

**Savvy Seniors  
Included in this  
edition**

3  
Kewaskum  
v The Statesman, Kewaskum  
kts

# THE STATESMAN

**KEWASKUM      AUBURN      FARMINGTON      WAYNE      SCOTT**

Volume 113 Number 17

Thursday, March 20, 2008

www.kewaskumstatesman.com

75¢

## Ibeme pleads guilty to charges after accepting plea deal

**FOND DU LAC-** A plea deal has been reached in a case of a 56-year-old West Bend man who was accused of causing the death of his child after a March 2, 2007 crash in Waucousta. The man faces up to 25 years in prison as part of the deal.

John B. Ibeme accepted the deal Monday in Fond du Lac County Circuit Court. He entered guilty pleas to charges of homicide by intoxicated use of a vehicle and causing injury while under the influence, according to court records. Five other felony charges and three misdemeanor counts were dismissed.

The accident occurred last year in blizzard-like conditions. Ibeme with three of his children crashed head-on with a sport utility vehicle driven by a Kewaskum man on Highway 45 near County Trunk F in the town of Osceola.

John Ibeme Jr., 9, was riding in the back seat of his father's car and died as a result of injuries sustained in the crash, according to the criminal complaint. Ibeme's other two children, Olivia, 6, and Kent, 7, were also injured in the crash.

Ibeme admitted to drinking prior to the crash, telling officers he had brandy with his coffee that morning and a couple sips of beer, according to the complaint. He registered a blood alcohol concentration of .13 at



A March 2, 2007 crash took the life of nine-year-old John Ibeme Jr. His father, the driver in the crash, accepted a plea deal in Fond du Lac County Court on Monday. Under the deal he pleads guilty to homicide by intoxicated use of a vehicle and causing injury while under the influence

Statesman file photo: Andrew Kuehl

the time of the accident — over the legal limit in Wisconsin of .08. A sentencing hearing is set for June 16.

## Legion will hold Easter event Sat.

**By Andrew Kuehl**  
andrew@kewaskumstatesman

**KEWASKUM-** As the snow continues to cover the landscape of River Hill Park, the location of the American Legion Post 384's annual Easter Egg Hunt Legionaries have quickly devised a change to ensure the annual Kewaskum tradition continues.

On Saturday, March 22, Legionnaires will hand out Easter egg treats from 1 until 2 p.m. in the Holy Trinity Church parking lot. Participants are asked to enter the church parking lot from Main Street and exit to Prospect Street.

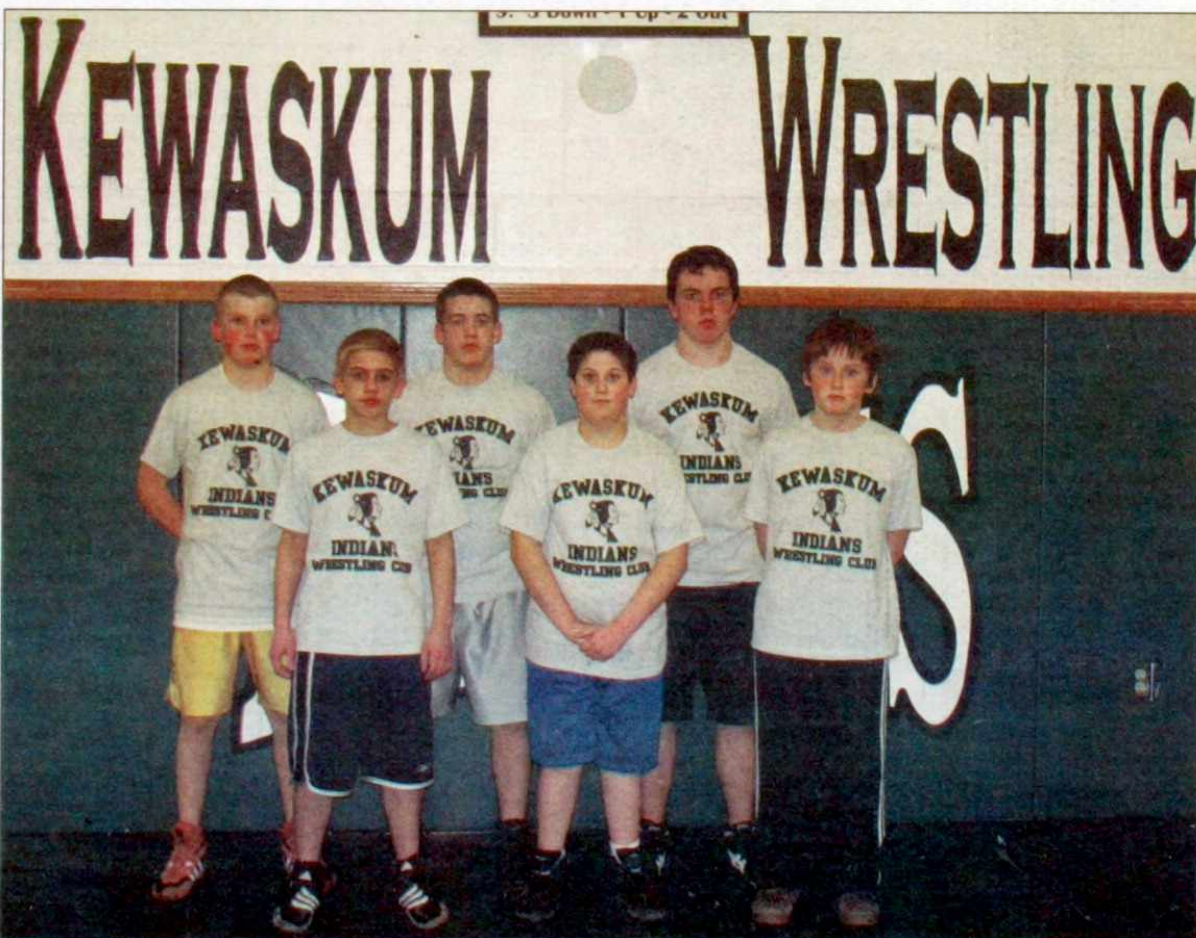
Treats will be handed out under the church's carport. Drivers should then exit the parking lot at the east driveway and drive out east on Prospect to Parkview where drivers can get back on Highway 28/Main Street.

Legionnaires ask that only children under the age of 11 take part in the event.

Those attending will also have the opportunity to visit with Mr. and Mrs. Easter Bunny as well. The couple greet visitors and have photos taken at the south end of the parking lot.

Member of the post, Clayton Stautz, stated that because of the tremendous amount of snow still in the park it was impossible to hold the hunt. He stated the Legion hopes to hold the event again next year.

## KIWC advance to state meet



The Kewaskum Indians Wrestling Club will send six young men to the Wisconsin Youth Folkstyle State Tournament as reported in last week's edition. Shown above are those qualifiers. Back row (left to right): Kurt Luedtke, Lance Pinchard and Teddy Wollner. Front row: Zach Smith, Lucas Jon Pinchard and Alex Phillips.

Submitted by Kris Bier

### WEEK'S WIT

Human beings have willpower, while a mule has won't power.

### INDEX

On the Record .....	2
Community News .....	3-5
Events .....	8-9
School .....	10-11
Obituaries .....	12
Classifieds .....	16
Sports .....	19



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# ON THE RECORD



**KLUCK** -- A son, Jonah Alan, was born to Jill and Kevin Kluck of West Bend on March 2, 2008 at St. Joseph's Hospital. Jonah weighed seven pounds, nine ounces and was 21 inches long.

**PAUL** -- A son, Andrew Robert, was born to Christina and Robert Paul Jr. of Campbellsport on March 4, 2008 at St. Joseph's Hospital. Andrew weighed five pounds, eight ounces and was 19 inches long.

**ZIER** -- A daughter, Violet Olivia, was born to Julie and Timothy Zier of West Bend on March 5, 2008 at St. Joseph's Hospital. Violet weighed eight pounds, one ounce and was 18 inches long.

**PERALES** -- A daughter, Mia Kathryn, was born to Jill and Kris Perales of West Bend on March 6, 2008 at St. Joseph's Hospital. Mia weighed seven pounds, seven ounces and was 20 1/2 inches long.

**ISH** -- A daughter, Bella Rose, was born to Cheri and Mike Ish of West Bend on March 7, 2008 at St. Joseph's Hospital. Bella weighed six pounds, nine ounces and was 20 1/2 inches long.

**PENTEK** -- A daughter, Alison Marie, was born to Tom and Amy Pentek of Hubertus on February 22, 2008 at Community Memorial Hospital in Menomonee Falls. Alison weighed seven pounds, five ounces and was 20 1/2 inches long. Maternal grandparents are Glen and Charlotte Straub

of Campbellsport and paternal grandparents are Joseph and Barbara Pentek of Fond du Lac. Alison joins a sister, Abigail, at home.

## KEWASKUM SENIOR DINING CENTER

For the Elderly Menu  
Meadowcreek Complex  
262-483-2056

Monday, March 24 -- Glazed ham, au gratin potatoes, green beans, dinner roll, tapioca pudding. Alt: diet pudding.

Tuesday, March 25 -- Creamy baked chicken breast, wild rice, California blend vegetables, whole wheat bread, Mandarin oranges.

Wednesday, March 26 -- Salisbury steak, mashed potatoes w/ gravy, corn and peppers, multigrain bread, cherry pie. Alt: diet pie.

Thursday, March 27 -- Pork chop, herbed stuffing, Harvard beets, dinner roll, tropical fruit salad, chocolate milk.

Public Health Nurse every first and third Thursday, 9-11:30 a.m.

## CAMPBELLSPORT MEALSITE MENU

Campbellsport Community Center  
920-533-8351 x1216

Wednesday, March 26 -- Pork tips, noodles, corn, tropical fruit salad, brownie.



## VILLAGE OF KEWASKUM

Eleanor Holzmann to Jesson Benzing and April Andersen, \$140,000.

Kewaskum Nature Haven LLC to Charles and Lynn Brummond, \$236,900.

Pheasant Creek Homes LLC to Joseph and Nicole Busalacchi, \$240,000.

Donald and Linda Ginnel to Robert and Elizabeth Bellin, \$245,000.

Thomas and Tracy Stoffel to Kristopher Juech and Melissa Dieringer, \$147,000.

Daniel Beimborn to Jason Strobel, \$127,500.

Scenic Home Builders Inc. to Steven Ulrich and Kimberly Zikowski, \$232,500.

## TOWN OF KEWASKUM

Larry and Peggy Folz to David John Glen Brown and Sandra Brown, \$200,000.

## TOWN OF WAYNE

Steve Kearns Properties to Kenneth and Lynn Weston, \$78,000.

## TOWN OF ADDISON

Luke and Jeanne LLC and Jeanne and Lisa LLC to Aiden

Reilly, LLC, \$441,000.

James and Faith Ray to William and Caroline Ray, \$230,000.

## TOWN OF BARTON

Thomas and Mary Sue Kotula to Jed and Carrie Zautner, \$335,000.

David and Brenda Roehrig to Chuck and Amy Dricken, \$148,000.

David and Brenda Roehrig to Roger and Debra Bungert, \$200,000.

## TUESDAY NIGHT SHEEPSHEAD WINNERS

Five handed winners on Tuesday, March 11th were: Gerald Stern, 62-7-55, 15-7-8; Raymond Kirchner, 48-5-43, 14-3-11; Delores Stoffel, 51-9-42, 17-6-11; Ralph Stern, 43-5-38, 16-4-12; Ambrose Loecher, 50-14-36, 12-8-4; Gladys Tackes, 20 most losses Judy Lickman, 0 low points.

The next five handed call-an-ace will be Tuesday, March 25th at 7:30 p.m. sharp. Bring your own drink. Cash prizes. Bring a friend.

New players welcome. Kewaskum Labor Center.

## XYZ CARD RESULTS

The winners at cards played at the Municipal Building Annex on Wed., March 5th were:

SKAT: Byron Gessner, 5-1-4 net; Allen Reindl, 6-0-6 net.

SHEEPSHEAD: Al Zehren, Gert Marx, Bruce Petri, Reiny Follmann, Mousie Nigh, John Coulter, Joanne Weisling.

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

## The STATESMAN



## STATESMAN PRINTING & PUBLISHING, LLC

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WEEKLY NEWSPAPER

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March 20, 2008

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POSTMASTER -

ADDRESS CHANGES TO:

THE STATESMAN

PO Box 98, Kewaskum, WI 53040

nkuehl@kewaskumstatesman.com

## NOTICE

The Village of Kewaskum Municipal Building will be closed on Friday, March 21, 2008.

Regular business hours will resume Monday, March 24, 2008.



## Washington County's Most Wanted

The Washington County Sheriff's Department is seeking:



Name: Francisco Sanchez Lopez III

Age: 30

Race: Hispanic

Sex: Male

Height: 5'10"

Weight: 236

Hair: Brown

Eyes: Brown

Last known address: West Bend

Warrant Entry Date: 01-23-08

Wanted for substantial battery.

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.

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That We Might Live

The Statesman will be CLOSED GOOD FRIDAY

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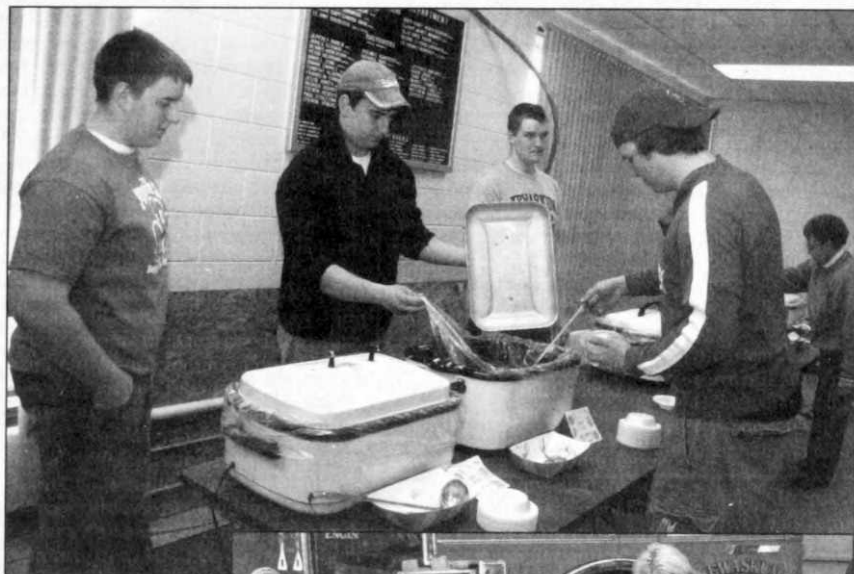
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# Community

## Kewaskum residents get their soup on



It must have been the perfect night for a supper of super soup. Kewaskum Firefighters reported a boomer crowd at their Soup Sampler on Saturday, March 15. Firefighter Craig Garbisch reported that 458 people packed in the Kewaskum Fire Station for soup prepared by firefighters.

The crowd and funds raised are up from the department's 2007 event. Donations received at this year's event will be directed towards equipment for the Department's Dive Team that is a part of the Washington County Dive Team. Shown above in the top photo is the Herriges brothers, Joseph, Alex and Michael who assisted with soup sampling. Andy McDonald is also shown getting a sample for himself. Below Garbisch prepares to surprise a few youngsters. Garbisch and others showed attendees how dive equipment works underwater. On May 17, The Washington County Dive Team will host their annual golf outing at West Bend Lakes. For more information contact Garbisch at (262) 689-3722.



Statesman photos: Andrew Kuehl

## Robin sightings

Spring has definitely sprung as Statesman readers have reported their first Robin sightings of the season.

The first sighting came from Jack Jaeger who reported two Robins in Campbellsport on Thursday, March 13.

Russ Wegner saw a Robin in the town of Wayne on Friday, March 14 at 4:15 p.m.

Donald Seil reported the village of Kewaskum's first Robin on Monday, March 17.

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Tues: Chicken Oscar  
Wed: Handbread Perch  
Thurs: Liver and Onions  
Fri: Fish Fry w/Homemade German Potato salad and coleslaw

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## Join us for Easter at Dick's

We will be serving our Easter Breakfast Buffet

from 8:00 am until 1:00 pm



We will be serving: Scrambled eggs, kielbasa, baked ham, bacon, sausage, waffles, French toast, waffles, breads, muffins, bagels, American fries, Irish potatoes, fresh fruit, Danish, assorted juices, coffee and ice cream bar

\$8.95 Adults, \$5.95 children ages 4-10  
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Regular menu from 1:00 pm to 7:00 pm

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# Community

## Letters to the Editor

### Letter to the Editor:

I found the article "Alternative School Gets Approval"...interesting. The questions I have are: Are the teachers fully qualified at the alternative school to handle the special needs of students? Are ongoing classes required for all teachers to hone their skills? Hope school was shut down when one teacher left. Was there no one qualified to replace this teacher? Or, was it lack of interest? What effect does job placement have on an individual when an employer asks for a high school diploma or GED certificate and now a third choice alternative diploma? Would employers still require a GED? Was this looked into and surveyed?

Next, don't count your additional money from the state until it is in hand. The state, thanks to our good Governor, is decreasing education money as he talks it up. The UW-Madison system has been getting less as a percentage each year. We were just informed by Mr. Reichert that our tax rate went up \$0.52. As I read on I see dollar signs of \$6,100 per student as you run them through the turnstill. A profit to the district.

However, the question would be, since these students would not be forced into the Alternative School and only be there because they want to be, have you surveyed all these students

along with their guardians including other districts to see how many students would be interested? But before that happens they have to know "the special terms of their agreement they need to adhere to" as you put it, and you haven't even outlined those terms. You have approval for the school and are going ahead with building changes to RegalWare for administrators and seem excited about this concept but put everything into place before you enter into a \$60,000 per year contract with RegalWare. Be responsible. This new found money that is being used for different projects is nothing more than shifted money. Our referendum is paying for textbooks and staff training.

Approximately \$60,000 per year is being shifted in the budget for other expenses instead of staying in the fund for textbook replacement because you have money coming in from the referendum. In the 2010-2011 budget, money is to be shifted back into the textbook fund. I take this to mean the approximately \$60,000 that is normally budgeted each year times the five years of the referendum (\$300,000) will be put back into the textbook fund. Or, am I being deceived by slight of hand and the people will forget theory.

You look for our high school students to stay in our district rather than transfer to other schools. The reasoning - more money. Have you ever surveyed the students who choose other

schools over Kewaskum? What is their reason? My daughter left her last semester of KHS because the school dropped all of her advanced courses. The reason: it was not worth holding a class for seven to ten kids. Education of our children and young adults in high school should be a top priority. Students should be given the proper tools to meet their individual needs. Our high school students are young adults and should be treated as such. They should be able to make their own decisions. However, the decisions that they make should have the guidance of individuals within the system who are qualified to help them.

Respectfully submitted,  
Guy E. Harris

\*\*\*\*

### To the Editor:

A park in the town of Wayne? A nice thought. People may think of a nice summer day, having a picnic or going there to play ball with the kids. Sounds nice. But let's take a reality check. In today's hectic world of long hours at work, all the activities the kids ALREADY have, the chores and errands we all have to take care of, how many of us would be able to turn that thought into a reality more than once or twice a summer? Not to mention that fact that there is a park and pool in nearby Kewaskum and another

right next door in Kohlsville. There is a playground, baseball and soccer field at Wayne Elementary School that is RARELY visited by kids, even during the summer months. Do we really NEED a park in Wayne?

Price and cost. No, they are not the same. Price is what is paid for the land, the pavilion to house the restrooms, the playground equipment, the fencing for the baseball diamond(s), asphalt for the walkways, etc. Cost is the daily, monthly and yearly payment for the upkeep and maintenance of those baseball diamonds, soccer fields, lawn, tree and shrub care, cleaning of the restrooms. Cost is the increase in TAXES that we all will bear for YEARS to come for this park. In the day of fastly approaching \$4.00 per gallon gasoline (not just for YOUR cars, tractors and lawn mowers, but also the lawn mowers, etc. for the park), the ever increasing cost for groceries, clothes and day to day living expenses, can any of us really afford the cost of this park now and for years to come?

There are a lot of retired people in Wayne. People who have lived in this town for many years. People who are on a fixed income. People without kids. These are the people that will be footing the bill for the COST of a park that is NOT NEEDED. It's not right.

Scott McLellan  
Wayne, WI



## The Aurora Health Center in Kewaskum is Now Open

Watch for details on our upcoming Open House Saturday, April 19, 2008 11 am - 2 pm

We are pleased to announce the opening of a new Aurora Health Center in Kewaskum. The clinic is home to nurse practitioner, Paula Carlton, and physician's assistant, Amy Haug. They will provide a full spectrum of medical treatment from newborn to elderly care. The clinic features outpatient diagnostic services, including an on-site laboratory and X-ray.



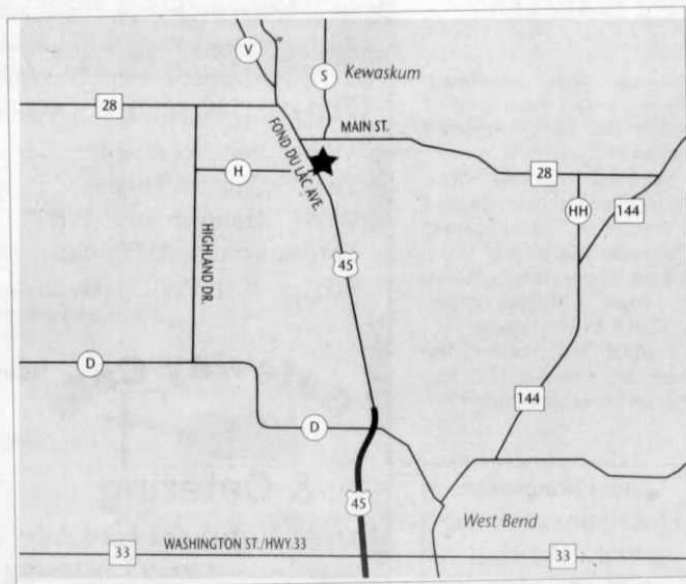
Paula Carlton, MSN, RN, CS, ANP



Amy Haug, PA-C, MPAS

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1020 Fond du Lac Ave.  
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Monday - Friday  
8 am to 5 pm



b60254 (3/08) ©AHC



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## Registration forms from national groups may be confusing for voters

by Stephanie Justmann  
Village of Kewaskum Clerk

There may be greater voter interest in Wisconsin's elections this year, due to a state Supreme Court contest on April 1, and the race for U.S. President and legislative elections this autumn. As more people register to vote, it's important to know the rules.

One potential source of confusion for new and long-time voters alike is a generic voter registration form provided by national groups. Area residents may receive "official-looking" forms in the mail with warnings which cause them to think they need to register more than once.

For example, one group has mailed a letter stating, "NOTICE: State voting laws require individuals to register before voting. To comply with state legal requirements, please return the enclosed application."

The Village of Kewaskum residents should remember they do not have to re-register to vote if they have voted in the last four years and have not moved or changed their names. These notices are being sent out to voters all over the United States, whether the recipients are registered or not.

For those people who re-

ally do need to register, it is better to use Wisconsin's voter registration form - the EB-131 form - and to remember our voter registration deadlines. Mail-in registration ends 20 days before the election - that was March 12 for the April 1 election - so many of these forms are not reaching me before that cutoff. That means the names may not be in the poll book, and the voter will have to fill out the form again, on Election Day. The deadline for the September 9 primary is August 20, and the deadline for the November 4 general election is October 15.

Wisconsin residents can

register in their municipal clerk's office up to Election Day, and at the polling place on Election Day, so no voters will be disenfranchised by confusing solicitations from out-of-state organizations. However, because these notices do not explain our registration deadlines, some people who believe they are registered will not be in the poll book when they arrive at their polling place.

Voters with questions about Wisconsin voter registration or use of other registration forms should contact the Village of Kewaskum Clerk's Office at 262-626-8484, or check their voter registration status on the Voter Public Access page of the State Elections Division website at <http://elections.wi.gov>.

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## Local Abridged

### Musicians sought for 2008 Downtown West Bend Farmers' Market

**WEST BEND-** Local bands and musicians looking for more exposure now have an opportunity to perform throughout the summer thanks to the Downtown West Bend Association (DWBA).

Through Thursday, March 27, DWBA is taking entertainment registrations for the 2008 Farmers' Market season, which will run every Saturday from June 7 through October 25, 2008. Market hours are 7:30 a.m. to 11:00 a.m., with musical performances generally taking place from 9:00 a.m. to 11:00 a.m.

This year there will be two locations for musical performances:

**Old Settlers Park**—There is electricity available and the park has a natural elevation above Main Street. This is a great location for larger bands that require more space.

**North Main Street**—This location is in the new expansion area of the Market located on the corner of Cedar Street and Main Street. There is no electricity available at this location. Groups or individuals that don't require electricity (i.e. percussion, string instruments, etc.) would be a great fit.

Registration forms can be picked up at DWBA (128 South Sixth Avenue, Suite One in Downtown West Bend) or requested by calling Tanya Albrecht, (262) 338-3909. Deadline for entries is Thursday, March 27, 2008.

For more information about DWBA visit [www.downtownwestbend.com](http://www.downtownwestbend.com) or call (262) 338-3909.

*It is inaccurate to say I hate everything. I am strongly in favor of common sense, common honesty, and common decency. This makes me forever ineligible for public office.*

-H.L. Mencken

# March Madness BAG SALE!

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**Saturday, March 22**  
at your neighborhood Ace Hardware Store

# 20% off

**anything\* that fits in the bag!**

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The helpful place

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262-626-1584



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Rev. J. Eric Kirkegaard  
Maundy Thursday - 7:30 p.m. with Communion.  
Good Friday - 1 & 7:30 p.m.  
Easter Sunday - 6 a.m. Sunrise Service. 8:30 a.m.  
Easter Breakfast. Sunrise Service. 7:30 & 10 a.m.  
service with Communion.

## St. Lucas Evangelical Lutheran Church

1417 Parkview Dr., Kewaskum • 262-626-2680  
Rev. Timothy Henning  
Maundy Thursday - 1 & 7 p.m.  
Good Friday - 1 & 7 p.m.  
Easter Sunday - 6 a.m. Sunrise Service, 7 a.m.  
Breakfast. 8:30 & 10:30 Festival Services.

## Holy Trinity Catholic Church

315 Main St., Kewaskum • 262-626-2860  
Father Edwin Kornath  
Maundy Thursday - 7 p.m.  
Good Friday - 1 p.m.  
Easter Sunday - 7:30 & 11 a.m.

## St. Michael Catholic Church

8877 Forestview Rd., Kewaskum  
262-626-4396  
Father Edwin Kornath  
Good Friday - 7 p.m. Stations of the Cross  
Saturday Night Easter Vigil - 7:30 p.m.  
Easter Sunday - 9 a.m.

## Kewaskum House of Prayer

100 Clinton St., Kewaskum • 262-626-8337  
Pastor Joe Brath  
Good Friday - 1 p.m.  
Easter Sunday - 10 a.m.

## Salem United Church of Christ

8925 Hwy. W, Wayne • 262-626-4000  
Pastor Dan Schultz  
Maundy Thursday - 7 p.m.  
Good Friday - 12 noon  
Easter Sunday - 6:30 a.m. Sunrise Service. 7:30  
a.m. Breakfast; 9 a.m. Worship with Communion

## St. John Lutheran Church

N665 Hwy. S, New Fane • 262-626-2309  
Pastor Mark Eckert  
Maundy Thursday - 7 p.m.  
Good Friday - 1:30 p.m.  
Easter Sunday - 6:30 & 9 a.m.

## Immanuel Evangelical Lutheran Church

Wisconsin Synod  
350 S. Helena St., Campbellsport  
920-533-4385  
Rev. Paul A. Cerny  
Maundy Thursday - 7 p.m. Worship.  
Good Friday - 1 p.m. Worship. 7 p.m. Tenebrae.  
Easter Sunday - 6 a.m. Sunrise Service. 7 a.m. Break-  
fast. 9 a.m. Worship.

## Campbellsport Alliance Church

N1876 County Road V, Campbellsport  
920-533-5123  
Rev. Doug Birr  
Good Friday - 1 p.m.  
Easter Sunday - 9:30 a.m. 10:45 a.m. Easter  
Brunch

## St. Kilian Catholic Church

N189 Hwy. W, Campbellsport • 262-626-2636  
Father Neil Zinthefer  
Tuesday - 7 p.m. Stations of the Cross  
Saturday Easter Vigil - 7:30 p.m.

## St. Matthew's Catholic Church

419 Mill St., Campbellsport • 920-533-4441  
Father Neil Zinthefer  
Monday - 6:30 p.m. Penance Service  
Wednesday - 1:30 p.m. Stations of the Cross, St.  
Matthew's School gym.  
Good Friday - 1 p.m.  
Easter Sunday - 9 a.m. Mass

## St. Martin Catholic Church

Hwy. 67, Ashford • 920-533-8644  
Father Neil Zinthefer  
Holy Thursday - 7 p.m.  
Easter Sunday - 7:30 a.m.

## Trinity Lutheran Church

W494 Elm., Dundee • 920-533-4138  
Pastor Richard Schlieve  
Maundy Thursday - 6:30 p.m.  
Good Friday, 1:30 & 6:30 p.m.  
Easter Sunday - 6 & 9:30 a.m.

## Zion Lutheran Church

6430 Hwy. D, Allenton • 262-629-5914  
Pastor Steven Bode  
Maundy Thursday - 7 p.m.  
Good Friday - 1 p.m.  
Easter Sunday - 6 a.m. Sunrise Service followed by  
breakfast. 9:00 a.m. Festival Service.

## Shepherd of the Hills

W1562 County Road B, Eden • 920-477-3201  
Father Joe Juknialis  
Good Friday - 1 p.m.  
Holy Saturday - 8 p.m. Easter Vigil  
Easter Sunday - 8:15 & 10:30 a.m.

## New Horizon United Church of Christ

9663 Hwy 144N, Town of Farmington •  
262-692-6444  
Rev. David Schlieter  
Maundy Thursday - 7:30 p.m.  
Good Friday - 7:30 p.m.  
Easter Sunday - 6:30 a.m. Sunrise Service with  
Communion followed by Easter breakfast. 10 a.m.  
Easter Worship

## Our Lady of the Rosary

CTH H & Memorial, Waubesa • 262-692-2913  
Father Bernard  
Holy Thursday - 7 p.m.  
Good Friday - 2:15 p.m. Stations of the Cross.  
5:30 p.m.  
Holy Saturday - 8 p.m.  
Easter Sunday - 9:30 a.m.

## St. Andrew Lutheran Church

LCMS  
7750 N. Hwy. 144, West Bend  
262-335-4200  
Rev. Robert Korytkowski  
Maundy Thursday - 7 p.m. with Communion  
Good Friday - 7 p.m.  
Easter Sunday - 6 & 9 a.m.

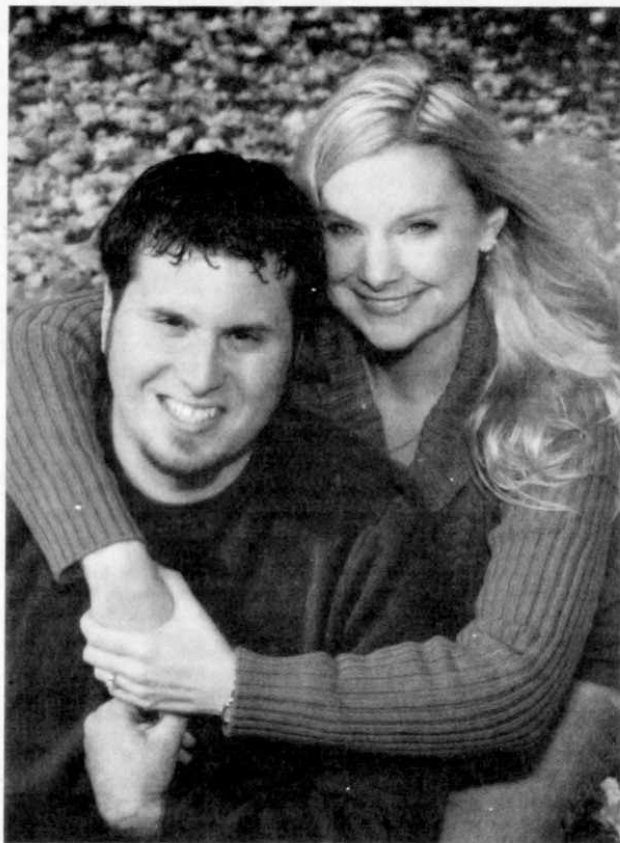
## Immanuel Lutheran

W8497 Brazelton Dr., Random Lake  
920-994-9060  
Rev. Kurt Ziemann  
Maundy Thursday - 8 p.m. with Holy Communion  
Good Friday - 1 p.m.  
Easter Sunday - 6 a.m. with Holy Communion, fol-  
lowed by Easter Breakfast; 10:30 a.m. with Holy  
Communion



# PEOPLE

## Eckerman - Piwoni



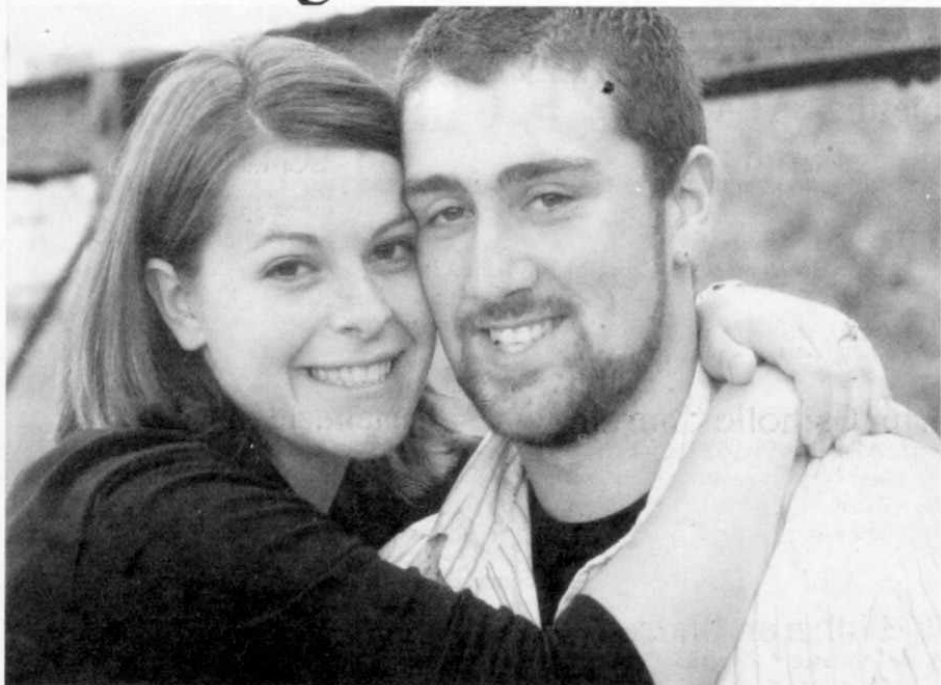
Steve and Darlene Eckerman of Antigo, and Tom and Diane Piwoni of Kewaskum, announce the engagement of their children, Stephanie and Luke.

Stephanie is a 1999 graduate of Antigo High School. In 2004, she graduated from UW-Madison, earning bachelor of science degrees in genetics and life science communications. She then went on to earn her master's degree in nursing at Marquette University and graduated in May 2007. She is currently practicing as a pediatric nurse practitioner in Neenah.

Luke is a 2001 graduate of Kewaskum High School. He earned his bachelor of arts degree in history in 2005 from UW-Madison. He is currently student teaching social studies at Kewaskum High School and will complete his master's degree in education and teaching certification in April of 2008.

A June 21, 2008 wedding is planned in Antigo.

## Wagner - Marx



Lee and Kathleen Wagner of West Bend are pleased to announce the engagement of their daughter, Jennifer Lynn, to Peter Michael Marx, son of Michael and Susan Marx of Kewaskum.

Jennifer is a 2004 graduate of Slinger High School and will be graduating in May from Marian College with a bachelor's degree in elementary education.

Peter is a 2002 graduate of Kewaskum High School and is currently employed with Jahn and Sons as a carpenter.

The couple is planning a September 20, 2008 wedding.



**Ask Randy the "Trendsetter" how he did this design?**



## Healthy Habits

by Jess Diermeier, CNM  
(Certified Nurse Midwife)

### YOUR RISK OF BREAST CANCER

Breast cancer is highly treatable when caught early. The American Cancer Society estimates that nearly one in eight women, or 13% of all women, will develop breast cancer during her lifetime. Of all women with breast cancer, 70% have no known risk factors. So while knowing your risks are helpful (age, direct family history, genetic predisposition, breast lesions), it is more important to know the signs of breast cancer so you can seek early treatment. Monthly self-exams help you note any changes in your breast tissue. Additionally, a clinical breast exam is recommended every three years from age 20-30 and annually from age 40 on. Mammograms should begin annually at age 40 as well.

*Leading the Way for a Lifetime of Care.*

SynergyHealth  
Kewaskum Clinic

For more information or to schedule a 10-minute get acquainted visit call 262-626-4616

1701 Fond du Lac Avenue, Kewaskum  
www.synergyhealth.org

### Happy Birthday!

March 20	Dan Marx Courtney Froemming	Linda Theisen Jeannette Kreutzer
March 21	Bruce Halfmann Heather Seefeldt	Jeremiah Neubauer Cindy Eggert
March 22	Richard Thiemer Dennis Homuth Robin Reis	John Pesch Lorinda Bartelt
March 23	Kurt Schmidt Wilmer Schmidt	Thomas Luedtke Gene Schultz
March 24	Patty Peters Louise Hafermann Joshua Kertscher	Kenneth Ramthun Ken Campbell
March 25	Jerry Kiefer Steve Volm Jr.	Linda Ertl
March 26	RoseMarie Casten Milly M. Theisen Tom Bauer Dwayne Dogs	Barb Farrier Mike Coulter Michael Luedtke Maggie Krazwina

**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.

# Events

## Joanne Cash to perform at Lighthouse concert

Lighthouse Ministries, Inc., a nondenominational ministry, which has been putting on concerts for the past 21 years, invites the public to a free Christian concert on Friday, April 4, from 7:30-10 p.m. Doors will open at 7 p.m.

The special guest for the night from Nashville, TN, will be award-winning Joanne Cash, sister of legendary Johnny Cash. With a career of over 30 years and 27 albums, including countless duets with her famous brother, she has appeared as a regular on the Grand Ole Opry's Grand Ole Gospel Time. She just recently recorded her new album, Gospel, that features duets with



Joanne Cash

Johnny infused throughout with that famous Cash sound. Joanne and her husband, Dr. Harry Yates, have toured internationally sharing a mes-

sage of hope.

Also, award-winning Nashville artist, Jim Whitaker will perform. Jim has toured with the Oakridge Boys, Willie Nelson, and other major acts. He has opened for Charlie Louvin, Jeanie Sealy, and Stella Parton. Jim has a strong faith in Christ and has had opportunity to be on TV commercials and played before Congress and President Carter.

Because of a large expected audience, this event will be held in the gymnasium at Silverbrook School. No refreshments will be served or allowed at this event. Free admission and door prizes.

Lighthouse meets at Silverbrook School, 120 N. Silverbrook Drive, West Bend. Park and enter in the rear of the school.

For information, visit [www.lighthouseconcerts.com](http://www.lighthouseconcerts.com) or call 262-338-0205.

## Spring dairy banquet April 3

The Washington County Dairy Banquet Planning Committee has made plans for the 50th annual 2008 Spring Dairy Banquet. The banquet will take place on Thursday, April 3, at the Knights of Columbus Hall, 3245 Lighthouse Lane, West Bend.

The banquet is held to recognize and thank dairy producers, Ag businesses and policy makers for their support of the local dairy industry. This banquet provides an opportunity for farm and non-farm people to get together and learn more about each other. The evening will start at 7:30 p.m. with a dinner prepared by Catering by Bryan.

The featured speaker will be storyteller and author Ed Janus, talking about "Reflecting on the History of Dairy Farming in Wisconsin." To help celebrate the 50th Dairy Banquet anniversary, the Richfield Historical Society will be displaying historic agriculture items at the banquet. In addition, they have created an automated silent slide show featuring Washington County agriculture and events, which will be shown before and during the banquet.

ing the banquet.

Tickets are \$9 and must be purchased in advance by noon, March 26. Contact the Washington County UW-Extension Farm Business Office at 262-335-4477, in Wisconsin 1-800-616-0446, ext. 4477 or 711 for Relay.

## Women's Club Salad Luncheon March 29

The Kewaskum Women's Club will hold its 10th annual Spring Salad Luncheon on Saturday, March 29 at 12 noon. Doors open at 11 a.m.

The event will be held in the Holy Trinity Church fellowship hall.

Quality door prizes, plentiful raffles and entertainment by "The Silver Belles Dance Troupe" will be included.

Tickets are \$7 and are available from club members. Contact Rita Etta at 262-626-4701 for more information.

All proceeds will be donated back into the community.

## Community Events For

### March 22 - April 7

**March 22 - 7th Annual BREAKFAST WITH THE BUNNY** Saint Jacobi Congregational Church, 8-11 a.m. at the Richfield Firemen's Hall, 2008 Highway 175, Richfield. Breakfast includes: Sausage, eggs and beverage with all you can eat pancakes. Adults \$5.00 - Children 12 and under \$3.00. For further information contact: Saint Jacobi Congregational Church, 262-628-3234 [www.st.jacobichurch.org](http://www.st.jacobichurch.org)

**March 30 - Shepherd of the Hills Parish COUNTRY STYLE CHICKEN DINNER** Dinner served 11 am to 2 pm Adults: \$8.00, children 5-12: \$4.00, under 4 free. Price includes beverage and dessert. Carryouts available. Country Store - Bingo. Father Joe Juknialis, Pastor. W1562 County Road B, Eden, six miles east of Eden on County Road B.

**March 31 - Sleep Apnea Informational Session.** 7:00 - 9:00 pm. St. Joseph's Hospital, Hwy 45 and PV. PV Conference Room. **Still tired after waking?** Sleep apnea is a common disorder that affects many people. Sleep medicine specialist Dr. Eric Olafsson will present a free informational program on sleep apnea. Find out about the signs and symptoms of sleep apnea, and diagnostic and treatment services provided by the SynergyHealth Sleep Center. Refreshments will be provided. No Fees. Register required. On line at [www.synergyhealthsleep.com](http://www.synergyhealthsleep.com) <<http://www.synergyhealthsleep.com/>> or call 262-334-8584.

Tuesday, April 1, 2008 5:00-9:00pm

Saturday, April 5, 2008 8:30am-3:30pm

Monday, April 7, 2008 5:00-8:45pm (Practice Exam)

**ACT Test Preparation Course** (At Ozaukee High School)

Three session course to assist high school students in preparing for ACT assessment exams. All areas are covered, including both content and test taking strategies. Fee: \$89.00 with practice exam. For more information, contact the UW-WC Department of Continuing Education at (262) 335-5218 or [kim.schwamn@uwc.edu](mailto:kim.schwamn@uwc.edu)

**April 4, 2008 - Pro Arte String Quartet.** 7:30pm. One of the world's most distinguished quartets! Pro Arte Quartet has won unanimous praise for its brilliant and engaging performances of beautiful Classical and contemporary music. Tickets: \$12.00 adults, \$9.00 seniors & youth. Campus Theatre. For reservations, contact the UW-WC Department of University Relations at (262) 335-5208 or [jean.kelley@uwc.edu](mailto:jean.kelley@uwc.edu)

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.

Annual Statesman Subscriptions Starting at Only \$30. Call 262-626-2626

*sleep medicine*

# SPECIALISTS



Dr. Jeffery Smale and Dr. Eric Olafsson, Board Certified in Sleep Medicine

*Eric Olafsson, M.D.  
Pulmonary Medicine*

LEARN MORE  
Free Sleep Apnea Informational Session  
March 31 at 7:00 p.m.

St. Joseph's Hospital  
Hwy 45 and  
Pleasant Valley Road

REGISTRATION REQUIRED  
[www.synergyhealthsleep.com](http://www.synergyhealthsleep.com)  
Telephone: 262-334-8584

If you snore or have daytime sleepiness, you may be one of the estimated 18 million Americans who suffer from sleep apnea. Sleep apnea is a common disorder that affects both men and women. It is often undiagnosed and can have potentially serious health risks.

Diagnosis and treatment is available locally at SynergyHealth Sleep Center in West Bend. Staffed by specialists in sleep medicine, the newly expanded center is now accepting new patients.

For more information call 262-334-8393.

SynergyHealth

## Keep Warm This Winter

### With Wisconsin WHEAP

(Wisconsin Home Energy Assistance Program)

Find out if you are eligible for ENERGY ASSISTANCE

Residents of Washington County contact the Department of Social Services for an appointment.

Client Registration 262-335-4677



# Events

## UW-Madison's Pro Arte Quartet to perform at UWWC April 4

The Pro Arte String Quartet, ensemble-in-residence at the University of Wisconsin-Madison, will perform on Friday, April 4, 2008 at 7:30pm in the Theatre of the UW-Washington County in West Bend, located at 400 University Drive. Tickets are \$ 12 for adults, \$ 9 for seniors 62+ and youth under 18, and are available at the door or by calling (262) 335-5208. Visit [www.washington.uwc.edu](http://www.washington.uwc.edu) for directions to the concert site.

One of the world's distinguished string quartets, the PRO-ARTE QUARTET main-

tains a three-fold commitment to the performance of chamber music. The quartet promotes an exciting balance of old and new repertoire, seeking opportunities to commission and premiere works of living composers in a variety of contemporary styles. It seeks to broaden the audience for string chamber music through a full schedule of concerts, tours, recordings, and broadcasts, forging a passionate connection with audiences of diverse backgrounds. The Pro Arte Quartet also honors its past as the

first ensemble-in-residence at a major American university, serving the UW-Madison with full appointments, combining performance, education, and service to the state. The Pro Arte Quartet is comprised of violinists David Perry and Suzanne Beia, violist Sally Chisholm, and cellist Parry Karp.

Arrangements for this event were made through the UW-Madison Arts Outreach Program. For more information, call (608) 263-4086 or email [jbuenzli@wisc.edu](mailto:jbuenzli@wisc.edu).

## Calling all C-sport library lovers

Last summer the Campbellsport Public Library encouraged over 235 children and 45 teens from the area to read during their summer vacation. Recreational reading is essential for helping students maintain the skills they learned during the school year.

The Library also provided 17 entertaining and educational programs throughout the summer of 2007 for children and families. Over 1119 people attended these events. During this upcoming summer they hope to encourage more children to keep reading and to provide the same level of entertaining and edu-

cational programming again this summer.

Since this vital program is funded solely by donations the Campbellsport Public Library is again organizing a bake sale for Tuesday, April 1, 2008 from 7 am to 8 pm.

They are asking that library supporters donate baked goods to their cause. Contributors are asked to drop off wrapped and ready to sell home-made bakery to the Library on Monday, March 31 between noon and 8 pm or early Tuesday, April 1st. The bake sale volunteers will price the bakery the morning of the sale. Please call or stop in at the Library to notify them of

your generous donation.

If you do not like to bake but like to eat home-made bakery, please take the time while you are voting to stop by the bake sale and purchase something tasty to help support the public library. If you have any questions, or would like to lend a helping hand, please call the Campbellsport Public 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 10 to 5 pm and Saturday from 9 to 12 pm.

## Rock River Old-timers to hold annual meeting

The 2008 annual meeting of the Rock River Baseball League Old-timers Association will be held on Sunday, March 30, at 1:30 p.m. at the Dodge Entertainment Center in Horicon.

All members should make every effort to attend this important meeting. Nominations will be accepted for this year's candidates for the Rock River League Hall of Fame, posthumous hall of fame and Rock Diamond Award. The Rock Diamond Award is given annually to the member who has given the most of himself through his involvement and promotion of local amateur baseball. Election of officers and directors will also be held at this time.

Other items on the agenda for discussion include, but are not limited to, selecting a date for the groups Brewer trip, annual play-off outing, site for possible recruiting outing and preliminary plans

for this year's Hall of Fame banquet. This year's banquet will be held Saturday, November 1 at Hustisford Firemen's Hall. Suggestions for improvements will be discussed also.

Discount coupons for several Brewer games will be available at the meeting.

Again, this is a very im-

portant meeting which all members should attend.

For more information about the meeting or to join the Rock River Baseball League Old-timers Association, please contact President Phil Nehls at 920-349-8878 or secretary/treasurer Bob Schulz at 920-285-3736.

**Habitat for Humanity** 325 Chestnut St.  
West Bend, WI 53095  
**ReStore** 334-1801

**Thursday 10 AM - 6 PM**  
**Friday 10 AM - 6 PM**  
**Saturday 8 AM - 4 PM**

*(Donations accepted during business hours.)*

Selling new and gently used building materials, doors, windows, plumbing, cabinets, hardware, wooden moulding, toilets, sinks, lighting fixtures, paint, ceramic tile, flooring...

*"A Second Chance for Building Materials"*

## COMMUNITY CALENDAR

APRIL

**APRIL 5 -- DO YA WANNA DANCE?** 4th Annual Murder Mystery Dinner. Join the Kewaskum Junior Women for a night of food, drink and drama. Solve the murder mystery and win a special prize! For the adventurous person, be a part of the murder mystery itself by taking a part in the show. \$25 adults only. Cocktails at 6:30 Mystery at 7 pm. Kewaskum Annex Building, 1308 Fond du Lac Ave. Return payment payable to Kewaskum Junior Women, C/O Cindy Koester, W1975 Rustic Dr., Campbellsport, WI 53010. For more info call Cindy at 920-533-5769.

*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.*

### BUDDIES

*Place*

• Pizza • Sandwiches  
• Pool • DARTS

**262-692-6500**

1307 Scenic Dr., Boltonville • Hwy. 144 N to Hwy. X left 2 blks.

**"RELATIVE"**  
Sat., April 5 Varied Rock • 9pm-1am • No Cover  
Breast Cancer Benefit  
Guest Shot Girls:  
Jamie Schulz & The Pink Ladies  
• Raffles • Buddies will match half their tips

**Karaoke**  
EVERY 4<sup>TH</sup>  
SATURDAY

## PANCAKE BRUNCH

**SALEM UNITED CHURCH OF CHRIST at WAYNE**  
*Located at 8925 Highway W, in the Town of Wayne*

**SUNDAY, MARCH 30**  
Serving 9:30 a.m. - 1:30 p.m.



**ALL YOU CARE TO EAT**  
**POTATO & BUTTERMILK**  
**PANCAKES,**  
Brats, Applesauce, White or  
Chocolate Milk, Coffee  
& Dessert

Adults \$7.00; Children 10 years & less than \$3.50  
Less than 3 years FREE

**CALL AND PLACE YOUR ORDER TODAY!**

*March Special*

## Beef & Pork Sale!

**Locally Raised!**

**All Meat is Cut To Your Specifications!**

**HALF OR WHOLE STEER**  
1/4 SS - 1/2 or Whole Beef **\$1.96 lb.**  
10 lb. Patties N/C

**HALF OR WHOLE HOG**  
Price includes cutting, wrapping & freezing.  
Bacon, hams and sausage making **\$1.25 lb.**  
available at additional charge.

Available at Kewaskum store only.

*Quality is Our Chief Ingredient*

**KEWASKUM FROZEN FOODS**  
118 Forest Ave., Kewaskum  
**(262) 626-2181 • 1-800-660-2710**  
[www.kewaskumfrozenfoods.com](http://www.kewaskumfrozenfoods.com)  
Hours: Mon.-Thurs. 8-5:30; Fri. 8-6; Sat. 8-4

## KMS Spelling Bee winners



KMS eighth grader AJ Reicher and sister KMS seventh grader Jenny Reicher both won the Kewaskum Community Schools district spelling bee for their grade level.



KMS sixth grader Andrew Buelow was the district spelling bee winner for his grade level.

By Amber Donath  
Statesman Correspondent

Kewaskum Middle School (KMS) held its final school spelling bee in early February. Prior to this event, each grade at KMS had held contests to determine the top three spellers at each grade level.

KMS standing ended up as follows:

Sixth grade: first place Andrew Buelow, second place

Allyson Otten, third place Taylor Reichel

Seventh grade: first place Jenny Reicher, second place Shaun Kircher, third place Adam Waala

Eighth grade: first place AJ Reicher, second place Justin Steiner, third place Katherine Etta

After each grade level competed, the three first place winners competed against each other to determine the two students who then went on to represent Kewaskum in the CESA Regional Spelling Bee in West Bend on February 12.

AJ Reicher in eighth grade and sister Jenny Reicher in seventh were the two KMS students who then went on to Regionals where AJ Reicher received a seventh place medal.

"We were shocked when we both ended up winning," said Jenny Reicher with big brother AJ agreeing. "But that made it more fun."

## Kiwanis Students of the Month



Amanda Schmidt



Ben Butler

Amanda Schmidt and Ben Butler were named Kiwanis Students of the Month for the month of February. Amanda is the daughter of Ann Scannell and Tom Schmidt. She has been an active participant in girls softball, Key Club, Swing Choir, Yearbook Club, Literature Club, and Forensics. In Literature Club, she fulfilled the role of president and in Forensics she was voted MVP her sophomore year and obtained silver medals multiple years at State. Amanda was also inducted into the National Honors Society her junior year and performed in the high school's musicals for all four years. Next fall, Amanda plans to attend Cardinal Stritch University to become an English teacher. Ben is the son of Ruth and Robert Butler. He has been an avid athlete at KHS, participating in football, baseball, track, and basketball. In his junior year, Ben participated in Peers 4 Peers and was nominated for Prom Court. This year, Ben was inducted into the National Honors Society. In the fall, Ben plans on attending Milwaukee School of Engineering to become a Biomedical Engineer. Students and their parents were honored at a February meeting of the Kewaskum Kiwanis Club.

### Laura Carlson



We're so very proud of you. Your graduation now offers you new opportunities. Follow your dreams!

Love Mom & Dad

## Class of 2008

### Salute Your Graduates!

A great opportunity for parents, grandparents, friends & family to pay special recognition to the graduate in the family.

The Statesman will publish photos of your favorite senior for ONLY \$25 in this special salute to seniors!

**DEADLINE: Friday, May 16**

Please send a self-addressed stamped envelope for the return of your photo along with students name, school graduating from and your greeting.

Name of School \_\_\_\_\_  
 School \_\_\_\_\_  
 Your Message \_\_\_\_\_  
 Your Name (This info not included in ad) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Send to: THE STATESMAN  
P.O. Box 98, Kewaskum, WI 53040

THE STATESMAN  
Kewaskum's Community News Source for 113 Years

## School Menu

### CAMPBELLSPORT SCHOOL DISTRICT

Monday, March 24 - NO SCHOOL.

Tuesday, March 25 - NO SCHOOL.

Wednesday, March 26 - Chicken fajitas or sandwich, seasoned rice, California blend, fruit mix. A - Bosco sticks or pretzel.

Thursday, March 27 - Tater tot casserole, green beans, rosy applesauce, pretzels & cheese. A - Assorted sandwiches.

Friday, March 28 - Tomato soup & crackers, grilled cheese, relishes & dip, fresh fruit, Oreo cookies. A - Assorted sandwiches.

### ST. MATTHEW'S CATHOLIC SCHOOL

Monday, March 24 - NO SCHOOL.

Tuesday, March 25 - NO SCHOOL.

Wednesday, March 26 - Chicken fajita, tri-taters, mixed vegetables, pears or peaches, cookie, milk.

Thursday, March 27 - MARCH BIRTHDAY - Mini corn dogs, French fries, green beans, applesauce or orange, Birthday cake, milk.

Friday, March 28 - Scrambled eggs, macaroni & cheese, tossed salad, garden fresh peas, mixed fruit, French bread, milk.

# School

## Holy Trinity dance team takes third in competition



Shown above is the Holy Trinity Cheer Team after the Kettle Moraine Catholic School League cheer competition held at the KHS Fieldhouse on Sunday, March 9th. The team placed third in their division. Front row, left to right, Isabel Hayward, Kayla Chmielewski. Back row: Coach Becky Leitheiser, Lexi Hayward, Kam Thull.



Above is the Holy Trinity Dance Team. Front row from, Becky Breuer, Jo Jo Donnelly, Olivia Krautkramer. Back row, Coach Kim Olson, Jessica Etta, Anna Aycoc, Katie Tillman. Submitted photos

## KHS to send 15 events to Solo Ensemble competition

Kewaskum High School students will make up 15 events at the state Solo Ensemble competition on Saturday, April 26 at UW-Milwaukee.

Choral Director Dave Bertelsen stated that students participated in the Eastern Wisconsin Solo/Ensemble Festival at Kiel on Saturday, March 15. Complete results will be published at a later date.

Those participating in the state competition are: **Vocal solos-** Lindsay Schneider, Catherine Stoffel, Julie Sargent, Kurtis Wetzel; **Musical Theater solos-** Kurtis Wetzel,

Lindsay Schneider, Julie Sargent; **Vocal duets-** Julie Sargent and Kurtis Wetzel, Karla Stoffel and Karissa Uelmen; **Vocal trio-** Heather Schaller, Taylor Bocher, Megan Ogi; **Vocal Quartets-** Heather May, Amanda Osswald, Taylor Bocher, and Megan Ogi, Alyssa Krautkramer, Brittany Barlow, Lindsay Schneider, and Julie Sargent; **Clarinet trio-** Danielle Fleischmann, Heather Schaller, and Lindsay Schneider; **Piano duet-** Olivia Gitter and Heather McElhatton; and **Piano trio-** Heather McElhatton, Olivia Gitter, and Karla Stoffel.

## MARCH MADNESS SALE

All LAMINATE and  
HARDWOOD  
FLOORING  
15% OFF

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# OBITUARIES

## RAYMOND N. MERTZIG

Raymond N. Mertzig, 72, of Kewaskum, passed away on Monday, March 17, 2008, at his home.

He was born on July 30, 1935, in West Bend, the son of the late Oliver and Leona (Mueller) Mertzig, and on November, 11, 1961, he was united in marriage to Betty Mae Kober at St. Lucas Evangelical Lutheran Church in Kewaskum.

Ray proudly served his country in the U. S. Army, and he was employed by the West Bend Company, retiring after 38 years of service and was a member of the 25 Year Club. He was a member of St. Lucas Evangelical Lutheran Church in Kewaskum, the Kewaskum Lions Club and the Fillmore Historical Society.

Ray will fondly be remembered for his love of sports by his participation in sports in his younger years and his attendance at every game a relative played in from grade school thru high school. He also enjoyed refereeing at St. Lucas and high school boys and girls basketball games. He was inducted into the Land of Lakes Hall of Fame, was a member of the Old Timers Baseball Association and a member of the Barton Baseball team for 19 years. Ray was an avid Brewer, Packer and Marquette fan and enjoyed bowling and golfing. He will be deeply missed by his wife, his family and by all who knew him.

Survivors include his loving wife of 46 years, Betty; two children, John (Tina) Mertzig of Kewaskum and Rhonda (Timothy) Zimdahl of Campbellsport; five grandchildren, Sarah (Erik) Peterson, Wendy and Angel Zimdahl, Faith and Raymond Mertzig; a great-grandson, Liam Peterson; a brother, Dave (Helen) Mertzig of West Bend; a sister, Roseann (Donald) Clark of West Bend; a brother-in-law, William (Beverly) Kober of Kewaskum; a sister-in-law, Bernice (Norman) Krueger of West Bend, nieces, nephews, other relatives and many friends.

Ray preceded in death by a granddaughter, Julie Zimdahl.

Funeral services for Ray will be held at 10:00 a.m. on Friday, March 21, 2008, at St. Lucas Evangelical Lutheran Church in Kewaskum. Rev. Timothy Henning will officiate and burial, with military graveside rites, will follow in Lutheran Memorial Park in Kewaskum.

Relatives and friends may call on Thursday at the Miller Funeral Home in Kewaskum from 4:00 until 8:00 p.m. and at the church on Friday from 9:00 a.m. until the time of services.

Additional information and guest book may be found at [www.millermartinfh.com](http://www.millermartinfh.com).

## ELAINE BAUER



Elaine A. Bauer, 71, of the town of Kewaskum, passed away unexpectedly on Tuesday, March 11, 2008, at St. Luke's Medical Center in Milwaukee.

She was born on April 20, 1936, in St. Agnes Hospital in Fond du Lac, the daughter of Florian and Joan (Konkol) Patoka. Elaine graduated from St. Mary's Springs High School in Fond du Lac and worked as a car hop at A&W and at Newberry's Five and Ten Cent Store in Fond du Lac. On April 30, 1955, she was united in marriage to Roger Bauer at St. Mary's Catholic Church in Fond du Lac. After their marriage, Elaine devoted her life to homemaking and raising their family.

Elaine was a member of Holy Trinity Catholic Church in Kewaskum and the Kewaskum

Homemakers' Club. She enjoyed crocheting and emailing her grandchildren and friends. Elaine will fondly be remembered for her homemade bread and homemade rolls. Her grandchildren were her pride and joy. She will be deeply missed by her husband, her family and by all who knew her.

Survivors include her loving husband of nearly 53 years, Roger; her mother, Joan Patoka of Fond du Lac; her four children, Sandra (Richard) McKee of the town of Farmington and their children, Jennifer (John) Broughton, Jill (Tim) Kleiber, Michael (Katie) McKee and Jackie; Gary (Carol) Bauer of Mukwonago and their children, Stephanie (fiancé, Daniel Nottling), Greg and Andrew; Kay (Daniel) Butzke of Campbellsport and their children, Matthew, Adrienne and Samantha; Ken (Valerie) Bauer of Hubertus and their children, Ashley, Lauren, Heather and Bryanna; a brother, David (Karen) Patoka of Fond du Lac; a brother-in-law, Donald (Anne) Bauer of Mayville; four sisters-in-law, Ruth Ruhland of Oakfield, Lyra (Neal) Straub of St. Kilian, Betty Bauer of LeRoy and Helen Bauer of Fond du Lac, nieces, nephews, other relatives and many friends.

Elaine was preceded in death by her father and three brothers-in-law, Edgar Bauer, Felix Bauer and Clarence Ruhland.

A Mass of Christian Burial for Elaine was held at 1:00 p.m. on Saturday, March 15, 2008, at Holy Trinity Catholic Church in Kewaskum. Father Edwin Kornath officiated and burial followed in the parish cemetery.

Relatives and friends celebrated her life on Saturday at the church from 10:00 a.m. until the time of Mass.

The Miller Funeral Home in Kewaskum was entrusted with Elaine's arrangements. Additional information and guest book may be found at [www.millermartinfh.com](http://www.millermartinfh.com).

## KENNETH C. CUDNOHOSKE

Kenneth C. Cudnohoske, 77, passed away on Saturday, March 8, 2008 at Ivy Manor Assisted Living Center in Campbellsport. In keeping with Ken's wishes there will be no services.

## GENEVIEVE G. WENNINGER

Genevieve G. Wenninger, nee Schladweiler, 80, of West Bend, died on Wednesday, March 12, 2008 at Synergy-Health St. Joseph's Hospital.

She was born on Jan. 20, 1928 in St. Michaels to the late Edward and Marie (nee Berres) Schladweiler.

Following her marriage to Jacob J. Wenninger on Aug. 28, 1948 at St. Michael's Catholic Church in St. Michaels, the couple lived in St. Michaels for a few years prior to settling in West Bend.

Jacob predeceased June 30, 1988.

Survivors include six children, Judy (Tony) Peters of West Bend, Don (Shari) of Kewaskum, Bill (Anne) of Kewaskum, Mary (Paul) Mamerow of Berlin, Dr. Sue Radtke of Jackson and Jayne (Randy) Steiner of Theresa; 18 grandchildren; 20 great-grandchildren; a sister, Angeline Ruppinger of West Bend; three sisters-in-law, Margie Wenninger of Milwaukee, Helen Brodzeller

of Horicon and Doris Schladweiler of Campbellsport; other relatives and friends.

She was preceded in death by a son-in-law, Bruce Radtke; three grandchildren, Sarah and Steven Peters and Hattie Steiner, a great-grandson, Brandon Newman; and three brothers.

A Mass of Christian Burial was held on Monday, March 17, at 2 p.m. at Holy Angels Catholic Church, with Father Richard Wendell presiding.

Burial followed in Holy Angels Cemetery.

Visitation was at the church only on Monday from 10 a.m. until 1:45 p.m.

The Schmidt Funeral Home of West Bend served the family.

## FLORENCE A. 'FLOSSIE' WIEDMEYER

Florence A. "Flossie" Wiedmeyer, nee Calenberg, 94, of West Bend, died on Tuesday, March 11, 2008 at Aurora Medical Center in Hartford.

She was born on Aug. 13, 1913 in Hartford to the late Peter and Elizabeth (nee Hug) Calenberg.

Following her marriage to Alex F. Wiedmeyer on May 2, 1934 at St. Kilian Church in Hartford, the couple moved to the Nenno area where they farmed until settling in Allenton.

(Continued on next page)



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*Seducing the Boys Club*

By Nina DiSesa

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# SEDUCING THE BOYS CLUB

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NINA DiSESA

CHAIRMAN, McCANN ERICKSON NEW YORK

Your Mama tried to shield you, but it didn't work.

When you were small, she tried to keep you from playing with the Big Boys because they were rough and rowdy, and they played hard. Big Boy games were no place for Mama's little girl.

But you grew up, and now you can't wait to reach the Big Boy's domain. You're a woman in business and the only place you want to go is to the top. So how do you get there? Author Nina DiSesa says you do it with the best tool in your arsenal: you manipulate. In the new book "Seducing the Boys Club", DiSesa says that Mama probably told you it wasn't nice to do that, but Mama was very wrong.

Almost from the moment you were born, DiSesa says, you knew how to manipulate (or, she says, you can use the word "maneuver" if it makes you more comfortable). When you wailed, Mom swooped in to your rescue and fed, changed, or cuddled you. If that's not manipulation, what is?

All their lives, women have been conditioned to be pleasant in order to get ahead. DiSesa indicates that "nice" will work, but only if we add two more things: seduction and strategic maneuvering. She knows what she's talking about: she's Chairman of McCann Erickson, New York, one of the world's most prominent advertising agencies. And she didn't just step into the position. She worked and wiled her way there.

On her way up, DiSesa met men who were, as she says, testosterone-laden macho men. Some were incorrigible "boys"

who didn't listen to her until she took on a symbolic "Mom" role at work. She learned how to lead her (mostly-male) team to conclusions they thought they'd discovered themselves. What they teach you in Advertising 101 is what works in the workplace, in other words.

DiSesa says that women in charge of "boys" need to learn five important things: don't get drunk with power once you're at the top; never stop reading the room; don't become a witch; control and deliver, and never forget that you need to be better than a man.

Let's first address one thing: This book is unapologetically sexist and assumes that most men are clueless, grandstanding hooligans who hear what they want to hear. It's wrong, obviously, but put that aside for a minute.

All indications are that this book is meant for women in the workplace, but I didn't think that was so. I think this book is for everybody, period. Author Nina DiSesa advocates a kinder, gentler, yet firmer way of dealing with people. Her method is straightforward and direct. She uses humor in a positive manner and she garners loyalty with her techniques. You can't argue with success.

Yes, this book is laden with stereotypes, but if you're willing to read between the lines, it could make a big difference in the way you see your coworkers and clients. True, "Seducing the Boys Club" ain't your Mama's book.

But she's probably wishing it was.

(Continued from page 12)

She then worked at Gebharb's Tavern for many years. Since 1977, Flossie made her home in West Bend at Meadowbrook Manor and most recently at the Samaritan Health Center.

She enjoyed her sewing and was a talented seamstress.

Survivors include her grandson, Larry (Jackie) Rauch of Kewaskum; two great-grandchildren, Alex Donald and Haley Lynn Rauch; a daughter-in-law, LaVerne Rauch of Campbellsport; a sister, Ruth Schultz of Green Bay; a brother, Ray Calenberg of Milwaukee; a sister-in-law, Lucille Wiedmeyer of West Bend; a brother-in-law, Lawrence Heller of Milwaukee; other relatives and friends.

In addition to her parents, she was preceded in death by her husband, Alex; her son, Donald; three brothers; two sisters; seven brothers-in-law; and four sisters-in-law.

A Mass of Christian Burial was held on Saturday, March 15, at 11 a.m. at St. Mary's Immaculate Conception Catholic Church, West Bend, with Father. Michael Moran presiding.

Burial followed in St. Kilian's Cemetery, Hartford.

Visitation was at the church only on Saturday from 9 until 10:45 a.m.

The Schmidt Funeral Home of West Bend served the family.

### DONALD 'RUDY' WEIS

Donald "Rudy" Weis, 82, died on Monday, March 10, 2008 at Villa Loretto Nursing Home, Mt. Calvary.

He was born on Oct. 28, 1925 in Cook County, Ill., the son of Rudolph and Mildred (Bremer) Weis.

He served in the United States Army, a veteran of World War II, and married Marion Roos.

Donald lived his life in the West Bend area where he started his business, Rudy's Trenching Service and retired in 1987.

The couple then moved to their lake home at Buffalo Lake in Montello.

Donald was the supervisor at Buffalo Weed Cutting for several years in the summer, and then they wintered in San Jacinto, Calif., for 17 years, and then moved to North Fond du Lac due to poor health.

He was a past commander of the VFW in West Bend, and a member of Pilgrim United Church of Christ.

Survivors include his wife,

Marion of North Fond du Lac; four children, Gary (Mary) Weis of Campbellsport, Robert (Margaret) Weis of New Berlin, Ronald (Jo) Weis of Mequon and Kathy (Jim) Beam of Texas; and Marion's family, Dennis (Cindy) Roos of West Bend and Linda (Randy) Stutz of North Fond du Lac; 11 Weis grandchildren; six Roos grandchildren; a very special granddaughter who brought him much joy, Gretchen Stutz; sisters and brothers, George (Martha) Weis of Florida, Miriam Hauk of Mukwonago and Eugene (Grace) Weis of Lake Mills; and other relatives and friends.

He was preceded in death by one brother, Wallace; and two sisters, Ruth and Doris.

Visitation was Sunday, March 16, from 5:30 until 7:30 p.m. at Pilgrim United Church of Christ, Fond du Lac.

Funeral services were held on Sunday at 7:30 p.m. at the church with Reverend Edmund T. Drewsen III officiating.

Burial took place on Monday in Washington Memorial Park, West Bend.

The Uecker-Witt Funeral Home, Fond du Lac, was in charge of arrangements.

### HILDEGARD C. DREIKOSEN

Hildegard C. Dreikosen, 92, formerly of Ashford, passed away Monday March 17, 2008 at the Fond du Lac Lutheran Home where she has been a resident.

She was born on June 4, 1915 in St. Cloud, the daughter of Jacob and Catherine Seurer Burg.

On June 20, 1939, Hildegard married H. J. Dreikosen at Holy Cross Church in Mt. Calvary. He preceded her in

death on June 22, 1980.

She was an active member of St. Martin's Catholic Church in Ashford and their Mission Group doing sewing and quilting. Hildegard enjoyed playing cards, quilting, cooking and baking.

Survivors include her children, Kathleen (Rodney) Gindt of Lomira, William (Carol) Dreikosen of Ashford, Elizabeth (Russell) Bodden of Theresa and Michael (Sheryl) Dreikosen of Lomira; her grandchildren, Lori (Butch) Hoelscher, Debra (Kurtis) Boldt, James Bodden, Patricia (Dirk) Milsted, Tammy (Steve) Downham, Robert (Jennifer) Dreikosen, Richard (Amy) Dreikosen, Paul Dreikosen and Alex Dreikosen and her great grandchildren Collin, Conner, Anna, Kira, J.J., Austin and Ashley. She is also survived by her sister-in-law Angela Burg, nieces, nephews, other relatives and friends.

In addition to her husband, she was preceded in death by her parents, her brothers and sisters-in-law, Frank (Viola) Burg, Albert (Orlena) Burg, John Burg, Benjamin (Christina) Burg and Herman Burg and her sister and brother-in-law, Marie (Raymond) Wetstein.

A Mass of Christian Burial was held on Wednesday March 19 at 8:00 p.m. at St. Martin's Catholic Church, Ashford. Rev. Neil Zinthefer officiated and burial was Thursday in St. Martin's Cemetery.

Visitation was Wednesday from 4:00 p.m. until time of mass at the church. Memorials may be directed to St. Martin's Church or the Theresa or Lomira Library.

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# DAYS GONE BY

## 25 Years Ago

March 11, 1983

The Kewaskum Sno-Chiefs Snowmobile Club held a bridge dedication ceremony on February 27, at the Hon-E-Kor Country Club. The bridge spans the Milwaukee River and is 60 feet long and 10 feet wide. Construction of the bridge was a joint venture. Hon-E-Kor was responsible for the foundation and the decking. The Sno-Chiefs supplied manpower and assorted materials. The Washington County Snowmobile Association provided for the beams and a crane service.

R.L. Haney, Kewaskum, has taken over the game room at 143 Main Street from Ervin Waala Jr., West Bend. The video game center will be called R.L.'s, the name Haney was known by, by his high school students during 16 years of teaching, of which the last 11 years were in the Pardeeville school system. Currently R.L.'s has 10 games and Haney hopes to double that number. The game room will also sell a variety of snack items.

This year, the Kewaskum Junior Woman's Club will again be offering the children and adults of the area

a chance to visit with our friends, Mr. and Mrs. Easter Bunny, Woodsy Owl and Sesame Street characters Ernie and Bert, at the Labor Center in Kewaskum on March 26 at 10 a.m. and 1:30 p.m. This year visitors of all ages will be treated to a Bugs Bunny film festival, free popcorn and drink as well as a surprise from Mr. and Mrs. Bunny.

Dean Freeberg of Foth & Van Dyke and Associates opened bids for the modification project planned for Kewaskum's wastewater treatment plant. The program will update and modify the plant to meet Department of Natural Resources' latest guidelines and requirement for operation of a wastewater treatment facility. The project will include general construction work related to, and including, installation of fiberglass covers for the two clarifier tanks and installation of chlorination equipment.

Once again, the Kewaskum High School art department has placed entries in the 39th Milwaukee Journal Art Calendar Competition. The requirements for entry in the four areas of drawing, acrylic painting, tempera painting and watercolor are that the project must be two dimensional,

no bigger than 24" by 30" and original. The 17 KHS art students who have entries are Michelle Heinemann, Julie Koepke, Amy Sekas, Dan Gerhartz, Sue Lemke, Anne Baron, Mike Metz, Laurie Steiner, Cheryl Burkhalter, Sue Schmitt, Lynn Dewane, Michelle Beesten, Vince Aman, Sue Tolonen, Steve Seitz, Doug Miller and Karl Zarling.

The Kewaskum Indians won the first half, but West Bend West came back like gangbusters after the intermission with a come-from-behind victory to eliminate the Indians from further competition in Friday's WIAA Class A regional tournament opener played in the Kewaskum field-house. The Spartans rallied for an easy 84-57 victory. The Indians had led at the half, 30-27. Kewaskum started an all-junior team against the Spartans consisting of Dennis Butz, Jeff Squier, Brian Arndt, Jim Hanrahan and Tim Leitheiser.

A daughter, Melissa Sue, was born to Gerald and Jane Rettler, Campbellsport, on March 1. Paternal grandfather is Donald Rettler of West Bend and maternal grandparents are Mr. and Mrs. Harold Schmidt, Kewaskum. Melissa has two brothers, Benjiman, 8,

and Andrew, 6. A daughter was also born to Steven and Sandra Zehren, Campbellsport, on March 3. Twins, a son and a daughter, were born to Gary and Jennifer Thiel, Theresa, on Saturday, March 5. A son was born to Ronald and Sandra Rabuck, Fredonia, on March 2. Sons were also born to David and Debra Wellskopf, Campbellsport, March 7, and to James and Shirley Karas, Adell, on March 7.

## 50 Years Ago

March 14, 1958

The following students of Kewaskum High School received "A" ratings in the league forensic contest held at Rosendale on March 11 and will participate in the district forensic contest to be held at Wisconsin State College in Oshkosh on March 29: Aldwin Seefeldt, Shirley Strehmel, Sandra Gruhle and Robert Kroncke.

On March 11 the Girl Scouts and Brownies had their annual awards night dinner in the Peace Church parlor. Brownie wings were presented to Kathleen Simon, Mary Kroncke, Deane Schmidt, Karen Groh, Patty Mitchell, Dorothy Buczek, Donna Merkt, Jeanne Reindl and Linda Gnacinski. Patty Mitchell, Dorothy Buczek, Donna Merkt

and Pauline Battaglia were presented Girl Scout pins.

Degrees were granted to 1,204 students of the University of Michigan, Ann Arbor, who successfully completed requirements at the semester. Raymond C. Kluever, Kewaskum, master of science, was included among the graduates.

Pfc. Donald C. Laatsch, 23, son of Mr. and Mrs. Lawrence Laatsch of Route 1, Kewaskum, recently participated in a Seventh Army maneuver which involved more than 100,000 troops in Germany. Laatsch is a heavy equipment operator in the 29th Engineer Battalion's Headquarters and Service Company.

Army Pvt. Ronald E. Klumb, 22, son of Mr. and Mrs. John A. Klumb, Route 1, Kewaskum, recently participated in a field training exercise with the 6th Infantry Regiment in Berlin, Germany. Klumb is an automatic rifleman in the regiment's Company C.

Pfc. Richard L. Romaine, son of Mr. Elwyn Romaine, Kewaskum, is scheduled to depart from Fort Benning, Georgia, this month for Europe. Romaine is a radio and teletype operator in Company A.

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Hartford, WI 53027  
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**CUSTODIAL WANTED** -- The Campbellsport School District is seeking a qualified applicant for a second shift custodian position. Duties include but not limited to indoor/outdoor cleaning. Candidates must apply online through the Wisconsin Education Career Access Network (WECAN) at <http://services.education.wisc.edu/wecan/>. Paper applications will not be accepted. EOE 3-20-1t

**FULL TIME OR PART-TIME** farm help. Kewaskum area. 262-626-4797. 3-13-2p

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**FOR SALE** -- Tan Lazyboy couch and loveseat - \$300. Rocker/recliner - \$25. Futon - \$300. 70 gallon aquarium - \$65. Oak entertainment center - \$100. Call Brian or Marcy at 262-477-1066. 3-20-2p

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## ST. JOSEPH CONVENT CAMPBELLSPORT

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**Human Resources Assistant:** A full-time position, the qualified individual will possess a degree in Human Resources or Business; be detail oriented, able to follow thru on complicated tasks and have strong computer skills.

The above positions are benefit-eligible; a competitive salary, some of the above opening openings may include shift differentials and a weekend and holiday rotation.

More detailed information is available on the S.J.C. website; interested applicants may contact:

St. Joseph Convent

Human Resources Department

526 Mill Street, Campbellsport, WI 53010

Phone: 920-533-1112 Fax: 920-533-1145

[bwirkus@sssf.org](mailto:bwirkus@sssf.org)

Application available at: [www.sjconvent.org](http://www.sjconvent.org) EOE

## YMCA Camp Matawa

in the Kettle Moraine State Forest has immediate, part-time positions available:

### Kitchen Coordinator

Responsibilities include supervision and food preparation, presentation, and clean up; must be 21 years of age, have 2 years experience in food service management or relevant education, willing to maintain flexible schedule, and have knowledge of state and federal regulations for safe food handling. Pay Range is \$8.20 - \$12.30 dependant on experience. Flexible schedule.

### Kitchen Attendant

Attendant's position will be a minimum of 16 years of age and have the ability to perform basic food preparation, light lifting and cleaning chores. Good work ethic required. Start pay is \$6.55 per hour.

Please call (262) 626-2149 or visit our camp office:

Scott Frein, Program Director

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Unit B



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Unit C



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# NOTICES

## SECTION 00030 ADVERTISEMENT FOR BIDS VILLAGE OF KEWASKUM Washington County, Wisconsin

**OWNER** - The Village of Kewaskum acting through its Board, hereby gives notice that sealed bids will be received in the Kewaskum Municipal Building for the following described project.

**PROJECT** - The work shall consist of construction of 6-inch water mains and associated water services, valves, and hydrants. The work shall also include storm sewer construction and the reconstruction of asphalt streets including unclassified excavation, crushed aggregate base course, and asphalt pavement. A summary of the work is as follows:

- Braatz Drive / Western Avenue
  - ▶ 1,150 L.F. Water Main
  - ▶ 550 L.F. Storm Sewer
  - ▶ 4,325 S.Y. Asphalt Pavement
- Roseland Drive
  - ▶ 350 L.F. Water Main
  - ▶ 1,325 S.Y. Asphalt Pavement

Bids will be received on the following contract:

Contract K0014-980198  
2008 WATER MAIN RELAY

**TIME** - Sealed bids will be received until 10:00 a.m., local time, on April 2, 2008, in the Kewaskum Municipal Building, at which time and place all bids will be publicly opened and read aloud.

**BIDS** - All bids shall be addressed to Mr. Jerry Gilles, Director of Public Works, Village of Kewaskum, Municipal Building, 204 First Street, Kewaskum, Wisconsin 53040. Bids shall be sealed and shall have the name and address of the bidder and the contract for which the bid is being submitted on the outside of the envelope. All bidders shall bid in accordance with and upon the Bid Forms included in the contract documents.

**EXAMINATION OF CONTRACT DOCUMENTS** - The contract documents are on file for inspection at the offices of McMahon Associates, Inc., 1445 McMahon Drive, Neenah, Wisconsin 54956.

**PROCUREMENT OF CONTRACT DOCUMENTS** - Copies of the contract documents may be obtained from McMahon Associates, Inc., P.O. Box 1025, Neenah, Wisconsin 54957-1025. Neither the OWNER nor the ENGINEER will be responsible for partial sets of documents obtained from any other source.

A deposit of \$30.00, plus a separate, non refundable processing charge of \$30.00, will be required for each set of contract documents (total of \$60.00 per set). Plan holders wishing to use association cards will still be required to pay the processing charge. The processing charge will be required whether plans and specifications are picked up or delivered. **Faxed copies of deposit/processing checks will not be accepted.** The full amount of the \$30.00 deposit will be refunded to the plan holder upon return, in good condition, of all contract documents within 10-days after the opening of bids.

**BID SECURITY** - No bid shall be received unless accompanied by a certified check or satisfactory bid bond payable to the Village of Kewaskum in an amount not less than 5% of the maximum bid as a guarantee that, if the bid is accepted, the bidder will execute and file the contract, performance/payment bonds and insurance certification, as required by the contract documents, within ten (10) days after the Notice of Award.

**BID REJECTION** - The OWNER reserves the right to reject any and all bids, waive any informalities in bidding or to accept the bid or bids which best serves the interests of the Village of Kewaskum.

**WITHDRAWAL OF BIDS** - No bid shall be withdrawn for a period of 60-days after the scheduled opening without the consent of the OWNER.

**PROOF OF RESPONSIBILITY** - A proof of responsibility (pre-qualification) form for all contracts in excess of \$10,000 must be filed in the office of McMahon Associates, Inc. no later than 5-calendar days prior to the date of receiving bids, and shall show sufficient ability, equipment and experience to properly perform the contract. The Village of Kewaskum's decision as to qualifications shall be final.

Published by the authority of the Village of Kewaskum, acting through its Village Board.

VILLAGE OF KEWASKUM  
Washington County, Wisconsin  
Jerry Gilles  
Director of Public Works  
Publish: March 20, 2008 and March 27, 2008

WNAXLP

March 20, 2008

### TO WHOM IT MAY CONCERN: Village of Kewaskum, Wisconsin NOTICE OF PUBLIC HEARING

Notice is hereby given that the Village Board of the Village of Kewaskum, Washington County, Wisconsin, will conduct a public hearing at 7:00 p.m., Monday, April 7, 2008, in the Council Room of the Municipal Building, 204 First Street. The public hearing will be on the request of Thomas Timblin for the approval of a 76 unit multi-family residential structure to be constructed in the Cherokee Lakes Planned Unit Development on parcel number V4-0191-018. This structure is planned for construction on a 6.54 acre parcel west of Pleasantwood Drive and north of Caleb Drive in the Village of Kewaskum.

All interested persons will be given an opportunity to be heard.

Stephanie Justmann  
Clerk/Deputy Treasurer  
Publish: March 20, 2008 and March 27, 2008

WNAXLP

### PUBLIC NOTICE

Under Wisconsin State Statute 5.84(1), the Village of Kewaskum will be conducting a public test of the electronic ballot tabulation system to ascertain that it will correctly count the votes cast for all offices and on all measures at the Spring Election on Tuesday, April 1, 2008. Said test will be on Monday, March 24, 2008, at 9:00 a.m. at Municipal Building, 204 First Street. The test is open to the public.

Stephanie Justmann  
Village Clerk  
WNAXLP

### NOTICE OF APPLICATION FOR LIQUOR AND BEER LICENSE VILLAGE OF KEWASKUM

I hereby certify that the following applicants have applied to the Village Board of the Village of Kewaskum, Washington County, State of Wisconsin, for a license to sell, deal and traffic in intoxicating and/or fermented malt beverages at the following described properties.

Class "B" Retail Fermented Malt Beverage and "Class B" Retail Intoxicating Liquor License to Eric Edmund Anderson for:

The 5th Quarter, 1257 Fond du Lac Ave., for the period of April 15, 2008 to June 30, 2008

Class "B" Retail Fermented Malt Beverage to Ronald Theusch for:

Kewaskum Athletic Club, Inc., Kiwanis Park, Brookland Dr., for the period of April 12, 2008 to October 12, 2008

Notice is further given that on Monday, April 7, 2008 at 7:00 p.m. the Village of Kewaskum Village Board will meet in the Council Room of the Municipal Building for the

purpose of hearing anyone for or against the granting of these licenses.

Stephanie Justmann  
Clerk/Deputy Treasurer  
Village of Kewaskum  
WNAXLP

### TOWN OF KEWASKUM PUBLIC TEST OF ACCU VOTE ELECTION SYSTEMS

In Accordance with Section 5.84(1) Wisconsin Statutes, notice is hereby given that a Public Test of the automatic Optical Scan voting equipment and Touch Screen voting equipment will be conducted on Monday, March 24, 2008 at 9am at the Kewaskum Town Hall, 9019 Kettle Moraine Drive, Kewaskum for the 2008 Spring Election to be held on Tuesday, April 1, 2008. This test is open to the public.

Nancy Boden, Town Clerk  
WNAXLP

### PUBLIC TEST

In accordance with Section 5.84(1) Wisconsin Statutes, notice is hereby given that a Public Test of the automatic Optical Scan voting equipment and Touch Screen voting equipment will be conducted on Monday, March 24, 2008, at 1:00 p.m. in Room 2024 of the Washington County Courthouse, 432 E. Washington Street, West Bend, WI for the Spring Election to be held Tuesday, April 1, 2008. The following municipalities will participate in the public test: Towns of Addison, Germantown, Hartford, Jackson, Polk, Trenton, Wayne, and West Bend; Villages of Jackson and Newburg.

Brenda J. Jaszewski  
WASHINGTON COUNTY CLERK  
WNAXLP

### Kewaskum School District Meeting Minutes

School District of Kewaskum  
February 11, 2008  
Kewaskum, Wisconsin  
53040-0037  
Regular Meeting Minutes

The meeting was called to order at 7:00 p.m. by President Kenworthy.

Members present: John Kenworthy, Mary Miller, Bruce Braidigan, Steve Jensen.

Member excused: Bill Kesting, Jean Goeden, Sally Cochran.

Superintendent Michael Krumm verified that the meeting had been properly posted.

Following a moment of silence, the pledge was recited.

Miller/Braidigan motion to approve the agenda. All aye.

Miller/Jensen motion to approve the January 14, 2008 Regular Meeting Minutes. All aye.

Jensen/Miller motion to approve the payroll and accounts payable in the amount of \$1,562,030.62. Motion passed 4-0.

The School Board Calendar was reviewed. There were no changes.

Minutes from the standing committees were reviewed.

Principal reports were reviewed.

Mr. Reichert updated the Board on the expenditures for textbooks and technology from the 2005 Referendum Fund. Through the end of January, 58% of the funds have been spent. The remaining \$182,663 will be spent before the end of the school year or carried over into next school year.

Matt Heiser spoke with regard to the on-going meetings between the District and the Village. Bruce Braidigan asked that Officer Barry Granrath attend a future Board Meeting and be introduced to Board Members.

The 100 Policy Series was presented for a first reading.

Miller/Jensen motion to approve the following retirement requests, with regret: Karen Larson, Cheryl Ammel, Kathryn Schowalter. All aye.

Miller/Braidigan motion to approve a teaching contract for Josue Va'zquez. All aye.

Miller/Braidigan motion to approve Luke Piwoni as JV Girls Soccer Coach. All aye.

The meeting ended at 7:27 and the Board went into Closed Session.

WNAXLP



Ten percent of the Russian government's income comes from the sale of vodka.

## ANNUAL MEETING TOWN OF KEWASKUM Wednesday, April 9, 2008 at 7:00 pm

at the  
TOWN OF KEWASKUM  
COMMUNITY CENTER  
9019 Kettle Moraine Drive  
Kewaskum, WI 53040

Nancy Boden, Clerk

Publish 3-20-21

WNAXLP

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Port Washington, WI 53074

## Cedar Ridge welcomes new assistant manager

WEST BEND - Cedar Community is pleased to welcome Tracy Ahrens as the assistant manager at Cedar Ridge Apartments. Ahrens has a very diverse background working most recently as a construction coordinator for Kohl's Corporate, working with their construction team and building 100 stores a year, to hiring to accounts payable and accounts receivable at various businesses.

In her role as assistant manager, Ahrens said she hopes to apply her degree in supervisory management from Moraine Park Technical College more. She is responsible for managing the office and on-call staff at Cedar Ridge Apartments, helping with resident needs, assisting with special events and open houses and helping oversee

renovations scheduled to begin in June. Cedar Ridge will be undergoing construction with the addition of a covered carport and extensive remodeling of the first floor entrance and first and second floor common spaces.

Ahrens enjoys her new role at Cedar Ridge and joined Cedar Community because of their solid reputation. She likes being part of something more than just making a profit. "I hope to have a positive impact on the many residents at Cedar Ridge as well as my co-workers. I want to make this a lifelong career," said Ahrens.

In her spare time, Ahrens enjoys spending time with her husband, Brion, her two children, P.J., age 15, and Madison, age 12, along with her stepson, Brion, age 13. She is actively involved in youth

sports and the Booster club. She also sells Tastefully Simple and scrapbooking supplies for Close to My Heart. One day, she said she hopes to be an alderman in West Bend.

Cedar Ridge Apartments are a division of Cedar Community, 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).

## Samuelson Sez You can't dream big enough!

Earlier this month I was in Washington, D.C. to participate in the early kick-off of the observance of National Agriculture Day. This is the 35th year that the salute to agriculture takes place on the first day of Spring, March 20th, during National Agriculture Week.

The highlight of my day in D.C. was the opportunity to rub shoulders with young people who already know what they want to do and how to get it done. FFA and 4-H members turned out in force to salute American agriculture and they carried that message to Capitol Hill as they visited with Senators and Congressmen from their home states.

As I listened to these young people discuss their future plans, I was reminded that we are coming to the end of another school year, with young people graduating from high school and college. During the year, I am often asked by parents and high school seniors a question that goes something like this... "I know there is not room for me to come back to the farm, but I'd like to use my farm background in a career, so what should I do and what should I study?"

Well, I have about 300 answers for those questions and I don't have the space to list them all here. But land-grant universities and corporate leaders

in agri-business tell me there are at least 300 different career fields that can make good use of an agricultural background.

Let me share with you what I hear as I travel the country and talk to agricultural leaders who tell me their needs for future employment.

Plant breeders and geneticists - we are not graduating enough students in this field and companies are going off shore to hire degree graduates. Agricultural engineers - here is another case where farm equipment and automotive companies hire foreign graduates because there aren't enough in this country. Large animal veterinarians - graduating vets today prefer small-animal practice in urban communities, leaving a void of veterinarians in the country to serve livestock producers.

Other fields with high demand and short supply of U.S. college graduates include environmental law, international marketing and of course, food safety.

So, this is my message for young people wanting to pursue a career in the field of agriculture today...Never have I seen greater opportunity! And you can't dream big enough!

My thoughts on Samuelson Sez.

## PDPW conference 'Solved the Profit Puzzle' for dairy producers

FOND DU LAC - Dairy producers and other industry leaders met in Madison, March 11-12, 2008 at the Professional Dairy Producers of Wisconsin (PDPW) Annual Business Conference. Together, they solved the profit puzzle, hearing from expert speakers and industry leaders from across the nation.

A total of 1,486 attendees from 26 states made the Annual Business Conference the place to be for anyone in the dairy industry. It was truly dairy's premier event, combining world-renowned experts on every timely topic, dairy's premier suppliers in the Hall of Ideas and the most innovative dairy producers.

The Hall of Ideas trade-show made history with record number of exhibitors showcasing the latest ideas and solutions to help dairy producers improve profitability on their dairy.

"Professional Dairy Producers of Wisconsin is proud to have brought the educational resources and the networking opportunities that dairy producers need to one location," said Kevin Griswold, PDPW President and a dairy producer from Ixonia. "This organization is truly leading the success of the dairy industry through education, and it is our producer members and industry supporters who are making this happen."

To learn more about the Annual Business Conference and other PDPW edu-

cational programs online at [www.pdpw.org](http://www.pdpw.org) or by calling 800-947-7379.

Professional Dairy Producers of Wisconsin is a dairy-producer founded organization that provides educational programs and services to fel-

low dairy producers. PDPW's mission is "to share ideas, solutions, resources, and experiences that help dairy producers succeed."

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## Weight men are impressive in indoor track opener

By Judy Harlow  
Statesman Correspondent

Led by its shot putters, Ben Boettcher and Tyler Swanson, the Kewaskum High boys track team finished second in the four-team field in last Saturday's Indians Indoor Invitational for field events.

Mayville, behind a 1-2-3 sweep in the pole vault, won the event with 26 points, while the Indians were next with 20, followed by Kettle Moraine Lutheran High (13) and Fond du Lac (4).

"Both threw very well," KHS coach Jerry Gosa said Sunday night, reporting Boettcher tossed the iron ball an impressive 48 feet, 2.25 inches (48-2.25), while Swanson was next at 47-4.50 for first and second place, respectively.

"I think Tyler went from the low forties to that," Gosa said, reporting Swanson's best toss a year ago was 44-4.25.

"This is the big surprise," Gosa went on about Boettcher's effort. His best in the 2007 season was 40-8.75. "Now you're talking about a kid who improved eight feet."

While Boettcher enjoys attaining success in the discus, Gosa said he hopes the senior weight man will also realize how important his doing well in the shot can help the KHS team.

Josh Boettcher, Ben's younger brother, also threw well enough to place fourth with a best of 40-2, giving the Indians 16 of their points in the event.

The remaining points came from senior Dan Dymond, who placed third in the high jump with a jump of 5-6.

The high jump winner was Greefkes of KML, who cleared the bar at 5-10.

In the girls' competition, Fond du Lac was the winner with 17 points, followed by Horicon with 14, and KML and Mayville were tied for third place with a dozen points each. Kewaskum was last with 8.

The Lady Indians came in with a pair of third places, including Katie Legate in the pole vault (6 feet) and sophomore Candace Beine, who cleared 4-8 in the high jump, just two inches from being first.

"We were missing quite a few athletes," Gosa said, noting some were at the solo ensemble competition and others at a chess competition.

Also, "the pole vaulters had an off day," Gosa went on, reporting Alissa Clapper missed at the opening height when she opted to start at 8-6.

Gosa said Amanda Wittek had the best high jump of the day, going over the bar at 5-0 but because she recently transferred back to Kewaskum from West Bend, she cannot compete at the varsity level this spring.

Gosa was happy to be able to get one competition in before the annual Washington County Indoor Meet. "It's good they got this in before the County," he said, indicating this might be the last County Indoor since West Bend is considering putting an all wood floor back into its field house.

Gosa and his staff are working with a squad of 36 boys and adds, "The numbers of the girls are up," to a total of 44.

The boys are at the annual Oshkosh Indoor Invitational (at Kolf Field House on the UW-Oshkosh campus) this evening, while the girls are in the same meet on Tuesday, April 1st.

Previews on the two teams will be coming up in the spring sports tab.

## KYB third/fourth grade boys



Shown above is the 3rd/4th grade boys team. Front row, left to right: Gavin Schreier, Hunter Engelman, Keaton Flanders, Josh Baker and back row: Coach Jeff Bischoff, Parker Hughes, Michael Prochnow, Charlie Witek, Sean Murray, Nick Buchel and Coach Eric Flanders.

### Kewaskum Gridiron Club

#### Youth Football & Cheerleading Registration for Fall 2008

Saturday, March 29, 2008

10:00 am to 2:00 pm

at

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Participation is open to youths entering the 5th thru 8th grades in the fall of 2008. **You must live in the Kewaskum School District.**

A parent or guardian **must** accompany any child registering.

This registration will include **both football players and cheerleaders.**

The registration fee is \$135 per player. For families having two or more players, the cost for the second player is \$100, and the cost for any third or additional player is \$75. The cost for cheerleaders is \$50 for each cheerleader.

Parents of all participants are **required** to perform volunteer duties for at least one home game or other activity.

All fees must be paid, and all forms must be completed before any individual will be issued equipment.

To assure yourself a spot on this year's team roster, be sure to register on March 29th. We would hate to see anyone missing the opportunity to participate by not registering on time.

If you have any questions, need more information, or are unable to register on March 29th, please call: Joe Backhaus at 626-2327 or Jim Korth at 626-2520.

For Cheerleading questions, call Jenny Harbin at 626-8058.

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# Are you a Savvy Senior or a Senior Citizen?

By Nicole Kuehl  
 Publisher, Statesman Publications

Now I'm not a senior citizen - I have 23 1/3 more years till I'm eligible for AARP. But I do have parents - gasp - that are! Now I know this comes as no surprise to those of you who've been around a little longer than I, but, the older I get, the younger a "senior citizen" seems to be.

When I was younger, I remember going to my great-grandparents' house as a five year old and thinking "Wow! They must be almost ancient." But then again at that age 30 seems old!

As I got a little older, I knew my grandparents were technically "senior citizens," but they didn't fit the label. Surely grandparents that ran their own business, bowled, traveled and did as much as they did weren't "senior citizens." Senior citizens were supposed to knit and bake and not do much else, Mother Gooseish if you will. Not taking their grandkids shopping or traveling all over the country!

And now my parents have gone and done it too - they became senior citizens. Two years ago for mom and a year and a half for dad - not that

HE would admit it! Surely my parents CAN'T be senior citizens. Surely with mom showing no signs of gray and dad still getting hit on by "hot young women," they can't be seniors. Nor can it be my father with his full head of hair and his "hot rod," as my son calls it. It for sure can't be the mother who sat on the floor at her 50th birthday party while being

serenaded by her husband and male friends.

However, I seem to have a harder time accepting it then mom. "Senior citizens" are old folks.

It seems that us "kids today" have a stereotype about senior citizens, just as seniors have of us kids. It's also true what they tell you all along - "you're only as old as you feel"

and "age is just a number."

It also goes to show you that 50 really isn't so old. Just ask my mom - much to my father's chagrin she'll proudly show you her AARP card!

I just hope when I hit 50, I can embrace it as my mother has and be a Savvy Senior!

Hope you enjoy this edition of the Savvy Senior!

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Vol. 4 No. 9 Spring

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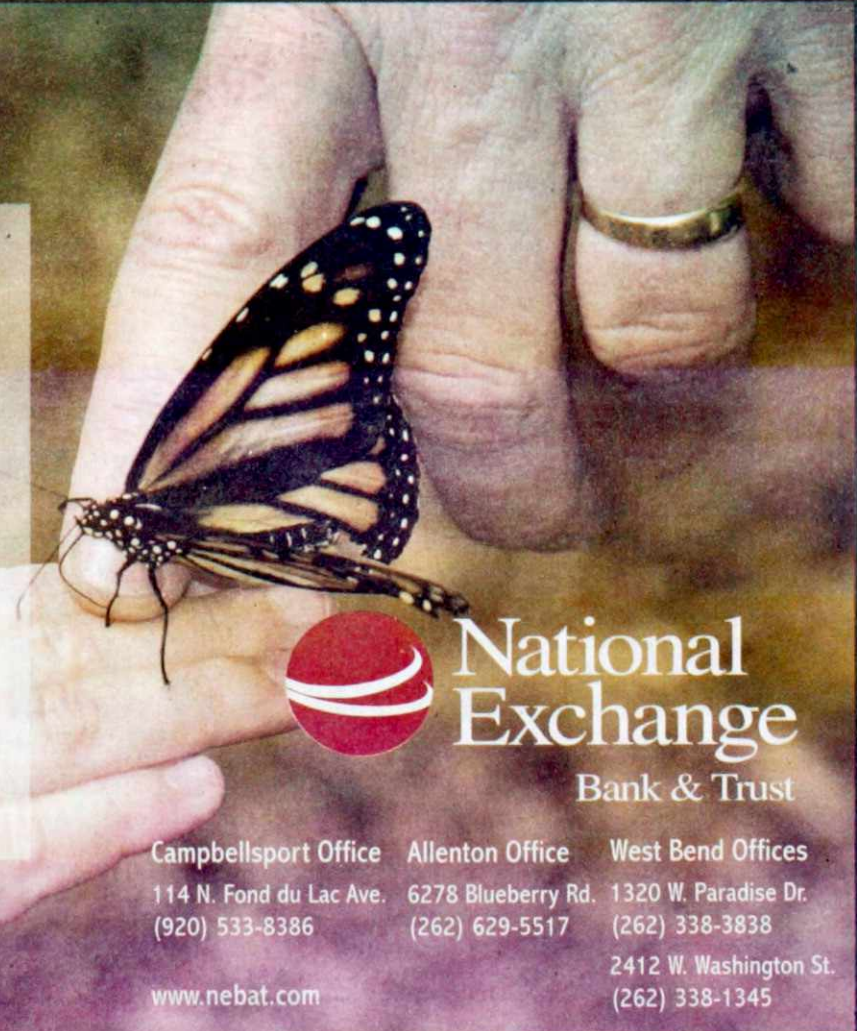
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# Nightwatch's Paul Krejci now landlord in Florida

By Andrew Kuehl  
Statesman Publications

VENICE ISLE, FL- You might have heard his radio show, Nightwatch on West Bend's WBKV radio station or viewed his work for Cablevision now known as West Bend Community Cable. However, Paul Krejci is now best known as a landlord to America's most wanted bird. Each January he opens his back yard to up to 75 pairs of Purple Martins who annually make their way back to the community he has developed for his feathered friends.

Krejci says his friends were 10 days late from Brazil in comparison to their January 8, 2007 arrival. He blamed the January 18, 2008 arrival to weather conditions. In 2007 he reports being host to 75 pairs. This year he estimates having about 60 pair with more arriving daily.

The backyard of his Venice Isle home is a sanctuary for the finicky species that require less than average housing and care to ensure their return. Krejci has over 50 gourd-like vinyl homes. A large gourd is home to one pair of Purple Martins who lay between four to six eggs.

The gourd-like structures are most popular, "They fight for the gourds," Krejci explains. He hypothesizes that the birds are more used to that type of structure, because years ago the Indians hollowed real gourds to make homes for the birds. The gourds are structured into what he calls an avian condo made up of a number of gourds.

Also used are three vinyl and two aluminum structures that are under Krejci's care. Housing the martins must be done in a large open area and high above the ground. They depend on humans entirely for their housing.

Summering in Brandon, Wisconsin, he returns to Venice Isle with supplies for his residents. The first step of preparations requires cleaning out the gourd-like and aluminum and plastic structure apartments. Next, each

apartment is lined with pine straw from Wisconsin because it's softer than the Florida variety. A snack is left in special feeding trays high above the ground. The area is then complete for the tiny creatures to court, nest and raise their chicks.

According to naturesociety.org, a website devoted to spreading the word of Purple Martins and educating the public, a Purple Martin colony will send one or two scouts that arrive first at the beginning of each season. After two-three weeks, the rest of the mature martin colony starts to arrive. Immature birds will arrive a little later.

Care must be taken to prevent squirrels, rats, snakes and other predators who might climb the high pole. Once above ground, landlords must contend with keeping great horned owls away from the homes. The owl is known to swoop in and feed on an entire colony. Sparrows and starlings must also be kept out of the apartments while martins inhabit the property and after they leave. Krejci says that Hawks are also a problem in Florida.

He was drawn to the birds in grade school while attending Holy Angels School. "The pastor had a huge purple martin house, my uncle was the janitor, and he worked with them and I helped," Krejci established.

In June Krejci will return to

Brandon where he manages two large castle houses for his Purple Martins there. During his fourth year of attracting the birds he reported eight to 10 pair.

Krejci is a member of the Purple Martin Conservation Association and the Nature Society of Griggsville Illinois. That city is known as the Purple Martin capital of the United States.

The Purple Martin Conservation Association states "Over one million North Americans put up housing for Purple Martins. Unfortunately, many of these folks are unable to attract breeding martins. Once martins nest at your location, they will come back every year if you manage the site properly. Landlords who lose their entire colony from one year to the next often suspect their 'flock' died in a storm during migration or was poisoned by pesticides on their wintering grounds. These scenarios are unlikely; the martins that share a breeding site do not migrate or over winter as a group. The reason for total colony loss is most often the result of something that happened in the landlord's own back yard during the nesting season. Good management practices can prevent or minimize most of these problems.

## More about Purple Martins

Purple Martins (*Progne subis*) are the largest member of the swallow family, and were first attracted to Native American villages with hollowed out gourds. Not a "feeder" bird, their diet consists of flying insects - and where mosquitoes are present, the martins' consumption of mosquitoes makes outdoor activities enjoyable and pleasant for their hosts, who are called "landlords". By the middle of the twentieth century, natural habitat had all but disappeared, and purple martins were a near-endangered species. They are the only bird species in the world almost totally dependent on man for nesting sites.

Egg incubation usually takes 14-16 days. Baby martins will fledge about 28 days from day of hatching. After martins fledge, they begin gathering together in nearby roost areas.

Before their final leg of migration back to Brazil for their winter home, martins gather en masse, many of them share a final roosting area at North America's largest known roost underneath Lake Pontchartrain bridge in New Orleans.

Purple martins eat flying insects while on-the-wing or skimming water surfaces. They can be taught to accept supplemental food, such as crickets, mealworms, scrambled egg bits, raw lean hamburger pellets, etc.

## Quick facts

- Choosing to nest in the company of other martins, purple martins are "colony nesters."
- Martins are loyal to their homes; once they have nested successfully at a site, they usually return year after year. The young fledged from the colony site will return to the same vicinity the next year.
- Aply termed "semi-domesticated," martins show a marked preference for nesting near human activity.
- Martins have been clocked flying more than 40 miles per hour.
- Adult martins are about 7-1/2 inches long, weigh 1-1/2; to 2 ounces, and have a wing span of 15 inches.
- The oldest documented purple martin of record is one that carried U.S. band #B-261331, banded July 1, 1933, by Lawrence E. Hunter of Dallas City, Illinois. It was found dead by biologist George C. Arthur in 1947 -- 13 years and 10 months later.

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# Special economic stimulus payment packages go to Wisconsin Social Security, Veterans recipients

The Internal Revenue Service has begun to mail special information packages to 20.5 million recipients nationwide of Social Security or Veterans Affairs benefits to help them get their 2008 economic stimulus payment.

In Wisconsin alone, approximately 320,000 packages will be mailed to beneficiaries.

The 10-page tax package contains everything the recipients will need to file a 2007 tax form immediately. Each package contains an informational notice, tips for completing Form 1040A, a sample Form 1040A and an actual Form 1040A for the filer to complete.

The package is specially designed for people who may qualify for an economic stimulus payment but who normally aren't required to file a tax return.

"We want to put everything right at the fingertips of the people who need this information the most," said Linda E. Stiff, Acting IRS Commissioner. "In some cases, seniors and others in this group haven't needed to file a tax return for years or even decades. To help them get a stimulus payment, we're doing everything we can to make this as easy as possible. These packages mean many people will just need a pen and a stamp, and the IRS will do the rest."

Under the Economic Stimulus Act of 2008, people may be eligible for the minimum payment of \$300 (\$600 for married couples) even if they do not normally file a tax return. There also is an additional payment of \$300 for people with eligible children younger than 17. However, people must file an income tax return in order to receive the payment.

People who don't normally need to file also can use Free File - Economic Stimulus Payment, which is available at IRS.gov. Several Free File software providers are making their products available for the simplified filing of a tax return.

"These stimulus payments

have the potential to help people in real need and stimulate our economy," said Tom Nelson, AARP's Chief Operating Officer. "The IRS, through efforts like this, is doing a great job of informing people that they might be eligible for a stimulus payment, offering step-by-step guidance on how they can apply, and what scams they need to avoid."

To qualify for the minimum economic stimulus payment, people must have at least \$3,000 in any combination of qualifying income from retirement, disability or survivors' benefits from the Social Security Administration; disability compensation, disability pension or survivors' benefits from the Department of Veterans Affairs; Tier 1 benefits from Railroad Retirement, certain combat pay and earned income from wages, salaries, tips or net earnings from self-employment that are includible in taxable income.

The mailing list of 20.5 million names represents Social Security and Veterans Affairs benefit recipients who did not file a tax return in 2006, allowing the IRS to directly target the special package to people likely to qualify for a stimulus payment but who may not otherwise file a tax return this year. The mailing, called Package 1040A-3, is separate from more than 130 million other economic stimulus letters (Notice 1377) being sent this month to taxpayers who filed tax returns in 2006.

"Generally, the special mailing does not include low-wage workers without a filing requirement who could qualify for economic stimulus payments," according to Christopher Miller, IRS Spokesperson for Wisconsin. "The IRS is working with numerous community, governmental organizations and charitable groups to reach low-income workers and their families." People in this category also need to fill out a tax form, preferably a simple Form 1040A.

With so many people

potentially unaware of the stimulus payments, Stiff encouraged people to reach out to help their friends and family members. "We don't want anyone to fall through the cracks," Stiff said. "People can help friends and family members by making them aware of the payments or helping fill out the forms. These forms are very simple. In just a few minutes you can complete the entire process by filling in just a few lines."

A sample Form 1040A is included in the tax package and is available at IRS.gov. People need to complete the lines for the mailing label and provide a Social Security number; the filing status (single or married) and exemptions (children younger than 17 and their Social Security numbers).

People with earned income must complete Line 7 to report their 2007 annual income. Recipients of Social Security, VA and Railroad Retirement payments must complete Line 14a of Form 1040A to report their 2007 annual benefits. Certain recipients should have a Form SSA-1099 or Form RRB-1099 with that information. Or, people can multiply their 2007 monthly benefit by the number of months the payment was received for 2007 to estimate their annual benefit amount.

The IRS encourages recipients to complete the direct deposit information on the Form 1040A if they have bank accounts. Direct deposit will be the easiest and fastest way to receive a payment. The IRS also encourages people to file their income tax return as soon as possible. The IRS will begin issuing economic stimulus payments starting in May.

The IRS reminds taxpayers it does not gather information for stimulus payments over the telephone, and it does not send unsolicited e-mail to taxpayers about tax account matters. If taxpayers receive an unsolicited e-mail from someone claiming to be from the IRS, don't click on any

links. People should forward it to phishing@irs.gov, and then delete it. The only official IRS Web site is located at www.irs.gov.

To be eligible for economic stimulus payments, people must have valid Social Security numbers, have at least \$3,000 in qualifying income and not be a dependent or eligible to be a dependent on someone else's income tax return.

For taxpayers who normally file an income tax return, the maximum stimulus payment is \$600 (\$1,200 for married couples), amounts that will phase out starting with adjusted gross income of \$75,000 (\$150,000 for

married couples). For taxpayers who file a 2007 income tax return, the amount of the economic stimulus payment will be calculated automatically by the IRS.

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A day out...

# Pursuing Plymouth



By Andrew Kuehl  
Statesman Publications

The sun has started to break through the dank sky more often; a sure sign spring is nearing a return. With a hint of spring in the air it was time to get out of the house and go for a drive.

Plymouth bestows a beautiful downtown and is a perfect afternoon drive. Known for its rich history, the downtown is ideal for a trip to yesteryear while the new large developments on the outskirts offer a modern touch.

Driving into Plymouth (also known as the cheese capital of the United States) from the south on Highway 57, our first stop was a new cheese store that I had wanted to visit. Kris's Cheese to Please at the intersection of Highway 57 and Highway PP is in the same building as Weber's BP Gas Station.

jerky. The local favorite from Mike's Country Meats can be found along with the sausages and jerky.

I was delighted to find the entire line of East Shore Specialty Foods that included my favorite, sweet and tangy mustard and pretzels. The entire south wall of the store carries gourmet specialty foods including coffees and teas with names such as Wisconsin Wilderness, Wisconsin Natural Acres Honey, Buddy Squirrel and Old Wisconsin. A large variety of Kris's homemade jellies, jams and salad dressings can also be found. Just when you think it can't get any better, you walk up to the counter with your arms full and you see Kris's homemade fudge.

According to their website [www.cheesetopleaseonline.com](http://www.cheesetopleaseonline.com) Kris's Cheese to Please was established in 1960 as the Plymouth Cheese Counter. From the website you can order gift certificates along with a number of items offered in the store. Kris's Cheese to Please is open Monday through Saturday 9 a.m. to 5 p.m. and Sunday 10 a.m. to 5 p.m.

Walk through the doors and cheese lovers will realize they have entered a cheesy utopia. To the delight of wine aficionados is a cozy little cove offering a sampling of wines from all over the world including a limited variety of local wines.

While browsing the wine selection we were promptly given a friendly greeting by Vickie, who offered us a sample of one of the 150 varieties in the store. This was one of the many samples throughout the store.

In addition to the blocks and wheels of cheese are a number of cheese spreads and varieties of curds. Complimenting the cheese is a selection of elk and bison sausages as well as beef

Before your trip downtown, scrapbookers must stop at That Scrapbooking Place located just past the lighted Hwy 67 and 57 intersection near Walmart. Upon entering the store, scrapbookers may be overwhelmed by the selection. The store includes a creative cafe where embellishments may be purchased singly. As you walk to the back of the store, you look around the corner and realize there is a back section that is even larger than what you see when you first walk in the store. The store has paper, embellishments,

Please see **Plymouth, Page 22**

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## New survey indicates majority plan to postpone retirement Holding back the 'golden' years

For many workers, retirement won't mean an end to their careers. Only one in three workers (34%) polled said they plan to quit work entirely once they're ready to retire from full-time employment, according to a just-released survey.

The survey was developed by Robert Half Management Resources, the world's premier provider of senior-level accounting and finance professionals on a project and interim basis. It was conducted by an independent research firm and includes responses from 492 full-or part-time adult workers employed in office environments.

Workers were asked: "When you are ready to retire, do you see yourself quitting work entirely or taking one of the following options?"

Their responses:

- Quit work entirely - 34%
- Change fields/work at something new - 24%
- Work as a consultant - 14%
- Work fewer hours at the same company - 14%
- Take a part-time job - 2%
- Continue to work/not plan to retire - 2%
- Volunteer - 1%
- Other - 3%
- Don't know - 6%

"Longer life spans, increased financial responsibilities, and a desire to remain mentally and physically active are prompting today's workers to view retirement differently than their predecessors," said Paul McDonald, executive director of Robert Half Management

Resources. "The desire by many professionals to remain in the workforce past the traditional retirement age could soon be a boon to employers concerned about talent shortages, which are predicted to intensify."

McDonald added, "Companies can retain tenured staff by offering benefits they value, such as greater flexibility or part-time employment.

Firms also can tap the expertise of the growing number of professionals who have retired from full-time careers and are now consulting."

Robert Half Management Resources has more than 140 offices throughout the Americas, Europe and the Asia-Pacific region, and offers online job search services at [www.roberthalfmr.com](http://www.roberthalfmr.com).

## Aging and Disability center offers Stepping On program

WEST BEND - Have you fallen lately? Are you afraid that you might? If so, the Stepping On Workshop has been designed just for you. The Aging and Disability Resource Center of Washington County will be offering the Stepping On program, which introduces people 60 and over to a variety of ways to prevent falls. The Stepping On research, completed by Dr. Clemson of Australia, has found that people who complete the workshop have a 31% reduced rate of falls.

The course is being offered two hours once a week for seven weeks in Washington County. Stepping On will show participants different ways to prevent falls, such as providing strength and balance exercises, home safety check suggestions, and a display of fall prevention products. Through different exercises and the shared support

of fellow participants, the group will leave with more strength, better balance, and a feeling of independence.

The Stepping On workshop will be offered in West Bend

Tuesdays, May 6-June 17 from 9:00 am to 11:00 am at Cedar Ridge Apartments, 113 Cedar Ridge Drive, West Bend.

Enrollment is limited and pre-registration is required. A \$10.00 fee for the workshop includes all learning materials. For more information, please call the Aging & Disability Resource Center of Washington County, 262-335-4497 or use the toll free number, 877-306-3030.

*"If life were fair, Elvis would be alive and all the impersonators would be dead."*  
--Johnny Carson



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# Area orchestra performs for Great River Jazz Society



The Jan Garber Orchestra, under the direction of Kewaskum's Howard Schneider, recently performed a concert/dance for the Great River Jazz Society at the Quality Inn in Hannibal, Mo. Schneider's mother, Theresa, performed on piano and his brother, Les, played the saxophone. Bob Havens on trombone, star of the Lawrence Welk Show, was a featured performer with the orchestra. The group presented several Dixieland selections within the concert. Havens has recorded with Al Hirt and Pete Fountain in addition to the Lawrence Welk Orchestra. Above, from left to right, are, Howie Schneider, Bob Havens, Theresa Schneider and Les Schneider. Watch the summer edition of the Savvy Senior for a feature on the Jan Garber Orchestra.

## Simple herbs and spices can help many common ailments

Ibuprofen, aspirin, bandages and burn cream often find their home in the average medicine cabinet. However, having several natural remedies on hand can make stocking up more affordable while providing numerous healthy benefits.

Amrit Devgun, ND, a naturopath who specializes in ayurvedic medicine at Northwestern Health Sciences University's Natural Care Center at Woodwinds, and Mary Grady, LAc, MOM, a 2005 graduate of Northwestern's Minnesota College of Acupuncture and Oriental Medicine, suggests households add these herbs and spices to their medicine cabinet:

\* Clove, which can ease toothaches or headaches. Clove can be used in its natural form or as an essential oil. "If you have a toothache, chew a clove on the side of the mouth that hurts," says Devgun. "If you have a headache, rub clove essential oil on your temples";

\* Fennel, which can be chewed to freshen the breath and reduces bloating;

\* Hing, which helps reduce gas pain. "Hing is an Indian spice," says Devgun. "Use a pinch in sesame oil and rub it into the belly button. It is great for cramping as well, but it does have a strong odor";

\* Nutmeg, which can reduce restless sleep. "Grate an almond-sized piece of nutmeg

and put a half teaspoon in a glass with warm milk, a teaspoon of molasses, a pinch of cardamom, and some cinnamon," says Devgun;

\* Turmeric, which is great for the skin. "Mix turmeric powder with oil to make a paste," says Devgun. "You can apply to your skin and then rinse with buttermilk. This remedy is best for oily skin";

\* Tea tree oil, which is an essential oil that is anti-bacterial, anti-fungal and anti-viral. It can be used topically to treat rashes, athlete's foot and acne;

\* Chamomile, which calms upset stomachs and aids in relaxation. It is most often used as a tea, but is also available as an essential oil. "When added to bath water, it will calm kids before bed," says Grady;

\* Lemons, which can be used on rashes, insect bites, or combined with honey and hot water to treat a dry cough;

\* Garlic, which helps keep the intestinal track clean and helps lower blood pressure;

\* Peppermint, which is a great breath freshener and helps settle the stomach. "Peppermint can be taken as a tea or the essential oil can be used externally," says Grady; and

\* Vinegar, which can be used as a body splash. "Pour white vinegar or rice vinegar into a clean, empty bottle and splash it on after you shower,"

says Grady. "The vinegar creates an acid mantle that pathogens avoid. I haven't been sick at all in the year since I began doing this. You can add an essential oil to avoid smelling like a pickle."

For additional information on health screenings, go to <http://www.nwhealth.edu/nns>, a Website focusing on natural approaches to health and wellness hosted by Northwestern Health Sciences University.

### SPONGE DUMPLINGS

2 eggs  
1 cup water  
1 cup flour  
1/2 teasp. salt

Add salt and nutmeg to water and bring to a boiling point. Sift in flour all at one time. Beat well until mixture forms a ball and leaves sides of saucepan. Cool slightly, add whole eggs, one at a time, beating hard each time until mixture is smooth. Drop with teaspoon into boiling soup. Boil five minutes and serve.

## UWWC, Cedar Community to offer classes and trips

UW-Washington County (UW-WC) is partnering with Cedar Communities to offer several thought-provoking and fun experiences for area residents. The offerings take place at the Cedar Ridge Campus, located at 113 Cedar Ridge Drive (off Hwy. 33 West) in West Bend. They include a comparative religion course, two evenings of ethnic food and music and a trip to New Glarus to savor the cheese, food and beer of the area. Details include:

**Comparative Religions** - A four week course to provide an understanding and insight into modern Hinduism and its concepts. Sessions will be held at Cedar Ridge Campus on Mondays, April 7, 21, 28 and May 5 from 2pm to 3pm. Instructor: Dr. Richard Edwards of UW-Washington County's Philosophy Department. Fee: \$25.

**Evening with the Classics**

- Savor the cuisine and musical culture of Italy and/or Germany. Each evening includes a meal in the Top of the Ridge restaurant at Cedar Ridge Community and a presentation by Dr. Daniel Ackley of UW-Washington County's Music Department. Fee: \$20 each. Reserve by 4/24.

**New Glarus Trip** - Includes a visit to the Roth Kase Cheese factory in Monroe, a guided tour of the New Glarus area and a visit to New Glarus Brewery. Includes lunch and entertainment at the New Glarus Hotel and free time to shop. Date: May 22. Leave from Cedar Community at 7:30am. Fee: \$65 - includes transportation, lunch and entertainment.

For further details or to register, call the Continuing Education Department at UW-WC at 262-335-5259 or email: kim.schwamn@uwc.edu.

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# The Healthy Senior

By Fred Cicetti



**Q.** My daughter heard that grapefruit juice can be toxic for some people. Is that true?

The juice, itself, is not toxic, but you should be careful taking medicine with any grapefruit.

Grapefruit juice can raise the level of some medications in the blood. The effect of grapefruit was discovered after using juice to mask the taste of a medicine. So, be sure to ask your doctor or pharmacist if it is safe to have grapefruit with your medications.

Taking medicine can be hazardous to your health. You have to know what you're doing.

For example, calcium-rich dairy products or certain antacids can prevent antibiotics from being properly absorbed into the bloodstream. Ginkgo biloba can reduce the effectiveness of blood-thinning medications and raise the risk for serious complications such as stroke.

You should educate yourself so you know what active ingredients are in the prescription and over-the-counter medicines you are taking.

Some people treat over-the-counter pain relievers as if they are harmless. They can hurt you if you take them improperly. They contain drugs such as acetaminophen, ibuprofen,

naproxen sodium and aspirin. Acetaminophen is in Tylenol. Ibuprofen is in Advil. Naproxen sodium is in Aleve.

Many prescription or over-the-counter medicines that treat multiple symptoms, such as cold and flu medications, also include acetaminophen and the other pain-relieving ingredients. So you have to be careful not to take too much of any one ingredient by ingesting more than one medication that contains that ingredient.

Seniors take more medicines than any other age group because they have more health problems. Taking several drugs a day presents dangers. Here are some more tips to avoid side these hazards:

Always inform your doctor or pharmacist about all medicines you are already taking, including herbal products and over-the-counter medications.

Tell your doctor, nurse, or pharmacist about past problems you have had with medicines, such as rashes, indigestion or dizziness.

Don't mix alcohol and medicine unless your doctor or pharmacist says it's okay. Some medicines may not work well or may make you sick if you take them with alcohol.

The best advice is this: Don't be afraid to throw a lot of questions about your medicines at your doctor, nurse or pharmacist. Here are some good ones:

When should I take it? As needed, or on a schedule? Before, with or between meals? At bedtime?

How often should I take it? How long will I have to take it?

How will I feel once I start taking this medicine?

How will I know if this medicine is working?

If I forget to take it, what should I do?

What side effects might I expect? Should I report them?

Can this medicine interact with other prescription and over-the-counter medicines—including herbal and dietary supplements—that I am taking now?

And, ask your pharmacist to put your medicine in large, easy-to-open containers with large-print labels.

**Q.** I've been told I should exercise more, but I'm afraid that at my age (73) I might damage something. Am I safer as a couch potato?

All the current scientific

evidence shows that geezers should exercise, even though many older people think it could harm them. Study after study demonstrates that seniors hurt their health a lot more by being sedentary.

If you're inactive, you deteriorate. Physical activity can help restore your capacity. Most older adults, regardless of age or condition, will benefit from increasing physical activity to a moderate level.

Warning: If you want to begin a new exercise program, you should consult your physician and request a list of exercises that are best for your age and physical condition.

Four types of exercise are important for your health. These are exercises for strength, balance, stretching and endurance.

Strength exercises build muscle and raise your metabolism. Doing these exercises will help to keep your weight down.

Balance exercises help prevent falls and, therefore, will keep you from breaking yourself and losing your independence. Each year, U.S. hospitals have 300,000 admissions for broken hips; many of them are the result of falls.

Stretching exercises give you more freedom of movement. And endurance exercises raise your pulse and breathing.

Here are 10 tips to make any exercise program safe:

1.) Don't hold your breath during strength exercises. This could affect your blood pressure.

2.) When lifting weights, use smooth, steady movements. Breathe out as you lift or push a weight, and breathe in as you

relax.

3.) Avoid jerking or thrusting movements.

4.) Avoid locking the joints of your arms and legs into a strained position.

5.) Some soreness and slight fatigue are normal after muscle-building exercises. Exhaustion, sore joints, and painful muscle pulls are not normal.

6.) Always warm up before stretching exercises.

7.) Stretching should never cause pain, especially joint pain.

8.) Never bounce into a stretch; make slow steady movements instead.

9.) To prevent injuries, use safety equipment such as helmets for biking.

10.) You should be able to talk during endurance exercises.

Measuring your progress can motivate you. Test yourself before starting to exercise to get a baseline score. Test and record your scores each month. The following are some tests you can use, if your doctor approves.

For endurance, see how far you can walk in exactly six minutes. For lower-body strength, time yourself as you walk up a flight of stairs as fast as you can safely. For upper-body strength, record how much weight you lift and how many times you lift that weight. For balance, time yourself as you stand on one foot, without support, for as long as possible. Have someone stand near you in case you lose your balance. Repeat the test while standing on the other foot.

Remember, above all, exercise should make you feel better.

**If you have a question, please write to [fred@healthygeezers.com](mailto:fred@healthygeezers.com)**

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Visit or contact any sponsor to get your registration form.  
Registration deadline is April 30.

# Getting through empty nest syndrome

By Lana Kuehl  
lkuehl@kewaskumstatesman

My last article concerned the traumatic affect becoming a senior citizen had on my life, in spite of the fact mentally I am still a kid. Physically, I feel like 25 x 3.

I suppose for many of you the transition of accepting senior citizenship was easy, but everything seems to come twice as hard for me. My sister will probably tell you that I tend to lean just a slight hair towards the dramatic. I thought I left that back in high school, but whatever... everything drives me into a panic.

I went from having a full house (and a full heart) to just me and the old guy, it seems like in a heartbeat. One minute, I had my eldest son, his wife, their son, my middle son, a soon-to-be-fiance, the youngest son (and if he had his way, five or six of his closest friends) and of course, my husband. It was great... just the sort of thing I thrive on, sometimes chaotic, but full of love, laughter, life and yes, sometimes anger, but nevertheless, it was my cup of tea. I am, you see, the proverbial mother hen, constantly clucking around all my little egglets.

Then one fine day, my little world started crashing in around me. It was a raining cats and dogs day, and the sump pump decided it had had enough. It died. Hello, water! All over the basement (or what we commonly called it... the subterranean condo) where our eldest son, daughter-in-law and grandson were making their home. It was the beginning of the end. Frustrated that a good portion of their things were ruined, my son announced that this was a sign from above that they should

get their own apartment above ground.

And of course, I, equally devastated by the fact I was walking around on totally squishy carpet, drowning stuffed animals, submerged dirty laundry, and underwater holiday decorations, did what I do best, started crying, because the basement was just another daily occurrence in our "Murphy's Law" life. It could be cleaned up and possessions could eventually be replaced. But the other thing (did you say moving out?) brought me to a line that I was not ready to cross and did not know if I would ever be ready.

I thought of every excuse I could. Every one, plus more, that I now recall my dad used on me. "You're too young." "You don't have enough money." "You'll feel differently when you are out in the real world and have to pay for your own toilet cleaner." I pulled out all the stops and even used, "You need us to babysit." (That one really took brains... like they would never ask us again... right!)

All this was to no avail and the apartment hunting began. I came to terms with it, silently thinking, they won't find one they like that is big enough for the three of them. Wrong! Before you could say "bye bye" they found one they thought was perfect for their needs, and I found myself sinking into a tiny pit of depression. I wasn't ready to let go, I liked having a whole gaggle of family surrounding me, and where in the heck did over 20 years go, anyhow? The eldest was just a baby a few days ago, or so it seemed. How do you wake up a young new mother and seemingly overnight, turn into an empty-nester? And I thought turning 50 was tough! That's a piece of cake compared to this.

Well, there was nothing I could do to change this turning point in my life, so I did what I do best. I wallowed in self-pity for a few days, was depressed for a few days, got angry for a few days (how could they do this to me after all I've done?) and eventually got over it.

Eventually I came around and realized that this is what they truly needed, and began to wonder how they could tolerate living with us as long as they did!

So life goes on and no one was more happy to see them move out than the middle son. (Ha! The youngest son actually thought he would get dibs on the subterranean condo... party room? I don't think so!) With a bright gleam in his eyes, the middle son (and his parents) began to prepare the subterranean condo for the big move.

The flooded molding carpet came out and was replaced. A lot of cleaning, a little spit and polish, and quite a few bandaids

later, the "condo" was ready for occupancy and life was once again, good. Thus began the second phase of the "empty nest."

All of us were kept busy with the demands of day-to-day living, but I felt it was very important for all of us to congregate, share a good meal on Sunday evening, recall a fond memory or two and catch up on other's lives.

It was mandatory that Grandma would join us as she is such an integral part of our happiness. So every Sunday evening we would meet at our house, grandma's house or the apartment of the eldest son and family, dine on good food and simply "soak up" family. I don't think my children realized just how happy those Sunday evening suppers made me, their father or their grandmother. They are too young and busy to appreciate time spent with family.

I would highly recommend some type of this activity to ALL families who get too busy or

caught up in day to day living to stay entwined with other family members. I guess at this stage of their lives they don't understand just how important it is until one day you wake up and find yourself "disconnected" from family members through death, disagreement or simply miles. Maybe it is just me or maybe I am just selfish but I need the members of my family to complete ME.

Getting back to the story now, survival in the nest continued without incident, other than a few minor glitches, disagreements and unwanted parties outside and in the "condo" that I am sure tried our neighbor's patience... goodness knows it certainly tried mine!

One day, middle son came to me and said, "Mom, my soon-to-be fiancee and I were wondering if we could get a puppy for downstairs?" I had avoided this issue with the kids when they were little for years and

Please see **Nest, Page 10**



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- **May 28-June 9 or June 9-21** – Alaska 2008 Adventure, 13-day tour, roundtrip flight, deluxe coach, Juneau, Inside Passage, Skagway, Klane National Park, Whitehorse, Fairbanks, Denali National Park, Anchorage, Whittier, \$2849, \$400 deposit
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# Continued Empty Nest

now here it was again, smacking me right square in the face. We want a puppy.

Now don't get me wrong. I think animals and pets are wonderful... for other people who have the necessary time to care for them. I had all I could do and then some, to manage in life with work, husband and kids. I truly did not need something else to care for at the time. And I knew my kids. At that time the novelty of a pet would wear off quickly and you know who... the "soft touch" in the family, would end up caring for the pet.

A cat adopted us just prior to that conversation and who do you think fed it and worried if it was warm enough during a cold snap? It wasn't anyone (but me) in my family. Needless to say, our home also quickly became the local hangout for every male cat on the prowl and it wasn't too long before we were all awakened one night to the awful howling of cats "fighting."

Shortly after that kitty started putting on a little weight and lo and behold, shortly thereafter kittens sprang forth. After a few weeks of pampering the kittens, cleaning up little surprises left on the doorstep (no, no little kitty, we don't eat birdies) and assorted other messes, and considering getting a part-time job to keep all the little young-uns in nutritious food, my husband decided it was time to move our newfound cat family to a friend's farm.

With all these weapons in my arsenal, I gently, but firmly, stated to my son, "Honey, you know how your father and I feel about pets in the house." And amazingly enough, it worked. I think he really understood, but he had to give it his best shot.

Soon after the puppy incident, the official house-hunting was underway. Our second son does not believe in renting when you can build equity with your own home. I wasn't too alarmed at first, because this is the son who checks out 42 dealerships at least three times each, and on the internet, before he commits to even thinking about purchasing a vehicle. I figured this would be at least a two or three year deal, no doubt. I didn't need to start thinking about the nest becoming empty anytime in the near future.

This was fine, look before you leap and all that jazz. They poured over all the papers looking at real estate ads, spent every Sunday afternoon attending open houses and actually asked us to look at a few that were in their price range.

As everyone knows, there is no "perfect" house unless you personally design it yourself and even then after you've lived in it for a few years you realize there are things you would do differently. So naturally I pointed out a few "flaws." It wasn't to intentionally discourage them from

moving out, I swear. I guess I was just trying to look for things I didn't have in my house. Well, pretty soon, they didn't ask us to check out the houses anymore which was just as well because they have to be satisfied with their house. It doesn't matter what we think.

Well before you know it they found their dream home in spite of the fact that I tried to push houses in Kewaskum... especially the beautiful house just down the street a bit. My instinct knew that this was not going to fly, however, because I knew they both wanted to live in the country with lots of room for pets and all of his equipment. He hated the winter parking in Kewaskum and I must admit, it was somewhat of a challenge trying to fit six vehicles in our driveway at one time.

The financing went through and it wasn't too long before middle son and soon-to-be fiancée were moving their furniture north of Boltonville. Mentally I cried out, "north of Boltonville... you might as well move to Australia! I'll never get to see you. My gosh you don't even have a Kewaskum address!" As ridiculous as it sounds, it is almost true. With work and all the projects he has going, I don't get to see him very often and when we do have a chance encounter, it's only for 10 or 15 minutes, and then he "has to run" unless it is a holiday. And yes, one of their first purchases after they moved in was a Puggle puppy, which they both love dearly.

All right, so now we were down to our last son and I started asking my husband if he thought we should consider adoption. His answer? "Are ya nuts?" I guess that told me not to press that issue.

We share our third son with my mother. After my dad died we all felt more comfortable having another person in the house with her at night. First son stayed with her until he fell in love and then third son took over the reins. He slept by grandma and lived with us. So in all actuality, we only had a half of son left!

And this lad, we soon discovered and much to the chagrin of our neighbors, became

quite the little party animal. Our "subterranean condo" soon was transformed into a TV/game/nintendo room where my son and his friends congregated for football, ping pong tournaments, poker and I naively hoped nothing else.

Eventually, as we age, having five or six young guys (and later giggling girls) underfoot when all you want to do is put on your jammies and curl up on the couch, tends to grate on your already frazzled nerves. As you become increasingly frustrated, words are exchanged that you can never take back. We merely suggested he hold off with the parties until he had a place of his own, or something to that effect. So we have no one but ourselves to blame for planting that seed in his brain.

Like all kids his age, his parents, along with his friends' parents, didn't understand their need to socialize with friends and have fun. Little did he realize that in some point in all of our lives we've been through that phase. That's the "limbo" we all enjoy, where we wait to cross over the line into maturity. Some just do it sooner than others, some later, but we all have to do it at our own speed.

Soon, son #3 began to talk about moving out and getting a place of his own with two buddies. I still figured "plenty of time" before the nest empties. Wrong again. Before you could snap your fingers, he stumbled on a terrific place which was almost in his budget, and "my baby" was living south of Boltonville. (What is it about Boltonville? I want my kids back!) Again I tried the "you can't afford it" argument to no avail and all but got down on my knees to beg him to go to college, but he had already made up his mind and after all, I am a parent, and therefore, clueless, as to what his needs are.

Actually, he surprises me because I thought he especially would think out of sight, out of mind. But even with his hectic work schedule, he makes a point to stop in at least once a week to find out how we are doing, and spends time talking to us and discussing adult issues and life in general. I know he will land on his feet when he crosses that blasted old maturity line. Already I can see the "baby steps" he has made.

So now, I guess, it's just me and the "old guy." Actually he's only eight months older than I am, but it sure does irritate him when I call him that. Serves him right for calling me mother ever since the kids were small. I'm not his mother!

Will I survive in this big old empty nest? I guess the key here is to make sure the next generation (grandchildren) come to visit on a regular basis and to keep busy when they are not around. But don't forget to relish some "me" time and a little downtime occasionally.

Unfortunately, since all three of my fledglings have flown from the nest, Sunday night suppers have fallen by the wayside due to work schedules and busy lives. At least I hope that is the reason. Maybe the winter was just too long.

It is my ultimate goal to revive these suppers, especially now that it is spring and birds are coming back to their nests and chirping happily. It makes me feel so empty to realize my

little birds will never come back permanently to our nest. This is all in God's plan and a part of the circle of life. They have forged nests of their own, but yet, they will always remain my lifeblood.

But maybe, just maybe, I can get them back for Sunday night supper. My boys were always a pushover for a good meal. Then on Monday, I can bask in the glow of wonderful new memories they helped create with just a little of their time.

Call your kids! Invite them over for Sunday night supper... real soon!

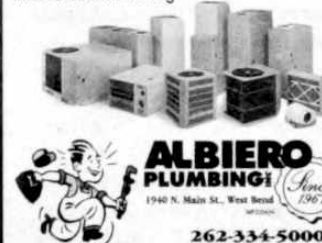
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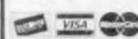
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## To My Grown-Up Son Author Unknown

My hands were busy through the day;  
I didn't have much time to play  
The little games you asked me to,  
I didn't have much time for you.

I'd wash your clothes, I'd sew and cook,  
But when you'd bring your picture book  
And ask me please to share your fun  
I'd say, "A little later, son."

I'd tuck you in all safe at night  
I'd hear your prayers, turn out the light,  
Then tiptoe softly to the door...  
I wish I'd stayed a minute more.

For life is short, the years rush past...  
A little boy grows up so fast.  
No longer is he at your side  
His precious secrets to confide.

The picture books are put away,  
There are no longer games to play,  
No good-night kiss, no prayers to hear...  
That all belongs to yesteryear.

My hands, once busy, now are still,  
The days are long and hard to fill.  
I wish I could go back and do  
The little things you asked me to.

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President  
262 626 2218  
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**Jackson Seniors Club**  
Jackson Town Hall  
3146 Division Rd  
Jackson, WI 53037  
Contact: Wilmer Ehlike  
262 677 3219  
Monthly first & third Tuesday

**Campbellsport Senior Center**  
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Campbellsport, WI 53010  
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Director: Adeline Schellhaas  
Phone: 533-8488  
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**Hartford Senior Center**  
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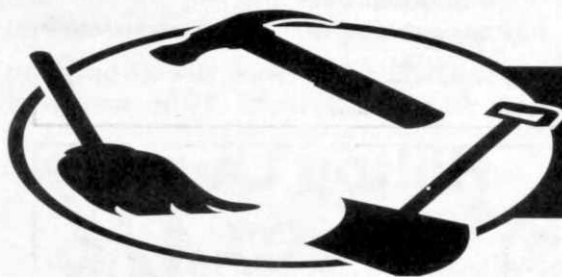
**Allenton Senior Group**  
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Allenton, WI 53002  
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**Hartford Senior Doers**  
Hartford Rec. Department  
Community room B  
125 N Rural Street  
Hartford, WI 53027  
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**Mayville Senior Center**  
330 N Walnut St  
Mayville, WI 53050  
Contact: Jerry Koepp,  
President  
Meeting- second Friday  
Member bingo- second Tues.  
Open bingo- third Thurs.

**Richfield Senior Citizens**  
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Hubertus, WI 53033  
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MADISON - People carry a lot of different lists in their pockets. Grocery lists. Lists of chores and errands. They all find their way into our purses and wallets. But one list you carry could save your life in a medical emergency - a medicine list.

Safe Care Wisconsin, a statewide group of health professionals and organizations dedicated to patient safety, announced recently their first statewide health safety project: "List it. Don't Risk it. Write down your medicines." The project emphasizes the importance of writing down and carrying an accurate list of medications. The medication list project is aimed at getting people who take both prescription and non-prescription medications to write down the name, dose and other important information and to carry this list in their wallets.

The campaign will be bolstered by radio ads and the work of a statewide hospital volunteer group. Partners of Wisconsin Hospital Association. Partner's President Diane Westbrook, River Falls, said her group set a goal of having all 12,000 of their members fill out a medicine list - and then complete one for a friend or family member, for a total of 24,000. Westbrook said her hope is that their efforts will lead to more people in the community recognizing how critical it is to write down and carry a list of medicines.

Information on this project, including a blank medicine list can be downloaded from [www.safecarewisconsin.org](http://www.safecarewisconsin.org). In addition, medicine list forms are available at hospitals, medical clinics and pharmacies.

Kathy Leonhardt, MD, MPH, is the patient safety officer at Aurora Health Care. She said patients and their family members have a difficult time recalling what prescription and

non-prescription medicines they take when asked to help fill out a medical history at the doctor's office.

"Many of us take medicines on a regular basis - either prescribed by a doctor or medicine that we select ourselves like vitamins or aspirin, things bought without a prescription. Some of us have to take a lot of medicines to stay healthy - and it can be very confusing - both for patients and their doctors," according to Dr. Leonhardt.

"For patients, it can be hard keeping track of all the pills and the instructions for each one. For doctors, they may not know what other doctors have prescribed for a patient or what over-the-counter medicines the patient is taking - unless all that information is given to the doctor at the time of the visit," she said. "We all want to be safe when taking medicines, but it is easy to see that mistakes can happen," Dr. Leonhardt added.

Dr. Leonhardt urges people to keep the list where it can be found quickly, such as in a wallet behind a driver's license. As an emergency department nurse at the University of Wisconsin Hospitals and Clinics, Heather Grant, RN, know that seconds count in a medical emergency.

"At any time, you or a family member could have an accident or fall seriously ill and be unable to communicate with emergency responders or personnel in the emergency room. This winter's I-90 weather-related multi-vehicle pileup demonstrated how emergencies can take place any time and far from home. We look for every piece of information that we can when a patient comes to the emergency department. The more we know about the patient, the faster we can treat them. We always worry that a patient is taking medicine that will have a negative react-

ing with a drug we administer in the ER," Grant said. "A medicine list can truly save your life in an emergency," she added.

Mike Fling, a registered pharmacist and owner of Mallatt's Pharmacy in Madison, said the pharmacist is often the last person to talk to a patient before they take home a new prescription. He urges his patients to update and carry a current list of medicines and to note any allergies that they have on the list as well.

"It is very important that you show the pharmacist the list of medications that you are taking, including vitamins and supplements that you purchase that do not require a prescription. It becomes even more important that you show your pharmacist the list if you pick up prescriptions from more than one pharmacy or if you order prescriptions through the internet. Ask questions about your prescription if you don't understand how often to take it, or what it is for. Ask your pharmacist to print out a list of medications that you take and use that list to fill out your own list," Flint said. "Don't be shy about asking for help in completing your list. Many people have multiple prescriptions, and it is confusing. A list goes a long way in preventing medication errors at home," he said.

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Whitney Brown

# Fit seniors live longer!

By the year 2030, 70 million people will be older than 65 ... and their level of fitness could keep them alive even longer.

It is NEVER too late to get fit. The majority of aging adults experience a gradual decline in their ability to execute basic activities of daily living, such as walking, dressing, lifting groceries (of grandchildren) or enjoying simple recreational activities.

The biggest problem with aging is the lack of activity. The Centers for Disease Control and Prevention reports that less than half of the aging population gets enough exercise, and three out of five seniors get less exercise than they need.

That's why The Health Hut in Campbellsport offers classes and \*special programs for aging adults who join. Fitness starts from the neck up - enjoyment, confidence, respect, self-esteem, self-awareness, a sense of belonging and a feeling of acceptance will result in a positive attitude and self worth.

"The good news is that people can benefit from even moderate levels of physical activity," says the Surgeon General of the United States. As always before

embarking any physical fitness program, consult with your Doctor first.

The Health Hut's "Prime-Time" exercise classes focus on: balance, endurance, strength and flexibility according to your own level of fitness. Instructors use a large variety of equipment, such as: stability balls, exercise bands, hand-held weights, chairs, sticks and medicine balls during classes.

Past participants have seen many physical advantages and improvements: improved flexibility and improved range of motion to do their everyday activities; lowered blood pressure resulting in less medication; lost inches resulting in weight-loss; more stamina, less tired, more energy; plus, they have FUN doing it!

Call today and try a FREE class or try out the entire club! Classes are M/W/F, from 9:00 till 10:15am. Call 920-533-4747, The Health Hut Fitness Center today!

\*Adults who join the entire club, also have their own Fitness Evaluation and Personalized Program just for them on the aerobic and exercise machines.

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920-539-6867

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**When you need a helping hand, let our family be there for you!**

# Kettle Moraine Gardens resident receive visitors



Members of the Wayne Crusaders entertained residents at Kettle Moraine Gardens of Kewaskum recently with their animals. The residents were delighted to be able to hold and pet a small pig, rabbit, lamb, dogs and cats. The group also went to Samaritan Health Center in West Bend later in the day.

Statesman photos: Andrew Kuehl

## Can chiropractic help my arthritis

Are you one of the 27 million Americans who suffer from osteoarthritis? This condition is caused by the inflammation, breakdown, and eventual loss of cartilage in the joints which results in generalized joint pain and stiffness. It is extremely important that individuals affected by this degenerative form of arthritis take steps to prevent the loss of cartilage because it serves as a shock absorber within the joints. As the cartilage breaks down, the ends of the bones forming the joint become rough and pitted and may even begin to rub against each other.

A common misconception about osteoarthritis is that it is primarily caused by overuse of the joints, when in fact it can be perpetuated by lack of joint movement. Unlike muscles and bones, cartilage has no direct blood supply and only

receives nutrients from joint fluid which is washed over the cartilage during mechanical movement. Due to the pain and stiffness, most people suffering from osteoarthritis tend to utilize the joints that are affected much less than usual. This lack of use results in less joint fluid movement over the cartilage which in turn severely decreases the nutrients available to maintain healthy cartilage. As the cartilage is deprived of nutrients it begins to breakdown and is eventually lost.

Chiropractic focuses on restoring motion in arthritic patients so the affected joints are able to receive the necessary nutrients. Chiropractic adjustments combined with proper nutrition and exercise may decrease symptoms, slow the breakdown process of cartilage, and increase your mobility and quality of life.

*"I think that's how Chicago got started. Bunch of people in New York said, 'Gee, I'm enjoying the crime and the poverty, but it just isn't cold enough. Let's go west.'"*

*--Richard Jeni*

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*Easier* (antique wine) bone, mocha, pewter & black.

*Siesta* (mocha) white, bone, navy & black.

*Time Out* for men (antique walnut) white, bone & black. WWW widths available in black.

*Side Gore* for men (cordovan) black & cognac.

*Bout Time* for men (black) bone, cordovan & match. Nubuck oak.

*Clog* (teak) white & black.

*Simplify* (black croc) white, pearl bone, copper, antique wine, pearl blue & black. Brown croc.

*Viva* (dark brown nubuck) sand, teak & black. Black croc. Charcoal nubuck.

*Free Time* (nubuck taupe) white, bone, mocha, teal, navy & black. Nubuck charcoal. WWW widths available in black.

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# Kewaskum Chamber Bingo offers a fun night



ABOVE: A group of young ladies get in on the BINGO fun sponsored by the Kewaskum Area Chamber of Commerce.

LEFT: Cheryl Peterson checks a BINGO for a player at a recent Chamber Bingo event. BINGO is held monthly. The next events will be April 19 and May 14. The event takes a break for the summer but will return in the fall. For more information contact organizer Chris Jung at (262) 626-8733.

Statesman photos: Andrew Kuehl

## STAY YOUNG!

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay them.

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimers.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health; If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

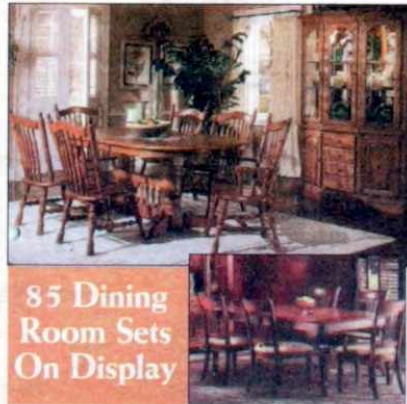
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity. Live life to its fullest each day and share a part of your day with SOMEONE!

AND ALWAYS REMEMBER... life is not measured by the number of breaths we take, but by the moments that take our breath away!

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# Seven dirty words to never link to baby boomers

## The Generational Imperative

Understanding Generational Differences  
In the Workplace, Marketplace  
And Living Room

**Chuck Underwood**

BY CHUCK UNDERWOOD

They are the Forever-Young Generation.

How did that happen?

They came of age during perhaps the greatest time in American history to be a kid: the '50s, '60s, and '70s. As their generation was molding

unique and lifelong core values, their nation was taking on its biggest problems and solving them. Finding cures to disease, confronting and erasing its own unfair prejudices, landing men on the moon.

Neighborhoods were safe, families were strong, jobs for Dad were secure, commercial

radio and television were upbeat and clean-talking. Neighbors helped neighbors. As the opening sequence of the TV sitcom *The Wonder Years* accurately describes it, it was "a golden age for kids". And beyond their control, they are the generation that would enjoy the remarkably good fortune to arrive on the planet just then.

The Baby Boomers.

When they passed through their formative years, anything seemed possible in this magnificent country called America. Norman Rockwell was illustrating, and idealizing, day-to-day American life in terms of two constant themes - love and hope - on the covers of *Saturday Evening Post*.

And it is that sense of love and hope, burned forever into their brains, that will keep Boomers a Forever-Young Generation. Oh, they know they'll "age" because aging is unavoidable, but they'll never "grow old". Boomers have decided growing old is an option, and they've pretty much decided against it.

They'll always be peeking around that next corner in life with excitement and anticipation and optimism. For Boomers, life is always about tomorrow.

With this generation, never say never.

And that explains why marketers who try to lure Boomers with their advertising messages now recognize the Seven Dirty Words To Never Link

To Boomers:

1. Senior Citizen: A noble label for mom and dad, but not for Boomers.

2. Retiree: Boomers will never retire. This generation defines itself by its work, by its contribution. They might retire from career-number-one but promptly begin career-number-two, perhaps in volunteerism or starting their own business or going back to school to learn a new trade.

3. Aging: Ohmygosh, donnnnnnnnnn!!

4. Golden Years: Ditto!

5. Silver Years: Good rule of thumb? No references to any precious metals.

6. Mature: Never insult Boomers by calling them mature. Regardless of the wrinkles on the outside, they will always be Mouseketeers on the inside.

7. Prime Time: To describe their future as the "prime time" of their lives is to discount their past. Boomers feel they've been in Prime Time every second of their lives, squeezing each day for all of its satisfactions.

This is the generation that has re-written that good ol' "book of life" just about every day of their lives. They have done so many things so differently from the ways they had always been done before.

And for those other generations who had assumed - or at least hoped! - that those crazy Boomers would one day

slow down, grow a bit more conservative, and go gently into their next passage?

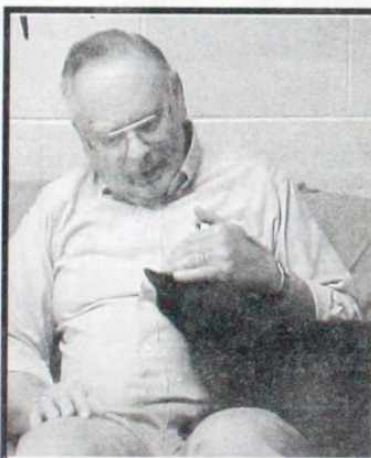
Guess again.

Example: Boomer mothers are forming their own rock-and-roll bands around the country and scheduling Saturday night gigs around their mommy and career schedules. Among the names of their bands: from Detroit, *The Mydols*; from New York City, *Housewives On Prozac*; and only from our sisters out in wonderfully wacky California would we get a Boomer-mother band that chooses to call itself *The Lactators*.

Boomers will continue to re-write that book of life, and at every future age marker they will drastically alter the consumer model, career model, and lifestyle model from what they have always been before. All because of the hope and love that surrounded the formative years that would mold them for life.

Forever young.

Chuck Underwood, founder and president of generational consulting firm *The Generational Imperative*, is the author of the book *The Generational Imperative: Understanding Generational Differences In The Workplace, Marketplace, And Living Room*. His company's website is [www.genimperative.com](http://www.genimperative.com).



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# Old-time recipes

A deviation of these recipes were found in grandma's cookbook (without the cover) which was published in 1938 from the era when the saying was, "The way to a man's heart is through his stomach." It seems this theory has yet to be proven, but it could still be a distinct possibility!

After reading and checking some of the recipes in this book, I have a whole new respect for my mother and grandmother, when I realize what they all had to do to get a full meal, not to mention a holiday meal, on the table for the rest of us to enjoy. Check out some of the following recipes and instructions on how to do some of the things that was a way of life for women of that era. It makes me feel sort of guilty when I hear myself whine, "Let's get takeout. I'm too tired to make a big meal."

Sure, we argue, they weren't "working" in those days. Right... after reading portions of this cookbook, I can see why women couldn't wait to get out into the workforce! I, for one, would much rather sit at the computer typing, instead of cleaning out the ice box, getting the wood or coal fire started to begin food preparation (from SCRATCH), or plucking the chicken for supper. And that is just for cooking! Think about how women used to have to wash clothes and do dishes (with no hot running water). It had to be a real treat not having disposable diapers.

We've come a long way, ladies... thank goodness! I am absolutely certain I would have been no good at plucking, rendering, or anything else that required getting meat on the table that didn't come from the grocery store. And I always thought I was born too late... not any more!

## HOW TO DRESS AND CLEAN POULTRY

Singe by holding the chicken or other poultry over a flame from gas, alcohol, or burning paper. Cut off the head, turn back the skin, and cut the neck off quite close; take out windpipe and crop, cutting off close

to the body.

Remove pin feathers with the point of a knife. Remove oil bag from the tail.

If internal organs have not been removed, make an opening under one of the legs, or at the vent, and remove them carefully, leaving a strip of skin above the vent. The intestines, gizzard, heart and liver should all be removed together; care must be taken that the gall bladder, which lies under the liver, be not broken; it must be carefully cut away from the liver. The lungs and kidneys lying in the hollows of the backbone must be carefully removed. Cut off the tip of the heart and cut open to extract any blood. Cut gizzard through to the inner coat, half way around, take off the outer coat and throw the inner bag away. The gizzard, heart and liver, constitute the giblets, and are prepared in numerous ways and may be used in making gravies and dressings for roasted poultry. Wash the giblets, put into cold water, heat quickly and cook until tender. The liver requires only a short time for cooking.

Scald feet with boiling water and pull off the skin and nails. Place into a soup kettle with giblets and other meats for soup. Stuff and truss for roasting, or cut into pieces for stew or fricassee.

## ROAST CHICKEN OR CAPON

*In Uncovered Roasting Pan*

Dress, clean and season chicken according to taste. Rub cavity with salt, and then stuff if desired, and truss. Brush breast, legs and wings with unsalted butter or poultry fat. Place chicken on its side

in a roasting pan with four tablespoons butter or fat. Put in hot oven (475 degrees F) uncovered. When it begins to brown, turn it. When brown on both sides, reduce heat to 300 degrees F. Brush or baste with fat in pan. Cover top with 2 thicknesses of cheese cloth wrung out of warm water. Repeat every 20 minutes. Roast 20 to 30 minutes to the pound, according to age of fowl. When breast meat is tender, chicken is done.

NOTE: I don't know if I would try this one without having a fire extinguisher real close at hand! No wonder they had so many fires in those days!

## In Covered Roaster

Dress, clean and season chicken according to your taste, rubbing it with salt, pepper and ginger. Brush all over with butter or chicken fat. Place chicken on its back on rack of roaster. Pour one cup of boiling water in pan below rack. Put on cover with vent open, and roast in hot oven at 450 degrees F. until brown. Close vent and reduce heat to 325 degrees F, or with vent closed during entire cooking period roast at 375 degrees F until tender.

## SAUERBRATEN

4 lbs. beef, chuck, rump or round  
1 onion, sliced  
3 bay leaves  
1 teasp. peppercorns  
Vinegar and water  
1/4 cup sugar  
1/4 cup raisins  
4 to 6 ginger snaps

Sprinkle meat well with

salt and pepper and rub it in thoroughly. Place with onions, bay leaves and peppercorns in a deep earthen dish. Heat water and vinegar (equal parts if vinegar is very strong), and add salt and sugar to taste. Pour hot over the meat to cover. Cover dish well, put in cool place, let stand three to four days, turning occasionally.

Put meat in kettle, add onion and a little of the spiced vinegar, place in hot oven to brown all over. Then put on a tight fitting cover and let cook slowly about three hours or until tender. Add more of the vinegar if necessary. Take out the meat, slice for serving and keep hot. Strain liquid in kettle, skim off fat. Let 1/4 cup sugar melt in an iron spider, add very gradually the strained liquid, then the raisins and ginger snaps, cook until thickened and smooth and pour while hot over meat. Add one or two tablespoons thick, sour cream to gravy if desired.

## MOCK CHICKEN LEGS

1 lb. beef steak  
1 lb. veal or pork  
2 teasp. salt  
1/2 teasp. white pepper  
1/4 cup fat, melted  
1/4 cup flour  
or 3/4 cup cracker crumbs  
6-8 wooden skewers

Have steaks cut about 3/8 inch thick. Pound it well and cut in 1 or 1-1/2 inch squares. Arrange six pieces alternately through one corner on each skewer, having top and bottom pieces somewhat smaller to represent drumsticks. Brush over or roll in fat, then in flour or crumbs, season with salt and pepper according to taste. Fry in fat left over and brown on all sides. Cover pan closely and cook slowly about 1-1/2 hours, or until tender, adding water if necessary.

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Swimmer's ear  
Insect sting  
Diabetes screening  
Motion sickness  
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There are Aurora QuickCare sites across eastern Wisconsin. For more information on

Aurora QuickCare, including the location nearest you, log onto [www.aurora.org/quickcare](http://www.aurora.org/quickcare). Aurora Health Care is a not-for-profit Wisconsin health care provider and a national leader in efforts to improve the quality of health care. Aurora offers care at sites in more than 90 communities throughout eastern Wisconsin.

*"A study in the Washington Post says that women have better verbal skills than men. I just want to say to the authors of that study: 'Duh.'"*  
--Conan O'Brien

## WHERE'S GRANDMA?

Grandma and grandpa, who were not afraid of anything, decided to go for a ride in an open-air biplane piloted by their daredevil grandson, who bet them \$10 that they couldn't refrain from screaming.

"If you can stay quiet for the entire ride and not say one word, I'll give you \$10. But one peep out of either one of you, and you'll pay me \$10." They agreed to the bet and up they went.

The grandson did all kinds of twists, turns, rolls and dives. He didn't hear a word. When the plane landed, he said to them, without turning around, "I did everything I could think of to make you holler, but you didn't!"

Grandpa replied, "Well, I was going to say something when Grandma fell out... but \$10 is \$10!"



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### Entertainment

9:00AM Polka Lessons  
9:30AM The Eddie Vidmar Band  
10:30AM Mary Davis Trio  
12:30PM The Roselette Dancers  
1:00PM The Bob Kuether Band  
3:30PM The Doo Wop Daddies

### Activities

10 AM-3 PM Potawatomi Bingo  
9AM-2PM Seniorfest Walk-About  
9 AM-2 PM Exhibits  
10 AM-2 PM Serbian Food  
1PM&2:45PM Cathedral Tours  
9 AM-2 PM Potawatomi Bingo Casino  
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\*Entertainment subject to change

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# Kohl, Domenici amendment to protect elderly from abuse

WASHINGTON, D.C. - Recently U.S. Senator Herb Kohl (D-WI), Chairman of the Senate Special Committee on Aging, and Senator Pete Domenici (R-NM) hailed the passage of an amendment to the FY2009 Budget Resolution that will set aside \$160 million over three years to protect America's vulnerable seniors from predators through the creation of a comprehensive nationwide system of background checks for long-term care workers.

As it stands now, thousands of individuals with a history of substantiated abuse or a criminal record are hired every year to work closely with exposed and defenseless seniors within our nation's nursing homes and other long-term care facilities. Today such predators can easily evade detection throughout the hiring process, securing jobs that allow them to abuse one of our most vulnerable populations both physically and financially. The budget amendment was cosponsored by Senators Blanche Lincoln (D-AR), Sheldon Whitehouse (D-RI), Jeff Bingaman (D-NM), Hillary Clinton (D-NY), Norm Coleman (R-MN), Debbie Stabenow (D-MI), Carl Levin (D-MI), Bob Casey (D-PA) and Amy Klobuchar (D-MN).

"The current system of state-based background checks is haphazard, inconsistent, and full of gaping holes," said Kohl. "Last night's approval of the amendment marks a milestone in moving this issue forward and in reducing elder abuse."

"Ours is an effort to stop tragedies before they can happen by setting a national system to keep those who prey on the elderly, chronically ill and disabled from having access to these vulnerable people," Domenici said.

"Background checks can help protect Americans from being placed in harm's way, whether it is our elderly, children in child care, security workers, or others. I, like Senator Kohl, am committed to finding ways to prevent elder abuse and look forward to continuously working with my colleagues in the future on this critical issue so that older adults and their families do not have to worry about the type of care that they or their loved ones are receiving," Lincoln said.

"Seniors living in nursing homes have the right to expect quality care, and that means knowing those who are caring for them pass high standards," Bingaman said. "This amendment takes us one step closer to giving seniors in nursing homes - and their families - that peace of mind."

"Protecting the health and safety of our most vulnerable citizens should be a top priority," said Stabenow. "I am proud that much of this legislation is modeled after a successful Michigan pilot program and working together we can expand on its progress."

"We have a critical responsibility to ensure the safety of our most vulnerable citizens," Levin said. "By permitting employers to perform background checks on nursing home employees and applicants, we can help to cut down on abuse in facilities for disabled and elderly people. Michigan is fortunate to have been the site of

a pilot program that has proven very successful, and we are hoping to be able to expand this program across the country."

"As a former Pennsylvania Auditor General who has investigated nursing homes, I have seen too many abuses," said Casey. "This amendment will go a long way to protect seniors."

The amendment has set aside funding that will be made available upon passage of the Patient Safety and Abuse Prevention Act of 2007 (S. 1577). This bill would establish a nationwide system of background checks to prevent those with criminal histories and records of substantiated abuse from being hired to work within long-term care settings. The legislation is modeled on a successful seven-state pilot program sponsored by Chairman Kohl as part of the Medicare Modernization Act of 2003. Each state was provided with funding to make much-needed investments in their databases,

create workforce background check units, update applicable laws and regulations, and offer additional training to long-term care providers. The seven-state pilot program in Wisconsin, New Mexico, Alaska, Idaho, Illinois, Michigan and Nevada has already prevented more than 7,200 people with records of substantiated abuse or a violent criminal record from working with and preying upon frail elders and individuals with disabilities.

The budget amendment and S. 1577 are both strongly endorsed by State Attorneys General across the country, the Elder Justice Coalition, which speaks for over 500 member organizations; AARP; the American Health Care Association; NCCNHR; the American Association of Homes and Services for the Aging; and advocates in hundreds of communities who work every day to protect the well-being of elders and individuals with disabilities.

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15.1 to 20.0 miles	\$4.50	\$6.75	\$5.75
Over 20.0 miles	\$5.25	\$7.75	\$6.00

\*\* Adults are any person age 18 to 59 years.  
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# - - Ask the Savvy Senior - -

## Junk Mail Relief: How to get your name off marketers' mailing lists

Dear Savvy Senior

Can you give me some tips on how to reduce the mass junk mail and e-mail I receive? For some reason, my wife and I get bombarded with this stuff every day and are sick of it. What can you tell us?

Retired Targets

Dear Targets

While most adults in the U.S. receive large amounts of junk mail, the biggest targets tend to be seniors. But there are steps you can take to avoid these invasions. Here's what you should know.

**Junk Mail** - To help you scrub your name and address from marketers mailing lists start with the Direct Marketing Association, who offers a consumer opt-out service at [www.dmchoice.org/mps](http://www.dmchoice.org/mps). This won't eliminate your junk mail (because many direct mailers aren't association members) but it will reduce it. The fee for this service is \$1. If you're willing to pay a little more try Greendimes.com, a savvy resource that for \$20 promises to reduce your junk mail up to 90 percent and will plant 10 trees on your behalf. Also see [41pounds.org](http://41pounds.org) which charges \$41 for a five-year anti-junk mail plan.

**De-catalogue** - To reduce or eliminate the paper catalogs you receive go to [Catalogchoice.org](http://Catalogchoice.org), a free new service that does the work for you. [Stopthejunkmail.com](http://Stopthejunkmail.com) is another good service but charges a \$20 fee. Other options include calling the catalogs' toll-free number and request to be taken off its list - have the customer number from your mailing label handy when you call. Or you can tear off the page with the mailing label and mail it to the retailer with a request to be removed from its mailing list.

**Credit Card Offers** - Are credit card offers clogging your mailbox? You can shut them down with the opt-out service run by the major credit bureaus at [www.optoutprescreen.com](http://www.optoutprescreen.com) or call 888-567-8688. Be prepared to key in your Social Security number and date of birth. You'll have the option of removing your name either for five years or permanently from pre-screened marketing lists sold to credit card companies and insurers.

You can also prevent financial institutions and other companies from sharing or selling information about you. Look for the privacy notices

(sent once a year) that should come with your statements and follow their instructions. You should have to opt out only once with each institution.

**Can the Spam** - To cut down on the junk e-mail you receive, register your e-mail addresses at [www.dmchoice.org/EMPS](http://www.dmchoice.org/EMPS). And check your e-mail account to see if it provides a tool to filter out potential spam or a way to channel spam into a bulk e-mail folder. Also see [www.ftc.gov/spam](http://www.ftc.gov/spam) for more tips.

**Telemarketing Protection** - You're probably already aware of the "National Do Not Call Registry," which has helped millions of Americans reduce their telemarketing calls. If not, you can sign up at [www.donotcall.gov](http://www.donotcall.gov) or by calling 888-382-1222. If you already signed up, you don't need to reregister. Sign-ups were supposed to expire after five years, but the FTC expects to make registration permanent. The registry however will not stop calls by charities, politicians, survey takers or companies that have a prior business relationship with you. In addition to the national registry, many states operate their own do-not-call program. Go to [www.ataconnect.org/public/compliance/donotcallbystate.php](http://www.ataconnect.org/public/compliance/donotcallbystate.php) for a list of state programs.

**Be Stingy** - Be very picky about sharing your information. Every time you order something online, check the site's privacy policy and avoid sites that don't let you opt out of advertising or ones that are looking to share or sell your information to others. Also, be wary about signing up for freebies, sweepstakes or contests, online or off, because many are simply ploys to collect contact information for marketing purposes. And always write "no mailing list" on product warranties or rebates you send in.

**Savvy Tips:** Another good resource on this topic is the World Privacy Forum ([www.worldprivacyforum.org/toptenoptout.html](http://www.worldprivacyforum.org/toptenoptout.html)), a nonprofit group that offers a top 10 list of opt-outs. And if identity theft concerns you, you can freeze your credit files by mailing a certified letter to the three credit bureaus. See [www.financialprivacynow.org](http://www.financialprivacynow.org) for more information.

## Employment Resources for Retirees

Dear Savvy Senior,

Can you recommend some good resources for finding interesting employment opportunities after retirement? I want, and need to do some type

of work after I retire next year but I'm not sure what. What can you tell me?

Retiring Boomer

Dear Boomer,

The financial strains of retirement and the reality that 20 or more years of total leisure may not be all that satisfying is drawing millions of retirees back into the workforce, and is shaping the retirement views of many baby boomers. Here's what you should know.

**New Trend** - Recent surveys show that more than three-quarters of baby boomers plan to work after retirement, but many want to change careers, and only about 5 percent want to work full time. Whatever your reasons for working longer - you need the money, or you just want to stay active and involved - the benefits can be significant. Researchers have found that people who work (at least a few hours a week) during their retirement years live healthier and longer than those who don't. And by working just a few extra years, you can make a huge difference in your retirement nest egg.

**What to Do?** Looking for interesting and rewarding work opportunities after retirement but aren't sure what to look for? Here are some resources that can help you find your niche and maybe even a job to boot:

**Career One-Stop Centers:** There are more than 3,000 career centers located around the country that provide free resources and services to help people plan their next career, locate training, find a new job and much more. To find a center near you call 877-348-0502 or go to [www.servicelocator.org](http://www.servicelocator.org).

**The Next Chapter:** This is an outreach initiative that offers programs in dozens of communities nationwide to help people nearing retirement figure out what's next. Visit [www.civicventures.org/nextchapter](http://www.civicventures.org/nextchapter) - click on "Directory."

**My Next Phase** ([www.mynextphase.com](http://www.mynextphase.com)): A retirement counseling firm that provides a personality test as well as coaching, seminars and Web-based programs to help retirees find their passions.

**Vocation Vacation** ([www.vocationvacations.com](http://www.vocationvacations.com)): This is a company that lets you test-drive different careers that interest you by matching you up with existing businesses. They currently offer two and three day immersions in more than 125 unique careers, through around 300 expert mentors.

**Career counseling:** Another option is to see a certified career counselor. These are trained professionals that can help you clarify your interest, abilities and goals. You can find a counselor at [www.ncda.org](http://www.ncda.org).

**Online Resources** - Whatever your working interest - full-time, part-time, temporary or seasonal - there are a variety of free online employment networks that can connect you with companies that are interested in hiring older workers. Here are some good ones to check out:

**Seniors4Hire.org:** A job-search site that offers job seekers (age 50 and older) access to thousands of U.S. based jobs from businesses that actively recruit and hire older workers and retirees.

**RetirementJobs.com:** Another job-search site that

brings together mature workers with companies who seek them. You can also post your resume online for companies to find you.

**RetiredBrains.com:** A job-listings and resume posting site for older workers and retirees.

**Employment Network for Retired Government Experts** ([www.enrge.us](http://www.enrge.us)): Matches retired government employees with private companies seeking to fill contract jobs in all kinds of fields. You post your resume on their site where a large pool of potential employers can review it and contact you if interested.

**YourEncore.com:** An online recruitment firm that hires retired scientists, engineers and product developers and connects them with companies that need contract employees for projects.

**ExperienceWorks.org:** A national, nonprofit organization that offers training, employment, and community service opportunities for lower-income seniors.

**Start a Business** - If you're interested in starting your own business but need some help getting started turn to the U.S. Small Business Administration. They offer tips, tools and free online courses you can access at [www.sba.gov](http://www.sba.gov). Also see [www.bizstarters.com](http://www.bizstarters.com), a company that (for a fee) provides materials, coaching and training to people over age 50 who want to strike out on their own. And visit [www.score.org](http://www.score.org) for free business advice for entrepreneurs.

**Savvy Tip:** AARP also offers an excellent resource for choosing a career and job-searching at [www.aarp.org/money/careers](http://www.aarp.org/money/careers).

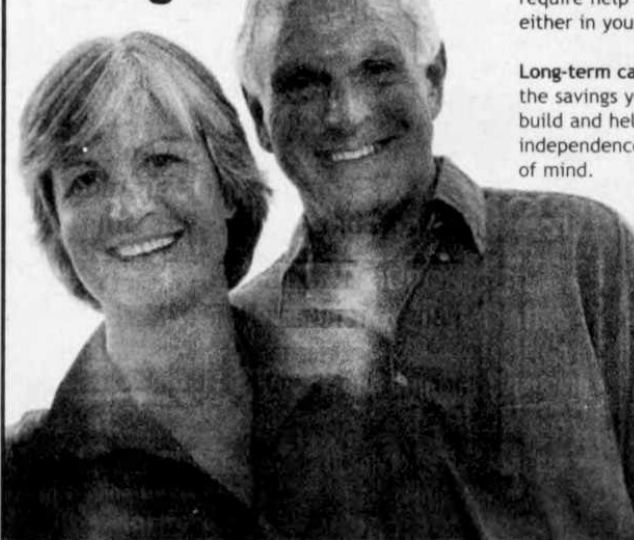


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# Tips for boomers planning a 'senior road trip'

## EXPLANATION OF LIFE

On the first day God created the dog. God said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. I will give you a life span of 20 years." The dog said, "That's too long to be barking. Give me 10 years and I'll give you back the other ten." So God agreed.

On the second day God created the monkey. God said, "Entertain people, do monkey tricks and make them laugh. I'll give you a 20 year life span." The monkey said, "How boring, monkey tricks for 20 years? I don't think so. Dog gave you back 10, so that's what I'll do too, okay?" And God agreed.

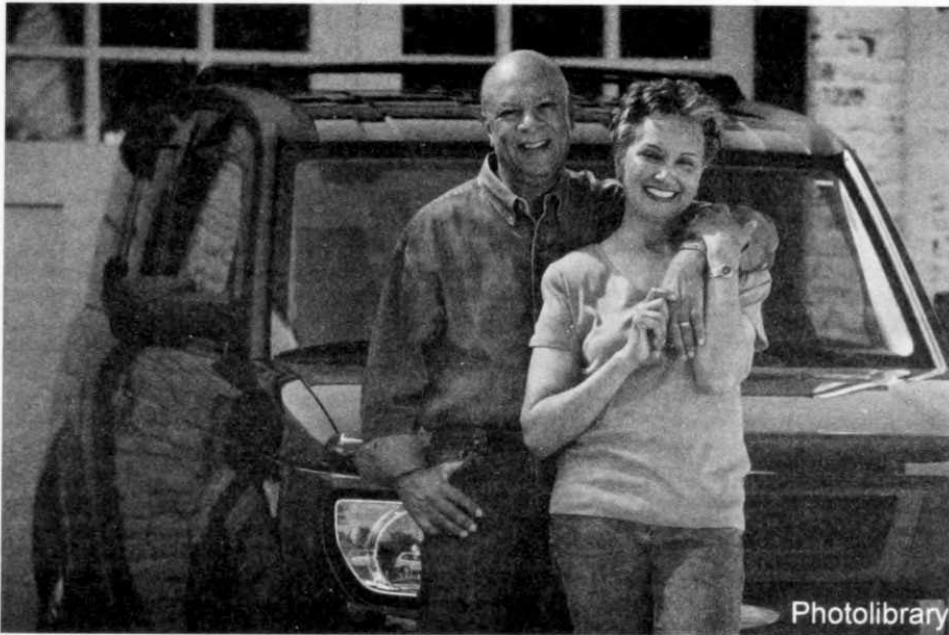
On the third day God created the cow. God said, "You must go to the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer. I will give you a life span of 60 years." The cow said, "That's kind of a tough life you want me to live for 60 years. Let me have 20 and I'll give back the other 40." And God agreed again.

On the fourth day God created man. God said, "Eat, sleep, play, marry and enjoy your life. I'll give you 20 years." Man said, "What? Only 20 years! Tell you what, I'll take the 20, and the 40 the cow gave back and the 10 the monkey gave back and the 10 the dog gave back and that makes 80, okay?"

"Okay," said God, "You've got a deal!"

So that is why the first 20 years we eat, sleep, play and enjoy ourselves; for the next 40 years we slave in the sun to support our family; for the next 10 years we do monkey tricks to entertain the grandchildren; and for the next ten years we sit on the front porch and bark at everyone.

Life has now finally been explained to you.



(ARA) - Baby boomers, the generation that has defined American culture for decades, are doing it again, rewriting what it means to be senior citizens as the first wave of boomers reach 65. And the generation that enjoyed greater mobility than any before it, is not even close to being ready to give up the car keys.

More Americans 65 and older are on the road than ever before, as still-working and retiring boomers continue to drive for business and pleasure. "Boomers grew up with the concept of the great American road trip, so it's no surprise that as they become seniors they're motoring more than their parents probably did at the same age," says Barry Glick of Traffic.com. "Plus, with their emphasis on health and fighting off old age by remaining active, boomers with a little money and time on their hands are rediscovering the pleasures of driving."

Still, experts say, our driving skills inevitably change as we age. With care and caution, older drivers can adapt to their changing abilities and continue to enjoy one of the most prized elements of the American dream: their driving privileges.

Here are some tips for boomers looking to make the most of their driving enjoyment:

**Keep Your Vehicle and Yourself Finely Tuned** - Responsible driving calls for two well-cared-for machines - the vehicle and the driver. If you're planning a road trip, make sure your vehicle maintenance is up-to-date. Pay special attention to common problems that can cause roadside breakdowns, such as coolant systems and tire integrity. It's a good idea to get the vehicle serviced before taking it on a long trip.

Likewise, make sure you're in fine tune as well. Have your hearing and vision regularly checked - at least twice a year. If

you wear glasses, avoid taking a long driving trip within the first few weeks of getting a new pair; you'll need time to adjust to how the new prescription affects your vision. Be sure you're well rested, not just the night before your trip but for several days prior. Check with your doctor or pharmacist to determine if any medications you're taking might cause fatigue or impair your driving.

**Plan and Prepare** - No one enjoys sitting in traffic; it's annoying at best. To maximize your driving enjoyment, avoid high-traffic hours and locales where commuters fill the roads. Drive during quieter road times and avoid times when visibility is naturally poorer. Plan to get on the road after the morning rush ends - typically 9 a.m. in most urban areas - and wrap up your day's travels just before the evening rush starts. In most cities or suburbs, that can be as early as 4 p.m.

Pre-plan your route and use resources like Traffic.com to get the most up-to-date traffic information on your course of travel. Log on before leaving home (or your hotel room, since most hotels now offer guests free Internet access) and check driving conditions along your route. You can also access the Traffic.com mobile Web site from your Web-equipped cell phone at <http://mobi.traffic.com>, or by calling the (866) MY-TRAFIC (866-698-7232) traffic hotline.

Be sure to give your planned route and schedule to a family member or friend who'll be staying home. Agree to regular check in times so that someone will always know where you are and how your trip is progressing.

**Strength in Numbers** - Avoid driving alone whenever possible. Sharing the journey with another driver can help you avoid driving fatigue, and make the trip more enjoyable.

Caravanning with one or more other vehicles also enhances the road trip experience and you'll have a back-up vehicle in case of emergency.

Courtesy of ARAcontent

*"If a woman has to choose between catching a fly ball and saving an infant's life, she will choose to save the infant's life without even considering if there is a man on base."*

--Dave Barry

## Do you know someone who -

- House sits for pets?
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## Do you have a favorite animal related place to visit in Wisconsin?

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or email

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[statesman.com](http://statesman.com)

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**Congratulations to Mary Ann Kjomes-Treichel of West Bend 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: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Mail to:

STATESMAN PUBLICATIONS

P.O. Box 98, Kewaskum, WI 53040

# Plymouth- from pg 5

stamps, albums, and tools for any scrapbooker or stamper from novice to expert.

Also located in that same vicinity is The Plymouth Area Chamber of Commerce's Visitor's Center, at 647 Walton Drive (in the Plymouth Gateway Plaza at the intersection of Hwys 57 and 23) an outdoor brochure rack is available to visitors anytime. Major publications such as a visitors and community guide, Plymouth map, downtown antiques, specialty shops and dining guide, and seasonal information are stocked in the rack.

For a bite to eat we stopped at Plymouth Family Restaurant which is a great place to park the car, eat and then walk into the downtown district. The large restaurant is typical of a family diner offering a 300-item menu filled with appetizers, burgers, sandwiches, salads, dinner entrees and a host of specials. Breakfast is served all day much to my delight, and the menu has a diverse assortment of items.

Being able to sit and watch the downtown activities from large windows was a nice bonus as Nicole enjoyed a delicious gyro and I, the house breakfast specialty, The Plymouth Omelet. The three-egg creation has everything you need for a filling breakfast, diced ham, sausage, green peppers, onion and cheddar cheese. Stuffed inside were perfect hash browns, not fried to a crisp or raw.

Service was friendly, not rushed but not slow either. The Plymouth Family Restaurant serves Sunday through Thursday 6 a.m. until 9 p.m. and Friday through Saturday 6 a.m. to 10 p.m.

If the arts give you your kicks, you'll need to make a stop at The Plymouth Arts Center that is located directly in back of the parking lot for the restaurant.

The Plymouth Arts Center was founded in 1993. In 1994, the Center found a new home in the Plymouth Center, where it is located today. Gallery 110 North (located in the Plymouth Center) adds a distinctive elegance to the Arts Center's eclectic facility.

Wisconsin Artists are showcased in seven exhibits per year, which includes the annual Alive in the Arts Joan Kohn Juried Exhibition with the Kitty Lynne Klich Student Art Show running April 25 to June 15, 2008.

Gallery 110 North is open to the public without charge. Their hours are: Tuesday through Saturday 12:00 to 4:00 p.m. and Sunday from 1:00 to 4:00 p.m. They are closed Mondays and holidays.

For additional information visit [www.plymoutharts.org](http://www.plymoutharts.org) or call (920) 892-8409.

Your next stop will be Timekeepers Clocks and Antiques located directly across from the restaurant. The quaint

shop has over 9,000 square feet of antique furniture, timepieces, pottery and stone wear. They are open Tuesday through Saturday, 10 a.m. until 5 p.m.

Traveling west on Mill Street, the fellas might want to head to Exchange Bank Coffeehouse while the ladies may want to peek in at The Sewing Basket. They offer over 350 bolts of quilting fabric from 1800's reproductions to contemporary styles and a full line of patterns, notions and gifts. The Sewing Basket is open Monday through Saturday from 9 a.m. until 5 p.m. with the exception of Wednesday evenings when they close at 8 p.m.

Time escaped us, as we wanted to stop at The Exchange Bank Coffeehouse. Located in the historic Exchange Bank Building, the Exchange Bank Coffeehouse fills the corner space once occupied by the Plymouth Exchange Bank. Completed in 1906, the Sheboygan County Landmark building remains one of Plymouth's finest examples of the classic revival style.

We picked up a brochure that indicated superb coffee, tasty bakery and delicious sandwiches. The coffeehouse uses locally favored Alterra Coffee Beans and offers a unique atmosphere to talk with friends or watch the bustling downtown out the huge windows. Menu items ranged from \$3 to \$5.25.

A number of other shops will draw your interest. While spending some time at A & D Rare Imports, visitors will take in one of a kind items from Southeast Asia. A stop at Book Heads, Plymouth's independently-owned book store will complete your need for a novel.

If antiques are your affinity you have four more choices after visiting Timekeepers. Head north up Smith Street to Two-Story House Antiques and gifts for the area's largest selection of Fenton glass. Back to Mill Street you'll find The Shoppes at Mill Street offering over 4,000 square feet of local antique dealers, along with a coffee saloon serving pastries and sandwiches.

Moving west, step into The Red Rooster and take a look at antiques, collectibles, garden art and giftware of all varieties. They are open Thursday through Saturday, 10 a.m. to 5 p.m. and Sunday 12 p.m. to 4 p.m. Almost next to the Rooster is Back from the Past Antiques offering antique lamps, lighting, holiday and all things old.

As you exit, a visit to Plymouth would not be complete without stopping to see the wondrous statue of Antoinette. This 100% pure, FDA approved fiberglass Holstein cow standing proud at 20 feet high and weighing over 1,000 pounds was erected during Plymouth's centennial celebration in 1977.

Antoinette commemorates

Plymouth's ties to the cheese making industry. She is located in front of the Plymouth Utilities building just south of the intersection of S. Milwaukee and Mill Street (southwest of downtown). Don't miss this great vacation photo opportunity.

Additional information about more of the many things

Plymouth has to offer visitors can be found at the Chamber's comprehensive website [www.plymouthwisconsin.com](http://www.plymouthwisconsin.com). The Plymouth Chamber of Commerce can be reached by calling toll free (888) 693-8263 or by E-mail [plymouthchamber@excel.net](mailto:plymouthchamber@excel.net)

*People are like stained glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.*  
-Elisabeth Kubler-Ross

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# Be Healthy! SilverSneakers fitness program part of benefits for seniors

Have you wanted to start a fitness program but the cost of joining a health club was too expensive? Or have you been looking for a way to get fit and have fun with people who care about your needs? Well, these challenges to fitness no longer exist for members of SecureHorizons by UnitedHealthcare.

Since January 1st of this year, SecureHorizons by UnitedHealthcare is offering the award-winning SilverSneakers Fitness Program at no additional cost to its Medicare Complete members in Wisconsin. SilverSneakers is the nation's leading exercise program designed exclusively for Medicare members.

"Exercising and having fun doing it are very important to staying healthy, which is why we are pleased to partner with SilverSneakers and bring this extra benefit to our SecureHorizons members," said Dr. Bill Gillespie, SecureHorizons Chief Medical Officer.

SilverSneakers is an innovative program specifically designed for Medicare beneficiaries' unique health and physical needs. Eligible members can receive a basic membership at any participating fitness center, YMCA, JCC or other location, where they can enjoy specialized SilverSneakers fitness classes focusing on improving strength, flexibility, balance and coordination. Certified SilverSneakers fitness instructors teach the classes, and participants can also enjoy other basic membership amenities, including use of exercise equipment, weight and circuit training, and other fitness offerings and social events.

Additionally, each location has a specially trained Senior AdvisorSM to assist members in utilizing fitness resources and classes. A unique reciprocity agreement also allows SilverSneakers members the opportunity to visit any of more than 2800 participating locations across the nation when they travel.

"Medicare beneficiaries love our SilverSneakers Fitness Program, and we are pleased to be able to expand our partnership to include more SecureHorizons by UnitedHealthcare members," said Healthways Senior Vice President Steve Lindstrom. "We believe that everyone, regardless of age or current health status, is capable of achieving his or her personal best health, and SilverSneakers is a proven support system to help people achieve that."

To enroll in SilverSneakers, members are asked to go to a participating location and show their SecureHorizons by UnitedHealthcare identification card. Staff will assist with enrollment and provide a tour of the location. For more information regarding the SilverSneakers Fitness Program and to find the participating location nearest you, visit [www.silversneakers.com](http://www.silversneakers.com) or call 1-800-295-4993. SecureHorizons members may also call customer service at 800-643-4845.

**About SecureHorizons by UnitedHealthcare** - SecureHorizons by UnitedHealthcare is the country's leading Medicare Advantage brand serving the needs of Medicare beneficiaries. Focused on simplifying health care and helping beneficiaries get the most out of Medicare, SecureHorizons helps those 65 and older and other individuals eligible for Medicare, "Live Secure, Be Secure." SecureHorizons is nationally recognized for offering an extensive range of Medicare Advantage plans and other products that provide quality, affordable health care.

**About UnitedHealth Group** - UnitedHealth Group is a diversified health and well-being company dedicated to making health care work better. Headquartered in Minneapolis, Minn., UnitedHealth Group offers a broad spectrum of products and services through seven operating businesses: UnitedHealthcare, Ovation, AmeriChoice, Uniprise, OptumHealth, Ingenix, and Prescription Solutions. Through its family of businesses, UnitedHealth Group serves approximately 70 million individuals nationwide.

**About the Healthways SilverSneakers® Fitness**

**Program** - The SilverSneakers® Fitness Program is offered by Healthways, an industry leader providing specialized, comprehensive Health and Care SupportSM solutions to help people maintain or improve their health. Founded in 1992, SilverSneakers is the nation's leading exercise program designed exclusively for Medicare members and offers an innovative blend of physical activity, healthy lifestyle and socially-oriented programming that allows older adults to take greater control of their health.

The unique program is available at no additional cost to eligible Medicare members (other than their medical plan premium) and is currently offered in 49 states at over 2800 fitness centers, YMCAs, JCCs and class sites.

For more information on SilverSneakers, call 480.783.9555 or visit [www.silversneakers.com](http://www.silversneakers.com).

*"My Mom said she learned how to swim when someone took her out in the lake and threw her off the boat. I said, 'Mom, they weren't trying to teach you how to swim.'"*

*--Paula Poundstone*



## The Bookworm Sez

by Terri Schlichenmeyer

### A few more good books

Winter isn't over yet, but you can see spring from here.

Still, it's not quite warm enough for juleps on the deck after supper. You're not ready to give up your mittens just yet, and on cool Sunday afternoons, a cup of hot chocolate, a book and a blanket still hold a definite appeal.

So how about a few suggestions for those not-yet-warm lazy afternoons?

With politics on the front of everybody's mind this year, you'll want to gather as much information as you can. For a different opinion, take a few minutes to read "A Letter to America" by David Boren (University of Oklahoma Press). You might not agree on what Boren says, but it will give you much to ponder while you wait for those warm days ahead.

And speaking of which, you've got all the time in the world to enjoy "The Secret Pulse of Time" by Stefan Klein (Marlowe & Company). Part psychology, part philosophy, part science, this book is a fascinating look at something nobody ever has enough of. Take a few minutes to enjoy it; you won't be sorry.

Think you're not doing enough with that time? You are, as you'll see in "Spot of Grace" by Dawna Markova, PhD (New

World Library). This is a book filled with stories from people from all walks of life who come to realize that their minor contributions to society have lasting, rippling impacts. Before you think about quitting your volunteer "job" for the summer, read it.

Planning a vacation this year, with museums high on the list? First, read "Museum: Behind the Scenes at the Metropolitan Museum of Art" by Danny Danziger. This isn't an oh-my-heavens kind of scandal-filled behind-the-scenes book, but it is a fascinating take on art, culture, and how those fabulous paintings and incredible sculptures get from art studio or auction to floor for you to enjoy. And speaking of enjoy, that's what you'll do with this book.

And lastly, your best friend is as eager to see spring as you are. Those walks are important, you know. Give him a pat on the head and invite him on the sofa with you while you read "Merle's Door" by Ted Kerasote (Houghton Mifflin). This book is no wild tale of a renegade rascally dog. Instead, it's thoughtful, heartfelt, and perfect for your favorite dog lover (or yourself).

So there you have it: a few books to help you while away what's left of winter.

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# Reaching people with Alzheimer's through music

By BARBARA JACOBS, M.S.

Dr. Oliver Sacks, Professor of Clinical Neurology and Psychiatry at Columbia University, in his current bestselling book, *Musophilia*, writes about the amazing therapeutic effects of music on people with Alzheimer's disease and other dementias. He states, "Music is no luxury to them but a necessity, and can have power beyond anything to restore them to themselves and to others at least for a while." In this eye-opening book he devotes a chapter to this subject entitled, "Music and Identity: Dementia and Music Therapy." For this population Dr. Sacks describes how familiar music is the key to eliciting emotions and unlocking words that have been silent.

Researchers have discovered that the teen years around the age of 14 are when musical preferences and memories are formed. Daniel Levitin in his book *This is Your Brain on Music* states, "We tend to remember things that have an emotional

component because our [brain] and neurotransmitters act in concert to tag as important the memories of these emotionally charged years of self-discovery." Therefore, people with Alzheimer's disease can often sing the songs they heard during their teen years, even when they can no longer remember the names of their children. This behavior is also well documented in people with advanced dementia.

Throughout my twelve-year career as a therapeutic musician in nursing homes, I have witnessed the beneficial power of music for those with Alzheimer's disease. People in my classes who are virtually speechless and confused begin to sing, hum and sometimes dance once they are stimulated by music. The benefits of music and singing, such as mood improvement and calmer behavior, often persist for hours after the music has stopped. Joining your loved one in a musical activity can bring you both a sense of joy and well being.

During a recent music class

in an Alzheimer's community...

...I had a thrilling interaction with Lou, a resident with moderate Alzheimer's including aphasia (loss of speech). I was playing a Judy Garland album, intending to reminisce with the residents before I played their favorite "oldies" on the piano for our sing-along. I randomly went into the audience and chose Lou to dance with me while Judy Garland was singing "Somewhere, Over the Rainbow." He joined me willingly, and before long held me in an appropriate dance position, stared into my eyes and clearly said the last few words of the song, "Why, Oh Why, Can't I?"

I was thrilled, but somewhat baffled when I saw staff running to get their cameras, because I knew nothing about him. The staff later told me that this was the first time they had seen Lou speak and show any semblance of his former self. Apparently, he had been a great dancer and music lover in his pre-Alzheimer's disease life.

My formula for success,

which can be replicated by caregivers at home, is a two-part music session. In the first part I play CDs of favorite recording artists such as Judy Garland and Nat King Cole. The second part consists of an old fashioned sing-along in which I accompany the residents on the piano. Everyone is given large-print lyrics of each song so they can fully participate - and they do!

If you would like to add music to your loved one's day, here are some activities to consider:

1. Visit your local music store to find CDs from the 1930s through the 1950s. Songs should be familiar to your loved one, such as songs from their teen years. Favorite popular artists, Broadway shows such as "South Pacific" and "Oklahoma," and works of composers like George Gershwin are but a few possibilities.

2. There are a number of ready-made sing-along DVD and video resources available at Amazon.com and found in many of the free senior product catalogs such as S&S Worldwide (1-800-243-9232) and Sea Bay Games (1-800-568-0188).

3. Your public library is

another wonderful resource where you can borrow musical CDs or DVDs of an opera or Broadway show.

4. If you play an instrument and want to have a sing-along, play it at a slower pace and in a lower key. You can obtain lyrics from the Internet and print them out in an enlarged typeface.

5. Create a soothing atmosphere by tuning your radio to a classical music station. My students particularly enjoy works by composers such as Mozart and Chopin.

6. Adding singing and humming to your daily activities and encourage your loved one to join in and sing. Your participation in musical activities is bound to lift your spirits too.

I have always known that music can open hearts. Through my teaching experience, reinforced by recent research, I have seen how it can also open minds.

*Barbara Jacobs, M.S. is a therapeutic musician who has produced a series of musical sing-along DVDs for Alzheimer's patients and seniors. Web site: www.FrontRowSeatVideos.com E-mail: Barbara@CustomVideoSF.com*

## Volunteer at the Zoo!

Zoo Pride, the Zoological Society of Milwaukee's (ZSM's) volunteer auxiliary, recently made it easier to volunteer at the Milwaukee County Zoo. Basic orientation, which is a required introduction to volunteering at the Zoo, has been reduced to about five hours held over two days to allow new volunteers to get started quickly. And it will be offered four times a year instead of two. In January, April, June and September. Meanwhile, a more extensive, four-day training will be offered twice a year in April and September.

Please contact the Zoo Pride office at 414-258-5667 to schedule an interview to become a Zoo Pride volunteer. A two-day basic volunteer orientation will be held on Wednesday, April 9 and Saturday, April 12. Additional sessions will be offered June 11 and June 14, and again September 3 and September 6. New volunteer trainings (four sessions over two Wednesdays) will be offered in April and September. Dates are April 19, 23 and 26 and September 10, 13, 17 and 20.

Volunteers who complete the basic orientation can join four of Zoo Pride's 26 committees: special events, which helps at Zoo and Zoological Society events such as Kids' Nights and Halloween; eager beavers, which prepares crafts for education classes and materials for special events; animal enrichment, which makes enrichment toys for the animals and mailing, which prepares the monthly newsletter for mailing.

After completing the basic orientation, volunteers can choose to attend the follow-up new-volunteer training.

This training is optional, but it allows new volunteers more opportunities because they are eligible to work on 22 other committees. The four-day trainings (2-2 1/2 hours each day) are offered twice a year.

Additional training is required to join the Animal Watch and VIP Guides committees. Members of the Animal Watch committee observe animals for studies and assist zookeepers. VIP guides give behind the scenes tours of the Zoo. Animal Watch requires being in Zoo Pride at least one

year and completing 50 hours of service on any of the animal or education committees. VIP Guides require a level 3 docent training and an interview process.

*Golf is a game in which one endeavors to control a ball with implements ill adapted for the purpose.*  
-Woodrow Wilson



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The MCU is ideal for individuals who no longer need to stay in the hospital but when home care support is not enough.

#### Residential Care Unit (RCU)

Our Pine Ridge and Sky View units provide a safe place for the long-term care of your loved one, who can no longer be cared for at home due to illness, frailty or other impairments. Our twenty-four hour nursing care offers families peace of mind in a warm and friendly environment.

# Aurora Health Care offers enhanced cardiovascular services

Aurora Health Care now offers enhanced cardiovascular services, from newly remodeled cardiac and pulmonary rehabilitation areas with expert staff to experienced physicians and surgeons in Washington County.

"Cardiovascular services is just one area we are enhancing and expanding for our patients in Washington County," said Michael Marshall, M.D., regional medical director for Aurora Health Care. "We have created comprehensive care for patients with our integrated care model, which ensures their care is seamless, whether they are seen at one of our clinics or our medical center.

"The cardiology services, stress testing and cardiac patient support groups at our various clinic sites complement our newly remodeled Aurora Medical Center in Washington County, and will enable us to serve more patients at the highest level of care."

## Remodeled Rehabilitation Areas

"We have so much to offer cardiac and pulmonary patients, especially with the addition of some new, top of the line equipment and remodeled spaces," said Pam Feucht, R.N., supervisor of inpatient and cardiopulmonary rehabilitation services at Aurora's medical center in Hartford.

"In cardiac rehabilitation, we work with outpatients who have just been through surgeries or procedures involving the heart. A nurse and an exercise specialist work with small groups of patients three times a week. We monitor their heart rhythm, heart rate, blood pressure and oxygen saturations, and we pay attention to how they feel when they're exercising at various levels. We also are in close contact with their cardiologist, surgeon or primary physician, depending on the procedure and diagnosis," Feucht said.

"Our pulmonary rehabilitation program is unique in that there is not another one in Washington County. We serve patients with chronic lung disease to teach them proper breathing techniques, how changes in the weather can affect their breathing, and how they can recognize signs of upper respiratory infections. We work with patient families to educate them as well, and review each patient's progress every week," Feucht said.

## Patients Are Important Part of Team

"We want our patients to safely and appropriately achieve their goals. They are the most important member of the team, so we review their goals weekly to make sure they are an active part of the team and that there are no unrealistic expectations set for the patient.

We also are in close contact with their pulmonologist or primary physician, depending on diagnosis," Feucht said. "Once they've achieved their goal, we encourage patients to join our medically based fitness center, which also has been remodeled."

## Community Fitness Center

"An added benefit for the community is that the fitness center in the hospital is open to the public for a monthly fee. Whether or not you have health issues, it's a benefit to work out in a medically based supervised fitness center. Our staff, who all have four-year degrees in exercise science, are always in the gym to check heart rate, blood pressure, and to speak with people about any concerns they may have," Feucht said.

For more information about the fitness center or rehabilitation program, call 262-670-7233.

## A Full Complement of Services

In addition to the newly remodeled rehabilitation areas, Aurora Medical Center in Washington County has an experienced vascular services team to address specific patient needs. It includes Laith Alsayegh, MD, vascular medicine specialist; Martin Crain, M.D., interventional radiologist; and Thomas Derrig, M.D., vascular surgeon. All three work with patients' primary care physicians, specialists and cardiologists for an enhanced level of care and the best outcomes.

## Breakthrough Technology

Patients also have benefit of the only 64-slice CT in Washington County at the Aurora Health Center in Hartford. This breakthrough technology allows physicians to view even the smallest arteries in the brain, heart and peripheral vascular system, and offers a

number of advantages over traditional angiography. They include:

It's faster. The exam is 15 to 30 minutes rather than four to five hours.

There's no recovery time. Patients can leave as soon as their exam is completed.

There are fewer risks, since an arterial puncture is not required.

It's less expensive.

## Added Benefits

Patient education is important to providers and patients at Aurora Health Care. In 2008, new programming will be launched that targets wellness and disease management for patients interested in learning more about cardiac health.

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

## SO YOU THINK YOU'VE GOT PROBLEMS!

*After turning 50, I felt like my body had gotten totally out of shape, so I got my doctor's permission and joined a fitness club and started a strict regime of exercise. I decided to also take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down and perspired for over an hour, but by the time I got my leotards on, the class was over!*

*A reporter was interviewing a 104-year-old woman and his first question was, "And what do you think is the best thing about being 104?" Without a minute's hesitation, she simply replied, "No peer pressure."*

*One of the best things about getting old, is that you can hide your own Easter eggs!*

*Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied. "Two years older than me." "So you are 96," the undertaker commented, to which she responded, "Hardly worth going home, is it?"*

*Things have sure gotten tough since I've gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded and subject to blackouts. I have bouts of dementia, have poor circulation, can hardly feel my hands and feet anymore and can't remember if I am 85 or 90. I have lost all my friends... but thank the Lord, I still have my driver's license!*

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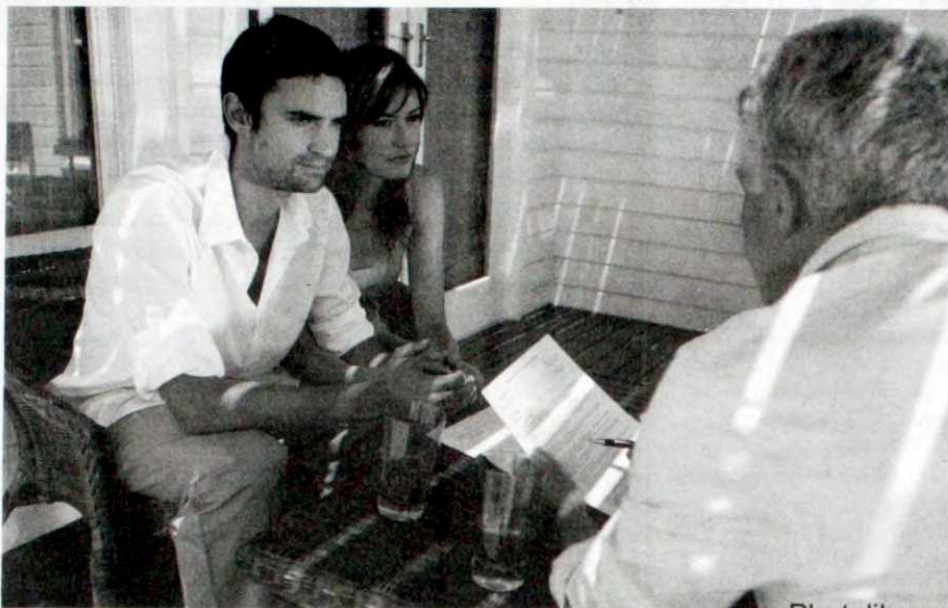
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# Planning ahead eases grief for loved ones



(ARA) - Though it's not a topic most of us want to think about, planning for what happens after your death and understanding your options can reduce the stress on grieving loved ones. Making decisions now about what happens when you're gone can help assure those left behind that your wishes are being honored.

"The death of a loved one is always stressful. Fortunately, preplanning is something you can do now to help your family," says funeral director Mark McGilley with the Dignity Memorial network of funeral, cemetery and cremation providers. "Often, family members and friends are unsure of the answers and worry about making poor choices. Preplanning can help your family make better choices and significantly reduces the number of difficult decisions that traditionally confront loved ones at a time of loss."

Preplanning helps to answer questions like:

- \* Did she want a traditional funeral with burial?
- \* Didn't he say he wanted to be cremated?

\* Should we have the service at the funeral home or our church?

\* What music should be played?

Step 1) Decide on the Service - Deciding on the type of service you want is a great step towards feeling confident that your wishes will be fulfilled. Traditional services generally have a visitation at a funeral home and a funeral service. These services are most common, but options are changing. Funeral homes are responding to the demand for customized, complete services. Spend some time deciding what type service you want, if it should have religious elements, if it should be intimate or large, and if there are any unique requests that can be accommodated.

Another important element to discuss is body disposition. Will you have a burial or cremation? A cemetery plot should be purchased if you are having an in-ground burial; a mausoleum crypt for above ground. If cremation is the choice, plan the disposition of the ashes. Will the ashes remain with someone,

be stored or buried, or scattered somewhere?

Step 2) Shop Around - Don't think that your local funeral home is your only option. Investigating different funeral homes is an important part of planning a funeral. After you have decided what type of ceremony you want, you should be able to work with a funeral director and ask all the questions you need.

It is appropriate to ask for a price listing. Many funeral homes offer package funerals that may cost less than purchasing individual items or services. Remember, it's your funeral, have it done the way you want. The sky is the limit, so the funeral homes of today should be able to accommodate your requests.

Step 3) Choose a Funeral Home - Choose a home that fits your budget and is willing to work with you on your requests. It is important that you are comfortable with your decision, so

choose the home that you trust most. Never feel uncomfortable asking questions, a good funeral director understands this process is not something people do every day and should be able to assist you and make you feel comfortable.

Many funeral homes are able to offer specialized services that help during this difficult time. Because funerals are an investment of time and money, ask about the transferability of your funeral plans. For example, the Dignity Memorial National Transferability allows prearranged funerals to be fully transferable across their North American Network. So if life takes you to a different location, your plans will transfer.

Step 4) Understand Your Funding Options - Know that you do not need to prepay in order to preplan your funeral. Simply sharing a written record

of your final wishes with family and friends relieves them of the burden of making difficult decisions regarding your final arrangements. If you do choose to prefund your prearrangement, you can lock in today's prices for products and services that likely will be more expensive in the future. Work with a funeral professional to understand your state's particular laws and regulations that protect preneed funds, and select a funeral provider that provides its own guarantee of your funds' protection.

Regardless of whether or not you fund your prearrangement, preplanning your funeral ensures that your services will be as you would have wanted and relieves your loved ones of additional stress at a trying time. For more information about funeral planning, visit [www.DignityMemorial.com](http://www.DignityMemorial.com).

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# This spring take a walk on the 'wildflower' side



ARA) - Springtime. Time to start thinking about your flower beds and curb appeal. If you're tired of the same old annuals, or too many choices leave you bewildered where to begin, this spring consider thinking outside the planting box. Plant wildflowers. Lots of them.

In a world dominated by red geraniums, pink begonias and yellow marigolds, wildflowers possess a simple grace and elegance that will enhance any garden or landscape. Wildflowers can magically transform a bare patch of soil into a glorious garden. They constantly color your landscape all season long. No matter your soil or sunshine, wildflowers are the answer to beautiful, bountiful blooms that keep the garden alive with a continual dazzling display of color.

Wildflower gardens are gaining popularity for a variety of reasons:

- \* They require little maintenance. Native plants are already well suited to your location.

- \* Wildflowers offer a diversity of unusual foliage shapes and sizes and colorful blooms.

- \* They can be grown in hard-to-maintain areas -- corners, along fences, slopes that are difficult to mow or water.

- \* Wildflowers attract a number of garden-friendly visitors, such as birds and butterflies.

Wherever you live, choose a location that gets six to eight hours of full sun and has good drainage. Most wildflowers can grow in heavy clay or less than fertile soils. The key to growing a

hearty wildflower patch is to start with a good seedbed.

- \* Remove any existing weeds or grasses.

- \* Till the top 1 to 2 inches of soil. Tilling deeper than that will stir up thousands of dormant weed seeds and the wildflowers will struggle to get established.

- \* When planting wildflower seeds in a new garden area, don't fertilize unless your soil is extremely sandy; wildflowers don't need fertilizer. They are used to growing in average soils.

If you'd like to try your hand at growing wildflowers, you need to start with good seeds and the right mix for your geographical location. Outsidepride.com has done all the work for you offering a wide variety of wildflower seed mixes created specifically for your geographical region: Remember, a good wildflower

mix contains both annuals and perennials. This gives the garden a wider variety of colors, heights and season-long blooms.

Midwestern Wildflower Mix is made up of 26 species chosen for their lasting blooms as well as their rugged ability to withstand the extreme temperatures of the Midwestern climates. The mix is approximately 50 percent annual and 50 percent perennial wildflowers.

Most people know a gardening guru-type, but the majority of gardeners are admittedly shy to try new plants, or blame themselves for less than stellar results. Wildflowers will change that and give gardeners fabulous flowers that get great results with minimum maintenance or fuss. This spring is the time to go "wild" right in your own back yard.

For additional information on OutsidePride's unique wild flower mixtures that are specially formulated on the basis of climatic conditions (rainfall, temperature range, humidity) and elevation; blended to give the widest possible range of colors and periods of bloom, visit [www.OutsidePride.com](http://www.OutsidePride.com).

Courtesy of ARAcontent

*"My parents didn't want to move to Florida, but they turned sixty and that's the law."  
--Jerry Seinfeld*

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