2016 Annual Ice Festival
Rock Lake, Lake Mills
by Kristin Cramer

The Lake Mills Main Street Program works hard to make sure that there are fun and exciting things to do in our community year-round, and winter is no exception. The annual Knickerbocker Ice Festival, one of Main Street’s most popular events, is happening this Saturday, February 6th. The fun and games actually begin on Friday evening, February 5th, with Team Trivia in the Community Room of the Municipal Building and a Candlelight Ski at Korth Park. Saturday's schedule is packed with favorite activities old and new, including the ever-popular ice sculpting, ice golf, fisheree, chili cook-off, kids’ games, 50/50 raffle (look for strolling ticket sellers downtown), and the 5-K run (now in its second year). The full schedule of events can be found online at www.WhyLegendary.com, or check out the event page on Facebook by typing “2016 Knickerbocker Ice Festival” in the search bar.
Lake Mills, where History and Legend meet.

As many of our readers know, Lake Mills is a small town in Wisconsin located in the southeast corner of the state. The city of Lake Mills is nestled into the town of Lake Mills making a combined population of 5,708.

Lake Mills is often referred to as idyllic. For some reason, it seems to attract artists of every kind, has great schools and a beautiful lake, called Rock Lake, that lies between the city and the town and offers all kinds of recreational activities.

It is only about two miles from Aztalan State Park which is an archaeology site of an ancient Mississippian settlement that is at least 1000 years old. There are many people who have speculated that the Rock Lake area was the necropolis for this ancient civilization, meaning it was where they buried their dead. That would have been many years before the lake was formed.

Old timers in Lake Mills often speak of the mysteries of the Lake. The most frequent story you hear around town is that there are pyramids lying on the bottom of Rock Lake and divers who claim they have seen them. Because of the advancement in technology and side-scanning sonar these rumors could possibly be confirmed. Another strange occurrence, is that descendants of five tribes of the HoChunk Indians often come to our lake and pray at the lakeside. If you ask them what they are doing they say they are praying to their ancestors.

If you live in Lake Mills you would find it to be a unique and special place. Some feel there is a mystic quality here due to the closeness to Aztalan and the secrets preserved within the lake.
On Monday, January 25th, Lake Mills welcomed actor John McGivern, host of the Milwaukee Public Television show “Around the Corner with John McGivern,” and his crew to Lake Mills for a party to view the premier of the Lake Mills episode of his show. An appreciative audience of around 250 people were treated to an advance showing, with each segment receiving a round of applause. After the premier, McGivern and producer Lois Maurer, historian John Gurda, and sports guy Mike McGivern entertained the crowd with amusing anecdotes and behind-the-scenes stories of how the show is made. McGivern recounted how, as they were leaving Lake Mills after the first two days of filming, he said to his crew, “I could live in this town.” High praise, indeed, from someone who’s visited many communities all around our state. For those who missed the premier party or the televised episode, or who want to share it with long-distance friends and family, the episode can be viewed online at: behttp://www.mptv.org/localshows/around_the_corner/. 

The Lake Mills Main Street Program welcomed three new members to the Board of Directors at its January meeting: Dave Roedl, Nicole Schrier, and Erin Shields Ylvisaker. Officers for 2016 are Tom Boycks, President; Kory Hampton, Vice President; Kristin Cramer, Secretary; and Anne Marie Peterson, Treasurer. Outgoing President Sarah FitzGibbon and Secretary Kip Engsberg were thanked for their service. Both will continue on as Board members.

SAVE THE DATE! The Lake Mills Farmers and Artisans Market begins on Wednesday, May 4th.
The 4th Annual
Lake Mills
Oscar Shorts Film Fest!

Friday, February 19
Best Animated Short Films  6:00 pm
Best Live Action Short Films  7:45 pm

Saturday, February 20
Best Documentary Films  2:00 pm
Best Animated Short Films  6:00 pm
Best Live Action Short Films  7:45 pm

Tickets are $10 for each showing.

Add on dinner to any night for $20, includes one glass of wine / beer / cocktail, an entrée, and dessert. Dinner served between 5:00 and 7:30 pm. Advance ticket purchase recommended due to limited seating. Snacks and drinks will be available during and between screenings.

All ticket proceeds support the Lake Mills Yoga Coop, bringing wellness to the community through yoga.
For some time now, I have been adding short “Book Baits” to my email signature. When my new friend Carol (Editor LMO) discovered this, she asked me to share them with a wider audience. Well aware of how widely individual tastes in reading differ, I humbly recommend a few of my latest favorite books:

**Fiction:**
If you are an incurable Anglophile as I am, you might love *Major Pettigrew's Last Stand* by Helen Simonson. Set in present day England, this is the story of an unlikely love affair between a retired army major and a Pakistani shopkeeper. Drawn together by their loneliness in widowhood, the stresses of parenting adult children, and a common love of literature, the pair must face village prejudice and family disapproval to survive as a couple. Serious stuff, but dry British humor and delightful language captured me from page one.

Also for Anglophiles with a nod toward my favorite Brit Lit professor, Margo Peters: *Far From the Madding Crowd* by Thomas Hardy. I have set a goal to read at least one Classic a year. It is always good to remind oneself of why they become classic! This was a natural choice before the movie release in 2015.

As a retired school librarian, I often read Young Adult (YA) books, both fiction and nonfiction. I recommend *A Monster Calls* by Patrick Ness. This is a story of the real monsters of Life: truth, fear, selfishness; good and evil, but mostly in between. In the end it is about death, forgiveness, and learning to live again.

**Nonfiction:**
*Desert Solitaire* by Edward Abbey. If you have recently been to the desert southwest, as we have, or if you wish to go there but can't, or if you care about the environment, or if you just like good writing, this is a treat. Thank you, Cousin Catherine, for thrusting a very tattered copy into my hands on our last day in Bryce Canyon National Park.

Anne Lamott isn't for everyone, but if you need a gentle push to lift you out of the bottom lands or the back alleys of life, she's my pick. Her books are funny, irreverent, spiritual, and wise. I recommend her nonfiction. Her latest book is *Small Victories: Spotting Improbable Moments of Grace.*

*Being Mortal* by Atul Gawande. This is a must read for all with aging parents or who had aging parents or who are planning on aging themselves.

*A Century of Wisdom: Lessons from the Life of Alice Herz-Sommer, the World's Oldest Living Holocaust Survivor* by Caroline Stoessinger. Unbelievably inspiring!

Plays by Athol Fugard. In *The Island, Sizwe Bansi is Dead,* and *Master Harold and the Boys,* Fugard reveals the true evils of apartheid with powerful characterization and dialog. You won't forget how these dramas make you feel. You will understand our own racial issues better, as well. We saw *The Island* at APT last summer.
The Redpole is one of the most colorful avian jewels to brighten the drab winter scene. Their breeding range is around the world in the far north, in forests and even in shrubs and small conifers in the tundra. We get to see them only during winter and not always then. Seeing one is a real treat. This winter they are being reported all over the state as they stage an incursion from the arctic and boreal north. There's a good chance of seeing them at present.

There are two species of this finch, the Common and the Hoary. The photo is of the Common. The much rarer Hoary is paler, with a mostly white breast. There is new thinking that they should be considered one species.

Like most finches, Redpoles are seed eaters. They visit birdfeeders, especially finch feeders, often. Thistle or nyjer are the best bets for attracting them. They tend to travel in large flocks, up to a few hundred. They are known to tunnel into snow to stay warm at night. Tunnels may be a foot long, a few inches under the snow. They can survive temperatures as low as -65 F.

Their unusual name comes from the red cap on their heads. Besides its modern meaning, pole was once used for head or end (as in poles of the world).

Brad Webb, Vice-President, Horicon Marsh Bird Club
Jefferson County Christmas Neighbors celebrated its 63rd year with 506 families receiving toys, food, clothing, mittens, scarves, hats, and blankets as part of their toy program and an additional 199 families were adopted by 130 sponsors. One thousand nine hundred children were helped in the two programs. The generosity of area communities was overwhelming which included time, money, toys, and other donations.

Congratulations to Jefferson County Christmas Neighbors for helping around two thousand children have a real Christmas!
Quote of the month

She said, "I've learned that whenever I decide something with an open heart, I usually make the right decision".
"I've learned that even when I have pains, I don't have to be one".
"I've learned that every day you should reach out and touch someone".
"People love a warm hug, or just a friendly pat on the back".
"I've learned that I still have a lot to learn".
"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you make them feel."

*Maya Angelou*

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Book of the Month

"A Town Like Alice" by Nevil Shute

Nevil Shute’s most beloved novel, a tale of love and war, follows its enterprising heroine from the Malayan jungle during World War II to the rugged Australian outback. Jean Paget, a young Englishwoman living in Malaya, is captured by the invading Japanese and forced on a brutal seven-month death march with dozens of other women and children. A few years after the war, Jean is back in England, the nightmare behind her. However, an unexpected inheritance inspires her to return to Malaya to give something back to the villagers who saved her life. But it turns out that they have a gift for her as well: the news that the young Australian soldier, Joe Harmon, who had risked his life to help the women, had miraculously survived. Jean’s search for Joe leads her to a desolate Australian outpost called Willstown, where she finds a challenge that will draw on all the resourcefulness and spirit that carried her through her war-time ordeals.
Hold the Date!
The Arts Alliance of Greater Lake Mills presents the annual, "Winter Series" on Saturday, March 12, 2016 at 7 pm!

There is another great line-up of area talent sharing their skills on the beautiful stage of Sound Haven on Madison St. in Lake Mills.

Snacks will be provided!
Beer and Wine are available for purchase.
Tell your friends and all join us for a unique evening.

Simple Practices

Meditation  Gratitude  Kindness

“Science proves that anyone can learn to be happier. Happier people are actually healthier.”
Dr. Richard Davidson, UW Madison, Center for Healthy Minds

Come learn how...
Mondays at 12:30 pm for three 20 minute sessions
2/22, 2/29, and 3/7
Free and open to the public! Susan Trier, Instructor
Introduction to Mindfulness—Three Simple Practices

Take a moment and truly consider…How are you feeling? Would it be useful to feel less stressed, more focused, more connected…perhaps even happier in your life? According to Dr. Richard Davidson, professor of psychiatry at the University of Wisconsin-Madison and founder/chair of the Center for Investigating Healthy Minds, “Science proves that anyone can learn to be happier.” An added bonus is that, happier people are actually healthier.” Instructor, Susan Trier, will lead three 20 minute sessions on Mondays, 2/22, 2/29, and 3/7 at 12:30 pm at the Lake Mills Library. Susan will explain how incorporating three simple practices of ‘meditation’, ‘gratitude’, and ‘kindness’ into our daily lives can help us become more focused, calmer, and less stressed. Ms. Trier is a personal trainer, as well as a certified yoga, Pilates, QiGong, and tai chi instructor. She has received special training in several health related disciplines. Don’t miss this opportunity for a free lunch time opportunity to improve your outlook and learn about the practice of meditation. L.D. Fargo Public Library, 120 E. Madison St., Lake Mills, WI 920-648-2166
Welcome to new columnists:
Richard Zimdars, Marianne Hauser & Karen Reppen

Call for Artists
Lake Mills ALLEY ART Project

OVERVIEW
The Alley Art Project is a place-making public art project in a centrally located alley and parking lot area in downtown Lake Mills. The project is co-sponsored by the Arts Alliance of Greater Lake Mills and the Lake Mills Main Street Program.

We seek an artist to design, fabricate, and install temporary public art in the alley. After designing this installation, the artist will work directly with the community — e.g. senior center members, school children, youth, and any other members of the public who visit municipal offices or neighborhood businesses; a minimum of five contact hours by the artist with community members is expected.

Who are we looking for:
We are seeking Wisconsin artists experienced in public art with a proven ability to work with the community. Artists should have a track record of successful site-specific public art works, a demonstrated sensitivity to site context, and a strong ability to clearly convey project goals in concept sketch and description.

Sponsoring organizations will provide extensive support to facilitate and assure opportunities for the community to implement the artist’s ideas.

Artist is responsible for installing Alley Art in May 2016, and de-installing in October, 2016.

$3,750 Artist Stipend. $1,759 (max) for Art Materials.

Contact: Leslie DeMuth at artsalliancelakemills@gmail.com or 920 390-9341 or aaglm.wordpress.com

The February meeting of the Lake Mills Memory Café will be held at the L.D. Fargo Library, 120 E. Madison Street, Lake Mills, on Monday, February 15, at 1:00 pm. The café is free and open to those experiencing early stage dementia and or mild cognitive memory loss and for family and friends of those affected. It is an opportunity for social engagement, information gathering and creative fun. This month we will be exploring the world of watercolor painting and enjoying hot chocolate with toppings. Everyone is an artist! This program is presented with the cooperation of the Alzheimer’s Association, Willowbrook and the L.D. Fargo Library. For more information call the library at 648-2166.
Editorial from Editor Carol Harcarik:

It is possible that the U. S. Election of 2016 may be a Brokered Convention in the Republican or Democratic Party or both Parties. It appears we may not have a clear candidate on the Democratic side, perhaps, allowing Biden or Bloomberg to step in. Also, because of the number of candidates on the Republican side some may decide not to bow out of the race. The Republican Convention will be in Cleveland and the Democratic Convention will be in Philadelphia, both in July. That may be where the decision is made on the two candidates. Could be quite an historical event, if it happens!

In United States politics, a brokered convention is a situation in which no single candidate has secured a pre-existing majority of delegates prior to the first official vote for a political party's presidential candidate at its nominating convention.

Once the first ballot, or vote, has occurred, and no candidate has a majority of the delegate votes, the convention is then considered brokered; thereafter, the nomination is decided through a process of alternating political horse-trading, and additional re-votes. In this circumstance, all regular delegates (who, previously, may have been pledged to a particular candidate according to rules which vary from state to state) are "released," and are able to switch their allegiance to a different candidate before the next round of balloting. It is hoped that this 'freedom' will result in a re-vote giving a clear majority of delegates to one candidate.

Brokered Convention History

Before the era of presidential primary elections, political party conventions were routinely brokered. The Democratic Party required two-thirds of delegates to choose a candidate, starting with the first Democratic National Convention in 1832, and then at every convention from 1844 until 1936. This made it far more likely to have a brokered convention, particularly when two strong factions existed. The most infamous example was at the 1924 Democratic National Convention, where the divisions on Prohibition (and other issues) led to 102 ballots of deadlock between frontrunners Alfred E. Smith and William G. McAdoo. However, dark horse John W. Davis was chosen as a compromise candidate on the 103rd ballot. Adlai Stevenson, from the 1952 Democratic Party and Thomas E. Dewey from the 1948 Republican Party) were the most recent "brokered convention" presidential nominees. The last winning U.S. presidential nominee produced by a brokered convention was Franklin D. Roosevelt, in 1932.

Delegates to the National Convention are selected at the state level, according to rules and formulas determined by each political party's state committee. We could be watching history in the making!
Oil: More Precious than Gold

Oil today is worth less than $35 a barrel while gold is worth over $1100 per ounce. Gold has limited functional value but is precious because of its rarity. Oil is abundant but its function as the primary source of energy for the modern world makes it critical. For some countries such as Saudi Arabia and its oil cartel, OPEC; oil is more than an energy source, it is oil producing nations primary source of revenue. While most countries could do well with sources of energy other than oil, these oil producing countries are motivated to discourage the development of alternate sources of energy to maintain their oil’s value and their revenue.

The world’s oil supply today is unregulated and as a result major oil producing counties led by Saudi Arabia are free to practice predatory pricing practices to eliminate competition. When oil competition grows these countries flood the world market with cheap oil, driving out competition. After enough competition is eliminated, they raise oil prices to exorbitant levels to regain lost profits. The cycle is then repeated. The world’s economy is forced to manage through destabilizing oil price swings caused by this type of predatory pricing.

The more insidious side of predatory pricing is not economic disruption but the curtailment of non-carbon energy development. Most scientists believe carbon dioxide emissions from carbon-based petroleum use is causing global warming that is damaging the environment. But, today there is no viable non-carbon based alternative to oil. It is difficult and costly to get approval for nuclear energy while wind and solar energy is too expensive to provide the large amount of energy the world increasingly needs.

America has the genius to develop viable non-carbon based energy but as Abraham Lincoln once stated “the fuel of incentive” must be added to “the fire of genius”. With predatory oil pricing there is no financial incentive for the aggressive development of alternative energy sources. This is not the first time America has confronted predatory pricing. Around the turn of the twenty century the US passed antitrust legislation to prevent Standard Oil from monopolizing the US oil business. In today’s international world, US antitrust legislation alone will not work to prevent predatory pricing.

Today we need government intervention to find ways to protect alternative energy development. Those who are willing to invest expertise, time and capital to fulfill our needs for safe energy are entitled to just rewards. Unfortunately, global warming and energy development has become a casualty of our dysfunctional government and is trapped in political gridlock the "jaws of death". America needs to find a way to decouple global warming policies from partisan politics. Otherwise political inaction is, by default, betting our future merely on the hope that enormous and ever increasing amounts of greenhouse gases will do no harm despite a growing body of scientific evidence to the contrary.
A new and scary mosquito-borne virus is sweeping across Latin America. The virus is suspected of causing thousands of babies in Brazil to be born with devastating brain and neurological abnormalities. In the U.S., pregnant women are being advised to avoid travel to Latin America and the Caribbean. Resorts are panicking as they see tourist dollars disappearing. The human cost of these infections is beyond dollars.

Did climate change cause this outbreak? Mosquitoes and the viruses they transmit—like malaria, yellow fever, dengue fever, and chikungunya—have been around forever. So, no, climate change didn’t cause this outbreak in any way that could be considered “proof.” But as the Pentagon has so emphatically stated in their Quadrennial Report, climate change is the “force multiplier” that makes everything worse.

Higher temperatures and longer seasons of warm weather are great for mosquitoes. They can breed better and more often. A warming world expands the range of livable conditions for them. This is also true for other nasty insects as well. With milder winters, the Lone Star tick has been able to expand its range into Wisconsin.

Did climate change cause the recent blizzard and enormous snow dump on Washington, D.C. and the flooding along the shore last week? No. We’ve always had snow storms. Once again, “force multiplier.” Warmer temperatures put more energy into our weather, which can intensify storms. Clean up costs alone for that storm will be huge, not to mention costs for lost productivity.

California is finally getting drought soothing rain. When it comes in huge downpours, the result is mudslides, erosion of the fire-burned slopes, and houses falling into the sea, all side effects of the warmer ocean enhancing El Nino. Another side effect is that last week a bunch of celery was nearly $4.00 at our local store, due to “weather related issues.”

Rep. Jim Sensenbrenner has frequently said that he can’t do anything to address climate change that will negatively impact our economy. And he can’t support a carbon tax because it would cause electricity costs to go up. It is time for him to open his eyes and look at the costs we are already paying.

2014 was the hottest year on Earth in recorded history, until 2015 broke that record. The costs of doing nothing will just keep going up.

Alyson Schmeisser is the Citizens’ Climate Lobby Jefferson County Chapter Leader.
In 2011 Wisconsin cut public education by more than one billion dollars. Wisconsin now has fewer, less experienced teachers, larger class sizes and downsized educational programs. Public schools saw a decrease of nearly 3,000 teachers in the nine years ending in the 2012-2013 school year. Some researchers claim that money can’t fix public education. According to a CATO institute research paper “not a single state was able to improve their education outcomes by increasing the amount of taxpayer money they spent on education.” But there is also conflicting research (Bruce Baker of Rutgers) that money does matter. “On average, aggregate measures of per-pupil spending are positively associated with improved or higher student outcomes.” If you believe that money doesn’t matter, Wisconsin public education funding can be cut by a billion dollars, teacher compensation reduced, class sizes increased and education programs trimmed without impacting quality. If you believe that money matters, then more money will attract and retain high quality teachers, reduce class size and provide additional support for the neediest kids.

The researchers may not, but everyone else knows that money matters. Former Milwaukee School Superintendent Howard Fuller, advocating for the Milwaukee Public Schools, once said “If money doesn’t matter, give me some of yours.” Money is also fundamentally important for advocates of private school vouchers who spent an estimated $5 million in lobbying. A recent Wisconsin Legislative Fiscal Bureau analysis shows state spending on school vouchers will increase from about $146 million in taxpayer dollars in 2011-12 to about $258 million in 2016-17. A $100 million increase in voucher funding suggests the lobbying efforts were indeed worth the cost.

In just this 2015-16 school year, vouchers transfer $16 dollars away from public schools to private schools. This year the Appleton public schools lose $664,064, Neenah $322,476 and La Crosse $230,740 to fund vouchers. At the same time local property taxes increase to compensate for the lack of state support. For example, property taxes in Green Bay could increase $1,406,418; in Waukesha $677,739; and in Plymouth $137,718. If money doesn’t matter, then property taxpayers won’t mind paying a little more to support private school vouchers. If money doesn’t matter, then neither public schools nor private schools need more funding.

If money does matter then money transferred from public schools to support private school vouchers will hurt the schools, the children, and the local property tax payer. Public schools will have fewer teachers, aides, counselors, coaches. Programs like art, music, and athletics could be trimmed. The loss of revenue could reduce teacher quality and important services for children who need extra support.

Everyone knows money matters, and it matters most to the children who have the least. It is time to increase state funding for Wisconsin public education. Mind the Gap!

Dr. James Shaw is an educational consultant, author, retired Superintendent of the Racine Unified School District, and professor at the University of Wisconsin-Madison. He served as an educational leader and superintendent of schools for more than thirty years. He is a former Wisconsin Superintendent of the Year and has been recognized by numerous organizations, including the National Education Association, the Saturn Corporation and the University of Wisconsin for leadership and contributions to public education at the state and national level.
Healthcare is focusing more and more on the individual and the lifestyle decisions that affect health and well-being. The patient is consulted and considered when making choices about tests and treatment. Frequently there are open discussions about medical options for various illnesses and conditions. As such, it is increasingly more important that a person’s wishes be known throughout their lifetime, even when they are unable to express them. That is why there has been more emphasis on the **Advance Care Plan**.

**What Is Advance Care Planning?** Advance care planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting others know about your preferences, often by putting them into an *advance directive*. An advance directive is a legal document that goes into effect *only* if you are unable to speak for yourself. This could be the result of disease or severe injury—no matter how old you are. It helps others know what type of medical care you want.

**The US Department of Health and Human Services**, National Institute on Aging, has prepared a tip sheet for Advance Care Planning. It includes questions to discuss now and describes ways to share your wishes with others. Knowing how you would decide might *take some of the burden off family and friends*.

Decisions that might come up relate to:
- CPR (cardiopulmonary resuscitation)
- ventilator use
- artificial nutrition (tube feeding) or
- artificial hydration (intravenous fluids)
- comfort care
- organ and tissue donation
- dialysis
- blood transfusions

Your decisions about how to handle any of these situations could be different at age 40 than at age 85. Or they could be different if you have an incurable condition as opposed to being generally healthy. You can provide instructions for these types of situations and then change the instructions as you get older or if your viewpoint changes.

An advance directive allows you to continue to make your wishes about medical treatment known.

An initiative of the Wisconsin Medical Society called **Honoring Choices** is working with communities to bring Advance Care Planning. *Make time to understand, reflect and discuss.*

**FREE Advance Care Planning assistance call:**
- Fort Healthcare (920)568-5279
- Watertown Regional Medical Center (920)262-4298

*Give those you love the gift of knowing!*
Wisdom
by Marilyn Lohman

A dynamic personality is my gal for February. Carol Harcarik exudes love inside and out. Carol is the Editor of Lake Mills Online sharing much of the work with the love of her life, Joe. Carol has authored three books and in the past was an investigative reporter for several newspapers and volunteered for the Junior League in Madison, plus writing their newsletters.

Carol was born in Princeton, NJ where she met Joe. She majored in English and Journalism at Rutgers University. Moved to Madison when Joe became General Counsel for Oscar Mayer. When Joe told Carol to build her dream house, Stonewall Cottage on Rock Lake became a reality. Lake Mills was their choice because of proximity to Madison.

Joe and Carol, married for 39 years have 4 children and 8 grandchildren who live in Wisconsin, New Jersey, and North Carolina. She says her greatest accomplishment includes being a wife, mother and grandmother, and feels blessed that their children are all married with children, educated and employed.

**What is the best advice anyone ever gave you?** Always be forgiving and kind to others, do not carry a grudge – it will shorten your life.

**What did you want to be when you grew up?** A teacher and writer.

**If you were marooned on a desert island, what 3 things would you want to have with you?** Lots of pens and paper, a big box of chocolates, but most important of all, Joe.

**What is a favorite memory?** Growing up near Princeton, NJ with tons of cousins, aunts, uncles and a fabulous grandmother. My parents’ farm was the gathering point and Christmas was the highlight; an uncle dressed as Santa had gifts for us all. Today, we emphasize getting together with our family all the time and now our grown kids are doing it.

**Can you think of something that was really funny that happened to you?** Some years ago, Joe and I had the opportunity to go to Paris. However, I had a fetish about traveling together when our children were small. We booked separate flights and agreed Joe would find me, not realizing our flights took each to a different airport. Ignorant of the language was not helpful. After many hours of frustrating experiences, Joe burst through the crowd and when we saw each other, we both burst into laughter and couldn’t stop.

**What advice would you give young people today?** Get your education and when doing that explore different careers where you can make the greatest difference in the world while enjoying it. Then do it!
We are sitting in Denny and Nancy Overson’s house on Phillips Lane that overlooks a mile of woods out back and I ask them how they happened to end up in the hair biz. “George Deans hired me back in 1970 as a barber,” explains Denny; “he had a shop where Ephraim Pottery’s located today. Don Latsch, married to George’s daughter Dianne Deans, decided to quit barbering and drive for Schweiger, so I took his place. Then in 1977 Nancy and I bought the vintage-1890 building at 118 West Lake to open our own business. That building has quite a history! It was a saloon, a pool hall during Prohibition, a bakery, the Milwaukee Chair Factory, Lakeland Farms, Engsberg Electric, and Mary Vandis’s Ballet School before we bought the building from Mildred Engsberg in 1977. Mildred saved us by offering us a land contract; then when we remodeled, she was right there, cash in hand. I owe everything to Mildred and George Deans.”

Nancy enlightens me about the hair cutting business. “In the past, barber shops and beauty shops could co-exist, but each with separate licenses and in distinct sections of a building. Now only one license is required and space rules are relaxed. Still, barbers and cosmetologists are two different things. All hair stylists are trained both in barbering and styling. “Denny’s” does true, artistic barbering. We’re not “a factory salon” that uses automatic guards. I’ve been manager of Denny’s Hair Styling for nine years: my specialty is product manufacturing and distribution. Denny currently teaches barber/cosmetology apprentices at Madison College, but with nine employees our salon offers the whole spectrum: pedicures, nails, facial wax room, cutting, styling, coloring--fifty color shades to choose from.”

“We both love the work,” says Denny with his pleasant smile. “You share so many joys with your customers: the excitement of proms, graduations, weddings, a kid’s first haircut. You also share the sadness: people who want to look their best for funerals, the divorce court, folks with illnesses like cancer. We also do a lot of ‘underground’ work that people don’t know about--sending our employees out to help people who can’t come to the Salon--to Trinity Pines, Willowbrook, Brook Gardens, hospitals, Claussen’s Funeral Home. We feel it’s an honor to be asked for assistance. And if a person can’t afford a haircut or a styling but needs to look good for a job interview, for instance, we say, “Come on down.”

“We love Lake Mills, wouldn’t live anywhere else. We raised our two daughters, Amy and Abbie, here and now have seven grandchildren. And though we enjoy running our overseas travel business called Inner Circle Travel, limited to family, friends, friends of friends (we don’t advertise), there’s no place like home.”

Margot Peters writes a monthly column for Lake Mills Online, continues to write poetry, and is working on a childhood memoir. She’s the author of Unquiet Soul: A Biography of Charlotte Brontë and most recently Summers: A True Love Story and Lorine Niedecker: A Poet’s Life.
The process of harvesting ice for use in keeping meat and other products from spoiling seems like another world but it once was a booming business in Lake Mills thanks to the Knickerbocker Ice Company. Ice Harvesting dates back to Colonial times. Lake Mills residents probably harvested ice from lakes and rivers, also storing the blocks in buildings under a covering of hay or sawdust.
This week in Milwaukee the FBI arrested a person who alleged he was going to kill thirty people. He felt by doing so he would be known worldwide for what he had done. After each of the tragedies were completed, the perpetrator knew he would be on the news several days along with his name and picture. Panels of “Talking Heads” would discuss his possible motivation, friends and family would be interviewed and the killer would become, in his twisted mind, a celebrity.

Each time this happens the FBI is interviewed and one of the items they bring up is the copycat syndrome. The people who do these things are not rational and all they see is that by committing one of these acts they are known nationwide for several days. Never mind that they are usually dead, often by their own hand. They have become “Somebody”.

What if the media had an agreement that they would not give out the perpetrators name or picture? They would only be referred to as the mentally-ill perpetrator. The perpetrator would not be treated like a celebrity. This may reduce the copycat syndrome we are currently experiencing.

Kerry G. Denson
Brig. Gen. (Ret)
Thoughts of a Harasser/Bullying (Reformed)
By Richard Zimdars

Taunting. It’s become the hot topic of the month, set off by recent events in our state, beginning with an email sent to Wisconsin schools from the Wisconsin Interscholastic Athletic Association. It was an attempt by the organization to somehow remind the schools to curb the student and attending fan usage of several words and phrases commonly heard during athletic competitions. Though their sentiment seemed to be in the right place, the email set off a wave of disgust and mistrust regarding the WIAA, most notably on social media websites, as well as local and national news fronts, and our local government.

The excuses given for taunting at sporting events are well documented. “It’s part of the fun!” “It’s part of the experience!” “It toughens them up!” “They expect it!” “It builds up their character!” On the surface, these seem like reasonable excuses, as if they are all considered ‘justifiable actions’.

Taunting is a form of bullying and harassment. Reading the backlash against the email from WIAA, was quite disturbing because many hundreds of adults across the state supported the taunting and harassment of minors. The support of taunting student athletes even appeared from well-known reporters who are currently employed by a major sports cable network.

The taunting and harassment of a student athlete is fun? Can someone show this country the scientific proof on just how much ‘fun’ it is to be harassed? No. Harassment has the potential to break a student athlete’s character down and the ability to reduce a student’s self-worth and self-esteem to nothingness. It has the potential to create a shell around a student, which can affect them later in adulthood, causing their work habits to be poor, and affects their ability to form and maintain healthy personal relationships with other people.

Taunting is meant to hurt people. It occurs in everyday life, and appears without warning or moderation. A fair amount of taunting and harassment in sports is directed toward female athletes and most aggressively against those who play high school, collegiate or professional basketball. On message boards and websites which discuss such sports like the Women’s National Basketball Association (WNBA), the harassment of female athletes is constant and consistent. “Basketball is for men!” “They belong in the kitchen!” “I’d rather watch paint dry!” “Women’s basketball is boring!” Many of them written and posted by spiteful and ignorant Internet Trolls!

As a child, during my own school years, I was constantly bombarded with taunts and harassment from several of my fellow classmates. “Fat... Stupid... Ugly.” Hurtful and spiteful words that I had to listen to through twelve years of school, and which took almost a lifetime to recover from after graduation. In turn, I learned how to harass others in school, particularly a female classmate whom I liked. I’m sure I hurt her badly and to this day I regret what I did. This experience has taught me a valuable lesson. When I meet someone now, whom I become interested in, and she declines my offer of a relationship, I respect her wishes and quietly walk away. Today, I am very mindful of other people’s thoughts and feelings, and work hard to find and impart words of encouragement to others when given the opportunity.

This article may sound as if I support the WIAA’s decision to try to curb taunting and harassment, but I don’t. Because it is impossible to regulate the emotions of others. You cannot regulate the maturity, or the lack thereof of fans, nor can you regulate unwarranted behavior. Taunting and harassment in sports will continue to thrive until a majority of the fans become tired of the experience, or can teach their own children how to be better behaved than they were when they were kids.

The best thing to do with someone, or a group of students or fans who taunt, is to ignore them. They are not a part of the experience, their jeers do not affect the outcome, and they haven’t been a part of the game.
**Husbandry** procedures such as nail trims, baths and grooming need not be scary for our pets. The Fear Free Initiative is a certification process for veterinary professionals to learn how to complete these procedures in a way that animals learn to not mind them. Veterinary professionals aren’t always trained to do this. They are trained to do the procedures with safety in mind; not in a fear free manner. The Fear Free Initiative is hoping to change that.

You don't have to wait for your veterinary clinic to get certified in Fear Free handling; you can begin right now. Choose a procedure your pet needs. Determine the steps involved in the procedure and slowly work through each step while distracting with rewards. The key is to first allow the animal to fully acclimate to each step and then ask the animal for an action before giving rewards.

Let's look at nail trims. We hold an animal's leg. We handle the paws and toes. We apply pressure to the toes and sometimes we cut too close and cause pain. Where you begin and how fast you go depends on your individual animal and the experiences they have had. I’ll walk through the steps of a dog that isn’t terrified of nail trims but avoids them if possible.

- Have nail trimmers out and nearby but not in your hand. Ask dog to sit and reward. Repeat 10 times.
- Hold nail trimmers and repeat.
- Allow dog to sniff the nail trimmers, reward. Repeat 10 times.
- Ask dog to sit and gently touch upper leg with nail trimmers, reward. Repeat 10 times.
- Ask dog to sit and gently touch lower leg with nail trimmers, reward. Repeat 10 times.
- Ask dog to sit and gently touch paw with nail trimmers, reward. Repeat 10 times.
- Place nail trimmers aside.
- Touch dog’s upper leg with hand, reward. Repeat 10 times.
- Touch dog’s lower leg with hand, reward. Repeat 10 times.
- Handle dog's paw, reward. Repeat 10 times.
- Handle dog's toes, reward. Repeat 10 times.
- Handle dog's nail, reward. Repeat 10 times.
- While holding nail trimmers handle dog's paw, reward. Repeat 10 times.
- While holding nail trimmers handle dog’s toes, reward. Repeat 10 times.
- Touch dog’s paw with trimmers, reward. Repeat 10 times.
- Touch dog’s toes with trimmers, reward. Repeat 10 times.
- Trim one nail, reward. Repeat 10 times.
- Handle dog’s paws while holding nail trimmer and reward. Repeat 3 times and end session.
- The key is to be patient and to always end in a happy, relaxed state.

**Boomerang Pet Care**

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The owner and operator of Boomerang Pet Care, **Lisa Bach**, has more than 22 years experience in the veterinary field working with a wide array of species as a Certified Veterinary Technician and an Applied Animal Behaviorist. Boomerangpetcare.com
Learning to Listen to Our Inner Wisdom
by Mary Edwards

I am always amazed when a book happens to call to me as I browse a bookstore. It was the title of the book as well as the picture on the cover that grabbed me. It was titled: Gut Balance Revolution by Gerard E. Mullin M.D. I had no idea that such groundbreaking new science is now supporting the importance of healthy gut microbiome for weight loss and our overall health and quality of life.

If our gut microbiome is imbalanced it contributes not only to weight gain but also to type 2 diabetes, irritable bowel syndrome, heart disease, allergies, depression and many others. There is even research as well on how our gut microbes have the power to affect our brain health, and can prevent Alzheimer’s disease.

The food choices we make can determine whether we are in a pro-inflammatory state or an anti-inflammatory one! Mullin’s book also includes step-by-step meal plans and food charts, plus 50 delicious and easy recipes.

I really liked all the personal stories included in the book, even the author’s, with how much this healthier eating impacted their lives: major weight loss, diabetes, heart problems, and many other illnesses were no longer present!

I always seem to need to read a lot of research before I make a decision to take the leap and commit to letting go of old habits and make healthier changes, and this research did it for me and my husband too!

It isn’t about the number of calories we eat, it’s about eating the right foods. You need to know which foods to eat, which to avoid, and how to design your meals for each phase of the program so you can create a lean metabolism. Great guidance is given for each of the three phases of the eating plan: Phase 1: Weed Your Inner Garden and Rev Up Your Metabolism, Phase 2: Rebalance - Seed and Fertilize Your Inner Garden to Restore Ecological Harmony, and Phase 3: Renew-Keep Your Friendly Flora and Your Healthy for Life.

The first phase is just a month long and we just completed it at the end of January. We are still so surprised how well it went and how delicious the meal plans are. We lost weight quite easily too. Does a healthier gut microbiome help us have a better way of accessing our intuition? (more on that next time).

Mullin’s website is thefoodmd.com

Boost your metabolism, restore your inner Ecology, and lose the weight for good.
Gerard E. Mullin M.D.
What to look for when buying a new computer?

There are five key components to a computer:

1. **Processor/CPU** (the brains of the computer - speed)
2. **RAM** (memory - multitasking)
3. **Hard drive** (storage – the amount of programs/data/pics/music that can be stored)
4. **Video** (display – only important if you are a gamer or doing CAD)
5. **Operating system** – Windows 7, Windows 8.1, or Windows 10

*First let’s start with the CPU (central processing unit). This component is what processes everything. There are three that I currently recommend and they would be Intel Corei3, Corei5, and Corei7.

- **Corei3** – Good for Internet, Email, and simple Office programs (Word) and if you are not a multi-tasker.
- **Corei5** – Good if you are using all the above plus the complete Office Suite (Excel, spreadsheets, Outlook, etc.), use QuickBooks and if you are a medium multi-tasker.
- **Corei7** – Good if you are a gamer, use CAD/SolidWorks, or you are a huge multi-tasker.

**RAM** – Memory is key for multitasking since a computer has to remember all the different things you are doing. The more memory you have the faster the computer will be as it does not have to think about what it is doing. Memory is a cheap upgrade and can be easily updated so the amount that a computer comes with is not as important as what is the maximum amount of memory the computer will hold. For example, if a computer comes with 4GB of RAM and the max amount it will hold is 32GB that is good. If it comes with 4GB and the max amount is only 8GB then that is not good, as you can only upgrade it to 8GB max.

***Hard drive** – this is the component that your operating system, programs, and data/pics/music are stored on. The more programs, data, and pics you install or load onto the computer the less storage space you will have. Hard drives come pretty huge these days (usually 500GB or larger) so running out of room is not likely and if you run out of room for pics or music they can easily be stored on an external drive. Typically, most people will never use more than 200GB.

****Video** – most computers come with integrated video (which means it is built onto the main board) and that is all you will ever need. If you are a gamer or use CAD/SolidWorks then you may want a separate high end video card. The high end video cards have more memory built into them and have a quicker response time and better graphics for gamers.

*****Operating system** – This is really a personal preference. Microsoft is offering the free update to Windows 10 for one year (July 2016) and if you decide you do not like it you can go back to your previous OS within 30 days of updating it. Windows 7 had the start menu and programs, Windows 8 went to more of a look like a cell phone and has apps instead of programs. Microsoft took what was best in both Windows 7 and 8 and combined them in Windows 10.

There are of course a lot of other components to a computer, but this is to be used as a basic guide to buying a new computer.
Observations from the Middle of the Crowd

POTENTIALLY REDUCING MASS SHOOTINGS

This week in Milwaukee the FBI arrested a person who alleged he was going to kill thirty people. He felt by doing so he would be known worldwide for what he had done. After each of the tragedies were completed, the perpetrator knew he would be on the news several days along with his name and picture. Panels of “Talking Heads” would discuss his possible motivation, friends and family would be interviewed and the killer would become, in his twisted mind, a celebrity.

Each time this happens the FBI is interviewed and one of the items the y bring up is the copycat syndrome. The people who do these things are not rational and all they see is that by committing one of these acts they are known nationwide for several days. Never mind that they are usually dead, often by their own hand. They have become “Somebody.”

What if the media had an agreement that they would not give out the perpetrators name or picture? They would only be referred to as the mentally-ill perpetrator. The perpetrator would not be treated like a celebrity. This may reduce the copycat syndrome we are currently experiencing.

Kerry G. Denson
Brig. Gen. (Ret)

How Hospice Helps

Although everyone knows it’s impossible to live forever, most people do their best to avoid that fact until they themselves, or someone they care about actually nears the end of life. Unfortunately, this means many people are totally unprepared when the time comes, and as a result, they miss out on valuable resources that could be of great benefit to them.

Debby Boyd, the director of access and program development at Rainbow Hospice Care, says it’s important that people know about all their options before they end up in a crisis situation. “All too often we hear patients and family members express regret that they didn’t know there were choices available that went beyond treatments and procedures that concentrate on cure and extending life. Sometimes, whether due to aging, illness, or injury, those objectives are just not possible—and striving for them only increases suffering. That’s where hospice can make a huge difference.

Hospice is based on providing comfort care, otherwise known as palliative care, which focuses on quality of life—even when there is no cure. Regardless of age, race, gender, faith, ethnicity, or economic status, hospice is appropriate for patients with any type of life-limiting illness including cancer; heart, lung, kidney and liver diseases; stroke; Parkinson’s disease; Alzheimer’s; and ALS. Most patients receive hospice services in their own home—wherever they call home—which can include assisted living and other long term care facilities. If a patient needs more intensive monitoring or symptom management that can’t be provided at home, the Rainbow Hospice Inpatient Center in Johnson Creek may be an option. Fees are generally covered by Medicare, Medicaid, or private insurance plans. When a patient is otherwise uninsured, care is never denied due to inability to pay.

“One of the biggest misconceptions about hospice is that a person needs to be very near death to be admitted,” says Boyd. “The truth is that hospice can provide many months of support. In hospice, terminally ill patients and their families are supported by dedicated teams of compassionate, highly skilled caregivers—physicians, nurses, hospice aides, social workers, chaplains, grief counselors, other therapists, and trained volunteers. This holistic, integrated approach allows each individual to receive comprehensive physical, emotional, social, and spiritual care tailored specifically to his or her own unique needs and desires.

“The sooner people learn about their options the better,” adds Boyd. “That way, they can consider their own specific needs and wishes and weigh out the benefits and drawbacks associated with each. Then, if or when they need end-of-life care, they can focus on making the most of the time they have left—living each day to the fullest—right up to the end.”

For more information, visit: www.rainbowhospicecare.org, or call (920) 674-6255.
Submitted by Rainbow Hospice Care
Alton Brown’s Oatmeal Banana Bread

http://altonbrown.com/oatmeal-banana-bread-recipe/

Ingredients

1. 6 ounces old-fashioned rolled oats (not instant)
2. 3 ounces all-purpose flour
3. 1 teaspoon baking soda
4. 1/4 teaspoon baking powder
5. 1/4 teaspoon kosher salt
6. 1/2 cup unsalted butter, at room temperature
7. 8 ounces granulated sugar
8. 2 large eggs
9. 1/2 teaspoon vanilla extract
10. 1 cup (2 to 3) very ripe bananas, mashed

Instructions

1. Heat oven to 350 degrees F.
2. Spread oats into a thin layer on a half sheet pan.
3. Bake for 15 minutes or until lightly toasted.
4. Cool oats slightly (2 to 3 minutes).
5. Coat a 9 x 5-inch nonstick loaf pan with non-stick spray and set aside.
6. Pulse the toasted oats in a food processor until the consistency of whole wheat flour.
7. Add the flour, baking soda, baking powder and salt to the food processor and pulse 2 to 3 times to combine. Set aside.
8. Combine the butter and sugar in the bowl of a stand mixer, and mix on medium (4) speed using the paddle attachment for 2 to 3 minutes or until light in color. Stop and scrape down the sides of the work bowl as needed.
9. Reduce mixer speed to the lowest setting and add the eggs, one at a time, making sure each egg is fully incorporated before adding the next. Stop to scrape down the sides of the bowl, if necessary. (A good batter is essentially an emulsion, so this slow addition of the eggs is critical.)
10. Add the vanilla extract and banana, and mix on medium-low (2) to combine (The batter will look kind of curdled, but that’s OK).
11. With the mixer on the lowest speed, slowly add the flour mixture until just combined. Scrape down the sides of the bowl as needed.
12. Pour the batter into the prepared loaf pan.
13. Bake for 50-55 minutes or until an internal temperature between 200 to 210 degrees F is reached.

Cool for 15 minutes in the pan, then run an offset spatula or other thin tool around the edge and turn out onto a rack to cool completely

Submitted by Mary Vasquez
THREE
HUNDRED
SIXTY FIVE
by Doug Bruss

Calendar, calendar
On the wall
What’s in store
As we venture forth
Into this new year

I notice the usuals
Holidays that lift the spirit
Give us time off and
Help us think about others

All your squares seem
to fill up quickly.
Many will have to do
with family, friends, fun.
Some may strive to
teach us something.
Some will be faced reluctantly

First thing in the morning
check the calendar
What’s the schedule today?
I need to plan accordingly

The names and numbers
in those squares
Tend to become our reality
Are we married
to the schedule?
A security blanket perhaps

What of those moments
between appointments
Times of blank spaces
Time that we might devote
to finding out
who we really are
Time to pay attention
to those moments
that take
our breath away
Free time,
what a novel concept
Time devoted to possibilities
Which help us learn
meaning and value

Looking beyond the calendar
Explore, you will like
the person you discover
Who will it be?

I became a poet (sort of)
Because I took the time to
hang out with words
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