.7, which was set in 2005.

The Indians had one more first place, and it came in the 400 meter dash. Jess Smallish hit the tape first in 1:06.8.

One of Kewaskum's best events was the 200 where Tess Bandy finished second in 30.8, and Natalie Bandy was two places back with her time of 31.4.

Jess Smallish contributed a second in the long jump (12-3) and Hedlund ran the 75-meter hurdles in 13.5, good for

a second place.

The Indians also got a good chunk of points in three other events with third places, coming from Katie Spang in the shot put (27-4), Bandy in the high jump (4-6) and Spang in the 800 (2:50.8).

Other top-six finishes included: Bryanna Juers, 4th in the discus, 65-8; Sam Smallish, 4th in the high jump, 4-4; Stephanie Grager, 5th in the 400, 1:15.3; 4x100 relay, Hallstead, Kendel Elliot, Katherine Etta and Leah Domask, 1:03.5; and Hedlund, 6th in the long jump, 11-81/2; and Ringwell, 6th in the 75 hurdles, 13.9.

The conference meet was held on Oct. 3 at Slinger.

Both Meinen and Gosa are optimistic girls on the team will be able to have successful high school careers in the sport.

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  - 1/4 cup finely chopped onion
  - 2 Tbsp. chopped fresh parsley
  - 1 Tbsp. milk
  - 2 cans (8 oz. each) refrigerated crescent dinner rolls
- PREHEAT oven to 375°F. Mix cream cheese, bacon, Parmesan cheese, onions, parsley and milk until well blended; set aside.

SEPARATE each can of dough into four rectangles; firmly press perforations together to seal. Spread each rectangle with 2 rounded tablespoonfuls of the cream cheese mixture. Cut each rectangle into 12 wedges. Roll up wedges, starting at short ends. Place, seam-sides down, on greased baking sheet.

BAKE 12 to 15 min. or until golden brown. Serve warm.

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## Without top runner, Indians slide back a couple places

By Judy Harlow  
Statesman Sports Correspondent

Coach Dave Drexler was looking forward to seeing how his ace sophomore runner, Zach Herriges, would stack up against the top runners in the Eastern Wisconsin Conference cross country meet.

Now he would not get the chance to ... at least not this year. Drexler reported Herriges recently broke his ankle playing football and was lost for the remainder of the season.

Herriges, who has finished in the top five to 10 of several invitationals this fall, was injured before the 37th annual Cougar Invitational held Oct. 4th at Campbellsport High School and his presence was sorely missed.

Kewaskum's boys finished seventh out of nine teams in the competition after coming in with 181 points. With him, the Indians would have probably been able to cut 40 or more points off that total, which would put them in the neighborhood of fourth or fifth place.

Sheboygan Falls, likely to be a top contender in the EWC

race at Kiel, won the title with an impressive 28 points. Plymouth, another EWC member, was second with 61. Others among the top five included Winneconne, with 93; Howards Grove, 138; and New Holstein, 145.

The first to cross the finish line in the 5,000-meter event was Evan Wachter of Plymouth, who had a clocking of 17 minutes and 28 seconds (17:28), just two seconds ahead of his teammate, Greg Poser.

Senior Tyler McElhatton, who has made great improvement over the course of the past two seasons and during this season, led the Indian contingent to the finish line. McElhatton wound up 17th with a time of 18:41, and Aaron Monte just missed making the top 25, taking 27th at 19:18.

The other three KHS runners were Tim Hall, 39th, 20:13; Dan Justman, 48th in 20:58; and Matt Butzke, 50th in 21:00.

"It definitely hurts the team standing at this point," Drexler said. "The rest of the runners are stepping up nicely, but the number one runner is a difficult one to replace."

The Lady Indians also struggled a bit in the competition, beating just one team, Howards Grove. Sheboygan Falls made it a sweep as the Lady Falcons came up with 46 points, nipping Plymouth by just a single point.

Taking third was Mayville with 58, and then St. Mary's Spring, 146 and Manitowoc Lutheran, 151.

Plymouth's Abby Ausloos claimed the medal, covering the course in an impressive 15:22.

Kewaskum finished ninth with 231, two points ahead of Howards Grove.

Junior Tonya Janssen had a nice race, covering the 4,000 meters in 18:04, good for 32nd place. Vanessa Schellinger was six places back in 38th, with a time of 18:34.

The other three KHS runners were: freshman Krystal Brackman, 41st, 18:53; Kassie Legate, 58th, 20:10 and Kelsey Koller, 62nd, in 20:58.

"Overall the times were good. All the runners are running on pac," Drexler said. "At this time of the season, the runners are getting focused on the tournaments coming up."

## A good ending for three Gridiron teams

By Judy Harlow  
Statesman Sports Correspondent

Explosive offensive performances helped the eighth and seventh grade Gridiron teams close out the 2007 season with huge victories last Saturday.

The eighth graders led off with a 36-26 victory over Milwaukee Custer, while the seventh graders dominated over their Cougar foes, 45-6. Both Kewaskum teams ended with 5-3 records.

The sixth grade team battled to a 7-7 tie and wound up at 5-1-2.

"This was a good upset for us," assistant coach Gil DeLaurier said, and head coach Jim "Jonesy" Korth said, "We got some nice running by Eric Perkins. Perkins had four touchdowns."

Kewaskum's other TD came on a fumble recovery and run by Joey Wollner. "That had to be 50 yards," Korth said.

DeLaurier and Rollie Maul were both very pleased with the play of the offensive line.

The Indians tried a 40-yard field goal, and it was blocked and the Cougars took it all the way for a TD.

Kewaskum got some fine defensive play from Michael Bier, Lance Pinchard, and Korth said, "(Austin) Goeman and (Dylan) Tackes had some nice pass coverage."

The seventh graders scored the first time they touched the ball, with Derek Aupperle breaking free for a 50-yard sweep just 1:36 into the game.

By half-time, it was 27-0 with additional TDs scored by Aupperle on a 14-yard run, quarterback Hunter Flanders on a 23-yard rollout and Joey Ballard on a 10-yard run.

Aupperle scored for a third time in the third quarter on a 41-yard run, then Nate Krupp dashed around the end for a 35-yard run, and finally Flanders hit Dustin Crego for a 35-yard pass to close out the scoring.

Extra points were scored by Jordan Hanson, Ballard and Krupp on pass receptions.

Custer scored on one long pass play. Other than that, the Cougars were unable to move the ball, and Kewaskum recovered three fumbles. "(Ted) Wollner got two and Aupperle got one," coach Randy Schlice said.

Schlice was proud of the Indians' improvement this season. "They went from 2-6 to 5-3. The kids are coming along," he said. "They learned how to become a team this year."

The sixth graders wound up in a 7-7 deadlock with the Lake Country Black team.

According to coach Joe Backhaus, the Indians scored first on a run by Alex Johnson in the second quarter. Joey Seitz ran for the extra point.

Lake Country came back with its touchdown in the second quarter, and from then on the two defenses took over.

Backhaus said he had to leave the game in the second quarter, so he could get to Jefferson in time to watch the high school's playoff game with Jefferson. His assistants informed him Robert Peterson, Casey Steinman and Chris Gray (a fumble recovery) all had good games defensively.

This was the seventh graders second tie of the season, resulting in their finishing at 5-1-2.

A round of applause goes to the coaches for their time and efforts during the season: Eighth grade — Korth, Jim Bohn, Don Dallard, DeLaurier, Mike Donath, Maul; Seventh grade — Schlice, Dennis Imler, Tom Kudek, Gregg Ziebell; Sixth grade — Backhaus, Jeff Brettingen, Robert Johnson, Neal Jurss, Wayne Koester; and Fifth grade — Mark Walcheske, Dave Boettcher, Jeff Logan and Cory Wiedmeyer.

### CAMPBELLSPORT SPORTSMAN'S CLUB FALL TRAP LEAGUE

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Ambush Alley, 14.5-1.5; AC Signs, 11.5-4.5; Bahr Time, 10-6; Shluffy's I, 9.5-6.5; HERRIGES Oil, 9-7; RT Speed Shop, 9-7; CC's Place I, 5-11; Shluffy's II, 3.5-12.5; CC's Place II, 2-14.

49x50: Steve Beisbier.  
25x25: Gary Sina.  
24x25: Andy Matthies, Rick Bartelt, Todd Willavage, Dan Lauters Jr., Steve Beisbier, Garrett Mielkie, Jeff Martin, Chuch Schreier.

## KHS soccer season ends on a historic note

Conventional wisdom says that a WIAA Division 2 Regional Tournament match between a No. 4 seed and a No. 5 seed should be a balanced and hard-fought contest between veritable equals. When the No. 4 seed is Kiel and the No. 5 seed is Kewaskum, however, convention can often seem illusory.

In the history of Eastern Wisconsin Conference play, Kewaskum had never won a Regional Tournament match, nor had the boys soccer team ever defeated traditionally-strong Kiel on the soccer pitch in any capacity.

Fortunately, the Indians' contest at Kiel was everything a playoff match should be and more. They came away with a thrilling 1-0 victory.

What they needed was something to turn the odds in their favor.

The equalizer turned out to be not just on the field of play itself but rather on the sidelines as coach Dennis Gutbrod devised a strategy to neutralize Kiel's skilled playmaker, Corey Mathes. One of the EWC's leading scorers, Mathes had been dominant

in both of Kiel's wins over Kewaskum. When he was not scoring, he had been distributing the ball efficiently to his teammates.

Gutbrod asked Dylan Kenworthy, normally a forward on offense, to cover Mathes man-on-man for this game.

Realizing it was a calculated risk to take the Indians' second-leading scorer away from the action on offense, Gutbrod asked his other offensive stalwarts to step up. While garnering only three shots in the match, the double-team of Nate Wendelborn and Daniel Parker continued to pressure and challenge the ball on the offensive end of the field along with solid efforts by TJ Corey, Caleb Olla, Riley Gaynor, Kyle Phillips and Chris Larson.

Midway through the first half, on a shoulder-high corner kick from the ever-resourceful Wendelborn, the ball alighted in front of the Kiel net where a surging Parker slammed it home with a fierce resolve worthy of the status of a history-defying playoff match.

With the tenuous 1-0 lead at stake, and Kiel finally awakened to the reality of the

match, the Indians' defenders stepped up in a big way. Lead by Goalkeeper Nicholas Gutbrod, whose stellar play earned 12 saves in the match and who consistently came out to snuff out frantic Kiel attacks, defenders James Weidmeyer, Kevin Schellinger, Dan Schladweiler, Ryan Wunsch, and Tyler Haack were kept busy and on their heels for a full 80 minutes.

In the end it was Coach Gutbrod's strategy and the inspired play of the Indians that earned them a historic first win in Regional Tournament action against a team they had never previously beaten.

The Indians' season came to a close with a 4-0 loss on Saturday in a gutsy performance in the regional finals against Grafton on Saturday, October 20th. While KHS kept the score close for a while, the top-10 ranked BlackHawks finally pulled away. The Indians finished their season with a record of 6-18-0 that tied the record books for most wins ever by an Indians boys' soccer team.

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# SPORTS

## Kewaskum's win over Eagles is huge



Kewaskum Indians' quarterback Nick Olla makes his way down the field at Jefferson High School during round two of the WIAA playoffs. Olla played well completing three passes, one a 30 yard pass that resulted in touchdown by Ray Wollner.

Statesman photo: Andrew Kuehl

(Continued from front)

picking up the tough yards inside, and Olla was crossing the defense up by keeping the ball on some very successful option plays.

In five plays, the Indians were down to the 2, and Westerman went into the end zone standing on the next play.

Brian Backhaus continued his string of successful PATS, and the Indians were now up 35-7.

Jefferson, which had scored in a 1:45 drive in the first quarter to tie the Indians, managed to get a consolation touchdown with 9:50 to play when Patrick Rolain crashed over the goal line from the 3.

The 22-point deficit climbed quickly back to 29 when the Indians put together one last drive, this one covering 63 yards in seven plays and Boettcher

putting on the finishing touches from the 10 and in the process going over the 100-yard mark for the afternoon.

The 200-pound senior carried the ball 19 times for 109 yards and on most of those runs one or more of the Eagles were punished in the process.

This was the second of Boettcher's TDs. The first came early in the game when the Indians methodically moved 81 yards in 14 plays that took five and a half minutes off the clock.

Piittmann decided to start the game with Boettcher at tailback and Westerman at fullback, taking advantage of his team's size.

"We knew they weren't real big. We thought we would be able to pound the ball," he said, and pound it they did, for 304 yards rushing. Olla only carried eight times but wound up with 94 yards rushing;

Petrin, the speedster, added 53 yards and Westerman 25.

Piittmann praised Olla for another big game. "Nick played another solid game," going 3x6 passing for 53 yards. He came up with a key first down pass to John Holt in the first drive and was on target with his pass to Wollner. "Even with the wind, he threw the ball well," the coach said.

Jefferson had rolled up 499 yards against Portage in round one of the playoffs, but the Eagles got nowhere close to that number Saturday, rushing for 246 yards and not having a single passing yard.

"That offense, when it is run well, is frustrating," Piittmann said, pleased his team took away Jefferson's outside game and was able to come up with some big stops.

The defensive standouts, in addition to Bunkelman and Komp, were the senior and sophomore linebacker duo of Nick Ebert and Cody Seibel.

Seibel led the team in tackles with four solos and 10 assists, while Ebert contributed three solos and seven assists.

"He played a real nice game," the coach said about Ebert, who stopped fullback John Simon for no gain on a key third down early in the second half.

"Seibel had another heckofa game ... call him 'rookie,'" Piittmann said, adding, "That's a nice thing, three of the four linebackers will be back next year," including Seibel, Joey Paulus and Eric Turowski.

Cornerback Ben Butler also came up with a nice play, intercepting a McDermott pass right at the end of the first half.

With the win, the Indians advance to Level 3 against Madison Edgewood, which was a 28-7 winner over McFarland. Since the Indians have a better record, the game will be at Kewaskum.

"With the musical (Saturday night), I'm going to go for Saturday afternoon," Piittmann said, indicating he watched a film involving Edgewood last year, but the coaching staff was assessing the talent and attack of the other team, Greendale.

"They're a good program as well," Piittmann said, declining to predict whether this team is beginning to look like it could be Madison-bound. "We always just start talking about one game at a time," Piittmann said, admitting it may be a cliché, but, "It works."

**KEWASKUM 7-14-14-7 — 42**  
**JEFFERSON 7-0-0-3 — 13**

Scoring Plays: KW - Ben Boettcher 2 yard run. (Brian Backhaus kick); JEF - Patrick Rolain 3 yard run. (Michael Huckabay kick); KW - Jordan Petrin 2 yard run. (Backhaus kick); KW - Ray Wollner 30 yard pass from Nick Olla. (Backhaus kick); KW - Petrin 6 yard run. (Backhaus kick); KW - Nathan Westerman 1 yard run. (Backhaus kick) KW - Boettcher 10 yard run. (Backhaus kick); JEF - Rolain 3 yard run. (Conversion failed)

Total Yardage — Kewaskum 357, Jefferson 246.

Leading rushers — Boettcher, KW, 19 carries, 109 yards; Simon, Jef, 13 carries, 92 yards.

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# Can't keep a good man like Kempf down



Savvy Senior Lee Kempf takes a break from tending bar for a photo.

Statesman photo: Andrew Kuehl

By Andrew Kuehl  
Reporter, Statesman Publications

**KEWASKUM-** Lee Kempf, 75, says, you "got to be active, you can't just sit around." The former business owner may have retired in 1996, however, that hasn't slowed him down.

Kempf was born in New Fane, but says he grew up in Beechwood. He remained there after graduating from Kewaskum High School, marrying his wife Shirley in 1956 and starting a family there. In 1986 the Kempfs moved to Kewaskum.

Kempf smiles his trademark grin as he recounts the couple share six children. "All girls," he says. With an even bigger smile as he also reports having 18 grand kids.

Before entering marriage and fatherhood Kempf gave service to his country during the Korean War from 1952-1954. He was stationed in Germany, serving as a field observer with

the Army's first division, seventh field artillery battalion.

Once back home Kempf took a job with Johann Plumbing and Heating in St. Michaels. He worked 23 years for the Johanns before starting LK Heating and Air Conditioning in Kewaskum in 1980.

In 1990 he sold the business to his son-in-law, Dave Donath, and worked there until he retired. However, Kempf says he still helps out from time to time.

Kempf continued his community service once back from military service as a member of the Beechwood Fire Department. He recalled serving 27 years with the department, with the last 12 as Assistant Chief.

His passion has always been softball. "I guess what started it was in Beechwood. I organized Kettle Moraine Girls Softball League in 1970. I coached for 15 years," Kempf explained.

Although not extremely active in the league, he proudly recalls playing organized baseball until he was 56, even playing a year or two at the famous Thiemerdome along Highway 45 just north of Kewaskum.

Some of Kempf's proudest achievements include the co-founding of Kewaskum's Kettle Kountry Kolors Festival in 1989. For over 10 years he was involved in some way either co-chairing the event or helping with the Kewaskum Chamber of Commerce's steak sandwich stand as master of the grill. Those grilling techniques could also be tasted at the annual Golf Outing held by the Chamber.

According to co-chair Lana Kuehl, "Kettle Kountry Kolors never would have gotten off the ground without Lee's determination and hard work. Can't was not a word in his vocabulary; whatever needed to get done, he did!"

Kempf was also instrumental in organizing Kewaskum's first Christmas Parade. He has stayed very active in assisting with line-up of floats, or using his skills at the grill. However, since the Chamber has stopped selling steak sandwiches at the parade, he is quite content to watch the parade with his family.

The American Legion Robert G. Romaine Post in Kewaskum has been a second home to Kempf. He was Commander of the Post from 1989-1990. He also started a volleyball recreation league and continues to help the post by tending the bar at various functions held at the Post.

Kempf proudly asserts that of late, keeping up with the extra curricular activities of those 18 grandkids are commanding much of his time. "We always have grandsons playing sports, and we can't miss those games,"

he says.

Soon Kempf says he and his deer hunting group will take to the woods in search of the illustrious whitetail deer. After a successful hunt, he will retreat to his woodworking for the winter.

All of these activities, keep him almost busier now than before he was retired. Kempf

most surely enjoys vacationing with Shirley at their timeshare condo. The two have a trip to Arizona planned during the upcoming winter season, and then he will probably be back in full swing in the community. Lee figures age is only a state of mind. Think young and just keep again!



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# West Bend Clinic offering dementia compassion and care for families through Memory Assessment Center

By Andrew Kuehl  
Reporter, Statesman Publications

**WEST BEND-** Forgetting where you left your car keys or where your reading glasses are can be frustrating. Forgetting you left something cooking on the stove or what medication you took can be life threatening. For even the smallest hint of dementia West Bend Clinic's Memory Assessment Center can provide care and guidance to families at any stage of dementia.

Dr. Larry Sullivan is a board certified neurologist who oversees the Memory Assessment Center. He is affiliated with the Dementia Clinic Network based out of Madison's University of Wisconsin School of Medicine and the Wisconsin Alzheimer's Institute (WAI). The standards of care and practices of the over 30-clinic network are used by the Memory Assessment Center.

According to the network's website, The Dementia Clinic Network was organized to improve access to and quality of dementia diagnostic services, the WAI and local partners have developed a network of interdisciplinary clinics. Clinics continue to be developed with a strong focus on development in rural areas. The Network clinics provide diagnosis to thousands of new and existing patients and families affected by Alzheimer's Disease annually.

This network of clinics serves as a model of University and community collaboration to promote early diagnosis and treatment of people with Alzheimer's Disease. These interdisciplinary teams receive training at the UW Memory Assessment Clinic in Madison.

For Dr. Sullivan, caring for those suffering with any form of dementia is personal. He explains that his mother and grandmother have both suffered from the disease. "I wanted a local support network for families," he explains. Before visiting the Memory Assessment Center, families along with their loved one need to recognize a problem which can take time. Dr. Sullivan advises that assertiveness is key. "Often

the children need to become the parents and do what is best for the patient," he states.

Dr. Sullivan reports that 99.9 percent of people with a memory problem are referred to the Memory Assessment Center by family or friends. He points out that if a family member is concerned about a loved one's memory, it's much more significant than if the individual person complains about memory.

Families coming to the Memory Assessment Center can expect to receive comprehensive diagnoses when they visit the clinic. While the patient undergoes a number of cognitive tests, the family meets with a social worker, where they discuss the patient's history and concerns presented by the patient's family.

After all tests have concluded, the team, patient and family meets together to discuss the case with Dr. Sullivan. Dr. Sullivan gives the patient a diagnosis and care plan. The family ends their visit by meeting with a representative of The Alzheimer's Association of Southeastern Wisconsin and given a resource booklet with services available in Washington County.

The first method of treatment puts the patient in a safe environment and making sure all medications are received. Family involvement is crucial according to Dr. Sullivan. He also encourages his patients to use their mind and get plenty of physical exercise. "Stay engaged in everyday life,

people tend to withdraw from that because of side effects of the disease," he explains.

Medications are available that can slow the progression of the disease. The most popular three on the market have mild differences. Those three, Aericcept, Razadyne and Exelon are usually taken once a day. As the disease progresses, Dr. Sullivan says he introduces a drug called Namenda.

Follow up check-ups are made throughout the year. These appointments allow Dr. Sullivan and his medical team to follow a patient's progression. It also includes an evaluation for any behavioral issues that may arise due to the high rate of depression in Alzheimer's Disease patients.

Dr. Sullivan explains that depression is treated separately. On average, 30 percent of those suffering from Alzheimer's Disease will also be diagnosed with clinical depression.

The Memory Assessment Center has been in operation the last five years at the West Bend Clinic. Dr. Sullivan has been practicing at the clinic the last 10 years. "It has been a unique service, and not available at most places. It is an important service for those who want to take advantage. It's a bargain, we just charge evaluation costs, Alzheimer's Institute and social services are all donated," Dr. Sullivan concluded.

For more information, contact The Memory Assessment Center at (262) 334-3451 or 1-800-825-0513.

## Alzheimer's Disease Facts

In the U.S. approximately 5-10% of the population aged 65 and older has Alzheimer's Disease. In Wisconsin, this number is expected to increase by 58% from 103,000 to 163,000 persons over the next 25 years.

19 million Americans say someone in their family has the disease.

50% of persons with AD are undiagnosed and therefore, untreated.

Families delay seeking help for almost three years after the onset of cognitive symptoms.

50% of nursing home residents have AD or a related disorder.

Family and friends provide almost 75% of home care. Costs for at-home care average \$12,500 each year with families paying almost the entire cost out-of-pocket.



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# Star Imaging can help make your photos shine

By Nicole Kuehl  
Statesman Staff

If you're like most people, you have boxes or albums full of photos that you'd like to do something a little extra special with. Maybe you'd like to share them with your children or preserve them for your grandchildren.

The father-son duo of Robert Hopp Sr. and Robert Hopp Jr., owners and operators of Star Imaging and Productions of Fond du Lac, can help you with the daunting task. They offer a wide variety of services and products to preserve your treasured photos for events like weddings, anniversaries, milestone birthdays, retirements and memorials.

Bob Sr., former owner of Star Home Health in Fond du Lac, stated his son approached him with the idea for the business. Bob Jr. owned a water softener business but wasn't interested in the business. His passion was for computers.

The pair flew to San Diego approximately two years ago to look at purchasing a franchise of another company. Bob Jr. told his father not to purchase the franchise because he had quite a bit of the needed equipment already.

Last October a star was born and the duo opened Star Imaging and Production.

One of the services they offer is photo vignettes, commonly referred to as slideshows. Bob Sr. stated that after collecting your photos, or even slides, they are scanned at a very high quality and are then color corrected, cropped and have most imperfections removed. The photos then are processed to have motion applied to them and are set to music.

The slideshow is divided into "chapters" and can feature a screen with text between. Bob Sr. stated that the length of a

chapter generally matches the length of a song, or is about 25-30 photos. He also recommends that when showing a slideshow at an event such as a wedding or funeral, the slideshow be kept to about 15 minutes.

Bob Jr., who is also a disc jockey, can help pick music for the vignette or you may pick out your own favorite or meaningful songs.

Adding a special touch, when doing a vignette for a wedding, Bob Jr. adds video from the ceremony to the already completed slideshow to show at the reception. Bob Sr. stated that it almost always brings tears to the bride's eyes.

Turnaround for the slideshow can be in as little as a couple of days depending on how much work needs to be done to the photos. Bob Sr. stated that recently they had a family that wanted a vignette for a funeral. The family brought in the photos Sunday and received the completed DVD the next day. "We try to accommodate everybody," he explained. For events that are planned in advance, extra time is appreciated.

The completed vignette can be burned to additional DVDs to share with your family and friends. In addition, they can also format the file so you may email it or they can make a web page for you.

Another special touch they provide is a book with thumbnails (smaller sized versions) of all of the photos. The thumbnails are all numbered to correspond to where they are

on the DVD. Bob Sr. stated that with this it's very easy to find the photos you're looking for to perhaps have a print made.

In regards to pricing, Bob Sr. stated that they are less than other online providers of this same service. Exact pricing is determined in part by the time and effort that goes into the project.

Picture posters are offered and make a nifty gift idea. They can contain over 50 photos, depending on the size of the photos and are designed like a huge collage.

Turnaround on the posters can be very speedy, again, depending on the quality of the original photos and the sizing of the photos.

Another service they currently offer is transferring your old home videos from either VHS or 8mm tapes to DVDs.

In the future they hope to add film movie to DVD service.

Bob Sr. finished, "What we're after is we want people to see this and not want to give it up for anything."

## Star Imaging and Productions

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*You are as young as your faith,  
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A frail old man went to live with his son, daughter-in-law, and four-year old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table.

But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. "We must do something about father," said the son. "I've had enough of his spilled milk, noisy eating and food on the floor."

So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl!

When the family glanced in the Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched in silence. One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boys responded, "Oh I am making a little bowl for you and mama to eat your food in when I grow up." The four-year-old smiled and went back to work.

The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled or the tablecloth soiled.

\*\*\*\*

*On a positive note, I've learned that, no matter what happens, how bad it seems today, life does go on and will be better tomorrow.*

*I've learned that you can tell a lot about a person by the way he/she handles four things: a rainy day, the elderly, lost luggage, and tangled Christmas tree lights.*

*I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.*

*I've learned that life sometimes gives you a second chance.*

*I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.*

*I've learned that if you pursue happiness, it will elude you. But if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you.*

*I've learned that whenever I decide something with an open heart, I try to make the right decision.*

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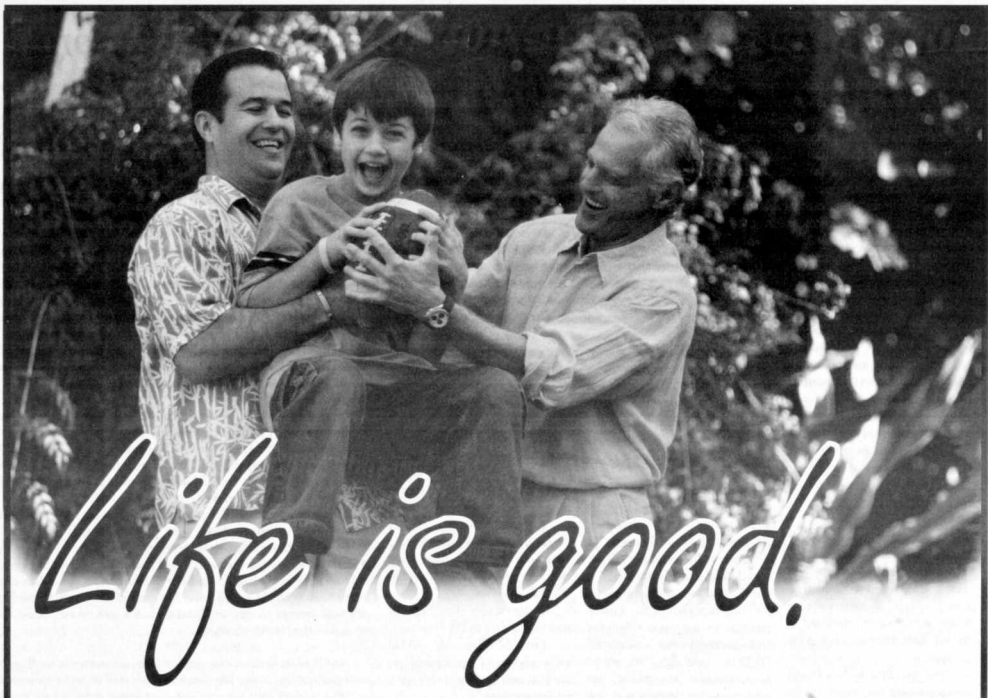


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## Boomer empty nesters adding online social networking to recovery options

(ARA) - Your last child is off to their first year in college, and their old car is packed full of clothes, sports gear, pictures and enough books to make their dorm room livable. You and your spouse keep waving until the car turns the corner out of sight, and then look at each other as a child-free couple for the first time in perhaps 20 years or more.

After savoring the sense of accomplishment -- seeing the children safely through accident-prone childhood, emotionally chaotic adolescence and angst-filled young adulthood -- a shadow might begin to darken your emotions. In degrees that can range from mild nostalgia through debilitating depression, the departure of the children from a family can leave one or both parents coping with the unfamiliar intimacy of a child-free marriage, the loneliness of the loss of children from everyday life and loss of direction as their family roles are upended.

Welcome to empty nest syndrome, an emotional condition that every year affects baby boomers as they send the last of their children off to college or out of the home to start their careers. While some couples celebrate the moment they can once again turn their emotional attention to each other, those who experience some degree of empty nest syndrome are increasingly turning to the Internet for information, advice and commiseration.

For example, at Eons.com, a social networking Web site created for people age 50 and over, blogs and discussion

groups about coping with empty nest syndrome abound. Judy Beatty, a 60-year-old consultant in Georgia, created her own blog at Eons.com to discuss her experiences as the last of her three children recently left home.

"For me, Eons was important because the blog I created there gave me an avenue to discuss this, and I was able to connect there with others who shared my feelings," Beatty says. "One woman replied that when she read my blog, it was like she was reading her own thoughts."

Beatty's advice to empty nest sufferers is to "step back, get outside of yourself and turn your attention to other things." While their children were growing up, there was PTA, scouts, karate practice and chorus to keep the family busy and to provide topics for conversation. Now that Judy and her husband of 37 years, Jerry, are empty nesters, they're turning more of their time to passions like restoring antique cars and beautifying their yard. They're also re-engaging with volunteer groups like their local library and a favorite nonprofit group, Habitat For Humanity.

Some additional advice for coping with empty nest syndrome includes:

\* Prepare in advance: Even before the kids wave their last good-bye, parents should admit to themselves that they're likely to feel an emotional backlash and give themselves time to adjust.

\* Don't shorten the leash: Parents should let the adjustment process take its course and resist the temptation to call their kids too often.

\* Take it slow and easy: Parents should resist the temptation to add too many activities and commitments to their lives too soon. Let the

adjustment process happen slowly.

\* Rekindle the romance: For married empty nesters, there was once a time in their lives when life wasn't always about the kids. Recall those times when it was all about each other, and return to the romance and special moments.

\* Cut the clutter: Now that the kids are gone, you can probably find a different use for some of the bedrooms. Take the opportunity to outfit a hobby room, a welcoming library or a music room.

Judy Beatty added one more strategy to her empty nest recovery: online social networking at Eons.com. And she said it was important to share her feelings in a way that connected with others in the same situation. Looking back, Beatty says, "We took pride in the fact that we got them all out of the nest, and we even felt relief that that stage of our life was over."

Courtesy of ARAContent

**What some call health, if purchased by perpetual anxiety about diet, isn't much better than tedious disease.**

-George Dennison Prentice

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## Cedar Community welcomes chaplain

WEST BEND - Cedar Community is pleased to announce the addition of a chaplain to their home health and hospice division. Kathryn Kuhn will provide chaplain services to adults living on its campuses and throughout Washington County who are receiving home health and hospice services.

Kuhn received her undergraduate degree from Miami University in Ohio with her seminary work at Eden Theological Seminary in St. Louis. She has over 10 years of experience as a pastor and has provided services for several organizations over the years including HIV ministry, Our Saviors United Church of Christ in Germantown, Friends of Abused Families in West Bend and Bethlehem United Church of Christ in Kiel. Kuhn said she wanted to get back to her roots of ministry and help people one-on-one. She was attracted to Cedar Community's mission of serving the Lord by creating relationships, services and environments that enhance the well-being of seniors and their families. "It is an honor and a privilege to work with people who are facing end-of-life issues and to be a part of their lives during this time. I hope to help them reach into their spiritual self and guide them through the challenges they may be facing," said Kuhn.

Kuhn visits with hospice

patients once in a week in their homes providing spiritual guidance and conversation. "It's important for people to know they are not alone during this time and that there are people who care about them," said Kuhn. She also hopes to meet with her colleagues in the faith community to let them know her services are available to members of their congregation.

As part of her work at Cedar Community, Kuhn plans to hold a hospice memorial service twice a year. The first hospice memorial service will be held on Dec. 8 at 2 p.m. at Cedar Valley Retreat Center, 5349 County Road D, West Bend. If you would like more information on Cedar Community's Home Health and Hospice chaplain services, please contact Kathryn Kuhn at 262.334.1680, ext. 4290.

Cedar Community is a not-for-profit, church-affiliated leader in providing superior health care, education, rehabilitation and senior housing to over 1,000 residents. Its facilities are located on five campuses in Washington and Sheboygan counties. Cedar Community is proud to provide a continuum of care including independent and assisted living, skilled nursing care, rehabilitation, hospice, memory loss services, subacute and home care. For more information visit their website at: [www.cedarcommunity.org](http://www.cedarcommunity.org).

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# Humor is Ageless

An elderly couple was celebrating their 60th anniversary. The couple had married as childhood sweethearts and had moved back to their old neighborhood after they retired.

Holding hands they walked back to their old school. It was not locked, so they entered and found the old desk they shared, where Andy had carved, "I love you Sally."

On their way back home, a bag of money fell out of an armored car, practically landing at their feet. Sally quickly picked it up, but not sure what to do with it, they took it home. There, she counted the money - \$50,000.

Andy said, "We've got to give it back."

Sally said, "Finders keepers." She put the money back in the bag and hid it in their attic.

The next day, two FBI men were canvassing the neighborhood looking for the money, and knocked on the door.

"Pardon me, but did either of you find a bag that fell out of an armored car yesterday?"

Sally said, "No."

Andy said, "She's lying. She hid it up in the attic."

Sally said, "Don't believe him, he's getting senile."

The agents turned to Andy and began to question him.

One says, "Tell us the story from the beginning."

Andy said, "Well, when Sally and I were walking home from school yesterdays..."

The first FBI guy turns to his partner and says, "We're outta here."

George Phillips of Meridian, Mississippi was going to bed when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window.

George opened the back door to go turn off the light but saw there were people in the shed stealing things.

He phoned the police, who asked, "Is someone in your

house?" and he said "No." Then they said that all patrols were busy, and that he should simply lock his door and an officer would be along when available. George said, "Okay," hung up, counted to 30, and phoned the police again.

"Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well you don't have to worry about them now because I've just shot them." Then he hung up.

Within five minutes three police cars, an Armed Response Unit, and an ambulance showed up at the Phillips' residence and caught the burglars red-handed.

One of the policemen said to George, "I thought you said that you'd shot them!"

George said, "I thought you said there was nobody available!"

An old lady was standing at the rail of the cruise ship holding her hat so that the wind wouldn't blow it away. A gentleman approached her and said, "Pardon me, madam, I do not intend to be forward but did you know that your dress is blowing up in this wind?"

"Yes I know," said the lady. "But I need my hands to hold on to my hat."

"But madam," he said, "you must know that you're derriere is exposed!"

The woman looked down, then back up at the man and said, "Sir, anything you see down there is 85 years old, but I just bought this hat!"

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because

this prescription is marked 'No Refills'."

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation.

As he was about to get the anesthesia he asked to speak to his son.

"Yes dad, what is it?"

"Don't be nervous son, do your best and just remember if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife."

## Grandkids say the darnedest things

When my granddaughter asked me how old I was, I teasingly replied, "I'm not sure."

"Look in your underwear Grandma," she advised. "Mine says I'm four to six."

My grandson called the other day to wish me a Happy Birthday. He asked me how old I was, and I told him, 62. He was quiet for a moment and then asked, "Did you start at one?"

My granddaughter was diligently pounding away on my old computer keyboard. She told me she was writing a story. "What's it about?" I asked.

"I don't know," she replied. "I can't read."

Jack, 3, was watching his mom breastfeeding his new baby sister. After while he asked, "Mom why have you got two? Is one for hot and one for cold milk?"

Steven, 3, hugged and kissed his mom goodnight. "I love you so much that when you die I'm going

to bury you outside my bedroom window."

Brittany, 4, had an earache and she wanted a pain killer. She tried in vain to take the lid off the bottle. Seeing her frustration, her mom explained it was a child-proof cap and she'd have to open it for her. Eyes wide with wonder, the little girl asked, "How does it know it's me?"

Susan, 4, was drinking juice when she got the hiccups. "Please don't give me this juice again," she said. "It makes my teeth cough."

DJ, 4, stepped onto the bathroom scale and asked, "How much do I cost?"

Marc, 4, was engrossed in a young couple that were hugging and kissing in a restaurant. Without taking his eyes off them, he asked his dad, "Why is he whispering in her mouth?"

Clinton, 5, was in his bedroom looking worried. When his mom asked what was troubling him, he replied, "I don't know what'll happen with this bed when I get married. How will my wife fit in?"

James, 4, was listening to a Bible story. His dad read, "The man named Lot was warned to take his wife and flee out of the city but his wife looked back and was turned to salt." Concerned, James asked "What happened to the flea?"

Tammy, 4, was with her mother when they met an elderly, rather wrinkled woman her mom knew. Tammy looked at her for a while and then asked, "Why doesn't your skin fit your face?"

A Sunday school teacher asked the children as they were on the way to the church service, "And why is it necessary to be quiet in church?"

One bright little girl replied, "Because people are sleeping."

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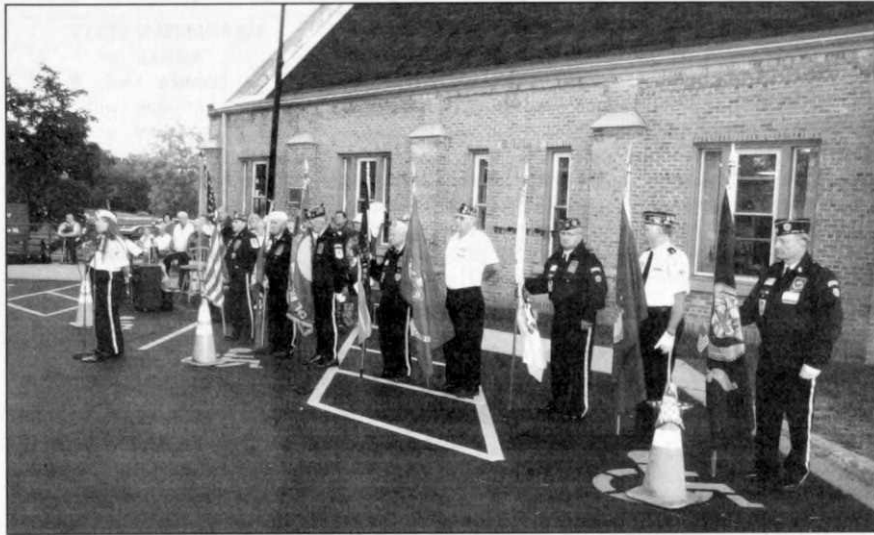
## All About Life

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# Washington County Senior Center over the hill



Local representatives who served the military from recent wars were honored during a birthday celebration for the Washington County Senior Center. The Senior Center celebrated their 40th birthday with a weekend celebration, Friday and Saturday, September 28-29.



Members of the Kettle Moraine Classic Kar Club showed off their wheels during the birthday celebration.  
Statesman photos: Andrew Kuehl / Roger Strack

## Volunteer Drivers Needed

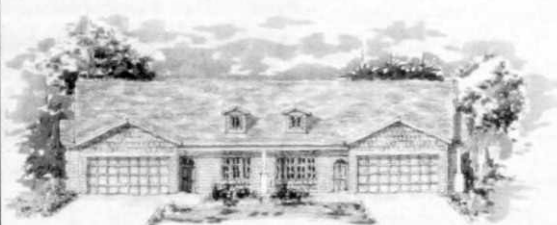
WEST BEND, - The Washington County Senior Dining program needs volunteer drivers on Mondays and Fridays in the West Bend area to give approximately 1 hour to deliver noon meals to homebound persons. Without volunteer drivers these people in need cannot receive the meals.

Anyone willing to deliver meals and have your mileage reimbursed should call the Aging and Disability Resource Center of Washington County at 262-335-4497 for more information.

*There was no respect for youth when I was young, and now that I am old, there is no respect for age. I missed it coming and going.*

- J.B. Priestley

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# Household rules from 1938

**EDITORS NOTE:** Rather than the normal *Granny's Secrets* column, we thought this might be interesting. The following are excerpts from the 1938 edition of "The Settlement Cookbook" which prides itself on being "the way to a man's heart."

## KITCHEN RULES

**Proper dress for the kitchen:** Jewelry should not be worn in the kitchen. Wear a cotton wash dress or a cover-all apron with a pocket for a handkerchief.

Have a small hand towel that buttons on the band of dress or apron.

Have two pot holders, fastened together with tape and attach to dress or apron. Wear washable cap that covers the hair.

**Washing hands:** Always wash hands before beginning work and have finger nails clean. If fingers become sticky or covered with dough, wash and dry before finishing work. Never lay handkerchief on table, or keep it in the hand. If necessary to use it while cooking, wash hands before taking up work. Never lick your fingers or dry them on the dish towel. Have hand towel for drying hands.

Do not taste from the mixing spoon; pour from the mixing spoon into a teaspoon and taste from this. Do not taste from a spoon or drink from a glass or cup that has been used by another person, without first washing it. Do not blow on food to cool it.

## REMOVING STAINS

When possible remove all stains while they are fresh.

If a stain has been overlooked and washed in, it is difficult to remove and should be bleached on the grass.

**Blood stains:** Wash in the cold water until the stain turns brown, then rub with naphtha soap and soak in warm water.

A paste of cold raw starch applied several times will remove stain from thick goods.

**Brass Stains:** Rub either lard or olive oil on the stain, then wash with warm water and soap.

**Fruit and Coffee Stains:** Stretch the stained part over a bowl, and pour boiling water through it from a height until the stain disappears. If stain remains, hang material in sun to dry.

**Tea and Chocolate Stains:** Soak them in cold water and borax and then apply the boiling water as for coffee stains.

**Milk Stains:** Wash them out while fresh with cold water.

**Glue Stains:** Apply vinegar with a cloth.

**Grease Stains:** Place a blotter or unglazed brown paper under and over the stain and iron with a warm iron.

**Grass Stains:** Apply ammonia and water at once,

or wash with naphtha soap and water. If colors are delicate, sponge with denatured alcohol.

**Ink Stains:** Soak in sweet or sour milk, or wet stains in oxalic acid and rinse.

**Mildew Stains:** If the stain is not too old it may be removed by applying soft soap and powdered chalk, keeping it moist and laying it in the sun.

**Rust:** Soap spot with lemon juice, then cover with salt. Let stand in the sun for several hours, or, until stain disappears. Rinse thoroughly. Should be used on white material only.

**Old Tea and Coffee Stains:** Wet spot with cold water; cover with glycerine, let stand 2 or 3 hours. Then wash with cold water and hard soap. Repeat if necessary.

**Cleaning Old Carpets:** Sweep, wipe with a cloth wrung out of water to which a few spoonfuls of ammonia have been added.

**To Remove White Spots from Furniture:** Dip a cloth in hot water nearly to the boiling point. Place over spot, remove quickly, and rub over spot with dry cloth. Repeat if spot is not removed.

## TO START A WOOD AND COAL FIRE

Remove ashes in fire box, brushing off the top of the oven under the covers; put in crumpled paper, bits of wood, and then larger wood. If a coal stove, sprinkle with a little fine coal or charcoal. Have all drafts open; replace covers. Light the paper and as wood settles down, add coal little by little until the fire-box is filled. When the blue flame of coal disappears, close the dampers, and open the dampers again when more coal is added. When the coal is red it is nearly burned out. To keep a fire for several hours, shake out the ashes, fill with coal, close the dampers and partially open the slide above the fire. For continued use it is better to add a little fuel at a time, but not in the midst of baking. For soft

coal, keep the chimney damper partially open to allow the soot and smoke to escape. Remove ashes every day.

## DIRECTIONS FOR USE OF THE MODERN GAS RANGE

**Correct Use of Top Burners:** Place cooking utensil over burner before lighting it.

Automatic top burners light at the turn of the gas valve. Turn gas valve on full, then adjust it to give the desired flame.

To light non-automatic burners, turn gas valve on full and immediately press pilot light or apply a lighted match.

**Correct Use of Oven:** Automatic oven-burners light at the turn of the gas valve.

To light non-automatic oven-burners, turn over-burner valve on full and immediately apply lighted match.

Set oven-regulator at temperature indicated in recipe.

Leave the oven door slightly open until moisture evaporates, which usually requires about three minutes.

While oven remains lighted always leave burner valve on full. The correct oven temperature is maintained by the regulator which automatically adjusts the oven-burner flame.

If preheating is indicated in the recipe, allow 20 minutes for oven to reach desired temperature. Many foods are satisfactorily baked from a cold start.

## FEEDING FROM BIRTH TO FIVE MONTHS

Breast milk is the best food for the young infant. When for various reasons, the breast milk feeding is regarded by a physician as inadequate, cow's milk modifications are used. From birth to five months the baby is fed every three or four hours.

Orange juice or tomato juice is started at three months, giving 1 to 2 ounces daily.

Every infant should receive cod liver oil from the second month on. It is omitted only

during the summer time. Beginning with a few drops at a time, the dose is increased until the baby receives 1/2 to 1 teaspoonful of cod liver oil twice daily. For particular need, the physician may vary the dose.

## FEEDING RULES FOR THE PRE-SCHOOL CHILD

1. Have regular times for meals.
2. Serve food attractively.
3. Let child feed himself.
4. Above all, be cheerful at meal times.
5. Do not serve too large portions, particularly when beginning a new food.
6. Do not let your child see that you are at all doubtful about whether he will eat his food.
7. Do not discuss either your likes or dislikes or the child's likes or dislikes in the child's presence.
8. Do not worry or scold if your child refuses to eat a meal - he will be willing to eat the next time.
9. Do not talk about food at

meal times.

## TO FRESHEN STALE BREAD

**To Freshen Stale Bread or Rolls:** Moisten with cold water, place in hot oven until thoroughly heated, or place in a paper bag in the oven or on top of hot radiator for a few minutes.

**To Steam Stale Bread:** Take a section of a loaf or single slices, coffee cake, or rolls, place in a double boiler or regular steamer over rapidly boiling water and cover closed or put in a colander lined with waxed paper, above boiling water for a few minutes.

## EGGS

A stale egg rises in water; fresh eggs are heavy, and sink to the bottom. Eggs should be well covered and kept in a cool place. Wash eggs just before using. Eggs should never be boiled, as that renders them tough. They should be cooked to just under the boiling point.

## Thinking of Downsizing or Selling Your Home?

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# I Remember...

By Lana Harbeck Kuehl  
 Publisher, Statesman Publications

Isn't it strange how most of the memories we retain always seem to be of the pleasant variety? There must be a tiny on/off switch in our brains that automatically clicks to the off position when sometimes painful memories occur. At least that's how it seems to me.

Maybe it is just that as we age, the memories that caused us pain way back when just don't seem to be all that important anymore, so why bother remembering them? Or it could be the same adage applies when a nurse explains how a patient's brain will not remember life-threatening illness or injury, being in intensive care, or how quickly a new mother forgets the pain of childbirth.

As I have crossed over the proverbial "hill," and am slowly (I hope) walking down the other side, I see a tendency in myself that only seems to remember all the wonderfully amazing things of childhood. Maybe that's the way things really were. It was just a much simpler time and it definitely wasn't about whether we had money or not, a houseful of new toys to distract and occupy, designer jeans or \$75 tennis

shoes. I truly feel sorry that our children and grandchildren do not have a chance to enjoy that simplicity. But that is a subject for another day.

Today, I remember... the huge mulberry tree in our backyard, climbing it and eating what seemed like endless amounts of the sweet berries and how delicious they seemed at the time. Were they? Sure seemed like it or it stands to reason, we wouldn't have continuously ate them. But... if they were so tasty, why do you not see any mulberry trees anywhere anymore? Or was this all just a figment of my childhood memories?

My father had a big garden, as so many others did in that era, and he loved to putter in it growing sweet corn, radishes, kohlrabi and assorted other veggies. I don't recall how he always knew when I ran through his garden, but he did! I remember his sweet corn was the sweetest, best ever, and I remember the pure look of pleasure on his face whenever he ate it, chewing slowly so as to savor every sweet, buttery morsel.

I vividly remember the first house I grew up in. It had a humongous kitchen and a big old sink where my sister and I did seemingly endless stacks of dishes (yes... BY HAND!) as we perpetually teased each other who would be the first to get yelled at when my dad tired of our squabbling.

The kitchen had an adjoining lengthy pantry (I'd give up my whole house to have one of them now) with a door in front that went down into the large, dank basement, and even though I was very young, I remember my father explaining why he had to shovel coal into the furnace and where the coal bin was located down there.

At the far end of the pantry was the door that led upstairs to the attic where my mom had to lug heavy wash baskets up the steep, wooden steps so she could hang the clean laundry on washlines strung up there for cold, winter days or rainy, summer days. Otherwise all our laundry would be hung outside to dry on the rope clotheslines. Dryers

weren't really an option during this era. I had never heard of a clothes dryer when I was little. Maybe that's why I appreciate mine so much now.

The attic was also my personal "getaway" haven, on those too cold or too rainy days. Other days we played outside from morning to night because "outside" always harbored wonderful adventures. Nevertheless, I recall spending vast amounts of time up in the attic playing with amazing, castaway, hand-me-down toys. One in particular I remember as being one of my favorites and sure would love to have it in my possession now. It was a four-foot long miniature wooden bowling alley with small metal "pins" and a tiny, shiny metal ball. It was a diversion I played with for hours. Unfortunately it did not help my bowling game as an adult.

On the west end of the kitchen there was a long summer kitchen that was used for storage and more playtime during the times that outdoors was not an option. It was also my escape hatch to the backyard. On the west side of the pantry, there was a huge bathroom with the usual bathroom necessities and a great big claw foot bathtub where I sat getting rid of "outside." I quickly found out that mulberry juice stains. Maybe that's why you don't see the trees anymore.

I remember hiding in the big wicker hamper in the bathroom when it was time for dad to come home for supper. I hid in there almost every night, and I would be amazed how he always knew where I would be hiding as he quickly found me.

Our living room or parlor as some people called it, was very comfy and homey with a big old puffy couch stretching across a corner of the room. Behind this couch was also another hiding place when I was a little older which I figured totally confused my father. There was a large bay window to the south, which was a perfect fit for our glorious Christmas tree, made so memorable by my mom's special touch.

Another corner held a gray

fabric rocking chair and lamp stand and in the opposite corner was another chair and a nifty wood magazine rack/end table which held a few knick-knacks we children hadn't broken. Never let young children do the dusting no matter how bad you want to teach them responsibility. To this day my mother still has that end table and I admire it as much today as I did when I was a child.

There were sliding wooden doors off the living room which led to my parent's bedroom. Along with the bed, there were two antique dressers in the room that still are present in my mom's bedroom today and store a portion of her clothing. It seems hard to believe in those days a dresser never seemed to be overflowing, but now we need huge walk-in closets to store all our "stuff."

My tiny little bedroom with a single bed and small dresser was located just off my parent's bedroom which assured me someone would always be close at hand in the event of thunderstorms or the occasional nightmare. There was a goofy, small, walk-thru closet with one wood door and one fabric "door" from my room to my sister's room.

I spent alot of time in this closet spying on my sister and eavesdropping on the conversations between her and her friends. No phones in the bed-

rooms in those days, just girlfriends chatting. I stored all the information I learned in that closet to use to blackmail and of course, to snitch on my sister. It did get me out of drying dishes for a few nights. However, to this day my sister still calls me the little tattletale. I figure as the youngest member of the family, that was my job and no one can say I didn't do it well.

I don't understand why, but mostly I remember an inexplicable warmth generated by this house and the family members who lived in it and I have carried that warmth, a most wonderful gift from my mother and dad (and sisters), throughout my entire adult life.

*I have shared some of my memories and we are hoping someone else cares to do the same. In the upcoming winter edition of the Savvy Senior, we would like to print one or two stories about the harsh winters that were so prevalent in years gone by, in the days before huge plows and salt trucks, when whole communities were shut down and snow piles were nearly 20 feet high. Will you share your recollections? Please mail your story to Statesman Publications, P.O. Box 98, Kewaskum, WI 53040 or email nkuehl@kewaskumstatesman.com. Thank you!*

## Way Back When...

My mom used to cut chicken, chop eggs and spread mayo on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning.

My mom used to defrost hamburger on the counter and I used to eat it raw sometimes, too. Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but I can't remember getting ecoli.

Almost all of us would have rather gone swimming in the lake instead of a pristine pool (talk about boring), no beach closures then.

The term cell phone would have conjured up a phone in a jail cell, and a pager was the school PA system.

We all took gym, not PE, and risked permanent injury with a pair of high top Keds, only work in gym, instead of having cross-training athletic shoes with air cushion soles and built in light reflectors. I can't recall any injuries, but they must have happened because they tell us how much safer we are now.

Flunking gym was not an option. Even for stupid kids! I guess PE must be much harder than gym.

Speaking of school, we all said prayers and sang the national anthem, and staying in detention after school caught all sorts of negative attention.

We must have had horribly damaged psyches. What an archaic health system we had then. Remember school nurses? Ours wore a hat and everything.

I thought that I was supposed to accomplish something before I was proud of myself.

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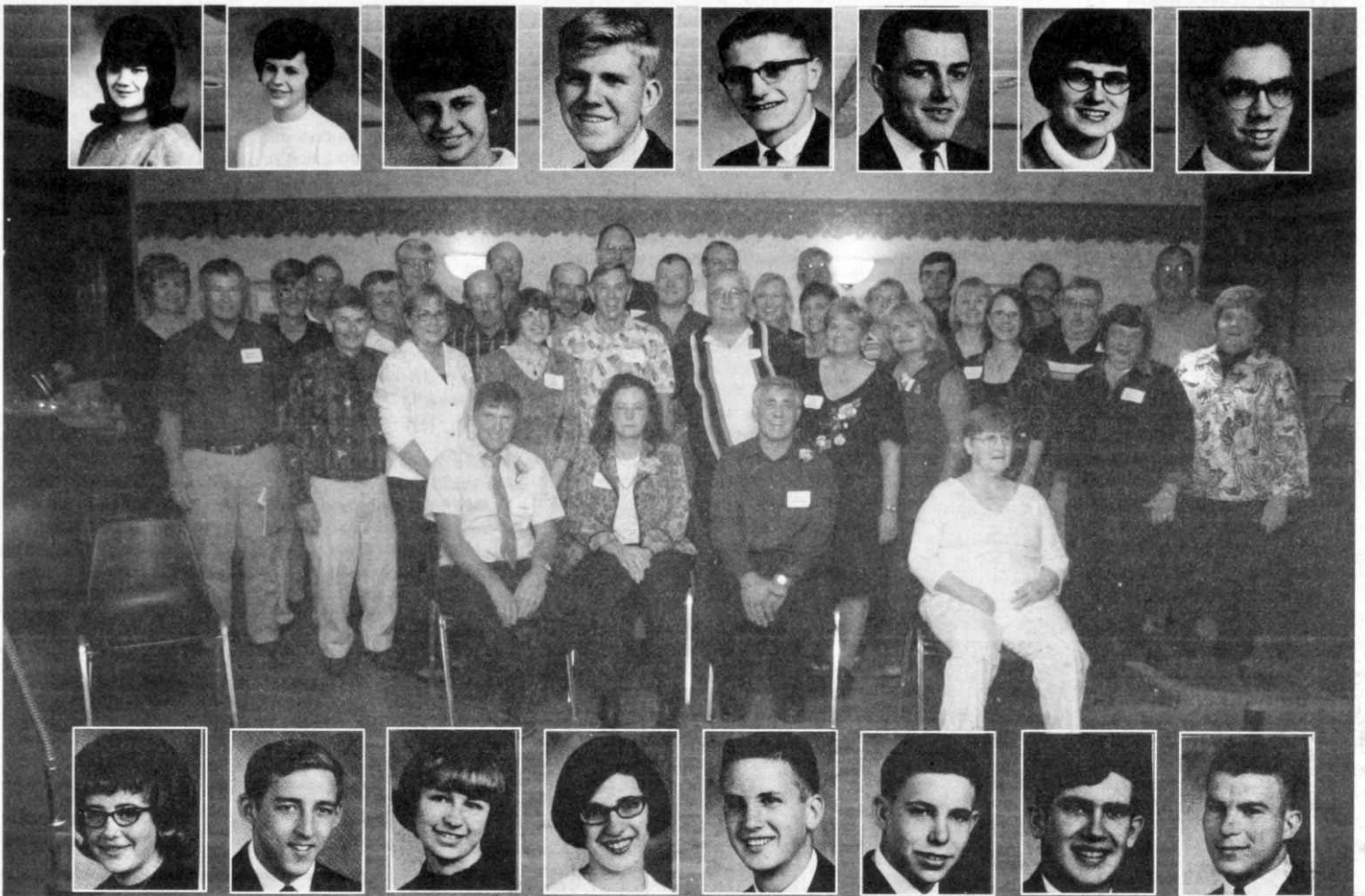
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# KHS Class of 1967 Gathers for Reunion



Members of the Kewaskum High School Class of 1967 gathered together at Hon-E-Kor Country Club on October 6, 2007 for an evening of delicious food, refreshments and an amazing amount of camaraderie. Music, compliments of Tom and Linda Schwinn of the Schwinn farm, was provided by Carol and the Keynotes. Shown above are reunion attendees. Front row, left to right: (seated) Tom Schwinn, committee; Carol McKee, committee; Ron Hausner, committee; and Donna Broecker. Second row: Martin Wilkess, Wayne Kirst, Jean (Klug) Prost, Pat (Nigh) Geidel, Jerry Marx, Dennis Kuehl, Sue (Bales) Rochester, Kathy (Meyer) Schulteis, Lois (Herriges) Dorn, and Diane (Konrath) Klemme. Third row: Mary Jane (Bales) Moths, Ken Heinicke, Mike Bodden, Jim "Jonesy" Korth, Eugene Ebert, Richard Schmidt, Margaret (Mueller) Hofmaier, Delores Mayer, Darlene (Gruber) Sabish, Ruth (Hafeman) Kohler, Dennis Petermann and Lana (Harbeck) Kuehl. Fourth row: Karl Brath, Paul Buczek, Mike Otten, Jim Bonlender, Don Theusch, Gary Klemme, Richard Schultz, Marvin Ebert and Mark Schaefer. Missing: Richard Thiemer.

NOW... here is a challenge for you! Can you match the senior graduates to the "seniors" at the reunion?

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*"I believe in practicing medicine with both passion and compassion. I understand the importance of patient education and building strong relationships with my patients. Medicine is ever-changing and I follow the latest research to provide up to date care".*

Dr. Ryzka received his Medical Degree from Jagiellonian University and completed his internship and residency at John H. Stroger Jr. Hospital of Cook County, Chicago. He completed his fellowship at the University of Texas Health Science Center in San Antonio, TX.



**Rafal J. Ryzka, MD**  
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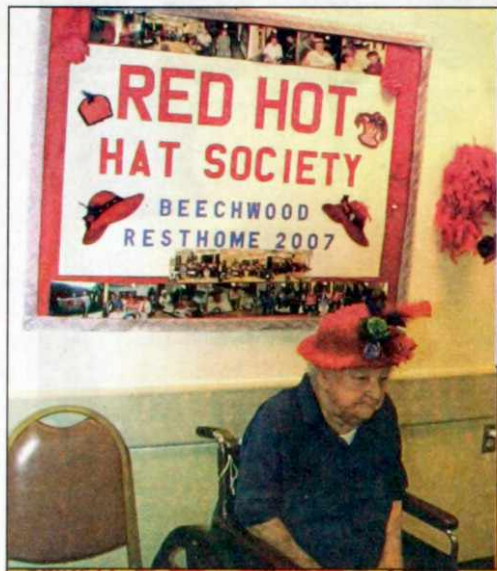
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# Red Hot Hat Society at Beechwood Rest Home



TOP LEFT: Marcella Donath sits in front of the Red Hot Hat Society's sign at The Beechwood Rest Home.

TOP RIGHT: Anne Molenda receives a gift from fellow red hat member Marilyn Zefran.

BOTTOM: Members of Beechwood Rest Home's Red Hot Hat Society gather at their first official meeting.

Statesman photos: Andrew Kuehl

**BEECHWOOD-** The ladies came and painted the town red! Yes, that's after a red hat society came to visit one of their members who resides at Beechwood Rest Home recently. That sparked the formation of the Red Hot Hat Society.

The group was recently made an official chapter by The Lucky Winners Red Hat Society during a special ceremony on Tuesday, September 25. Prior to the official induction, the members spent several weeks getting ready during Wednesday afternoon craft times.

The male residents couldn't let the ladies have all the fun. Not to be outdone, the fellas got out their red baseball caps adding feathers and buttons to their hats. They soon became the Red Bee

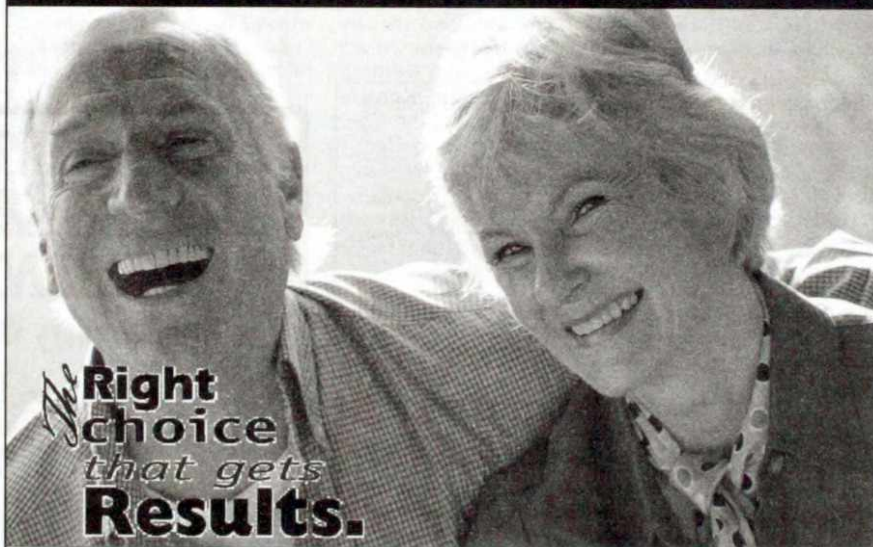
Hots Society.

Beechwood Rest Home's Carolyn Beimborn explained that each month the "Hots" will hold a coffee clutch and meeting.

Beechwood Rest Home is located in the town of Scott on Highway A in the hamlet of Beechwood. The Rest Home has offered quality care to area residents since 1961. For more information please contact them at (262)-626-4258.

Does your Red Hat Society have events, photos or news to share? Contact Andrew at Statesman Publications (262)-370-0831 or email [andrew@kewaskumstatesman.com](mailto:andrew@kewaskumstatesman.com). We LOVE reader submissions.

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# Garden at Friendship House dedicated



LEFT: A view of the newly constructed garden at Friendship House at Cedar Community.

TOP RIGHT: Rachel Haggarty, Friendship House manager; Steve Jaberg, Cedar Community Executive Director /CEO; Susan Kolb, Cedar Community director of pastoral care, and Dale Pauls, Cedar Community board member took part in a dedication ceremony.

WEST BEND- Cedar Community recently hosted a blessing ceremony and open house for the new expanded courtyard completed late this summer at Friendship House, their assisted living residence for men and women with early- to mid-stage Alzheimer's disease and related memory loss. The enclosed area features a large gazebo, benches, raised flowerbeds and gardens, a firepit and paths for residents to explore and enjoy at their leisure. "The courtyard is fully secure, so residents can

come and go as they please," said Joanne Semerad, activity director at Friendship House. Activities since the area was complete have included campfires with singing and marshmallow roasts, birthday parties and picnics, and visits from children at the onsite YMCA childcare. The last visit included a piñata party and the kids decorated the sidewalks with sidewalk chalk.

LaVerne, a Friendship House resident, said she particularly enjoys the beautiful flowers, which she helped to plant, as well

as the birds singing. "I'm looking forward to the birdhouses having tenants in the spring," another resident added. "It's a nice place to walk our puppy," said Joe, referring to Friendship House's mascot, Jack, a yellow lab donated to the residents in 2003. Others practice their golf on the putting green, or relax in the shade under the awnings over a beverage.

More than 70 residents, family members, community members, donors and staff attended the ceremony in which Cedar Community Chaplain Susan Kolb blessed seeds and

soil for honorees to scatter on the grounds.

Administrators thanked the Cedar Community grounds crew, who completed the fence, hardscaping, gazebo and landscaping, as well as the family members and donors for their encouragement and support. A reception with cake and music followed.

Friendship House is a licensed 16-apartment Community Based Residential Facility located adjacent to 5595 County Road Z in West Bend. Other services offered

Statesman photos: Andrew Kuehl

to the public include a Memory Loss resource center, respite (short-term) care, assessments and support groups. Friendship House also is an Alzheimer's Association Safe Return Program participant, where caregivers for those with memory loss may register their loved ones to ensure their safe return should they become separated. To learn more, contact Rachel Haggarty at 262.306.4244 or visit [www.cedarcommunity.org](http://www.cedarcommunity.org) for details on upcoming events.

Joanne Bodien, administrator, thanks Cedar Community grounds and maintenance manager Scott Risse and his crew for making the new courtyard a reality.

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# November is National Diabetes Month

Have you had a hard day at work? Was it the kind of day that makes you want to just curl up on your couch in front of the television with a bag of chips and a pint of ice cream?

Hold it right there. Step away from the food and drop the remote control. As hard as it may be in moments of weakness to police yourself, you must try because a warm seat on the couch and too many empty calories could lead to diabetes.

## Diabetes on the Rise

Thanks to underused gym memberships and high-calorie/high-fat diets, type 2 diabetes is on the rise, striking people at younger and younger ages.

"Type 2 diabetes is a lifestyle disease," said Michelle Sheldon-Rubio, R.N., an education coordinator at the University of Maryland's Joslin Diabetes Center. "We live in a world that likes to mega-size everything. You can't go anywhere and get the small portion anymore. After eating so much food day in and day out, you won't feel like getting up off of the couch and getting any exercise. Over time, this takes its toll on the body."

According to the American Diabetes Association, about 16 million people in the United States have diabetes, and about half of them don't know it. Those with type 2 diabetes far outnumber those with type 1 or juvenile diabetes. About 95 percent of all diabetics have type 2 diabetes.

Type 1 diabetes is an autoimmune disorder that inhibits insulin production in the pancreas. Insulin is the substance that carries sugar to our cells where it can be converted into energy.

Type 2 diabetes typically develops over time due to physical inactivity, heredity and poor diet. In type 2 diabetes, the cells don't recognize and properly use the insulin that the body produces. This is called insulin resistance.

Sugar or glucose that hasn't been converted into energy by the

cells can damage your heart, your nerve endings, your kidneys and your eyes. Diabetes complications include an increased risk of stroke, high blood pressure, blindness, kidney disease and amputations of the limbs.

Risk factors for developing type 2 diabetes include the following:

- a family history of the disease
- obesity
- physical inactivity
- glucose intolerance
- being over age 40
- being an African American, Native American, Latin American, Asian American or Pacific Islander

## The Good News

Despite risk factors, type 2 diabetes can be prevented in many cases. According to a recent National Institutes of Health study, a healthy diet and walking for 30 minutes a day, five days a week are the best defenses against the disease. In fact, the study shows that the risk of diabetes can be lowered 60 percent by simply incorporating some moderate daily exercise and cutting down on fat intake.

"We aren't talking dramatic weight loss here," said Sheldon-Rubio. "People can improve their health significantly by dropping 10 to 15 pounds."

Alan Shuldiner, M.D., director of the Joslin Diabetes Center, said that people must really change their lifestyles if they want to get a handle on diabetes. It isn't enough to merely cut back on what you eat without adding more activity into your daily routine.

"A good example of the importance of physical activity is the Old Order Amish," Shuldiner said. "They are a physically active population that has half of the prevalence of type 2 diabetes as the general, white population in the United States. Diet and exercise go hand-in-hand. You really can't do one without the other and expect to see results."

## What you and your healthcare team should be doing

**Diabetic Education:** Ideally, every single person with diabetes should go through a course of comprehensive diabetic education with a certified diabetic educator (CDE) and a dietician. Education truly is the "drug of choice" for treating this disease. Most insurances cover this type of educational program. Hands-on instruction on the technique of home blood sugar monitoring is invaluable. **Goal:** For every diabetic at any time after the diagnosis has been made.

**Hemoglobin A1c:** This test measures your average glucose value over the past 2-3 months and is currently the best test of diabetic control. Frequency: 2-4 times a year. **Goal:** Below 7.0

**Foot Inspection:** Inspect your feet daily and have the doctor inspect them at each visit. Remove shoes and socks at each doctor visit.

**Yearly Foot Exam:** Using a painless monofilament probe that delivers a calibrated 10 grams of pressure. Loss of feeling in the feet is a sign of nerve damage and a risk factor for amputation.

**Dilated Retina Exam:** To find changes in the eyes that could lead to blindness if left untreated. A specialist trained to look for diabetic eye disease should do this exam YEARLY.

**Fasting Lipid Panel:** People with diabetes have heart attacks at a higher rate and at an earlier age than people without diabetes. This test should be done at least once a year. **Goal:** LDL < 130, HDL > 35, TG's < 200.

**Blood Pressure:** Diabetes and high blood pressure can lead to serious complications such as heart attacks, strokes, or kidney disease. High blood pressure also worsens diabetic eye disease. **Goal:** Below 130/85.

**Microalbumin:** Microscopic amounts of protein in the urine can be an early warning sign of kidney damage. If found early, kidney disease can usually be successfully treated with medication. This test should be performed yearly. **Goal:** Below 30.

**Serum Creatinine:** This is a blood test to monitor kidney function. If normal, this test should be performed at least yearly. **Goal:** Below 1.5.


**Yearly Flu Vaccine:** If a person with diabetes catches "the flu" (Influenza), they will likely become much sicker than a person without diabetes. A yearly flu vaccination can help you avoid the "influenza blues". Between October 15 - November 15.

**Pneumonia Vaccine:** Pneumonia can be more serious for people with diabetes. This vaccine can lessen your chances of becoming seriously ill if you develop pneumococcal (a type of bacteria) pneumonia. Given when diabetes is diagnosed (if below age 65), and again at age 65.


**Aspirin Therapy:** Aspirin has been shown to reduce the incidence of heart attack, stroke and even colon cancer. This dose is 1/4 of an adult aspirin (325 mg.). Some companies (like Bayer) already make an 81 mg. tablet. **Goal:** 81 mg. a day.

**Periodic Health Exam:** A periodic health exam should be carried out yearly. At this time other topics of preventive medicine, like smoking cessation, nutritional supplements, and exercise will be reviewed and discussed.

**Exercise Stress Testing:** Heart disease is the number one cause of death in people with diabetes (who often have no warning symptoms). An exercise stress test (a "Treadmill" exam) should be considered for all men over age 40 and all women over age 50. The test may be indicated at an earlier age for those with multiple other risk factors or diabetes of over 10 years duration.




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What's the catch? If Caregivers Marketplace is free, who is paying for the program?

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## Cedar Community looking for volunteers

WEST BEND – Are you a caring and compassionate person? Are you a good listener? Do you feel the need to give back to the community? If you answered "yes" to these questions then Cedar Community would like to hear from you. Cedar Community is currently seeking volunteers to participate in their hospice program.

Hospice volunteers receive eight hours of training and provide residents with companionship by spending time visiting with them, taking them outside on the grounds and to various Cedar Community programs. Hospice volunteers provide emotional and social support in a caring environment. Each hospice volunteer is assigned to one resident and visits with the resident one day a week for as long as they wish.

Anyone interested in learning more about this and

other volunteer opportunities available at Cedar Community should contact Bonnie Amerling, Cedar Community volunteer coordinator, at 262.306.4218. "Volunteers make a significant impact on the lives of our residents," Amerling said.

Cedar Community is a not-for-profit, church-affiliated leader in providing superior health care, education, rehabilitation and senior housing to over 1,000 residents. Its facilities are located on five campuses in Washington and Sheboygan counties. Cedar Community is proud to provide a continuum of care including independent and assisted living, skilled nursing care, rehabilitation, hospice, memory loss services, subacute and home care. For more information visit their website at: [www.cedarcommunity.org](http://www.cedarcommunity.org).

## Tips for preventing diabetic foot complications

It is crucial for diabetics to give special attention when it comes to taking care of their feet. A small problem in a healthy person could become a severe one in the diabetic. People with diabetes are 10 times more likely to have a lower limb amputation than people without diabetes, according to the American Diabetes Association.

Diabetes affects the feet in a variety of ways. One is poor circulation. Symptoms include leg pain that interrupts your sleep, cramping of the legs when walking, painful ulcerations, skin discolorations, or extremely cold feet. Inadequate nerve supply is another possible complication which causes decreased or loss of sensation. It may cause a person to underestimate a foot problem as they don't experience any pain.

This can then predispose the foot to ulcerations and infection. Problems with the nerves can also be responsible for absence of perspiration leading to dry, cracked skin or muscle weakness leading to foot deformities such as hammertoes.

Diabetics are at increased risk of developing ulcerations, which are openings of the skin. Ulcerations can be the result of a lack of sensation, lack of circulation, excessive callus tissue, pressure caused by deformities and bony prominences, or lack of soft tissue protection. If ulcerations are present in the skin, infections can occur, and because diabetics have an impaired immune response, they have a decreased ability to fight infection. This can sometimes lead to amputation.

Foot care tips for people with diabetes include:

-Inspect feet daily for rashes or sores

-Moisturize feet to avoid dry skin, avoiding between the toes

-Never trim corns or calluses or use medicated corn removers which can lead to sores and infections

-Wash feet in lukewarm water and dry thoroughly between toes

-Inspect the inside of shoes before wearing them

Regular professional foot care by a podiatrist is essential for diabetics. A podiatrist can either prevent possible problems from developing or catch them early, which can keep diabetic foot problems from progressing.



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# Something sweet....

## PUMPKIN SNACK BARS

3 - 5 tablespoons ice water

### CAKE:

1 spice cake mix  
1 16oz. canned pumpkin  
3/4 c. Miracle Whip  
3 eggs

Mix all ingredients. Beat with electric mixer until smooth. Spread batter evenly in greased 15X 10 pan. Bake at 350 for 20-25 minutes or until wooden pick inserted in center comes out clean. Cool completely before frosting.

### FROSTING:

3 1/2 cups powdered sugar  
1- 8oz cream cheese softened  
1/3 cup butter softened  
1 tsp. vanilla  
2-3 T milk

Mix all ingredients. Beat with electric mixer until light and fluffy. (Add milk to desired consistency.) Use yellow and red food coloring to create orange frosting. Decorate with candy corn if desired.

Option: Bake in two 9" round cake pans or use a pumpkin tin. Tint part of the frosting green for the stem and part yellow for the eyes and mouth. Make circle with candy corn facing with the pointed side toward the center around the outside.

Ann from Milwaukee

## DIABETIC LEMON MERINGUE PIE

### CRUST:

1 1/4 cups all-purpose flour  
1 teaspoon equal\* sweetener  
1/4 teaspoon salt  
4 tablespoons margarine - cold or vegetable shortening

### FILLING:

15 1/4 teaspoons equal\* sweetener - divided or 49 packets of equal  
2 1/4 cups water  
1/2 cup lemon juice  
1 teaspoon lemon rind - grated  
1/2 cup cornstarch  
2 eggs  
5 egg whites - divided  
2 tablespoons margarine  
1 - 2 drop yellow food coloring - optional  
1/4 teaspoon cream of tartar

### PIE CRUST:

Combine flour, sugar, and salt in medium bowl. Cut in margarine until mixture resembles coarse crumbs. Sprinkle with water, 1 tbs at a time, mixing lightly with a fork after each addition until pastry just holds together.

Roll pastry on floured surface to circle 1 1/2" larger than inverted 9" pie pan. Ease pastry into pan; trim and flute. Pierce bottom of

pastry with tines of a fork. Bake at 425 until browned, about 15 minutes. Cool on wire rack.

### FILLING:

Mix water, lemon juice, lemon rind, 10 3/4 tsp equal, and cornstarch in medium saucepan. Whisk over medium high heat until boiling; boil, whisking constantly, 1 minute. Whisk about 1 cup mixture into combined eggs and 2 egg whites; whisk egg mixture into saucepan. Remove from heat; add margarine, stirring until melted. Stir in food color; pour mixture into baked pie crust.

Beat remaining 3 egg whites and cream of tartar in medium bowl to soft peaks; beat to stiff peaks, adding remaining 3 1/2 tsp equal gradually. Spread meringue over hot lemon filling, sealing to edge of crust to prevent shrinking or weeping.

Bake at 425° F. until meringue is browned, about 5 minutes. Cool completely on wire rack.

## POPPY SEED COOKIES

1/2 c. butter  
2 oz. sweet chocolate  
1/2 c. hot milk  
1/2 tsp. cinnamon  
1/2 c. sugar  
1 cup poppy seeds  
1 1/4 c. flour  
1/4 tsp. cloves  
1 tsp. baking powder  
1 c. currants

Soak poppy seeds in hot milk. Cream butter and sugar, add remaining ingredients, mix thoroughly and drop from teaspoon onto buttered pans. Bake 20 minutes in moderate oven, 350°.

## SALT WATER TAFFY

1 1/4 c. corn syrup  
1 c. sugar  
1 tbl. water  
1 tsp. butter  
1 tbl. vinegar  
vanilla

Stir all together in pan. Boil,

and stir only to prevent candy from burning. When it forms a hard ball in cold water, remove from stove and pour in buttered tin. As soon as it is cool enough to handle, pull until it hardens. Leave it in rather a thick mass and when cold, chip into small pieces.

## HOT APPLE DESSERT

6 apples  
1/4 c. seeded raisins  
1/2 c. sugar  
20 marshmallows

Pare, quarter and slice apples. Place in pudding dish, in layers with raisins and sugar, cover and bake until apples are tender. Remove cover, set marshmallows over top of apples and brown.

*Thirty-five is when you finally get your head together and your body starts falling apart.*

- Caryn Leschen

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# The Healthy Senior

By Fred Cicetti

*Q. I heard a comedian make a reference to "shingles" as if there was something funny about them. I had shingles and I didn't find any humor in the experience. Am I missing something?*

Shingles is a painful skin disease caused by the chickenpox virus awakening from a dormant state to attack your body again. Some people report fever and weakness when the disease starts. Within two to three days, a red, blotchy rash develops. The rash erupts into small blisters that look like chickenpox. And it's very painful.

Does this sound funny? I don't think so....

Anyone who has had chicken-pox can get shingles. Half of all Americans will get shingles by the time they are 80. Shingles occurs in people of all ages, but it is most common in people between 60 and 80. Each year, about 600,000 Americans are diagnosed with shingles.

The virus that causes chickenpox and shingles remains in your body for life. It stays inactive until a period when your immunity is down. And, when you're older, your defenses aren't what they used to be.

The inactive virus rests in nerve cells near the spine. When it reactivates, it follows a single nerve path to the skin. The shingles rash helps with its diagnosis; the rash erupts in a belt-like pattern on only one side of the body, or it appears on one side of the face. It usually

## My Rememberer is Broke!

My forgetter's getting better, But my rememberer is broke To you that may seem funny But, to me, that is no joke

For when I'm "here" I'm wondering If I really should be "there" And, when I try to think it through, I haven't got a prayer!

Of times I walk into a room, Say "what am I here for?" I wrack my brain, but all in vain! A zero, is my score.

At times I put something away Where it is safe, but, Gee! The person it is safest from Is, generally, me!

When shopping I may see someone, Say "Hi" and have a chat, Then, when the person walks away I ask myself, "who was that?"

Yes, my forgetter's getting better While my rememberer is broke, And it's driving me plumb crazy And that isn't any joke.

begins as a patch of red dots which become blisters.

Physicians treat shingles with antiviral and pain medications. The antivirals don't cure shingles, but they weaken the virus, reduce the pain and accelerate healing. The antiviral medications work faster if they are started early—within 72 hours from the appearance of the rash.

The disease's name comes from the Latin word *cingulum*, which means belt. The virus that causes shingles is varicella-zoster, which combines the Latin word for little pox with the Greek word for girdle. In Italy, shingles is often called St. Anthony's fire.

If you have had chickenpox, shingles is not contagious. If you have never had chickenpox, you can catch the virus from contacting the fluid in shingles blisters. However, you will not get shingles, but you could get chickenpox.

The pain of shingles can be severe. If it is strong and lasts for months or years, it is called postherpetic neuralgia. Persistent pain is a common symptom in people over 60. However, most victims of shingles overcome their symptoms in about a month. And the odds are against them getting shingles again.

Outbreaks that start on the face or eyes can cause vision or hearing problems. Even permanent blindness can result if the cornea of the eye is affected. In patients with immune deficiency, the rash can be much more extensive than usual and the illness can be complicated by pneumonia. These cases, while more serious,

are rarely fatal.

There is a vaccine for shingles. It is Zostavax, which was approved by the Food and Drug Administration for use in people 60 years old and older to prevent shingles. Zostavax does not treat shingles or post-herpetic neuralgia once it develops.

In a clinical trial involving thousands of adults 60 years old or older, Zostavax prevented shingles in about half of the people and post-herpetic neuralgia in 67% of the study participants. While the vaccine was most effective in people 60-69 years old it also provided some protection for older groups.

*Q. Do grandparents get more colds than seniors without grandchildren?*

I was unable to find any specific data on grandparents and colds. However, the National Institute of Allergy and Infectious Diseases reports that, in families with children in school, the number of colds per child can be as high as 12 a year. NIAID also reports that all people older than 60 average fewer than one cold a year.

Put those over-60s in those homes with school children and it doesn't take a mathematician to figure out that the number of colds in grandparents will jump significantly.

Any grandparent will tell you that being around their little treasures has made them sick. My seven grandchildren (ages 1 to 7) are generous with all the viruses they get from their friends. My personal physician, also a grandfather, says that one of the problems is that these

walking petri dishes come up with new germs older people haven't developed antibodies for.

What are you supposed to do when one of the darlings comes up to you with a runny nose and asks for a hug? Well, if you understand the hazards, perhaps you can formulate a plan that works for you around the treasured children of your children. Obviously the best course of action is to stay away from grandchildren when they have colds, but any grandparent knows that's next to impossible.

There are two ways you can catch a cold:

1. Inhaling drops of mucus full of cold germs from the air.
2. Touching a surface that has cold germs and then touching your eyes, nose or mouth.

So, avoid close facial contact with your ailing grandchildren. Use some restraint. If the child needs comfort, limit yourself to hugs that don't put you in the position of inhaling their germs.

Washing your hands thoroughly and often is important. Washing with soap and water doesn't kill the cold virus, but removes it. The scrubbing is more important than the soap.

Also, if you can, try to avoid touching your face after you have been around a child with a cold.

Rhinoviruses can live up to three hours on your skin, and on objects such as telephones and stair railings. Cleaning environmental surfaces with a virus-killing disinfectant might help prevent spread of infection.

Where are these viruses found most often? No, not in the bathroom. The worst room in the house for germs is the kitchen. And the greatest concentration is found in sponges and dishcloths.

Laundering a dishcloth doesn't eliminate germs. And putting a sponge through the dishwasher makes it look clean but doesn't remove the infection. Instead, moisten the sponge or dishcloth and microwave it for two minutes. Then you'll have safe, germ-free tools to use.

These tips will help, but the reality is that you're going to catch some colds. They're the price of being a caregiver. It's the price you paid as a parent. Now you're having a second chance for all that love...and all those germs.

If you would like to ask a question, please email [fredcicetti@gmail.com](mailto:fredcicetti@gmail.com)

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# Wisconsin's most unusual museums

From [www.travelwisconsin.com](http://www.travelwisconsin.com)

To most people, the word "museum" conjures up visions of dinosaur skeletons and prehistoric artifacts. Visitors to Wisconsin have no shortage of opportunities to view world-class archeological treasures. However, the Badger State also boasts a roster of facilities dedicated to more, er, unusual areas of interest. Here are a few of our favorites.

## Mustard Museum in Mt. Horeb

Mt. Horeb's acclaimed Mustard Museum ([www.mustardmuseum.com](http://www.mustardmuseum.com)) features an extensive collection of more than 4,300 jars, bottles and tubes of prepared mustard from all 50 states and more than 60 countries. Historic mustard pots, vintage mustard advertisements and an assortment of unique, unusual and creative gift packages can all be found here.

Highlights include the antique American mustard tin collection, comprising 130 dry mustard tins, some a century old. Also check out the museum's latest mustard flavor, aptly named "Hit and Run." An excruciatingly hot horseradish mustard, the Hit and Run is available for tasting (no waiver required) and staff will provide insight on how to use this tongue-searing treat.

## While in Mt. Horeb

The Blue Sky Café (608-437-6100) offers eclectic and creative cuisine, while the Grumpy Troll Brew Pub (608-437-2739; [www.geocities.com/grumpytrollpub](http://www.geocities.com/grumpytrollpub)), located in an old creamery, is known for its specialty brews and hearty club sandwiches. Work off your lunch touring the area's extensive antique shops, including the Hoff Mall Antique Center (608-437-4580), Isaac's Antique Mall (608-437-6151) and Yapp's Antique Corner (608-437-8100).

## Outagamie Museum in Appleton

Step back in time and get to know the most famous son of the Fox Cities with a trip to the Outagamie Museum (920-733-8445; [www.foxvalleyhistory.org](http://www.foxvalleyhistory.org)). The highlight of this unique cultural attraction is the A.K.A. Houdini section. An interactive exploration of the life and career of famed illusionist (and Appleton native) Harry Houdini, the controversial exhibit explains how Houdini performed many of his most famous tricks. Visitors can get the inside scoop on stunts such as his infamous escape act and the art of levitating a table.

## While in Appleton

Visit Wisconsin's oldest independent book store, Conkey's Book Store (920-735-6223) which offers an

extensive collection of more than 125,000 titles in stock, out-of-print searches, a large children's book section and the eclectic Between the Pages coffee shop. If you need to warm up, stop by Cheyenne's Sports Bar & Grill (920-731-8885) for a cup of their spicy homemade chili.

## Circus World Museum in Baraboo

Located at the original quarters of the Ringling Bros. Circus, the Circus World Museum is the nation's foremost authority on circus history. The historic site houses an extensive collection of exhibits and the nation's largest circus history research center.

Attractions include the museum's collection of more than 30 antique circus wagons, most of which are on display. The museum also features a vintage circus poster collection with approximately 40 on display, including several dating back to the late 1800s.

## While in Baraboo

For some knee-slapping family fun, have supper at the Wisconsin Opry Dinner Barn (608-254-7951). Barn dancing and a string band provide the entertainment while you enjoy an extensive spread that includes whole turkeys, homemade pickles and shortcake. If your sweet tooth is calling the shots, stop by Baraboo Candy Co. (608-356-7425) for their old-fashioned, handmade chocolates.

## National Freshwater Fishing Hall of Fame in Hayward

If you've never been to Hayward and you're worried about how to find this unique museum, don't worry - just look for a four-story-tall leaping fish. The National Freshwater Fishing Hall of Fame (715-

634-4440; [www.freshwater-fishing.org](http://www.freshwater-fishing.org)) exhibits more than 5,000 vintage lures; hundreds of antique rods, reels and angling accessories; 300 classic outboards; and more than 400 mounts of approximately 200 different species of fish. All displays are housed in the fish-shaped structure. Visitors can even walk up to the fourth-floor viewing area and peer out of the building's mouth.

## While in Hayward

If you've got a rumble in your belly, stop by the Sawmill Saloon (715-634-5660; [www.seeleywis.com/saloon.htm](http://www.seeleywis.com/saloon.htm)) for your choice of their "world-renowned" homemade pizza or River Pig Chili Dog ... or both. Afterward, blow the suds off a cold one at Hayward's Wisconsin Beer Hunter Pizza Pub (715-462-9515), which boasts the area's largest beer selection. If you're into rocks, the Jack Pine Rock Shop (715-934-2130) offers a variety of uniquely displayed rocks for gifts, in addition to lapidary equipment and tips for cutting and polishing.

## Wisconsin Maritime Museum in Manitowoc

Visitors can explore the rich maritime history of Wisconsin and the Great Lakes region at the Wisconsin Maritime Museum (920-684-0218; [www.wimaritimemuseum.org](http://www.wimaritimemuseum.org)). This fascinating museum offers guests a place to learn about the sailors, shipbuilders and submariners of maritime lore. Nautical treasures ranging from wooden sailing ships to the U.S.S. COBIA, a World War II submarine, are among the museum's top attractions. If you're really feeling salty, you can even spend the night on the sub.

## While in Manitowoc

Grab a six-pack of the museum's award-winning root beer, Torpedo Juice, or a battle patch from one of the 28 World War II-era submarines built in Manitowoc at Pier 75 (920-684-0218), the museum's gift shop. Learn about the bread-making business with a free bakery tour at Natural Ovens Bakery (1-800-558-3535; [www.naturalovens.com](http://www.naturalovens.com)). Stop in for a homemade cup of soup and sandwich, or the signature hot fudge sundae with homemade marshmallows, at Beerntsen's Confectionary (920-684-9616; [www.beerntsens.com](http://www.beerntsens.com)). Browse the extensive Norman Rockwell collection at The Old School (920-755-2291), a 1905 schoolhouse turned shops complex.

## National Railroad Museum in Green Bay

America's storied railroad heritage is chronicled at Green Bay's National Railroad Museum (920-437-7623; [www.nationalrrmuseum.org](http://www.nationalrrmuseum.org)). The museum's extensive historical collections and exhibits create an entertaining afternoon for both enthusiasts and the mildly curious. (Hint: all children are railroad enthusiasts, even if they don't know it.)

At the museum's Frederick J. Lenfestey Center, guests can sit in the cab of the world's largest steam locomotive, the Union Pacific Big Boy, examine General Dwight D. Eisenhower's World War II command train and explore the futuristic 1950s Aerotrains.

## While in Green Bay

Pick up some squeaky fresh cheese curds from the

Cheese Shoppe (1-866-497-0732; [www.lovethatcheese.com](http://www.lovethatcheese.com)). A favorite of old No. 66, the Skip-a-Stone Diner (920-494-9882) is known for its pancakes and the bronzed stool honoring regular customer Ray Nitscke. Belly up to the bar at the Titledown Brewing Company (920-437-2337; [www.titledownbrewing.com](http://www.titledownbrewing.com)) and quaff a pint of Canadeo Gold. You'll also get a close-up look at The Receiver, the 22-foot Packer receiver statue formerly located near Lambeau Field.

## Yerkes Observatory and Quester Museum in Williams Bay

Check out the world's biggest lens-type telescope, the famed 40-inch refractor, and its impressive 73-foot diameter elevator floor at the Yerkes Observatory (262-245-5555; [astro.uchicago.edu/yerkes/](http://astro.uchicago.edu/yerkes/)). Visitors will gather interesting perspectives on the history of astronomical research and the universe while inside this 90-foot dome (one of the largest of its kind ever built.)

After wrapping up the tour, guests can step into the Quester Museum to learn more about the connections between the Williams Bay community and the lives of some of the famous astronomers whose careers were associated with Yerkes.

## While in Williams Bay

Grab a quick bite at a local favorite, Daddy Maxwell's Diner & Café (262-245-5757).

For more information on other places to visit in Wisconsin, log on to [www.travelwisconsin.com](http://www.travelwisconsin.com).

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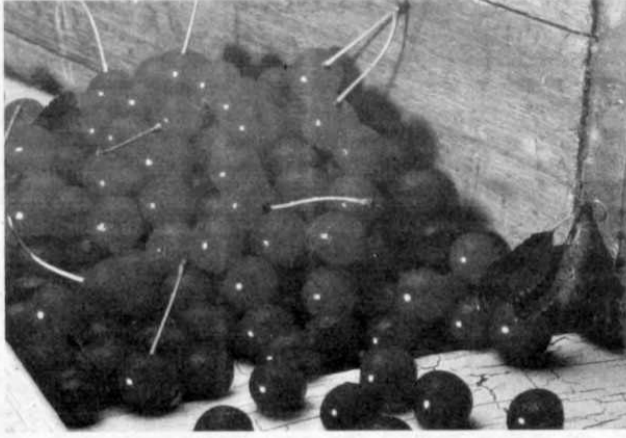
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# The three hidden secrets of tart cherries



(ARA) - For decades the natural health benefits of the tart cherry have been known to a select few. However, as time passes more and more people are learning about the amazing benefits of the tart cherry. This tiny red fruit has been credited with an array of health benefits including helping people get a good night's sleep, helping soothe sore muscles due to physical exercise and relieving achy joints.

As more people are searching for natural remedies, the tart cherry is fast becoming the first choice for those wanting to enjoy an active lifestyle. So what makes the cherry so special and why are we only starting to hear about them now? Old wives tales and folklore about the tart cherry have been around for decades, however, with 21st Century food technology we now know those folklores tales

are more than legend.

## Tracking Down a Reliable Source

Ongoing research from several leading Universities offers supporting evidence of the benefits of the tart cherry. According to research conducted at the University of Vermont, a tart cherry juice blend, used in the study, helped soothe muscle soreness due to physical exercise. In addition, research by Michigan State University (MSU) has shed light on the tart cherry. The MSU research found that a person eating 20 tart cherries a day could realize antioxidant or anti-inflammatory benefits.

"Twenty cherries provide 25 milligrams of anthocyanins, which help to shut down the enzymes that cause tissue inflammation in the first place, so cherries can prevent and

treat many kinds of pain," says Muraleedharan Nair, the lead researcher on the cherry project at Michigan State University.

The "Dean of Melatonin," Dr. Russel Reiter, professor of neuroendocrinology at the University of Texas Health Science Center in San Antonio, has conducted research on the tart cherry and melatonin. His research results indicate that tart cherries are a natural source of melatonin, which helps regulate the body's natural clock. Tart cherries may help many get more restful sleep.

## Where to Get Your Daily Dose of Tart Cherry

Eating fresh tart cherries daily is an ideal way to get the health benefits of this fruit, however, hectic daily schedules may inhibit the ability to fully enjoy fresh cherries. In addition, the seasonality of tart cherries can also hinder year-round access to fresh cherries. One popular option is Fruit Advantage Tart Cherry capsules. These capsules are convenient, kosher, vegan-friendly and gluten-free. In fact, each daily serving delivers the specific antioxidant benefit of over five glasses of cherry juice without the sugar. Fruit Advantage Cherry Prime is available directly from the Fruit Advantage Web site at [www.fruitadvantage.com](http://www.fruitadvantage.com) or by calling (877) 746-7477.

Courtesy of ARAcontent



## The Bookworm Sez by Terri Schlichenmeyer Winter reading

Winter's coming, and you know what that means: you'll have lots of time to snuggle up inside with a hot cup of something at your elbow and a book in your hand. So how about these great mid-fall suggestions....

Are you planning your spring garden already? Look ahead and dream of big things with "Backyard Giants" by Susan Warren (Bloomsbury). This book is all about the people who grow those super-huge squash and pickup-sized pumpkins. Yes, indeed, there are pictures in here, so you can size up the competition early.

Sometimes, life goes so fast that you can almost see-time fly. If keeping in touch with your loved ones is hard, imagine if you were the mother of a teenager. In the novel "Life on the Refrigerator Door" by Alice Kuipers, you'll read about

the love between mother and daughter as they communicate via warm notes left on the cooling fridge.

And if you know the grandkids are on their way this fall, you'll want to share an old classic with them. "Little Toot" by Hardie Gramatky has been restored with the same pictures you loved as a child and the same story you begged to hear. You'll be the favorite grandparent when you read this classic aloud this fall.

So there you are. Three good suggestions to keep you busy (as if your life isn't packed enough!).

Happy Reading!

*Aging: Eventually you will reach a point where you stop lying about your age and start bragging about it.*

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**Congratulations to Jan Ramel of Kewaskum, who won the drawing in the last edition.**

**Savvy Seniors Questionnaire:**

How/where did you pick up your copy of Savvy Seniors? \_\_\_\_\_

Which three articles did you enjoy the most? \_\_\_\_\_

Which three did you least want to read? \_\_\_\_\_

What is one or more story ideas you would like us to print in the fall edition of Savvy Seniors? \_\_\_\_\_

Name: \_\_\_\_\_

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STATESMAN PUBLICATIONS  
P.O. Box 98, Kewaskum, WI 53040



# Managed Health Services participates in study to improve care for those with multiple chronic conditions

WEST ALLIS - Managed Health Services (MHS), the largest Medicaid health plan in Wisconsin, participated in an innovative program aimed at improving the care of Medicaid beneficiaries with multiple chronic conditions.

The two-year study sponsored by MHS was one of ten pilots in the Medicaid Value Program (MVP) competitively selected and commissioned by the Center for Health Care Strategies (CHCS) to develop and test new strategies for caring for adult Medicaid beneficiaries with multiple chronic conditions.

Adults with chronic conditions make up approximately 40% of the Medicaid population. These individuals have complex health care needs that are challenging and expensive to manage; costs for their care account for more than 80% of Medicaid's expenditures. Currently, consensus is lacking on how to most effectively manage care for adults with three or more chronic conditions.

MHS tested two alternative case management identification tools for its Supplemental Security Income (SSI) members. SSI is a monthly cash benefit paid to low-income elderly, blind, and disabled Wisconsin residents by the federal Social Security Administration and the Wisconsin Department of Health and Family Services. Persons eligible to receive SSI

payments automatically qualify for Medicaid benefits.

"Participating in the Medicaid Value Program helped us to more effectively target resources to improve care for our highest-need and highest-risk members," said Pam Rundhaug, vice-president of Medical Management for MHS. "We are applying the lessons from this pilot project to further refine our care management approaches for adults with multiple chronic conditions."

The MVP was underwritten through grants from Kaiser Permanente Community Benefit and the Robert Wood Johnson Foundation. Findings, independently evaluated by Mathematica Policy Research, Inc., reinforce the following conclusions:

- Medicaid purchasers, plans, and providers are willing and able to test groundbreaking models of care for beneficiaries with multiple chronic conditions;

- Formal measurement of these innovations is critical to quality improvements and to building an evidence base where none now exists;

- Most importantly, integrating services - such as physical, behavioral, substance abuse, and long-term care - for high risk Medicaid beneficiaries appears particularly promising in generating quality improvements and reducing hospital admissions.

The experiences of the MVP

teams will be used to help shape a subsequent CHCS initiative, the Rethinking Care Program. This new national program, to be launched this fall, will involve multiple stakeholders throughout the healthcare system in more complex tests of the quality and return on investment associated with new models of care for the highest-need, highest-cost Medicaid beneficiaries.

Other national teams included CareOregon; Comprehensive Neuroscience, Inc.; District of Columbia Department of Health Medical Assistance Administration; John Hopkins Healthcare LLC; McKesson Health Solutions; Memorial Healthcare System; Partnership HealthPlan of California; University of California at San Diego; and Washington State Department of Social and Health Services. Each received intensive technical assistance in designing and implementing their new approaches to care.


To view the Evaluation of the Medicaid Value Program: Health Supports for Consumers with Chronic Conditions, as well as case studies and care intervention logic models detailing the groundlevel efforts of the 10 Medicaid Value Program teams, visit [www.chcs.org](http://www.chcs.org).

Managed Health Services Insurance Corp. (MHS) is a health maintenance organization that has been providing

Medicaid services for Wisconsin beneficiaries since 1984. MHS is a wholly-owned subsidiary of Centene Corporation, a leading multi-line healthcare enterprise offering both Medicaid and specialty services. Information regarding MHS is available via the internet at [www.mhswi.com](http://www.mhswi.com).


The Center for Health Care Strategies is a nonprofit health policy resource center dedicated to improving the quality and cost effectiveness of publicly financed care for people with chronic illnesses

and disabilities, the elderly, and racially and ethnically diverse populations. CHCS works with state and federal agencies, health plans, and providers to develop innovative programs that better serve people with high risk and high-cost health care needs. Its program priorities are: advancing regional quality improvement, reducing racial and ethnic disparities, and integrating care for people with complex and special needs. For more information, visit [www.chcs.org](http://www.chcs.org).



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# Organization for Active Seniors in Society

Hidden in the near Southside of Milwaukee at 2414 West Mitchell Street, is one of the best kept secrets, an OASIS exclusive for older adults.

The former 55+ Senior Center has been transformed into an older adult community center offering a variety of programs and activities for individuals over the age of fifty. The friendly atmosphere and recent updates to the facility have proven to be of interest to older adults whom arrive from various neighborhoods throughout Milwaukee.

Members enjoy the free

use of the senior-friendly fitness center which offers over 15 weight resistant machines, two treadmills and four exercise bicycles. The fitness center is staffed by students from UW-Milwaukee who regularly assist members with the machines and setting up fitness programs for those who request this service.

The computer lab offers 10 stations for members to send emails, explore the Internet, or play games. A variety of computer classes are also offered for a nominal fee.

The Milwaukee County

Senior Meal program is offered Monday through Friday with serving starting at 11:30 a.m. Prior reservations are required.

In an effort to connect older adults with their community the OASIS houses the office of Alderman Robert Donovan, is a Milwaukee County Sheriff Substation, and a voting site.

A yearly member is required to participate in most of the OASIS activities. Membership costs are \$10 for City of Milwaukee residents and \$20 for nonresidents. Membership is from September 1 through

August 30. The programs and opportunities at the OASIS are endless.

Activities that are free with your membership include: ballroom dancing, bingo, bridge club, canasta club, chair yoga, chess club, craft clubs, exercise club, games/puzzles, Golden Eagle concert band, harmonica club, music club, OASIS chorus, photo reminiscing, polka lessons, sheephead club and string ensemble.

Classes available for a nominal fee include: computer classes, drawing made easy, guitar lessons, manicures, pi-

ano lessons, Spanish classes, tap lessons, voice lessons, yoga and special events.

Services provided include: ask a lawyer, blood pressure check, information center, computer lab, fitness center, income tax help, Alderman Donovan, Milwaukee County Sheriff, Milwaukee County Department of Aging Rep., Interfaith Rep. and ICHII Clinic.

*Inflation is when you pay \$15 for the \$10 haircut you used to get for \$5 when you had hair.*

- Sam Ewing

## Concerned about the negative side effects of oral pain relievers?

(ARA) - Ever taken ibuprofen or some other oral pain medication for deep joint pain or a back or shoulder ache, but then been concerned about the potential side effects? Numerous studies have shown that over time, these negative side effects can be severe.

When taken orally, non-steroidal anti-inflammatory drugs (NSAIDs) such as Ibuprofen, Salicylates such as aspirin and acetaminophen stop the body's production of mucus in the stomach and digestive track. Lack of mucus in the stomach can result in ulcers, bleeding, indigestion and other stomach problems.

If you have concerns about these possible side effects, a viable alternative is to use a unique topical Ibuprofen cream like Ibutex that is used directly on the site of the injury instead. One .2 gram pump of Ibutex contains 10 milligrams of Ibuprofen, 4 milligrams of Glucosamine, 4 milligrams of Chondroitin, 5 milligrams of MSM and 5 milligrams of Bromelain.

While the topical Ibupro-

fen reduces the swelling and inflammation, the other ingredients work together to start the rehabilitation process. In addition to stopping the pain associated with an injury in the acute stage, topical Ibuprofen is also effective at eliminating the chronic pain associated with long term conditions like tendonitis, carpal tunnel syndrome and tennis elbow.

Those who suffer from chronic joint symptoms may also want to try out Glucnex, a unique topically applied maintenance formula of Glucosamine plus Chondroitin, MSM and Bromelain clinically formulated for topical application of these key ingredients.

Ibutex and Glucnex hit the market in early July of 2007. They are available for purchase at doctor's offices, chiropractor's offices and through athletic trainers and physical therapists. They will also be available for purchase online at [www.coreproduct-laboratories.com](http://www.coreproduct-laboratories.com).

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# - - Ask the Savvy Senior - -

## Pet Trusts: How to ensure your pets are cared for when you're not there

Dear Savvy Senior

When I read that Leona Helmsley (who recently died) left \$12 million to take care of her dog, it got me thinking about my own pets. While I don't have millions to leave my furry family, I want to make sure they're well taken care of after I'm gone. What can you tell me about "pet trusts" and how do I set one up?

Pet Loving Lucy

Dear Lucy,

Pet trusts have become increasingly popular in recent years as older pet owners are looking for ways to ensure their pets will be well cared for when they're no longer able to do the caring. Here's what you should know.

**Pet Trust** - A pet trust is a legal instrument that allows you to designate a specific amount of money for your pet's care and name a trustee to carry out your wishes. There are two main types of pet trusts you can set up. One option is a "traditional pet trust," which is effective in all states and is similar to a trust you'd set up for a child, but it's pricy costing around \$1,500 to \$2,000. Or you could opt for a "statutory pet trust," which is a much cheaper option (under \$100) and is currently allowed in 38 states and the District of Columbia (see [www.estateplanningforpets.org](http://www.estateplanningforpets.org)). To create a statutory pet trust you simply add a few lines to your will, instead of setting up a separate legal trust. But the drawback is it takes several months for the will to go through probate, so you'll need to arrange care for the interim.

If you want to set up a pet trust, talk to an estate-planning attorney (see [www.aarpa.com](http://www.aarpa.com)), preferably one who has experience with pet trusts. Or you can work with a company like Pet Guardian ([www.petguardian.com](http://www.petguardian.com); 888-843-4040) which creates living pet trust in any state for birds, cats, dogs and horses, and charges around \$500. Some factors you'll need to consider before setting up a pet trust include:

- The trustee and caretaker: Most pet trusts designate both a trustee to manage the money and a caretaker to handle the day-to-day care of the pet. The trustee can make sure the caregiver is

doing what they're supposed to do. It's also a good idea to name an alternate caregiver.

- Caregiving details: With a trust, you can specify the things you want your pet to receive like their favorite foods, how often they should be taken to the vet, their burial arrangements, etc.

- Funding the trust: You can set aside money from your estate to cover the costs, or if you're short on funds, another option is to buy or use an existing life insurance policy and name the trustee as the beneficiary.

- Leftover funds: What to do with unused funds when the pet dies. Some trusts direct leftover money to the caretaker, which is a nice way to reward the person who's cared for your pet. But it also gives the caregiver an incentive to skimp on your pet's care in the meantime.

**Other arrangements** - If you don't want to spend the cash or time on a trust, there are other options to ensure your pets are cared for, including:

- Make an informal arrangement. This non-legal option is to simply find a trusted friend or relative to take care of your pet if something happens to you. In addition, you could set up a separate bank account to cover expenses and name the caretaker as the beneficiary.

- Leave a direct bequest in your will. Just like any other possession you would leave to your heirs you can also leave your pet and money to cover its care. But keep in mind, this doesn't offer the legal protection of a statutory pet trust.

- Leave your pet to a sanctuary, rescue, life-care program, humane society or other animal welfare group. If you have no one to name as a caregiver, these options find new homes for pets or offer lifetime care, but may require a fee or donation. Talk to your veterinarian about options in your area or see [www.petfinder.com](http://www.petfinder.com).

## Over-the-Counter Drug Safety

Dear Savvy Senior,  
Is mixing over-the-counter medicine with prescription drugs dangerous? My 70-year-old husband is currently taking six different prescription medications and two over-the-counter drugs. I'm worried he's taking too much medicine. Any suggestions?

Doped Up

Dear Doped

Most people, when they think about drug interactions or other problems concerning medicine, they think about prescription drugs. But each year, more than 500,000 Americans end up in hospitals because of unintentional over-the-counter (OTC) drug overdoses, or due to OTC remedies interacting with prescription medication. Here's what you should know.

## OTC Dangers

Just because OTC medications are available without a doctor's prescription doesn't mean they're safe for everyone. OTC medicines (drugs that can help with coughs, colds, aches,

pains, fever, allergies, heartburn and many other ailments) are powerful drugs that offer real benefits when used correctly and real risks when misused. Those most vulnerable to these risks are seniors because they typically take more medication (OTC and prescription) than any other age group, and the fact is, the more drugs you take the greater your risk for potential problems.

## OTC Safety Tips

With more than 100,000 OTC medicines on the market today you need to be very aware of what you're taking, and as always talk to your doctor or pharmacist if you have questions

or concerns. Here are some tips to help you avoid potential OTC and prescription medication problems:

- Always read the "Drug Facts" label on the OTC product and follow directions. It tells you what the medicine is for, how and when (and when not) to take the medication, the product's active and inactive ingredients, possible interactions, side effects, warnings and more.

- Choose OTC products that treat only the symptoms you have.

(Continued on next page)

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# Ask the Savvy Senior

(Continued from page 24)

- Use extra caution when taking more than one OTC drug at a time. Many OTC medicines contain the same active ingredients, which means you may be getting more than the recommended dose without even knowing it. Always compare active ingredients on the label and never take more than one drug with the same active ingredient unless specifically instructed by your doctor.

- Don't combine prescription medicines and OTC drugs without first talking to your doctor. Combining drugs can cause adverse reactions or one drug can interfere with the other drug's effectiveness.

- If taking an OTC medicine becomes more than temporary, or if your symptoms don't go away, talk to your doctor. Most OTC medicines are only intended for short-term use.

- Make a medicine chart (see [www.fda.gov/usemedicinesafely/my\\_medicine\\_record.htm](http://www.fda.gov/usemedicinesafely/my_medicine_record.htm)) of all the prescription and OTC medicines, vitamins and herbal supplements you take and share it with your doctor. Also make sure your doctor is aware of your health history, if you are being treated by another doctor for something else, and if you have any allergies or side effects from any particular medicines.

- Don't use OTC medicines after their expiration date.

### New Warning Labels

To help ensure safety and ingredient awareness, the Food and Drug Administration will soon be requiring bolder new warning labels on hundreds of OTC products that contain acetaminophen, aspirin and NSAIDs (non-steroidal anti-inflammatory drugs). Here's what to look for in the coming months:

- Products containing acetaminophen: (Sold under the brand name Tylenol and in multiple generic versions too. Other products that contain acetaminophen are Excedrin, Dayquil, Nyquil, Alka-Seltzer Plus Cold & Sinus, Sudafed Sinus & Cold and many others.) The new warning labels will alert consumers of the risk of severe liver damage if taken in high doses or when consuming moderate amounts of alcohol. Labels will also warn patients not to take multiple medicines that contain acetaminophen.

- Products containing NSAIDs: (Aspirin, ibuprofen, which is sold as Advil and Motrin and in generic form; naproxen, best known as Aleve also sold generically; and ketoprofen.) New labels will warn of the risk of stomach bleeding in people over age 60, or in those who have stomach ulcers, take blood-thinning drugs or steroids, use other drugs that contain an NSAID or remain on the medications for an extended period.

**Savvy Tips:** A great Web resource to check for drug interactions is [www.drugdigest.org](http://www.drugdigest.org) - click on "Check Interactions." And for more information on OTC/prescription drug safety, visit [www.checkforbetterhealth.org](http://www.checkforbetterhealth.org) and [www.bemedwise.org](http://www.bemedwise.org).

Send your senior questions to: *Savvy Senior*, P.O. Box 5443, Norman, OK 73070, or visit [www.savvysenior.org](http://www.savvysenior.org). Jim Miller is a contributor to the NBC *Today* show and author of "The Savvy Senior" books.

*Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.*

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# What to get the kids in your life for the holidays



(ARA) - The holiday season is the busiest time of year for a lot of people, and one of the most time consuming tasks you have to get done is shopping for gifts, especially if you have a lot of grandchildren.

While the little ones are always happy with whatever you pick out for them, and the teens and preteens have made it pretty clear they're hoping for cash, finding that perfect gift for the four to ten-year-old can be a challenge.

They already have a room full of toys and lots of books, but they probably don't have too much technology of their own yet, even though they have certainly expressed an interest. These days, kids get their first exposure to computers when they're still in preschool.

While you can't really justify the cost of getting such a young child their own laptop, there will be some affordably priced gadgets sure to catch your eye on store shelves this holiday season. Among them, portable DVD players, digital cameras and

hand-held video games; but if you want to make a big impression without spending a lot of money, get your grandchild a gift that will make him or her feel really grown up -- an MP3 player they can call their own.

One you may want to consider is the Klegg Electronics Mini, an MP3 player, FM radio and digital picture frame unit in one that sells for less than \$50. Not only is it small enough to fit on a keychain, but the perfect size for little hands.

It may look like a toy, but the device is packed with capabilities. It has a USB port for easy plug-in to a computer, and software that allows the user to drag and drop files right onto it. The one gigabyte capacity allows it to hold between 300 and 500 songs and hundreds of digital pictures. It also has the ability to store short sound clips and record songs from the built-in FM radio that the kids can listen to with the enclosed earphones. The Mini comes in three different colors -- black, white and pink.

With technology changing so fast, it's hard to keep up with what's hot and what's not; but you can't go wrong with a gift like the Mini that will grow with the recipient. For more information about the Klegg Mini, or to place an order, log on to [www.klegg.com](http://www.klegg.com).

Courtesy of ARAcotent

*Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.*

-Samuel Ullman

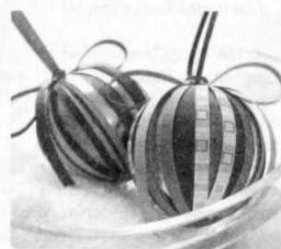
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  - \* Scissors
  - \* Craft Pins
  - \* Ruler



Mark eight equal sections around middle of foam ball. Mark center of top and bottom.

Cut two 1/2-inch x 9-inch paper strips from each paper color. Wrap moss green strips around ball at quarter points, crossing at center mark on bottom of ball. Glue and pin ends at top of ball. Repeat in same way with light green strips, dividing ball into eighths. Repeat with remaining strips, covering all gaps.

Cut at least two 1/8-inch x 9-inch paper strips from each paper color. Wrap around ball over 1/2-inch strips as desired. (Note: A lump of paper may accumulate at top of ball. To reduce bulk, snip off some of the excess length of paper and glue ends near, but not at, the top of the ball.)

Punch two flowers from green paper of choice. Glue one to each end of ball.

For hanger, cut a 1/8-inch x 9-inch paper strip and loop; glue and pin at top center of ball.

For bow, cut four 3/8-inch paper strips. Loop two and glue to ball top. Glue remaining strips under where loops meet for ribbon ends. Make small loop for bow center, glue to secure.

### VARIATION

Try a variation on the Paper Strip Ornament using assorted ribbons. Use 9-inch ribbon lengths, varying from 1/8-inch to 3/4-inch wide. Cover ball in same way as with paper. Then, punch hole in ball bottom, pushing ribbon ends inside.

Tie six long ribbon lengths together and knot in center. Glue knot inside hole. Create ribbon loop hanger and ribbon bow.

Tip: Use photo as a guide and follow manufacturer's instructions for all products used.

### Washington County Senior Center

401 E. Washington (Hwy 33)

WEST BEND  
335-4498



#### UPCOMING EVENTS

Event	Date	Place
Fall Sale & Cooky Walk	Nov. 17, 9-3:00	Senior Center
Family Breakfast w/ Santa	Nov. 24, 9:00 am	KC Hall
Christmas Party	Dec. 7, 11:30 am	Senior Center
Holiday Raffle Drawing	Dec. 17, 11:00 am	Senior Center
New Year's Day Brunch	Jan. 1, 2008, 10:30 am	Senior Center

## AURORA Senior Health Fair

Over 30 vendors offering products and services relative to healthy senior living

Health screenings  
Vendor Samples  
Music by the *New Horizons Band*

Admission \$1

Dec. 4, 2007  
9am - 3pm

MITCHELL PARK  
**DOMES**  
524 S. Layton Blvd.  
414-649-8046





# Calendar of Events

## November

1-30 - Wildlife Safari - Shalom Wildlife Sancturary, 1901 Shalom Dr., West Bend, 262-338-1310.

2 - True North. Free Christian Concert, 7-10 p.m. Sponsored by Lighthouse Ministries. Silverbrook School, 120 N. Silverbrook Ln., West Bend. 262-338-0205.

3 - Holiday Boutique - Lutheran Church of the Living Christ, W156N10660 Pilgrim Rd., Germantown. 262-251-5870.

3 - 16th Annual Country Quilt Show - 8:30-4 p.m., Slinger Middle School, 521 Olympic Dr., Slinger. Admission. 262-644-5210.

7 - Bingo Bonanza - 9:30 - 10:30 a.m. Every Wednesday morning at the Gateway 2 Center, Plymouth. The center is located at the intersection of Highways 57 and 23.

8 - Home for the Holidays Kick-off - Downtown Fond du Lac, 5-8 p.m. 920-921-9500.

10 - Holiday Art & Craft Show - Fond du Lac County Fairgrounds, 9 a.m. - 3 p.m. Admission. 920-906-6663.

10 - Great Hartford Craft Exposition - 9 a.m. - 4 p.m. Hartford Women's Club, 805 Cedar St., Hartford.

11 - Christmas Craft Fair - 9 a.m. - 3 p.m., St. Gabriel Parish, 1200 St. Gabriel Way, Hubertus. 262-628-1141.

14-Dec. 23 - Friends of the Museum of Wisconsin Art Exhibition - Museum of Wisconsin Art/West Bend Art Museum, 300 S. 6th Ave., West Bend. 262-334-9638.

17 - Fall Sale & Cooky Walk - 9 a.m. - 3 p.m. Washington County Senior Center.

17 - Peace UCC Holiday Bazaar - 10 a.m. - 1p.m. 343 First St., Kewaskum. 262-626-4011.

17 - A Kettle Country Christmas Art & Craft Fair - 9 a.m. - 3 p.m. Sponsored by the Kewaskum Junior Women's Club. Kewaskum Middle School. 262-626-3336.

17 - Holiday Marketplace - 9 a.m. - 4 p.m. Washington County Fair Park, 3000 Hwy. PV, West Bend.

18 - Holly Day Craft Fair - Sponsored by the Germantown Junior Women's Club. Kennedy Middle School, W160N11836 Crusader Court, Germantown. 262-255-3565.

23 - Live Irish Music - Music by Blarney, 8 - 11 p.m. at 52 Stafford, downtown Plymouth.

23 - Christmas Parade - Plymouth. Parade begins at 7 p.m. Chili cook-off from 4-7 p.m.

24 - Family Breakfast with Santa - 9 a.m. KC Hall, West Bend. Sponsored by The Washington County Senior Center

25 - West Bend Christmas Parade - 5 p.m. Main Street from Regner Park to Badger Middle School. 262-334-3453.

29 - Taste of Washington County - 6:30-9 p.m. Washington County Fair Park.

30 - Winter on Main - Downtown West Bend. 6 - 9 p.m. 262-338-3909.

30-Dec. 1 - Holiday Clydesdale Drawn Wagon Rides - Lakeside Park, Fond du Lac. 6:30-9:30 p.m. FEE.

## December

1 - Germantown Christmas Parade - Downtown Germantown. 262-255-1812.

1 - Richfield First Annual Christmas Party - Richfield Heritage Park, 4128 Hubertus Rd. 262-62-1643.

1 - Holiday Parade of Lights - Downtown Fond du Lac, 5 p.m. 920-921-9500.

1 - Can't Depend on Snow - Rolling Meadows Golf Course, 560 W. Rolling Meadows Dr., Fond du Lac, 9 a.m.

1-2 - Festival of Trees - Washington County Humane Society, 262-677-4388.

2 - Christmas Open House - Washington County Historical Society, Old Courthouse Square Museum. 12 noon-4 p.m. 262-335-4678.

2 - Christmas in Dheinsville - Dheinsville Settlement, corners of Fond du Lac Ave., Holy Hill Rd. & Maple Rd., Germantown. 262-628-3170.

2 - Kewaskum Christmas Parade - 5 p.m., Main Street. Sponsored by the Kewaskum Area Chamber of Commerce. 262-626-3336.

2 - One Stop Holiday Shop - 9 a.m. - 4 p.m., Washington County Fair Park.

2 - Holiday Concert - Moraine Symphonic Band. FREE. 3 p.m. UWWC Theatre, 400 S. University Dr., West Bend. 262-335-5208.

7 - Washington County Senior Center Christmas Party - 11:30 a.m. at the senior center.

7 - Visit with Santa at Ke-West - 6-8 p.m., Ke-West Sports, 7865 Sandy Ridge Rd., Kewaskum. 262-334-9760.

7 - Liz Carroll & John Doyle - Dazzling Irish Fiddler & Guitar - 7:30 p.m. UWWC Theatre, 400 S. University Dr., West Bend. 262-335-5208. Admission.

7-8, 14-16 & 29-30 - Christmas Lamplight Tour - Galloway House, 336 Old Pioneer Road, Fond du Lac. FEE.

7-8 & 14-15 - Winter on Main - Downtown West Bend. 6 - 9 p.m. 262-338-3909.

7-8, 14-15, 21-22 & 30-31 - Holiday Clydesdale Drawn Wagon Rides - Lakeside Park, Fond du Lac. 6:30-9:30 p.m. FEE.

8 - Hartford Historic Home Tour - Washington County Historical Society, Old Courthouse Square Museum. 262-335-4678.

9 - Winter Concert - Moraine Chorus - 2 p.m. FREE. UWWC Theatre, 400 S. University Dr., West Bend. 262-335-5208.

17 - Holiday Raffle Drawing - 11 a.m., Washington County Senior Center.

29 - Holiday Dinner and Tour - Historic Octagon House, 6 p.m. Reservations required. 920-922-1608.

31 - Early New Year's Eve Party - Richfield Chalet, Hwy 175 S of Richfield. Admission. 5 p.m. 262-673-7800.

## January

1 - New Year's Day Brunch - 10:30 a.m., Washington County Senior Center.

8 - Elvis Night - 5-7 p.m., Ke-West Sports, 7865 Sandy Ridge Rd., Kewaskum. 262-334-9760.

19-20 - West Bend Antiques Show - Washington County Fair Park. 414-525-0820.



Cedar Community and Alzheimer's Association, Southeastern Wisconsin Chapter  
present a

# Candlelight Vigil

Wednesday, November 7  
6:30 p.m.

Cedar Lake Health and Rehabilitation - Celebration Room  
5595 County Road Z, West Bend

An event to remember and honor loved ones who have been or  
will be affected by Alzheimer's disease or related illnesses.

Show your support by lighting a candle.

Held in recognition of National Alzheimer's  
Disease Awareness month.



For more information, contact Erika Salmeron, RN  
at 262.334.1680, ext. 4172



## Bank with us. Travel with us.

As a member of National Exchange Bank & Trust's Golden Years Club (GYC), you not only receive the best in financial services, you can also take part in our elite travel program. Join us for a preview of 2008 GYC Tours, and be the first to sign up for upcoming trips.

Fond du Lac      Knights of Columbus - 795 Fond du Lac Avenue  
Thursday, November 8, 2007 - 6:30 p.m.

West Bend      West Bend Office - 1320 West Paradise Drive  
Tuesday, November 6, 2007 - 9:00 a.m.

Please call your local office or (920) 906-6865 to reserve your spot  
or for more information.

 **National Exchange**  
Bank & Trust

Campbellsport Office  
114 N. Fond du Lac Ave.  
(920) 533-8386

West Bend Offices  
1320 W. Paradise Dr.  
(262) 338-3838

Allenton Office  
6278 Blueberry Rd.  
(262) 629-5517

2412 W. Washington St.  
(262) 338-1345

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