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YOUR HOMETOWN NEWSPAPER

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2021 Covered Bridge Days Band Lineup Announced

The Brodhead Chamber of Commerce is excited to announce Covered Bridge Days is returning Friday, August 13th through Sunday August 15th, with free music concerts downtown on Friday and Saturday evenings.

The Free Music Concerts are being proudly presented by the Bank of Brodhead and Madison Partners and showcase two of the Midwest's most popular bands—Sojourn Rocs and Madison County.

Sojourn Rocs will take the Stoughton Trailers Stage on Friday August 13th, beginning at 7:30 p.m. Sojourn Rocs is a classic rock-n-roll and country band that plays the hits from the 1960s, 70s, 80s, 90s through today. Their wide variety of songs appeals to all ages. Everyone from young to old will be entertained by these talented musicians, smooth vocals and harmonies and their tight playing style in their Ultimate Musical Journey.

The Ultimate Musical Journey begins with the rock hits of the 60s from The Beatles and Stones. The band rolls on through the 70s with songs by Allman Brothers, Aerosmith, Aretha, Bad Company, Bob Seger, Clapton, The Eagles, The Doobies, Head East, Heart, Ides of March, Journey, and ZZ Top. The 80s follow with hits by Crowded House, Fleetwood Mac, Huey Lewis and the News, Linda Ronstadt, Maroon 5, Robert Palmer, and SRV. The musical journey is wrapped up with the 90s hits by Fastball and The Wallflowers, and 21st century hits that include Brooks and Dunn, Carrie Underwood, Dwight Yoakam, Keith Urban, Kenny Chesney, and Miranda Lambert.

On Saturday August 14th, Madison County will take the stage at 7:30 p.m. Madison County is a seven-piece Country show band, based out of Madison, that has evolved its high-energy engaging show, over the years, to stay fresh and unique. They have been voted Local Group of the Year nine years in a row at the Q106 Madison Country Music Awards, Favorite Local Group at the 96.3 Star Country Awards, Country Artist of the Year at the Madison Area Music Association Awards, People's Choice Award Winner for six years at the Wisconsin Area Music Industry Awards, Isthmus Readers Favorite Local Country Band, and Madison Magazine's Madison BEST Local Band and Country Band, five years

In addition to these great music acts, Covered Bridge Days features activities at many different locations throughout Brodhead. The many long-standing Covered Bridge Days activities include Beer Garden, Craft Vendors on the Downtown Square, Kids' Fun Run, Wild Flower Art Festival, Horse Drawn Wagon Rides, Garden Club Display, Kelch Museum and Gypsy Air Tours, Pontoon Rides, Tractor Pull, Display and Drive, Model A Antique Car Display and Classic Car Show, Food Stands, Softball Tournament, Bag Tournament, Chicken BBQ, Wild Flower Walk, and more!

For the complete schedule of events and the latest updates visit the Brodhead Chamber of Commerce website at www.Brodhead-Chamber.com.



Kelch Aviation Museum announces grand opening

The Kelch Aviation Museum will host a grand opening on Friday, July 23rd, after five years of fundraising and amazing community support. The event will be the first time the museum has been open to the public. The new facilities consist of a 12,000 square foot main space, The Bill and Sue Knight Memorial Vintage Hangar, filled with aircraft, engines, cars, and immersive displays, and the Kent Joranlien Memorial Fellowship Hall, featuring an archive and research library and a rentable gathering space.

A non-profit, the museum was founded through the Alfred and Lois Kelch Charitable Trust, with additional financial contributions from the Brodhead Area Foundation, the William S. Knight Foundation, the family of Kent Joranlien, Rudy and Nancy Kopp, and countless local and national personal donations. The museum's mission is to celebrate and preserve the science and romance of civil aviation between the World Wars, offer STEM educational opportunities to folks of all ages, and provide a space for community, history, and fun.

"We've been talking about it for so long, it feels surreal that we're really opening," says Patrick Weeden, the museum's Executive Director. "So many people have been supportive over the years—I'm hoping when they finally walk in the doors they stop and think, 'Wow, I helped make this a reality.'"

The grand opening will begin at 10 a.m. on Friday with a small celebration and ribbon-cutting, followed by an entire weekend of special tours, activities, and free ice cream. More information can be found online at www.kelchmuseum.org, or on the museum's Facebook page.

The Kelch Aviation Museum is located on the Brodhead Airport, which will be hosting the annual Pietenpol Fly-in event, making it a very special weekend for aviation and community alike.



Cherokee Rose entertained at Veterans Park on Sunday with a great crowd in attendance. (Free Press photo by Teresa Earleywine)



CHURCH DIRECTORY



Chris Speich, owner Office 608-897-3366

- Gasoline
- Fuel Oil
- Gasohol
- Premium Diesel

Bethany Lutheran Church, 1652 West Church Road, Brodhead. 608-897-4158. Pastor Rick Gleason. Sunday school 8:45 a.m.; Sunday worship 10 a.m. Holy Communion first and third Sundays of each month.

Bethlehem Lutheran Church, 405 E. 9th Avenue, Brodhead. 608-897-2341. Rev. Peder Johanson, Pastor, www.bethlehembrodhead.org. Inperson worship has resumed in the sanctuary. Masks and social distancing are recommended for the protection of children and unvaccinated worshippers. Sunday worship with liturgy and communion at 9 a.m. Visit our web site for live stream details. For pastoral care call 608-346-2676 or e-mail pastor@bethlehembrodhead.org.

Congregational United Church of Christ, E201 23rd Street, Brodhead. Pastor Bill Wineke. Sundays: 9 a.m. worship. Communion first Sunday of each month. Quilting and crafts workshop every Wednesday at 9 a.m. AA meetings Tuesday and Thursday at 7 p.m.

Grace Independent Baptist Church, Hwy. 81, three-quarter of a mile east of junction with 11, Brodhead. Donald Adams, Pastor. 608-897-8484. 9:30 a.m. Sunday school, 10:30 a.m. morning worship, 6 p.m. evening service. Wednesday 6 p.m. service.

Juda-Zion United Methodist Church, N2350 Church Street, 608-934-5398. Kelly Jahn, Pastor. Sunday worship service 8:15 a.m. Oakley-Union United Methodist Church, W2388 Gerber Road, Juda, 608-934-5398. Kelly Jahn, Pastor. Sunday worship 9:30 a.m.

Living Word Church, 3825 S. County Road T, Brodhead. 608-897-8246. Pastor Russ Doebler. Web site: livingwordwi.org. E-mail: ptl@livingwordwi.org. Adult Sunday school 9 a.m.; Sunday service at 10 a.m. worship at church and also via live stream at livingwordwi.org/media; Sunday evening Impact Youth 4-5:30 p.m.

St. Peter Lutheran Church (WELS), corner of West 5th Avenue and 17th Street. www.stpeterlutheranbrodhead.org. Pastor Tyler Swiderski. Cell 612-270-2591. Schedule—Sundays: worship 9 a.m. Monthly church Council and Ladies Aid meetings are held the second Sunday of the month at 10 a.m.

United Methodist Church of Brodhead, 501 1st Center Avenue, Brodhead. Pastor Kook Ho Kim. 608-897-2515. Services air on Channel 988 at 11 a.m. Communion is the first Sunday of each month. Sunday in person worship, live streamed on

Zion VBS

The Zion UMC will host their Anchored, Deepening faith in God vacation Bible school on Wednesday, August 11th, from 8:30 a.m. to 4:30 p.m. Plan to join them for an all day vacation. Bible school experience with games, music, Bible stories and crafts. Be sure to invite a friend. The Celebration will be held at 4Pm. Breakfast, lunch and snacks are provided. The church is located at N2350 Church Street, Juda.

There is no cost to attend. All are welcome ages 4K-sixth grade. Register online at WWW.joumc.org or call the church office at 608-934-5398.

OBITUARIES



Marilyn Jean Klassy

Marilyn Jean Klassy, age 83, of Orfordville, passed away on July 7, 2021 at St. Mary's Hospital, Janesville, surrounded by her family.

She was born in Avon Township on September 3, 1937, the daughter of Thomas and Berna (Onsgard) Simonson.

She married Peter Klassy on October 12, 1956 in Orfordville Lutheran Church.

Marilyn worked at APCO Manufacturing in Brodhead and as a cook at the Parkview Elementary School. She loved crocheting, cooking, baking and always made sure she made something special for her grandchildren. Marilyn loved being around her family.

She is survived by her children: Debra (Jed) Speich, Donna Nolan and Dan (Shannon) Klassy; grand-children: Josh (Nicole) and Justin (Nicole) Speich; Kelly (Brad) Phillips and Ryan (Megan) Nolan; and Katie and Marti Klassy; great grand-children: Riley (Brooks), Gracin, Chesney, Jordyn, Blake, Makenna, Kaden, Rhett and Ellie; was anticipating the birth of a great-great grandchild in September, and sister-in-laws: Rosemary Scott and Pat Simonson.

She was preceded in death by her parents, husband, Peter Klassy; son, David in 1981; twin sister Marlene Gilbert; brothers, Roger and Thomas Simonson and son-in-law; Chuck Nolan.

Funeral services were held at Orfordville Lutheran Church at 11 a.m. on Wednesday, July 14, with Pastor Larry Froemming and Pastor Thomas Kreis officiating. Burial was in Orfordville Lutheran Cemetery.

Friends called at the church at 9:30 a.m. until the time of services on Wednesday, July 14.

Memorials may be made to the Orfordville Lutheran Church.

Newcomer-Silverthorn Chapel on the Hill, 3008 S Coon Island Road, Orfordville, assisted the family.

www.newcomerfh.com

SOFTBALL

Tuesday Night Masters' League

Tuesday's results: Panoske Plastering defeated M&J's Bar 16-3; Bank of Brodhead defeated Stables 17-14; Bridge's Bar and Grill defeated Beast Buffet 16-7.

Final standings: Panoske Plastering won 9 lost 0; M&J's Bar 5-4; Beast Buffet 5-4; Bridges Bar & Grill 5-4; Bank of Brodhead 2-7; Stables



Janice Schimmel

Janice Schimmel, age 92, of Malvern, Pennsylvania, died on July 5, 2021 at Pleasant View Nursing Home after a brief illness. She was born on December 29, 1928 on the farm in Sumpter, Wisconsin, the daughter of Harry and Mabel Cramblett. Janice graduated from Blue River High School. She started her career in Milwaukee, Wisconsin, where she met her husband John. They were married in 1951. In 1959 they purchased a home in Malvern, Pennsylvania, where Janice resided for 61 years before moving to Brodhead in 2020 to be near her family. Leaving her Pennsylvania extended wonderful family was a difficult decision. Janice was a devoted member of the First Church of Scientist in Berwyn, PA and was a Sunday school teacher for many years. She also worked in the local school library and was a township poll worker. Her interests were reading, painting and adopting any stray cat that would appear at her doorstep.

She is survived by her sister, Darlene (Ron) Schwartzlow and many nieces, nephews and other relatives and friends.

She was preceded in death by her parents, Harry and Mabel Cramblett, her husband, John Schimmel in 2005, sister, Josephine (Russel) Pinnow and brother, James (Patricia) Cramblett.

A memorial service will be held at the DL Newcomer Funeral Home in Brodhead on Saturday, July 31, at 12 p.m. A visitation will also be held prior to the service from 11 a.m. until the time of service.

Online condolences can be made at www.dlnewcomerfuneral-home.com.

SOFTBALL

Sunday Night Church

Sunday results: Church of God defeated Living Word 16-8; United Methodist-Albany defeated United Methodist-Brodhead 7-1; Bethlehem Lutheran defeated Luther Valley 15-10.

Season standings: UCC 7-1; United Methodist-Albany 7-2; Church of God 6-2; Luther Valley 6-3; Living Word 2-7; Bethlehem Lutheran 1-7; United Methodist-Brodhead 1-8.



ACTIVITIES AROUND TOWN

PONTOON RIDE VOLUNTEERS NEEDED

The Decatur Lake and MIll Race Association (DLMRA) is planning to once again provide pontoon boat rides on the mill race during Covered Bridge Days. Funds generated by the provision of the rides will go towards the Putnam Park Covered Bridge Project.

DLMRA is seeking individuals with pontoon boats that can be trailered to the race for use during Saturday and Sunday rides. Ideally the boat owner can also be the skipper during one or both of those days. They also seek experienced pontoon boat skippers to drive the boats we have already lined up on those days as well. If you can help with either of these volunteer requests, please call Allen Penticoff at 815-985-1108.

21ST ANNUAL BRODHEAD ATHLETICS GOLF OUTING BENEFIT

The 21st Annual Brodhead Athletics Golf Outing Benefit will be held on Saturday, July 31, at the Evansville Golf Course. Registration begins at 9 a.m. with a shotgun start at 10 a.m. The 18-hole scramble format divisions include: Master's, Men's, Women's and Co-Ed. Please register by Friday, July 16 to ensure a spot.

The cost is \$80 per golfer; this includes golf, cart, prizes and buffet dinner. For dinner only the cost is \$20 per person, includes chances at prizes and the buffet dinner. The dinner will start at approximately 4 p.m.

For more information or to register contact Brian Kammerer.

ATTENTION PARENTS

The Brodhead Parks and Recreation Department is offering different summer programs that you can still sign-up for, after summer school is finished.

Swimming Lessons: Session 2—July 12–July 30; Session 3—August 2—August 20. The Brodhead public swimming pool offers group swimming lessons for kids age five and up. Each session is three weeks long and meets: Monday-Tuesday-Thursday and Friday mornings, for 50 minutes. Cost is \$35 for city resident and \$45 for non-resident.

T-Ball: Session 2—July 20—August 12. The first three nights will be fundamentals for t-ball and then they will go into scheduled games, hitting the ball off the tee; Tuesday and Thursday nights 6-7 p.m. Cost is \$30 for one session.

Tots on the Run: Session 2—July 19—August 13. Tots on the Run will have activities geared for pre-school children aged three—six years. This class will offer a combination of different activities: crafts, playground, etc. This group will meet for two hours, at Putnam Park, from 9:30—11:30 a.m. Monday, Wednesday and Friday. Cost is \$40 for one

To register your child in a park & rec. program, contact the Brodhead swimming pool at 608-897-8091.

SAVE THE DATE—BRODHEAD NIGHT OUT 2021

The Brodhead Night Out 2021 will be held Tuesday, August 17th (rain date Wednesday, August 18th) from 5-8 p.m. at Jaycee Park, 300 4th Street, Brodhead.

This is a FREE community wide event to heighten awareness of crime, drug and violence prevention efforts and to encourage community participation! For more information, find them on Facebook at the Brodhead Police Association or email them at brodheadpa@gmail.com.

NFL FLAG FOOTBALL SIGN-UP (Deadline: Friday, August 13th)

The Brodhead Parks and Recreation Department will be sponsoring a six-week youth NFL flag football program for boys and girls in second—sixth grades. The games will be played on the high school practice field on Saturday mornings beginning September 11th and ending October 16th.

Registration forms are available at the Brodhead Parks and Recreation Department or on the City of Brodhead Website (http://www.cityofbrodheadwi.us). The cost is \$60, which includes a NFL team-identified reversible jersey and flag set.

Please return forms to the Brodhead Parks Department at City Hall or mail to Brodhead Park and Rec. Dept., 1111 W. 2nd Ave., Brodhead, WI 53520. If you have any questions about registration or about the league, contact Wade at 608-897-2159 x9. Deadline is Friday, August 13th. After Friday, August 13th you must call to check availability, if availability, there will be a \$20 late fee added on.

A LITTLE GOOD NEWS



"Be messy and complicated and afraid and show up anyways."

~Glennon Doyle Melton



Brodhead Optimist Pig Roast

The Brodhead Optimist will hold the Ninth Annual Pig Roast on Sunday, July 18, from 4 to 6 p.m. at Veterans Memorial Park. The cost is \$10 and will include pork sandwiches, baked beans, coleslaw, soda or water and chips. Homemade pie and ice cream will also be available for purchase.

The proceeds will benefit child-hood cancer research.

Brodhead area

residents
By Allen Peters, Town of
Avon Supervisor 1
avonsupervisor1@gmail.com

At the Town of Avon Board meeting on Tuesday, July 6, Brodhead High School student Dakota Schwartzlow gave a presentation to the Board regarding his Senior Project, which the Board approved. Dakota's Senior Project is to clean up the Northrup Cemetery, which is on W. Avon North Townline Road in the Town of Avon. Dakota's plan includes trimming trees, cleaning headstones, and repairing broken headstones. If there are any citizens that do not wish to have their family member's headstone repaired or if there are any questions or concerns, please feel free to contact me via email. Dakota will begin work on his Senior Project 10 days after the posting of this news release.

Good luck Dakota on your Senior Project!

Compliance Checks Conducted Among Area Alcohol Retailers

On Thursday, July 1st, the Brodhead Police Department conducted compliance checks among nine businesses licensed to sell alcoholic beverages in Brodhead.

The Brodhead Police Department followed standard procedures for conducting compliance checks. Underage youth worked with our police officers, entering area businesses and attempted to illegally purchase alcoholic beverages. Of the nine businesses checked, six retailers refused to sell to underage buyers who were working with the police department. Better Brodhead wants to commend the following businesses who demonstrated responsible alcohol sales during the compliance checks: Kwik Trip, Piggly Wiggly, Trackside Mobil, Fib's Bar, Deb's Bar, and Bridge's Bar.

Law enforcement conducts compliance checks because they have been shown to be an effective strategy in reducing underage drinking. By themselves, compliance checks will not eliminate youth access to alcohol, but when combined with a comprehensive community approach, they can help keep alcohol out of the hands of children and teens.

Green County 4-H Members and Volunteers to be Recognized

Recognition of effort and achievement is an essential part of the 4-H program, and plans are being made to recognize a special group this summer. The sixth annual 4-H Graduation and Recognition Ceremony will be held on Sunday, July 25 at 11 a.m. in the Hospitality Tent at the Green County Fairgrounds. On the final day of the Green County Fair, the 4-H graduates, 4-H Key Award recipients, Cindi Miller Memorial Scholarship recipients, and Friend of 4-H, Volunteer of the Year, and Lifetime Volunteer recipients will be recognized. Please come out to support our local 4-H youth and volunteers and help us commend them for their hard work and dedication to the Green County 4-H program.



Lafayette County Historical Museum has special temporary exhibit

The Lafayette County Historical Museum in Darlington has a special temporary exhibit of favorites from their collection of wedding gowns. Come and see their oldest and most recent example of wedding fashion, as well as the many other fascinating exhibits. They now have a stairlift for those that have difficulty with stairs. And there is a city parking lot behind the building on Wells Street. Open Monday-Friday from 1 to 4 p.m. and also by request. Call 608-776-8340 with any questions.



IT'S EASIER THAN YOU THINK.

There are many easy ways to stay cool and keep your energy costs under control this summer. A good start is to

keep your air conditioner maintained and replace its filter when it gets dirty. Keep the sun's warmth out of your house during the day by closing blinds and shades; set your thermostat to at least 76 degrees; and use ceiling fans to keep cool.

CONTACT US FOR MORE WAYS TO SAVE.



At Brodhead Water & Light, we join forces with other local not-for-profit utilities through WPPI Energy to share resources and lower costs.

cityofbrodheadwi.us (608) 897-2505



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Celebrating Wisconsin 4-H Youth Beef Exhibitors

Wisconsin 4-H Foundation and Wisconsin Beef Council Host Youth Beef Farmer Highlight Contest

Wisconsin 4-H Foundation and Wisconsin Beef Council announced a social media contest that will feature Wisconsin 4-H Beef Exhibitors throughout the month of July. Community members, family, and friends will have the opportunity to nominate a 4-H member who has achieved outstanding work during their time in the program.

In the past four years, the Wisconsin 4-H Beef Project has averaged 3,500 participants per year. Up to 2020, the number of participants have steadily increased, making the beef project one of the most popular programs in the state. 66 out of the 72 Wisconsin counties have an active 4-H Beef Program. The Wisconsin 4-H Program serves around 30,000 youth across the state.

- •Take 5-10 minutes to fill out the nomination survey: https://tinyurl.com/Wi4HCelebratesBeefTogether
 - $\bullet \mbox{Provide}$ brief information about themselves and the nominee
 - •Provide a photo of the nominee

Each youth nominated will be featured on the Wisconsin 4-H Foundation page, as well as receive the opportunity to win a prize package that includes 4-H branded BOGS, a \$50 Culvers Gift Card, and a 4-H Swag Bag. Facebook users will have the opportunity to 'vote' for their favorite 4-H Beef Farmer by 'liking' their photo and caption; the 4-Her with the most likes by the end of the week will receive the prize package.

The contest will begin on Sunday, July 25th and end on Saturday, July 31st, with the announcement of the winner on Sunday, August 1st. Nominees must be a Wisconsin 4-H member and enrolled in the Wisconsin Beef Project.

The Wisconsin 4-H Foundation and Wisconsin Beef Council encourage social media users to include #Wi4HCelebratesBeefTogether on their social media posts throughout their time at county fairs this summer.

A WPPI Energy community

CASEY'S CORNER

-By Casey Jones

Good morning, readers! I hope you are enjoying the nice weather while drinking your favorite beverage and reading your favorite newspaper.

When I was young, the farmers always remarked that, "corn should be knee high by the 4th of July". I wonder whose knees they have been using lately. It seems that the corn has been way taller than that on the 4th of July for some time

Lori and I have been back for about two weeks now. It has been nice to be able to go outside and breath without scorching your lungs.

We have been looking for a house to buy without a lot of luck, so far. We were accustomed to our doggies being able to go in and out through the doggy door. It has been a lot of work with frustration sprinkled in to find a schedule for "taking care of doggy business" that the dogs and we humans can live with until we find a place.

I hope you are all taking advantage of the Concerts in the Park each Sunday. It is nice to see neighbors and friends enjoying music and food each week. Nancy Sutherland does a great job of orchestrating the schedules each year. (Pun intended)

This week we hosted one of our classmates, Linda (Benton) Parrish and her husband, Willie while they were visiting family in the area. On Saturday, we hosted a birthday party for her aunt, Gloria Klemm. Pearl Island Bed and Breakfast witnessed a great party with lots of people and a family that genuinely loved each other. I am glad that they were able to get together and share their love.

Until next week! casey@bccole.com

University of Illinois Extension to offer Food Certified Food Protection Manager Class

The University of Illinois Extension will offer the Certified Food Protection Manager Course, formally known as the Food Service Sanitation Manager Course (FSSMC). This two-part class is an American National Standards Institute (ANSI) accredited course, which meets the Illinois Department of Public Health's Food Service Sanitation Code requirements.

During this two-day class, participants will gain knowledge about principles and recommendations of the FDA Food Code focused on food safety and contamination, employee health and hygiene, safe food handling practices, cleaning and sanitizing, and HACCP.

The class will take place on Tuesday, August 24, from 9 a.m.-3 p.m., AND Friday, August 29, from 9 a.m.-3 p.m. at the Winnebago County Farm Bureau, 1925 S. Meridian Road, Rockford.

Participants should bring a valid photo ID and arrive 15 minutes early to register, as class will begin promptly at 9 a.m. Participants must attend the full two-day training to be eligible to take the exam.

There is a \$100 program fee to cover this educational session. This fee is for the purchase of the book, educational materials, examination, and lunch. Space is limited, and therefore, preregistration is required. To register, please contact our office by calling the Extension office at 815-986-4357 or visit them online at go.illinoisedu/jsw.

If you need reasonable accommodations to participate in this program, please contact the Extension Office at 815-986-4357. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

Diane Reinhold is a University of Illinois Extension, Nutrition and Wellness Educator and registered dietitian. For more about upcoming programming on nutrition and wellness, visit go.illinois.edu/jsw or call 815-235-4125.



Bethke Competes at National 4-H Shooting Sports Championships Green County 4-H member Dawson Bethke was one of three youth who earned a spot at representing Wisconsin

Green County 4-H member Dawson Bethke was one of three youth who earned a spot at representing Wisconsin 4-H in the Archery Compound discipline at the National 4-H Shooting Sports Championships in Grand Island, Nebraska, June 20-25. A total of 24 youth comprised the team from Wisconsin 4-H competing in the disciplines of Air Rifle, Air Pistol, Archery Compound, Archery Recurve, Smallbore Rifle, Smallbore Pistol, Shotgun, and Hunting & Wildlife Skills. Team members earned their spot by posting top scores at statewide 4-H Shooting Sports invitational events this spring.

Competing in the Archery Compound discipline along with Bethke were Abigail Knutson of Wood County and Brady Cebulla of Pierce County. Their coach was Jason Cebulla. Heading into the National Championships, Bethke was ranked #1 in the state of Wisconsin for Archery Compound.

At the National Championships, Bethke posted a rank of #45 out of 82 in the Archery Compound individual results. In the Archery Compound team results, Wisconsin ranked #18 of 21 teams.

Bethke, a senior at Monroe High School, is an 11-year member of Green County 4-H and participates in the Cheese Country Clovers 4-H club. He has been shooting archery and other shooting sports disciplines for nine years. Congratulations to Bethke and all of the Wisconsin 4-H Shooting Sports members on their hard work and excellent results at the National Championships.

For more information on the 4-H Shooting Sports project or Green County 4-H, please contact Ellen Andrews, 4-H Youth Development Educator, at 608-328-9440 or ellen.andrews@wisc.edu.



Green County 4-H member Dawson Bethke draws his bow as he competes in the Archery Compound discipline at the National 4-H Shooting Sports Championships.

brodheadfreepress.com



Wisconsin 4-H Archery Compound Team—left to right: Abigail Knutson (Wood County), Brady Cebulla (Pierce County), Dawson Bethke (Green County) and Coach Jason Cebulla.

Something New at the County History Museum

The Museum lives in a 1905 building on Main Street in Darlington. While the historic Carnegie Free Library is appreciated for its own sake, and as the beautiful home of displays and archives, it was not built to accommodate older, injured, or handicapped visitors. The downstairs has been accessible by ramp from the side entrance, but the upstairs required two flights of stairs causing some to avoid the museum.

After searching for a solution for many years our new stairlift was made possible by the generosity of Donna Born, who wished to make a sizeable donation to the Historical Society in memory of her mother, lifetime member, Geraldine Martens. Donna recalled that her mother was sad to miss visits to the museum when she needed a wheelchair. She believes her mother would want others to be able to enjoy all they have to offer. She requested they determine the cost of the stairlift, installation, signage and any other necessary related items so she could fund it as one donation. They did so and have installed a plaque to indicate the stairlift was funded in memory of Geraldine Martens.

The stairlift was purchased from and installed by Finley-Hartig Homecare in Dubuque. Thank you to Norse Electric, which donated the necessary electrical work. The seat is wide, solid and comfortable with footrest, armrests, and seat belt. Operation is simple and instructions are posted at all three "stops:" the lower level, the entry landing, and the upper level. Also staff will be happy to assist anyone new to the stairlift. It's been tested and is ready for use. Signage has been installed outside directing persons that wish to avoid stairs to the ground level side entrance. From that door a ramp with handrail leads to the lower level and the stairlift can transport persons to the upper level. The Museum sincerely hopes that this addition will open its doors to more visitors.

This is a good time to visit. Upstairs displays include favorites from our collection of beautiful wedding dresses, in addition to the military, school, home and commercial exhibits, original Kammerude paintings, and extensive archives of historical and family information. Downstairs, more displays of schools, paintings by local artists, large children's items, the "1910 Room" and much more. The air conditioning keeps it comfortable and there is convenient parking behind the building on Wells Street, one block off of Main Street to the east. Skip the construction by using Wells Street. The Museum is open Monday-Friday from 1 to 4 p.m. and by request. If the regular hours don't fit your schedule, phone the museum and request what you need at 608-776-8340.





Wisconsin War Bride Diary I

By Charles H. Ripp, MD

Chapter 12—Finally Moving From Childhood Home

There are issues upon issues while returning home from college. Everyone expects the new graduate to save the world. Parents and your family peek into all aspects of your life. I want freedom; and now I'm coming to the realization that I'll need to obtain this on my own greedy volition. I cannot relay all this to the prospective nurses because Monroe is a very small community. Spoken language gets repeated, changed and spreads like wildfire. Thus, I'll just fabricate my existence and concentrate on the professional aspect of nursing. Most of these high school gals will not concern themselves with life after school. They are far more concerned about acceptance to nursing school and passing frosh chemistry (the ultimate deal breaker for nursing school).

I have a few minutes at work the next day and stumble onto the newspaper (Monroe Evening Times). I find the want ads and seek out rental apartments. There are not many rental real estate homes. The lonely little apartments are generally above homes; and rented as income to single people. Some mention only professionals and quiet/ peaceful renter preferred. I've never done this before. I was always in a dorm at Marquette. I'm now a big girl. I don't even understand lease laws, one-month advance rent nor delinquent payment clauses. I'll go to the library and study under Dot Asper. I need to pay a month in advance and may not have my money returned if I destroy the apartment in any manner (even slight damage). That is probably just standard discourse and contract language. I don't know if I can follow through with a rental agreement because my parents will probably provide a heavy guilt trip. I'm scared but know I must move on. I call the landlord and accept his invitation to look at this apartment above his home. His kids have left and now he's renting the space. It has a back entrance, family room, one bedroom and kitchen. It is spacious; and will give me room for a large radio. I cannot wait to review the space with the

I spring back to work and everyone asks me what is happening. I surmise that I need to inform my colleagues that I'm moving out. It's not out of the city or county; it's down the block from my parents. Everyone knows my parents and remarks that it is about time I'm on my own. Now I'm sturdier when reviewing the apartment and my parents. I'm certain after I inform Mom and Dad that they'll be up all night discussing what went wrong. I need to move on. A couple more deliveries and I'm gone from the OB ward. I'm finished and walking to the apartment. It's two blocks from my parent's house. The landlord is nice, cute and a good businessperson. He explains the deal and looks me in the eye. I sign and now I have my own place. I cannot go home and discuss this with my parents because it will take hours. There will be pros and cons; and I'll be certain to be an old maid. The apartment is on a month-to-month lease; so I'm not tied forever. The landlord seems quite happy to not have a long-term lease. He'll make it good; and I'll be his best tenant.

I walk home and Mom is serious about something. I go upstairs and shower. She walks into the bathroom and asks when I'm moving out. One of the gals at the hospital already spread the news that I'm moving away from home. I inform Mom that I love her and we'll be even closer (good comeback). She begins to cry and so do I. I towel off and then we hug. This is melancholic, empty nest and depression coming at me. We're both emotional; and I'm glad Dad isn't home. Mom cries all the way downstairs and begins to cook her very best meal, beef stroganoff. My aunts, Bertha and Lydia are here tonight for supper after a yodeling demonstration at Turner Hall. I love them because they are so joyful, reverent and funny. After we pray The Lord's Prayer for supper, I mention to everyone that I'm moving down the block away from home. The room becomes silent; and Mom begins crying again. I console Mom and my aunts begin yodeling. This livens up the atmosphere and we eat the very best meal ever. We discuss family matters including our cottage on Decatur Lake, farm and cheese factory in Decatur and our relatives involved in the priesthood and nun training. Everyone seems happier after cherry pie and ice cream. I leave the table and remark that I need to begin to pack. My Dad says: "Jean Suzanne is actually moving out!"

Chapter 13—Moving In (Apartment)

I've gathered my belongings and placed them into our old Oldsmobile. Three quick trips to my efficiency apartment on the top floor of a home two blocks from my parents. I've never lived alone; and now I'm quite excited. I purchased an old Zenith radio that is nearly five feet tall and has a clear tone. We have one AM channel (WEKZ). The best I can obtain for music is some polkas in the evening from this radio station. Occasionally, I can connect with distant Chicago stations for modern music (swing). Life will have to be without the Andrews Sisters and many other musicians I grew fond of from college. We were not allowed to have the typical 78 record players in college. Some fellow nurses snuck in the radios, record players and hid the 78-RPM records. They covered the contraband during a non-cursory dorm inspection as luggage bins, tables, or desks with appropriate down tablecloth. Thus, I'm on my way to freedom from the home front; though the home front is only two blocks away from my house. Things will be quite good and favorable for a simple professional woman like myself (Jean Suzanne Zuercher).

I received a call again from Dot Asper. Her mother died last evening. The funeral is later this week and I said I would happy to help. She has made arrangements by herself since she had considerable time with recent vacation. There will be a Catholic wake and mass. Thereafter following will be a car parade to the cemetery with a ser-

vice at the cemetery. Everything is included that is considered a classic Catholic wedding. I'm having to work until late most days; but once the date is settled, I'll pry my way out of the hospital to pay respects to Dot's Mom. She is so organized that the will and estate are essentially settled. There is not much monev within her Mom's estate: and therefore her siblings have little to quibble regarding the estate settlement. I've heard some far-reaching stories with estate settlements over clothes, furniture and money. Dot is so organized as a librarian that her Mom's belongings were dished to offspring prior to her death. I can't imagine that day for our family; but it will undoubtedly come. Nobody gets out of this world alive, unfortunately. Spiritually, we all may reap everlasting life with faith.

Last evening I was called into obstetrics in the heat of the moment. I talked to a Mom that was undergoing a very difficult delivery. She nearly had an abortion; but after thinking the matter through, she decided to keep the baby through childbirth. The baby is up for adoption as she's 17 years old and now wanting to finish high school and attend college. The delivery was a forceps delivery for shoulder dystocia. The adopting parents were present during the delivery in the waiting room. This was a very difficult decision for this Mom and her boyfriend. However, I met the adopting parents; and, they appear wonderful. They were an infertile couple that has been involved with the Catholic Church and its adopting services. They are willing to allow the real Mom into the baby's life when it is time. I always see that option as a bonus for the baby because she now has two Moms and Dads. The baby was an adorable girl with blond hair and blue eyes. I can't wait for myself to deliver and experience the ultimate joy of being a real Mom. I've attended every other Green County, Wisconsin Mom's birth. I've met the entire county with this baby boom that won't quit. I just need some sleep. Sleep is by far the most underrated aspect of life.

We finally were able to move all my belongings into the apartment upstairs with help from Dad and a neighbor. This is tough for my Dad because I'm his last little girl to leave the home; and now it's forever. I steadfastly need a life; and now I've received a breath of fresh air. Mom is down the block, nosy and will probably intrude considerably. That is not unexpected; and I can deal with her issues living on my own easier. Next month I'll have a phone installed with a new party line. There will be four families on our line. Private telephone lines are incredibly expensive; and the county has only an allotment of a certain small number of private lines for telephone use. Our phone system will be established to allow the hospital to break through an active phone call if I'm needed in a hurry. Generally, I inform as head OB nurse my whereabouts in case I'm needed quickly. I have been found by the Monroe, Wisconsin police and escorted to the hospital occasionally. The obstetricians love my presence since I've achieved

considerable OB experience. Everyone (including the OB docs) is hoping I discover a male companion, marry and have children. They don't want to see me leave for the big city. Many young professionals leave our area due to inability to find an appropriate match. I have so much on my mind with my family, work and now Dot Asper's funeral for her mom. Thinking about men presently is not where I'm attuned. A relationship with a real guy, however, would be nice.

I have become more settled with dressers, beds and things I forgot such simple things such as toiletries. I was forced to complete a downtown-walking trip to obtain deodorant, toilet paper and lipstick. I have some other needs; but that will require waiting. I don't want to put off finding a car (wheels). I know there are some reasonable Fords and Chevys that I would like. Dad said he'd help in choosing a used car. Perhaps, someday, I'll be able to afford a new car. I'm good accepting Dad's help and will probably decide on a late model 1945 Chevy sedan. Gas is 10 cents a gallon; and the car runs at a 13 miles per gallon clip. The cost was \$150; and Dad felt we stole the vehicle with 20,000 miles on the odometer. The person selling was such a nice honest man. He felt that was the exact price that needed to be paid; and we provided the money. The repair mechanic lived two doors away from the car owner. I now am a free gal with the ability to drive to New York or Los Angeles. I don't envision myself approaching these cities; but could see myself visiting my nurse college dormies from Marquette in Chicago. They would encourage me to move to the big city because I'm not hitched. I love my job and the people surrounding the job. I'm well respected and have a true career at St. Claire Hospital in Monroe, Wisconsin. Let's see how this apartment living works!

I am considering a trip to northern Wisconsin this fall when all the tourists have left. The leaves are so brilliant (especially sugar maples). I have not begun to add my weeks of vacation time because of all the intense OB work. I know it will end shortly and there will be a respite. I have to catch on some needed sleep additionally. Every time I feel I need a great long night of sleep, the hospital calls for good reason. Many of the deliveries are painful, agonizing and not always without complications. I've seen nerve injuries, stillborns and infants that were so premature that it's a blessing when they die (because they are so struggling to live). Life with pulmonary prematurity and other problems is fraught with endless complications. Most of the early babies transferred to Madison do not survive-even when they arrive alive. It is a sad situation when we cannot stop premature labor with alcohol (our time honored treatment).

I moved into my spacious efficiency apartment and notice that the window doesn't completely close. I'm concerned about bugs entering my apartment and call the landlord. He was very nice and stated that the house was so old that many of the wood window frames from this company warped. It was

nearly impossible to obtain a fit with replacement windows. He recommended a fitted decorative block, which he had in his office. I wonder what else may be wrong with the apartment that he didn't inform me. I also feel that other things may emerge that may be unhealthy. The water and electricity appear reasonable. I'm surrounded by good neighbors who are watching out for me. They all knew within a millisecond that I was the head OB nurse. Therefore, I'm treated better than the physicians. I love it!

I'm thinking of going to the dog pound and obtaining a free pet. I like both cats and dogs; but prefer dogs. I need a companion since I have zero boyfriends; but I do have considerable girlfriends. The only problem is my hours, the puppy being home alone and barking. Maybe I'll reconsider after I review the dog history at the pound. I want a nice mutt with loving snuggly characteristics. I would prefer a male. I'm not interested in breeding; but wouldn't mind being involved with my dog as the father. Parental rights are presently a growing matter. It may apply to pets also. Thus, if I'm the owner of the puppy who has fathered baby puppies, then we have visitation rights apparently. I just love the life cycle and birth process. I enjoy labor and delivery more than ever before. It is such a mystery, which is solved at birth.

I'm ready for bed and will delve into a new novel recommended by Dot Asper. The novel is: What Every Girl Should Know. This is a fundamental novel about sex, venereal disease and untalked about matters that affect every female. It has brought continuing rave reviews and is a controversial book for our times. It is feminism at its height. We have penicillin these days, which kills most bad sexual diseases; but the author's point is to avoid these diseases if possible. Restraint, sex only with marriage and holding back impulses to men advances will in the long run save your body, fertility, dignity and health. Women are no longer second-class citizens run by hordes of males. There is more to life than being a woman who rears children repeatedly. It's not a long novel; but it is highly interesting for the 1940s. I can read it without disdain from my mother who now lives away from me. I now have a real life with many nuances and fun prospects. Most of all I have freedom to roam without my parental hovering throughout the day and evening. They will be nearby; but not in the mainstream of my life. I love this aspect also!

I haven't decided to pursue future career opportunities in other surrounding cities. I continue to love my job, coworkers and patients. Obstetric nursing is totally Jean Suzanne Zuercher. I'm well respected by peers, hospital administrators and physician colleagues. Nursing (Latin means nurturing as I keep reminding myself) means more to me than to my sister, Mary. Marquette nursing college meant a life of healing and dedication to patients in time of need. I'm reaping the rewards of a meaningful life

(Continued to page 6)

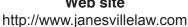
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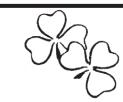








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Wisconsin **War Bride**

(Continued from page 5)

of caring and artful devotion to my Moms in time of need. I couldn't be happier. I would be lying if I didn't admit to needing a male companion. I've met tons of nice guys who just are not quite the right fit. They must be Catholic and be respectable. My parents must approve and they must want children. I feel four children would be the exact number for me. I'll deal with that issue when it is time—not for now.

I paid my respects to Dot Asper's family, brought them a meal and lifted their spirits. Their Mom was an amazing woman who lived a complete life of caring and devotion to her family. She endured considerable with losing loved family members in both wars. I cannot imagine the thoughts of prison camps, starvation, and ultimate death that this family experienced. There must be a deeper meaning in our present life that will transpire ultimately. Our faith is constantly tested; and I experience that aspect of labor and delivery daily. The real difficult cases are the premature babies who ultimate die in most clinically scenarios. It is inspiring to have new techniques coming from Madison that are able to potentially allow babies to live past 33 weeks with pulmonary immaturity.

I installed an inexpensive party line phone. The cost is \$4 per month. The wait to get onto the phone and the continued interruptions are the low monthly expense reasons. A full private line continues

to be very expensive (\$12 per month with a waiting list). I'm certain people are tired of being constantly interrupted and are without the ability to use the line when needed on an urgent basis. I dream of being a private telephone user in the future. Perhaps, my employer, St. Claire Hospital of Monroe, Wisconsin will be in so much need of my services that I can negotiate a private line with a new nursing contract. I can only hope and dream. Some of my friends I've met returning home essentially have no phone lines. Living without a phone is very difficult, but doable. I could potentially live without my phone except for the hospital's urgent needs. In time, the phone will become considerably more affordable for a private line. In fact, if you have a private line, then you will be considered royalty. I can only hope and pray for my privacy.

I'm going with Mom to open our cottage on Decatur Lake this spring. It is an exciting time with many friends I've acquainted over time. The Palka and Fricke families share a cabin down the lake towards the dam. They are originally from Chicago, Illinois. Word has it the Palkas will be managing Decatur Lake Country Club. These families may be making Green County their permanent home. The water will be high but navigable getting to their cabin. It will be difficult to get to their place in a boat early in the year because of the Sugar River reaching a high spring flow emptying into the lake. Next to our cabin to the right facing the water are the Ayres and Olin cabins; and further away the Wagner property. The Ayres and Olin manage a GM/Pontiac/Buick

dealership and car repair service in Brodhead, Wisconsin. The Wagner family are resourceful carpenters and general contractors.

On the left facing the lake is the Bernstein family. Dad works for the post office; and Mom is a homemaker. Further up the lake are the Newcomers. They are a family of undertakers and funeral directors. Everyone that dies in our area generally utilizes the Newcomer burial service. My dad sits amidst this group of busy people who love the lake. Dad is a respectable bank president; who knows money. People generally like him and use his services freely. He is very kind regarding loans to people with limited means. He never fails to give them a break when needed. I love my dad for his service to the needy.

Mom always reverts to the big Decatur Lake fire. Across the lake near the Odell family, we had a cabin atop the hill. We were met by a large fire from the gas stove apparently. The entire cabin burned to the ground. Rather than rebuild, we sold the land and erected a new cabin across the lake (where we are presently). This was an upgrade to the more "glamorous" side of the lake. Mom and Dad would rather forget about our old cabin. I remember many fun times there-especially swimming off a sandbar with my brother Jim and sister Mary. Those were the best times. After the cabin burned to the ground, my parents were depressed; but they came alive with the sale of the old land and building of our new Zuercher cabin. We now entertain many friends and family throughout the year because we installed a gas heating system in the new cabin. There are two bedrooms and a back porch for three other sleepers. The back porch faces the lake; and from atop the land, we have a beautiful view of Decatur Lake in its grandeur.

Scattered amidst the Zuercher grounds are a woodshed for our outdoor fireplace, a garage for tools, an outdoor shower run by the pump at the main cabin, a large boathouse, an outdoor toilet and multiple piers on the lake. My parent's worries about the other property burning have ended with their upgraded modest estate of a few acres along Decatur Lake. Moving in to my new apartment has caused me to feel comfortable about my family and my whereabouts (job). I already realize I will be entertaining a call from my fellow dormies (Catherine Dower). She will be planning everything from jobs to apartment living in downtown Denver. At present, I'm confused. I do not know what type of answer to give my friend. I worry about car wrecks, illness, parent's melancholy and being further away from my Jesuit brother in Iowa, sister in Aurora, Illinois and parents in Monroe, Wisconsin. Catherine Dower will want and need an answer. I don't know what to do. Moving to Denver, Colorado would be so exciting, the pay would be better than a rural hospital and there are many more eligible guys. The guy thing seems to be at the root of the entire endeavorthough Catherine nor anyone else would ever admit to the guy fact.

(Continued next week)

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906 19th Street Lot 38, Fri., July 16 and Sat., July 17, 8 a.m.-4 p.m. New items, kids clothes and toys. Everything must go. Good deals.

Notice



SCHOOL DISTRICT OF JUDA Regular School Board Meeting July 14, 2021, 7:00 p.m. Juda School Learning Commons N2385 Spring St.

The Finance Committee will meet at 6:30 p.m. in the Learning Commons. This meeting is a meeting of the Board of Education in public for the purpose of conducting the School District's business and is not to be considered a public hearing. There may be a time for public comment during the meeting as indicated in the agenda.

AGENDA

- Call to Order by President Pfingsten
- Roll Call Dennis Pfingsten Eric Makos Pat Daniels Laura Powers Stefanie Baum Jessica Matzke
- Pledge of Allegiance Proof of Notice
- Acceptance of Agenda
- Open Forum
 - Consent Agenda—Consent agenda items will be approved in one motion: however, any Board member may ask that any individual item be acted on separately.

 1. Approval of the minutes of the
 - regular board meeting held on
 - 2. Treasurer and Financial reports (Action)
 - 3. Approval of Contracts (Action) OT-Monroe Clinic
 - PT-Monroe Clinic
 - 4. Resignations/Retirements (Action) -Support Staff
 - 5. Donations (Action)
- Reports 1. School Staff/Student Report
 - •Transportation update and discussion on salary: Discussion/ 2. School Board President's Report
 - *Superintendent: Review-July
 - Book discussion 3. Administrator Report
 - Staffing
- Building operations/protocols Referendum Updates: Discussion/
- Student Academic Standards: Discussion/Action
- Preliminary Budget: Discussion/ School Fees: Discussion/Action
- Handbooks: Discussion/Action Staff Handbook Support Staff Handbook Student Handbook
- Five Minute Recess Adjourn into Executive Session according to Wis. State Statutes
- 19.85 (1) (c) (f) Reconvene into open session and take appropriate action as necessary
- Future board agenda items and meetings: (discussion/action) August 11, 2021

XVIII. Adjournment

07/14/21

Brodhead Please contact us to place a community event, an engagement

or wedding announcement, an advertisement, or nearly anything else!!

Call 608-897-4797

POLICE

Green County Sheriff's Department July 5-11, 2021

At approximately 6:30 a.m., Tuesday, deputies, Albany EMS, and the Albany Fire Department responded to the N5000 block of CTH E in the Town of Albany for a report of a motorcycle crash. Investigation revealed that Jesse R. Thompson, 41, Brodhead, was traveling northbound when he lost traction due to gravel in the roadway. The motorcycle then overturned and slid off the roadway. Thompson sustained non-life threatening injuries and was transported by EMS to the Monroe Clinic Emergency Room. Thompson was wearing a helmet and protective riding gear. The motorcycle sustained damage and was towed from the scene.

At approximately 2:39 p.m., Tuesday, deputies, Green County EMS, and the Monroe Rural Fire Department responded to the N2100 block of STH 69 in the Town of Clarno for a report of a two-vehicle crash with injuries. Investigation revealed that Ward F. Steinmann, Jr., 43, Juda, was operating a truck pulling a trailer and was traveling southbound. Steinmann then stopped and was waiting to make a left turn into a driveway. At this time, a vehicle traveling southbound behind Steinmann then collided with Steinmann's truck. The second vehicle was found to be operated by Madisyn F. Brandt, 16, Browntown, Wisconsin. Steinmann reported that he was not injured and that he was wearing his seat belt. The truck sustained functional damage and the airbags did not deploy. The truck was driven from the scene. Brandt reported that she was wearing her seat belt and reported possible non-life threatening injuries. Brandt's vehicle sustained disabling damage and the airbags deployed. The vehicle was towed from the scene. Brandt was cited for inattentive driving.

At approximately 12:17 p.m., Friday, deputies along with Juda First Response and Green County EMS, responded to the W2200 block State HWY 11, Town of Spring Grove, for a multiple vehicle crash with injuries reported. This incident remains under investigation.

At approximately 12:00 a.m., Sunday, deputies conducted a traffic stop on a vehicle for a defective headlight in the W5000 block of STH 11 in the Town of Monroe. Investigation resulted in the driver, Alan B. Lee, 55, Juda, being arrested for operate with a restricted controlled substance, possession of THC (felony), and two counts of possession of drug paraphernalia. Lee was cited for operate with a defective headlight. Lee was incarcerated in the Green County Jail pending an initial court appearance.

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Extension holding USDA training for local school nutritional professionals

According to the School Nutrition Association, the National School Lunch Program (NSLP) is the country's second-largest food and nutrition assistance program. During the 2019 school year, the NSLP served 4.8 billion lunches to children nationwide. With the vast number of students receiving school meals, it is more important than ever to ensure students are receiving balanced nutritious meals.

Consuming a diet low in saturated fat and sodium and rich in fruits, vegetables, and whole grains not only has many health benefits but is also is linked to academic achievement. Students who consume healthy meals are more attentive in class, retain more information, and are less likely to be tired during school hours. Thus, improving the quality of meals served during the school day is an essential step towards ensuring students are ready

"Many people do not realize the NSLP is based on the Dietary Guidelines for Americans. The Dietary Guidelines for Americans are evidence-based recommendations to promote health, prevent chronic disease, and help people to reach and maintain a healthy weight," states Diane Reinhold, U of I Extension, Nutrition and Wellness Educator. To help school nutrition professionals (SNP) understand and implement these guidelines, the USDA has established professional standards for SNP. These standards allow SNP to receive continuing education and training to aid them in creating nutritious, safe, and enjoyable meals.

University of Illinois Extension has partnered with the Illinois State Board of Education to offer professional development training for SNP this August. This free, threehour training will be offered from 8 a.m. to noon, August 3, 4, and 5, at three separate locations. The first training will be held on Tuesday, August 3, at the Pearl City High School, 100 South Summit Street, Pearl City Illinois, the second will be held, Wednesday, August 4, at the Pecatonica High School, 1300 Main Street, Pecatonica, Illinois, and the final training will be held on Thursday, August 5, at the South Beloit High School, 245 Prairie Hill Road, South Beloit, Illinois.

Per CDC requirements for schools, social distancing will be in place and, masks are required. These trainings provide three hours of USDA Professional Standards credits for the 2021-2022 school year. There is no charge for this training; however, preregistration is required, and space is limited. To learn more or register, call them at 815-986-4357 or visit them online: go.illinois.edu/jsw.

Diane Reinhold is a University of Illinois Extension, Nutrition and Wellness Educator and registered dietitian. For more about upcoming programming on nutrition and wellness, visit go.illinois.edu/jsw or call 815-235-4125.





Healthful Hint "Sun's Out, Fun's Out!"

It's summertime, and the sun is beginning to shine. As you start to return to normal activities, it is essential to take care of yourself as you bask in the sunlight. Understanding sun safety will help you keep your skin healthy and protected.

While spending time outdoors, remember to protect yourself from the negative effect of too much sun by following these tips below:

- Use sunblock
- •Wear sunglasses, hats, and protective clothing
- Seek shade
- Stay hydrated

Did you know that there are some benefits to getting a few rays? Sunlight can have a positive impact on skin, mental health, stress relief, and energy levels. The ultraviolet (UV) rays from the sun can activate vitamin D in your skin. The amount of vitamin D levels in the skin relies on specific factors such as skin tone, geographical location, weather conditions, and the time of day and year you are in the sun. A lack of vitamin D is associated with osteoporosis, depression, cancer, and muscle weakness.

Additionally, if you have higher pigmentation, you often have lower amounts of vitamin D in your system, especially from the sunlight. The UV rays from the sun have a harder time penetrating skin tones that have more melanin. Despite having less penetration of UV rays from sunlight, you still need to be cautious about protecting your skin from the sun. And despite popular myths, people of color do need sunscreen or other protection from the sun. Sun damage to the skin in people of color can present itself in the form of sunburns, cancer, skin darkening, and aging spots. Therefore, you must utilize various methods of sun safety when participating in activities outside if you have higher levels of melanin.

If you have limited melanin in your skin, you need to closely monitor skin exposure to sunlight and UV radiation to decrease cancer risk. Use an SPF of 15 or higher that protects against UVA and UVB rays on exposed skin. Make sure to check the expiration date on any sunscreen that you are using. If you don't see an expiration date, sunscreen typically has a shelf life of three years. Also, it is important to reapply sunscreen after two hours if you are out in the sun for long periods. Sunscreen does wear off and needs reapplication after toweling off, sweating, and swimming.

Enjoy the dog days of summer responsibly and safely by protecting yourself from the adverse effects of sunlight. Whether you are at a beach, park, or just in your backyard, make sure you are proactive in your sun safety.

Taja Hereford is a Health Educator for the Rock County Public Health Department. If you would like to ask a health-related question to be answered in a future column, e-mail RCHealthDept@co.rock.wi.us with "Healthful Hint" in the subject. The Rock County Public Health Department reserves the right not to answer any questions deemed unsuitable. For more information, follow us on social media @rockcountyPHD.

This free newspaper is only possible due to the generosity of many fine area businesses. Please show your gratitude by supporting them. Thank you! -Brodhead Free Press



Main Street Monroe Announces Summer Raffle

50 winners to be drawn with cash prizes ranging from \$50 to \$1,000 Tickets are now on sale for Main Street Monroe's first summer raffle. The raffle is being held in support of the 501(c)3 nonprofit's community development efforts in the downtown district. Such specific efforts include small business assistance, its annual pop up shop program, seasonal flowerpots, Christmas decorations, benches, and LIVE! Shopping Nights.

Tickets are \$20 each. A limited number of tickets are being sold. Drawings will be held daily in September on the courthouse lawn with some days having two winners. Winners do not need to be present to win. Winners will be announced on Main Street's Facebook page and will be mailed checks. Every ticket will be eligible for all drawings, meaning that those with tickets will be eligible to win multiple times. The grand prize winner of \$1,000 will be picked on Thursday, September 30th. Additional winners will include \$100, \$200, and \$500.

Jordan Nordby, Executive Director, emphasized the efforts done over the past year, particularly during Covid. "Our LIVE! Shopping Nights brought in over \$85,000 for locally owned stores and our gift certificate program was another \$30,000. We're getting back to normal and we really want to thank everyone for how much they have supported our efforts. We hope that this will be another way to support our efforts, keep our community vibrant. Plus what a great way to possibly win a nice amount of money!"

Tickets are being sold at Bartel's and Co Tap, Burington Shoes, Baumgartner's, House to Home Designs, Chocolate Temptation, Rainbow Confections, Suisse Haus, Edelweiss Gifts and More, 213 Mercantile, JoAnne's Dress Shop, Heartland Graphics, Toy Haus, and Orange Kitten Yarns. Tickets will also be sold at Main Street's Summer Concerts as long as tickets are still available.

Complete details may be found at mainstreetmonroe.org or by calling 608-328-4023.



Rock County Hall of Honor nominations

The Rock County Hall of Honor was established to recognize Rock County people, past and present, who have made significant contributions to the County and its people. The Hall of Honor selection committee is seeking persons from all walks of life who have contributed their services and talents to the community.

Persons desiring to make a nomination should go to the Rock County Hall of Honor Committee's page (www.co.rock.wi.us/hall-of-honorcommittee), click on "Rock County Hall of Honor Nomination Form," complete the form and email to countyadmin@co.rock.wi.us, or send to the attention of the Rock County Board Chair, Courthouse, 51 South Main Street, Janesville. You may also call the County Administrator's Office at 608-757-5510 and a nomination form will be mailed or emailed to you.

Only nominations received on this form will be considered—all others will be returned.

Please return the form to the attention of the Rock County Board Chair, Courthouse, 51 South Main Street, Janesville, by Friday, July 16, 2021. The nomination forms are public record and are available for public inspection. Nominations submitted in previous years must be resubmitted to be considered.

The selection committee will submit its recommendations to the Rock County Board of Supervisors for confirmation. Induction will occur at a special event to be held at U.W. Whitewater at Rock County on September 22, 2021 or September 29, 2021.



Come take a stroll around Monroe's Historic Downtown!



Monday -Friday 9-5

1029 16th Ave. • Monroe, WI 53566 608-325-2600







buringtonshoes@hotmail.com Monday - Thursday 10 a.m. - 5 p.m. Friday 10 a.m. - 6 p.m. • Saturday 10 a.m. - 4 p.m.



