

# Columbia County Shopper

**NOVEMBER 20, 2023** 

920-348-3036 P.O. BOX 96 PARDEEVILLE, WI

109 Lake St. Pardeeville, WI 53954 | 608-429-8151

Check us out on Facebook! @DAT Sassy Bakery [7]

**HAPPY** 

I hanksgiving

We will be open Tuesday & Wednesday

Nov. 21st & 22nd (7 AM-1 PM both days) but closed Thursday & Friday the 23rd-24th for Thanksgiving We will open again Nov. 25th-27th.

PRSRT STD U.S. POSTAGE PAID EDDM RETAIL





Work- Driveways & Culverts - Fence Line Clearing

- Gravel, Sand, & Black Dirt

920-992-3571 W4499 King Rd. **Rio, WI 53960** 

Lis. #MPRSW-22410

**PORTAGE** 

**BLOOD DRIVE** 

Thursday, Nov. 30

**Portage UMC** 

1804 New Pinery Rd.

Portage, WI 53901

11:30 AM-5:30 PM

redcrossblood.org

American

**Red Cross** 





#### St. Mary's School Gym 309 W. Cook St.

Come any time during the 2 hours and enjoy a delicious turkey dinner with all of the trimmings.

**Call the St. Mary Parish Office** at 608-742-6998 to make a reservation or arrange delivery to a residence in the Portage area.

#### **608 Nutrition** 2800 New Pinery Rd. #3, 608-566-1276

Turkey, Cranberries, Stuffing, Mashed potatoes & gravy, Green bean casserole, Carrots, Corn casserole, & apple or pumpkin pie. **FREE for the family!** Call-ins are appreciated but walk-ins welcome grab & go encouraged)





416 E. Wisconsin St. Portage, WI 53901

Quality Service and Family Owned Since 1935





Don't miss out on the spectacular savings **NOVEMBER 18<sup>TH</sup> FROM 9 AM TO 2 PM** 

SCORE SOME UNBEATABLE DEALS AND TAKE THIS OPPORTUNITY TO STOCK UP ON THE PERFECT GIFTS, HOME DECOR, AND APPAREL ITEMS.

THIS IS A ONE DAY EVENT, SO YOU DO NOT WANT TO MISS IT!

**LOCATION: PARDEEVILLE HOMETOWN WAREHOUSE,** 117 NORTH MAIN STREET, PARDEEVILLE WI.



117 N. Main St. Pardeeville, WI | M-F: 9-6 & Sat 9-2

# PARDEEVILLE AREA SCHOOLS



#### 2023-2024 Winter Sports Schedules

#### Girls Basketball - JV2/JV/Varsity

 Nov. 21 @ Montello
 6:00 7:15

 Nov. 30 vs. Fall River
 5:45 7:15

 Dec. 5 @ Randolph
 6:00 7:15

#### **Boys Basketball - JV2/JV/Varsity**

Nov. 21 va. Waterloo 5:45 5:45 7:30 Nov. 27 @ Westfield 7:00 5:30

#### Wrestling

Dec. 2 Black River Falls Invite 10:00 AM
Dec. 5 Bulldog Quad 5:00 PM

#### **High School Curling**

Nov. 28 vs. Lodi - Girls Away / Boys Home
Dec. 5 vs. Poynette - Girls Home / Boys Away

ALL LEAGUE GAMES START AT 3:45 PM

Please thank these area businesses for helping provide the 2023/24 Pardeeville Winter Sports Schedules!



Schedule Now for a

# FREE CONSULTATION & DISCOUNTED EXAM FOR ATHLETES

Improved Performance | Injury Prevention Fast Natural Recovery | Mental Health Benefits



608-742-1300 blauchiropractic.com

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SALES & INSTALLATION 24 HR. EMERGENCY SERVICE

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2601 Portage Rd. Portage / 608-742-4328 www.johnsonmechanicals.com

#### 435 MILLION

Pounds of cranberries produced in Wisconsin annually.

#### 3,000

Average number of calories consumed on Thanksgiving.

4

Number of U.S. towns named Turkey.

#### 949 MILLION

Estimated amount Americans spend on Thanksgiving turkeys each year.

## LOOKING TO GIVE AWAY 25 YEARS OF LOCAL SPORTS PHOTOS!

Ray Halstead was a previous photographer for Portage Daily Register and is looking to give away FREE sports photos from 14 schools including:

Pardeeville, Rio, Portage, Poynette, Cambria, Randolph, Fall River, Columbus, etc. FROM 1988 - 2013

LOTS OF PORTAGE BASEBALL, SOFTBALL, & SWIMMING MORE PICTURES OF RIO! LOTS & LOTS OF PARDEEVILLE - PLEASE CONTACT!

#### **CALL RAY AT: 608-429-9325**

(If you miss me the first time, call me again!)

# This Week in History

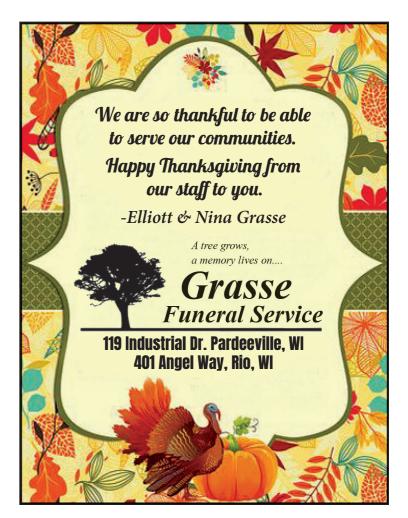
1945:
Nuremberg Trial
Begins.

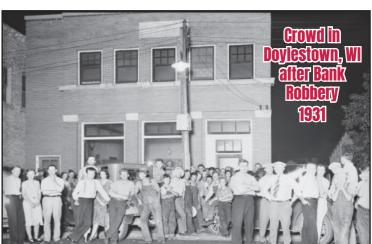
1923:
Garrett
Morgan Patents
Three-Position
Traffic Signal.

1980:
Millions Tune In
to See Who Shot
J.R. on the Show
Dynasty.

1877:
Thomas Edison
Announces his
Invention of the
Phonograph.

1776: George Washington Orders General Lee to New Jersey.





#### CLASSIFIED AD ORDER FORM

1	2	3	4
5	6	7	8
9	10	11	12
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17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32

\$8.00 for the first 20 words or numbers.
20 cents for each additional word or number.

AMERICAN EXPRESS	





NameAddress	Phone
City	StateZip
Credit card #	Exp. CV2
Signature	
Number of weeks to place ad	Deadline 4pm Wednesday before print.

<u>Mail. dropbox. call. or email:</u> Columbia County Shopper P.O. Box 96, Pardeeville, WI 53954
Payment dropbox located at 105 N. Main St. Pardeeville.
Email candace@columbiacountyshopper.com or call Candace at 920-348-3036.
All classified ads must be <u>pre-paid</u> before placement.



LAKES GAS

Prompt, dependable service since 1959

W6215 Hwy. 33 Pardeeville, WI 608-429-3216



## ACHINE IS ASSEMBLERS & **MECHANICAL TECHNICIANS**

- \$3,000 SIGN ON BONUS
- BENEAUS 1<sup>ST</sup> OF THE MONTH FOLLOWING HIRE
- SAME LOCATION EVERY DAY!
- SO HOURS OF VACATION THE 1<sup>ST</sup> YEAR

We believe success starts with you! Apply online at www.ekmachine.com/careers, stop in at 671 S. Main Street, Fall River 53932, or give us a call to set up an interview 920-484-6691





920-348-3036 candace@ columbiacountyshopper.com







Pumpkin Gooey Butter Bars

#### **Ingredients**:

**CRUST:** 

1 box yellow cake mix 1 large egg ½ cup (1 stick) butter, melted

- 1 8 oz package cream cheese, softened
- 1 15 oz can unsweetened pumpkin puree
- 3 large eggs 1 teaspoon vanilla extract ½ cup (1 stick) butter, melted 1 16 oz box powdered sugar
- 1 teaspoon around cinnamon 1 teaspoon ground nutmeg

#### **Directions:**

Preheat your oven to 350 . Spray a 9x13 inch baking pan with nonstick spray.

Prepare the crust: In a large bowl, use an electric mixer to combine the cake mix, egg and butter. Pat the mixture into the bottom of your prepared pan.

Prepare the filling: In a large bowl, use an electric mixer to combine the cream cheese and pumpkin until smooth. Add eggs, vanilla and butter. Beat well. Mix in powdered sugar, cinnamon and nutmeg until well-combined.

Spread filling over the cake batter and bake 40-50 minutes. Don't over bake; you want the center to be a little gooey.



#### **Supplies**:

1/2 Cup Epsom Salt 10-20 Drops Apple Pie **Fragrance** Brown Powdered or liquid Food Coloring (optional) **Hinged Lid Glass Jars** 

#### To make:

You will simply mix the salts and fragrance together until the desired scent is achieved! If you'd like to make them look a little more like apple pie, you can add a few shakes of brown powdered food coloring and mix well. You can also use liquid food coloring sparingly but then place your salts out on a cookie sheet and let them dry completely prior to placing them in a



# FALL INTO CAREER!

**LET US INVEST IN YOU** WHILE YOU GROW YOUR **CAREER WITH US** 

**Randolph Health Services** has openings for RNs, LPNs, CNAs, and NAs and are currently offering:

- Impressive sign-on bonuses
- CNA Education
- Competitive wages!

**ALSO HIRING DAYTIME COOK** & DIETARY AIDES

Look to us to be the positive change you need. ACT FAST!

# CALL US TODAY

**ABOUT OUR SIGN-ON BONUSES AND BRAND NEW COMPETITIVE WAGES!** 

**CURRENT SIGN-ON BONUSES:** \$10,000 FULL TIME RN/LPN \$7,000 PART TIME RN/LPN \$7,000 FULL TIME CNA \$5,000 PART TIME CNA

## Excellent Work Environment

**Contact: Sally Borzick** Continental Manor of Randolph Health Services 920-326-3171/ FAX: 920-326-3239

#### **Randolph Health Services**

502 S. High St. Randolph, WI 53956

5-Star Facility EEO/M/F/D/V



# **FALL RIVER & RIO**

#### 2023/2024 WINTER SPORTS SCHEDULES



#### Rio Girls Basketball - Varsity & JV

Nov. 21 @ Cambria-Friesland 5:45/7:15 Nov. 28 @ Johnson Creek 5:45/7:15



#### Rio Boys Baskethall - Varsity & JV

vs. Cambria-Friesland 5:45/7:15 @ Princeton HS Dec. 5:45/7:15



vs. Randolph 6:00/7:15 Nov. 30 6:00/7:15 @ Pardeeville



#### Fall River Boys Basketball - Varsity & JV

@ Columbus 6:00/7:30 vs. Randolph 6:00/7:15



#### **Wrestling - Varsity**

Dec. 5 6:00 @ Marshall

#### Please thank this area businesses for their sponsorship!

Ad provided by:



**Farmers & Merchants Union Bank** 

575 Lowville Rd. Rio, WI 53960

637 S. Main St. Fall River, WI 53932

920-992-6100

920-484-6505



What I love about Thanksgiving is it's purely about getting together with friends or family and enjoying food.

-Daniel Humm

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#### **FAITH-BASED INVESTING**



Paul Hees, MBA, CKA® Financial Advisor 608-445-4364

paul.hees@ampf.com capitalwealthcares.com Capital Wealth Advisory Group is a private wealth advisory practice of Ameriprise Financial Services LLC.



Not FDIC or NCUA Insured | No Financial Institution Guarantee | May Lose Value

Ameriprise Financial cannot guarantee future financial results. Ameriprise Financial is not affiliated with any religion or faith-based financial advisor organization. Ameriprise Financial Services, LLC. Member FINRA and SIPC





#### **CUSTOM Exhaust Pipe Bending**

- · Air Conditioning
- Brakes
- · Major & Minor Repairs
- Tires

Monday thru Friday 8 AM to 5 PM Closed Saturdays & Sundays

920-992-3577 If no answer, call 608-438-AUTO









#### **Ingredients**:

10 large apples, quartered 1/2 orange, halved

- 4 cinnamon sticks
- 1 tsp. cloves
- 1 tsp. whole allspice
- 1 whole nutmeg
- 1/2 c. packed brown sugar

#### **Directions:**

In a large stockpot over medium heat, add apples, oranges, spices, and brown sugar. Cover with water by 2". Bring to a boil, then reduce heat and simmer, covered, 2 hours.

Remove orange halves, then use a potato masher to mash apples. Let simmer uncovered for 1 hour

Strain through a fine mesh strainer, pressing on solids with a wooden spoon to squeeze all iuices out. Discard solids.

Serve apple cider warm.



November's full Moon is called the Beaver Moon.

**ATTN: FREE AMISH ESTIMATES** ON METAL ROOFING, SIDING, PORTABLE SHEDS (BUILT TO YOUR SPECS), OR LARGER POLE SHEDS

> Call Dennis Stilson 608-697-4551 for an appointment to get a free Amish estimate!

#### Crossword Puzzle

- 1. Some telegraphic signals 5. "Village Voice" awards
- 10. Type of car
- 14. Brainstorm in Brest
- **15**. TV clip
- 16. Cabbage kin 17. Math ratio
- 18. Eroded
- 19. Quilter's accessory case
- 20. Fair confection?
- 23. Air travelers' requirements
- 24. Kissing booth purchase
- 25. Friday series 27. Kipling's "Rikki-Tikki-\_\_\_"
- 30. At the center of
- 31. Gumshoes
- 35. Rorem and Beatty
- 37. Prove you are asleep 40. "The Night Country"
- author Stewart 41. Give in to gravity
- 43. Midwife's action
- 44. Loggers' contest 46. Spicy stew
- 47. Forearm bone 48. Fleming and McKellen
- 50. Tender 52. Scale models
- 55. "Seward's Folly"
- **60**. Type of maniac
- 61. Satiny orchids that
- survive best without water 64. Role for Edward G.
- **66**. "Eating \_\_\_" (1982) 67. Per unit
- 68. Lendl or Rodriguez
- 69. nous
- 70. Wife of a rajah
- 71. Chapeau's perch 72. Bikini in the Central Pacific
- 73. Robert of the CSA

#### Down

- 1. Platters
- 2. Lingo
- 3. Nearing the hour 4. Deal with
- 5. Symbol of charity
- 6. Bric-a-7. Tiny bit
- 8. Edit
- 9. Actress Locke
- 10. Inst. for Tiny Tim 11. Ellington classic
- 12. Give the slip
- 13. Jefferson, for one
- 21. Halloween mo. 22. Tasty tubers
- 26. Big name in knives
- 28. Beach, Florida **29**. Some famous ones
- are American **31**. Craggy height
- 32. Brian of Roxy Music 33. Duelist with the
- Gingham Dog
- **34**. Underhanded type
- **36**. Recital offering 38. Threw one's hat in
- the ring 39. Gov't air checker
- **42**. Kind of parking
- 45. It's carried on the shoulders
- 49. Ornamental shrub **51**. "Roll Over Beethoven"
- grp. 52. Be worthy of
- 53. Architectural arch
- **54**. Italics feature **56**. Hardly oblivious
- 57. Part of a flower's calyx
- 58. Danish dinero **59**. Easy \_\_\_ (simple)
- **62**. Japanese stringed instrument
- 63. Gather and bind, as a
- 65. Loneliest number

See answers on Page 6





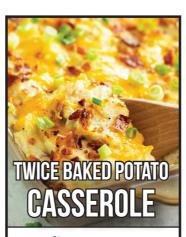




# BAT PROBLEMS?? CALL MATT THE BAT GUY! Residential & Commercial Work is Guaranteed • Free Estimates BADGERLAND BAT REMOVAL, LLC 608-658-7813

With no plans to deflate the balloons at the end of the Macy's Thanksgiving Day Parade, handlers from 1927-1932 would just let them fly away into the air.





#### **Ingredients**:

1/2 pound bacon
8 medium russet potatoes,
Equal to about 6 pounds
3 Tablespoons canola oil
2 sticks salted butter, softened
and sliced into cubes.
1 cup sour cream
1 cup whole milk
1 cup grated cheddar cheese,
plus more for topping
2 teaspoons seasoned salt
3 green onions, sliced
Salt and pepper, to taste

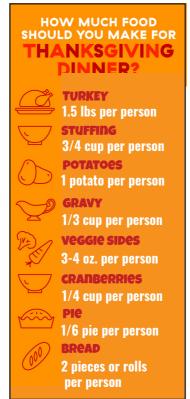
#### **Directions:**

Preheat oven to 400 degrees. Set butter, sour cream, and milk aside to warm up. Scrub potatoes. Wipe dry and rub with canola oil. Bake 40 minutes, until easily sliced through. While they bake, cook the bacon. Set aside on a paper towel-lined plate to cool. Remove potatoes from the oven and decrease the heat to 350 degrees.

Leave skins on two potatoes and peel and discard remaining skins. Cut into thirds and add to a large mixing bowl. Crumble cooked bacon and set some aside for topping . Add the rest to the bowl with the butter, sour cream, milk, grated cheese, seasoned salt, and salt and pepper.

Smash potatoes with a potato masher until creamy. Add potatoes to a greased 9 x 13 dish. Top casserole with bacon and additional cheese. Bake, uncovered, for 20-25 minutes.

Top with sliced green onions.







I.D.O Feed &
Supply Corporation
Fall River, Wisconsin
Ask for Kevin920-484-3317
Email resume to
kevin@idofeed.com



Monday, November 27<sup>TH</sup> 3:00 PM - 7:30 PM
Stoughton VFW Post #328
200 Veterans Rd. Stoughton, WI 53589

Buy, sell, or trade all types of firearms. **WE BUY GUNS** 

Information: 608-345-7765

\$5 Admission

Some memories are unforgettable, remaining ever vivid and heartwarming!

Joseph B. Wirthlin





November is the pearl-gray month, the changeling between warm, crimson October and cold, white December. The month when the leaves fall in slow, drifting whirls and the shapes of the trees are revealed. The earth wakes and stretches her bare limbs before settling into winter. November is secret and silent.

-Alison Uttle

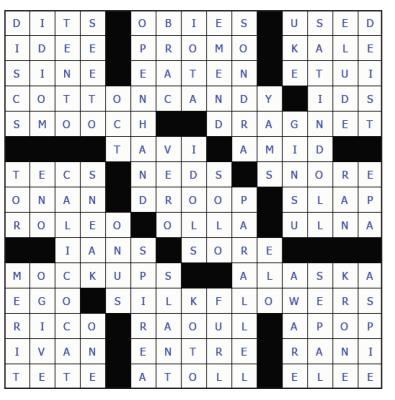
#### **HELP WANTED: Full Time Office Position**

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**Call Bleich Heating & Air Conditioning:** 920-992-4328

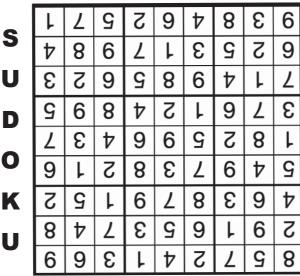
124 Lincoln Ave. Rio, WI 53960

The interobang is a punctuation mark created in 1962 that combines the functions of the question mark and an exclamation point.



S

			2				6	9
2				5		7		
	6	3				1		2
5		9	7			2		6
				9				
3		6			4	8		5
7		4				6	2	
		5		1				4
9	3				2			





#### **Ingredients**:

½ cup Butter unsalted 1/4 cup Sugar 1 teaspoon Vanilla extract 1/4 teaspoon Salt 1 cup Flour all-purpose 20 oz Apple pie filling 1/2 cup Flour all-purpose 1/4 cup Brown sugar 1/4 cup Sugar 1 teaspoon Cinnamon 1/4 cup Butter unsalted

#### **Directions:**

Preheat your oven to 300 degrees. Line a casserole dish (depending on depth desired) with foil or parchment paper. Leaving overhang to make it easy to remove bars.

Melt 1/2 cup butter and add it to a large mixing bowl or stand mixer. Add sugar, vanilla, and salt. Mix well.

Slowly mix in flour until well combined. Then press this crust dough into your prepared dish. Bake for 15 minutes.

Remove from the oven and raise temperature to 350 degrees. Add apple pie filling on top of the dough. Prepare your topping by mixing remaining flour, brown sugar, cinnamon, and butter (cold).

Mix with clean hands until you have a crumble. Top your bars with this crumble.

Bake for 30-35 minutes or until your topping is golden brown. Remove from oven and allow to cool.

Chill in the fridge for 3-4 hours or over night.

Cut into bars and serve.



Octopi have three hearts.

#### Worship with us

Sundays at 8:00am and 10:30am 9:15am Sunday School Thursdays at 6:30pm

#### **Lutheran School**

K - 8<sup>th</sup> Grade and PreK

505 E. LaFollette St. 608-429-3636

ST. JOHN'S **PARDEEVILLE** 

Online at stjohnspardeeville.org

#### GOT WOOD? WE DO!!

**A.R. WOOD** has quality dry wood for your home needs.

Non-Split Wood - \$190/Truckload - \$280/cord Split Wood - \$220/Truckload - \$320/cord



#### **FIREWOOD LOGS**

Softwood - 14'/\$200 - 24'/\$300 Hardwood - 14'/\$350 - 24'/\$550

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**ATTENTION FARMERS & LANDOWNERS:** We will also TRIM or remove trees & brush from fence lines!

Call Anthony at 608-235-5217 or 920-992-5585

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**SMALL BUSINESS SATURDAY** SHOP **LOCAL ECONOMY OWNERS** 

**MERCHANT SHOPPING GIFTS** COMMUNITY **SUPPORT DOWNTOWN SERVICE** 

**SUPPORT DEALS SALE MARKET FUTURE ADVERTISING WORKERS** 

Classified Ads - \$8/week for the first 20 words or numbers than 20 cents for each additional word or number.

Deadline Wednesday @ 5 PM.

#### For Sale

FOR SALE: Honda 9 HP, 28" 2 Stage Snowblower. Heavy Duty. Electric start & pull cord, headlight, Hydraulic drive, adjustable auger with lever and fuel gauge. Not a light duty snowblower found at most stores. Includes manual. \$900 OBO.

Located in Cambria. Call Lynn: 608-219-2022 Leave a message if no answer



FIREWOOD FOR SALE: Oak full cord \$300, mixed hardwood full cord \$225, soft wood full cord \$130. Boiler wood full cord \$130. Split and seasoned. Delivery \$20 per cord.Call Ron: 920-319-1704.

#### Puppies

**PUPPIES:** Chihuahua/Rat Terrier/Pomeranian/Blue Heeler Cross ready to go 11-24-23.

Perry Bontrager W5499 Barden Rd. Pardeeville, WI 53954

#### Wanted

WANTED: Beer Signs (Hamm's & other brands), guns, coins, crocks, antiques, estates. Appraisals available,

CALL: 920-290-0939

#### Services

# South Central Tree Service, LLC.

Pruning, topping, removal, and stump removal. Insured. Call evenings **920-992-3669**.

- <u>LOGGING</u> (We're available right NOW)
- · WOODS CLEANUP
- FENCELINE CLEANUP Call Ron: 920-319-1704

I specialize in complete tree and stump removal. Servicing Wyocena, Rio, and Fall River. Call Clarence Gingerich at 920-988-0095. Leave a message if no answer.

Affordable tree trimming and removal. Inquire at Petersheim Engine. 3 miles west of Cambria - W3298 Cty Hwy P.

#### **Community**

Wyocena Community
Helping Hands Pantry
Serving the Pardeeville School District

Open first 3 Mondays, Tuesdays and Wednesdays of the month from 10 AM-12 PM.

165 E. Dodge St. Wyocena, WI

#### COLUMBUS/FALL RIVER FOOD PANTRY

Serving Columbus and Fall River.
Located in the back of the
Columbus Community Center, 125
N. Dickason Blvd. Columbus. For
those in need of food during the
month of November, please contact
Olivet Church at 920-623-5140 to
schedule an appointment.

Rio Area Food Pantry 104 Lincoln Ave.Rio, WI 53960 2nd, 3rd. & 4th Mondays 10 AM - 12 PM & 4th Monday 5-6 PM. Serves income eligible residents in the school districts of: Cambria-Friesland, Doylestown, Ostego,

#### PORTAGE FOOD PANTRY 405 EAST HOWARD ST. PORTAGE, WI

& Rio. ID required.

Hours:

MONDAYS: 11 AM - 12 PM
WEDNESDAYS: 11 AM - 12 PM
THURSDAYS: 5-6 PM
SERVING RESIDENTS
OF THE PORTAGE
SCHOOL DISTRICT.

Bread Basket
Community Food Pantry
Open every Thursday 3-5 PM.
First Presbyterian Church basement:
121 West Florence St.Cambria

Poynette Food Pantry

106 S. Main St., Poynette, WI

Village Hall

Hours: Tuesday 1-3 pm &

Thursday 5-7pm

Serves residents of

Poynette School District

#### Second Harvest Mobile Food Pantry

318 S. Main St. Pardeeville. 4th Monday of the month at 3:30 PM.

Columbia County Humane Society N7768 Industrial Rd. Portage, WI 53901 Call for an appointment or to donate!



#### DIY Thanksgiving Turkey Kisses!

You'll need colored papers and googly eyes for decorating. Use caramel kisses for the best Fall colors!

#### **COLUMBIA COUNTY SENIOR DINING**

Nov. 27 - Swedish Meatballs, Mashed Pot., Mixed Veggies, Tr. Fruit Salad, Pudding, and Sl. Bread.

Nov. 28 - Orange Chicken Patty, Baked Potato, Carrots, Pineapple, Cookie, and Dinner Roll.

Nov. 29 - Pork Jaegerschnitzel, Mash. Pot., Peas/ Pearl Onions, Apple Spice Cake, and Sl. Bread Nov. 30 - Chicken, Brocc., & Rice Cass., 3 Bean Salad, Honeydew, Cinn. Roll, and Dinner Roll.

<u>Dec. 1</u> - Roast Beef, Mashed Potatoes, Swiss Spinach, Orange, Vanilla, Pudding, and Sliced Bread.

Pardeeville: 119 N. Main St. Pardeeville 608-617-1821
Portage: 111 E. Mullett St. Portage 608-742-9211
Columbus: 125 N Dickason Blvd. Columbus 920-763-2124
Poynette: 106 S. Main St. Poynette 608-635-2122



In 1939, President Roosevelt moved Thanksgiving one week earlier.Roosevelt hoped that a lengthened holiday shopping season would increase spending and help the Great Depression. There were 2 years of conflicting Thanksgiving Day celebrations, as some states wouldn't recognize the change. In 1941, FDR gave in and signed a bill making the 4th Thursday in November the official date regardless of whether it's the last Thursday of the month.

# 7 REASONS TO GET STARTED WITH YOUR FITNESS PROGRAM



(NAPSI)-Because physical activity and healthy aging go hand in hand, getting started with a fitness program included in your health plan can do more than help you maintain your health as you age.

Research has shown that active movement is the best way to prevent and improve chronic disease. And the great thing about exercise is that it benefits your cognitive health-memory and mood-as much as it affects your physical well-being.

#### Benefits a thoughtful fitness program can provide:

- **1. Improved Health** Being physically active can reduce your risk of disease, strengthen your bones and muscles, help you manage weight, and boost your mental well-being.
- **2. Preventive Care** Physical fitness can help prevent certain high-risk scenarios such as serious injury from falls, which is the leading cause of accidental death in older adults.
- **3. Social Interaction** Some programs offer links to connect with clubs and free group fitness classes online for various types and levels of workouts.
- **4. Health Rewards** Incentives for tracking your activity though a fitness program can earn various awards as well help you work with your medical provider to better manage any chronic disease.
- **5. Personal Coaching** Connecting with a health coach during regularly scheduled sessions through a fitness-focused plan can help you achieve a variety of wellness goals.
- **6. Quality of Life** A thoughtfully designed program will help members develop a workout plan, which can help you stay mobile and maintain their independence.

Even for individuals who don't currently engage in fitness activities, it's never too late to start.

Whenever you decide to start an exercise routine, you'll notice the health improvements quickly add up. However, starting slow and staying consistent is the key to building fitness levels and a good program can help you steadily reach your goals."

It's important that your health plan supports your longterm health-and fitness. If you're considering adding fitness to your routine, be sure to work with doctors before starting any new exercise regimen.

Finally, once you've started a fitness plan, make the most of it. Stay committed to a lifestyle of fitness. Regular attendance in exercise classes and engaging in your wellness will go a long way to help you maintain and improve your health.



## FOOD PANTRY DONATION SAL

# NOW THROUGH DECEMBER 24TH!

A Monetary Donation of \$10 or More to our Local Food Pantry

Receives 25% off your In-Store Purchase

**Total Amount Donated will be Matched by Forever Yours Jewelry** 

Holiday Store Hours (Starting December 1st):

Tuesday - Friday 10 AM-5 PM, Saturday 10 AM-2 PM. Sunday & Monday CLOSED

Christmas Eve Open 10 AM-2 PM

CLOSED Thanksgiving day (NOV. 23) & the Day After Christmas (DEC. 26)

123 W Cook St. Portage 608-745-3330 | 211 East Main St. Sun Prairie 608-834-4100



Ad Provided By:

# Bonnie's Officiant Services

Weddings, Vow Renewals, Commitment Ceremonies. and more.



W4730 HWY. 16 RIO, WI

920-626-6350 or 608-219-5095

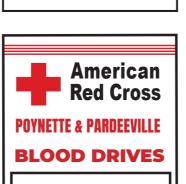
canalesflooring@yahoo.com www.canalesflooring.com

Monday-Thursday: 10 AM-5 PM Friday: 10 AM-3 PM Saturday: By Appointment 9 AM-12 PM





Off Hwy. 16, between Columbus & Rio.



Tuesday, Dec. 5 Poynette Village Hall 106 S. Main St. Poynette, WI 53955 8:00 AM-1:15 PM

Wednesday, Dec. 6 Pardeeville MS 120 S. Oak St. Pardeeville, WI 53954 10:00 AM-3:00 PM

Call 1-800-REDCROSS or visit redcrossblood.org











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