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Dr. Marwat enjoys reading, traveling and exploring new places. He also enjoys playing and watching cricket and is a big fan of the Pakistan Cricket Team.

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every woman has a story

Cover & Contents by Travis Pohl of E&M Photography



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every woman has a story



Thanksgiving is a time to give thanks but also a time to be grateful. Enjoy the following quotes which teach us the true meaning of gratitude.

“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.”

- *Henri Frederic Amiel*

“At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

- *Albert Schweitzer*

“Gratitude turns what we have into enough.” - *Anonymous*

“Gratitude is a powerful catalyst for happiness. It’s the spark that lights a fire of joy in your soul.” - *Amy Collette*

“No one achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude.”

- *Alfred North Whitehead*

“Gratitude helps you grow and expand; gratitude brings you joy and laughter into your life and into the lives of all those around you.” - *Eileen Caddy*

“Two kinds of gratitude: The sudden kind we feel for what we take; the larger kind we feel for what we give.”

- *Edwin Arlington Robinson*

Happy Thanksgiving and thank you to our veterans - we are thankful and grateful for your sacrifice. Because of this you, we are able to enjoy many freedoms!

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Denise Fitzsimmons

Publisher



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InSpire

November 2019
Volume 16 - Issue 7

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InSpire Magazine is published by:

Niche Publications, Inc.
P.O. Box 850
Beaver Dam, WI 53916-0850

If you love the magazine,
mail a check with your
name and address to:

InSpire Magazine
P.O. Box 850
Beaver Dam, WI 53916-0850

one year: \$15.95

two year: \$29.95

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WITH HER WHOLE
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Written by Kay Stellflug & Photography by Travis Pohl of E&M Photography



“There are no great people in this world, only great challenges which ordinary people rise to meet,” said William Halsey Jr. People who know Kristi Hartzheim would disagree. Her co-workers and friends think she is a great person who has risen to many challenges. What makes her special is that she takes them in stride, looking for positive outcomes for each one.

Kristi Hartzheim and her family have already left a lasting impression on Dodge County, and she’s only 35 years old. She has been an advocate for families who need services, and she has provided resources since she was seventeen when her family faced the tragic car accident that left her mother and sister in need of assistance.

In 2001, this accident led her into being a caregiver and advocate. These experiences also led her to her job as a line therapist for children with autism. This led to her getting into homecare business, continuing to focus on the needs of people who needed help. That didn’t keep her from volunteering in her community just like her parents did. “I was adopted by the most amazing parents. They did foster care and adopted many kids, some with special needs.”

Her mother and father, both of whom she lost just last year, were shining examples of people who gave of themselves, had positive attitudes and modeled community service. Each of them left their mark on all whose lives they touched. Richard and Denise Dornbrook left a legacy, and that legacy is benefitting generations to come.

When her own son was diagnosed with special needs, she had the resiliency and skills to meet the challenges. “The hardest part of being a parent to a child with special needs is not knowing (where to find) resources to help you, when you want the most for your child,” said Kristi. Her son Karter was diagnosed with ADHD, 15Q Duplication, Elopement, allergies, frontal lobe disorder, and a few other things that make it hard for Karter’s impulses to intensify. Knowing where to find help, and even what kind of help, was essential. “Karter is like having triplets,” she added, grateful for her big family and the caregiving skills they all learned growing up.

Kristi’s involvement with caregiving and raising awareness started early and hasn’t wavered. Her entire family has always been quick to help with kindness and compassion. “I think the reason I advocate and do what I do is to make sure other families get as much support as they can. Getting services that are available is essential, and I want every parent to know they are not alone.” Kristi meets with representatives at the Capital on Disability Advocacy Days and she and others tell their stories.

Although her full-time job is with BMO Harris Bank in Watertown, and her job is helping people with their finances as well as providing information and assisting with their needs, she still has time to continue her community work. Her children have readily joined in those efforts.

“Kristi is an amazing mother who leads by example, and with her whole heart,” said her friend Julie Maree. “Kristi is one of the most genuine and loving people I have ever met,” Julie continued. “She is a constant advocate for the well-being of those around her.”

Advocacy is the resounding theme of her life. Initiating and supporting those projects and organizations that make a difference is her forte. Karen Gibbs speaks of it like this: “Kristi sees a need and works to meet that need. She has taught me the power of advocacy. That is one of the most inspiring things about her. Her message is empowering others and she does it with her upbeat attitude. She is also a great example of work-life balance. She makes the time to work, focus on family and have fun with community events and volunteering.”

That volunteering has included her sons Karter, now 12, and Kleyten, 9, who are learning about community. To say Kleyten has a big heart would be an understatement. Kristi says he gets it from his grandparents. He loves to volunteer, raise money for causes and his admiration of the police and fire departments is amazing.

He has been involved with the 9/11 Stair Climb having a lemonade stand and raising donations of \$1,500 dollars. He helps with the K9 dog fundraisers and displays a passion that members of the fire and police departments appreciate. He also plays hockey, is a good student and can make a siren sound just like an actual siren!

Karter assists in fundraising as well and has a personal appreciation for the police force. They have assisted him in numerous ways, and he is grateful. One of the more recent projects the family has been involved with is Project Lifesaver. Project Lifesaver has been in Beaver Dam since December 2018 and Police Chief John Krueziger reported that it has already made a very positive impact on the community.

The program provides monitors for individuals with Alzheimer's, dementia, autism and Downs Syndrome. The small bracelets that look like a watch contain a transmitter emitting a radio signal which is trackable. Sergeant Eric Smedema worked with Kristi to establish the program which involved fundraising, training and purchasing the wristbands and replacement batteries which need to be changed every month or so.

The Dementia Coalition gave a \$5,000-dollar boost to get the momentum going and the rest was up to the volunteers. "This has been such a positive experience for all of us," said Sergeant Smedema. The trained officers get to visit the homes of those who wear the device and visit with the family when they change the batteries and check on the wearers. It is a great way to show their support.

"Kleyten Hartzheim is the miniature face of the police department. He checks Karter's battery every day and is so supportive," added Smedema. Costing only \$300 per person per year, this program gives families peace of mind and is truly a lifesaver.

This peace of mind is reflected in Karter's observation when he says, "It helps me stay safe." Kleyten comments, "This keeps my brother protected."

Helping the community, helping the police and fire departments, and helping each other is what this family is about. They are definitely making a difference.

Mary Fitzgerald has known the family for a long time. "I'm not exactly sure where I met Kristi, but I'm sure glad I did. Her energy is contagious, and she is an absolute joy to be around. Whether bartending at Chapel of the Archangels, volunteering at Taste of Wisconsin or getting into the action at the Citizens Police Academy, she brings positive energy to whatever she does."

Mother Teresa has a quote that might be far more appropriate than the William Hasley quote. She said, "We cannot all do great things, but we can all do small things with great love." If you look up that quote, you might find a photo of Kristi Hartzheim underneath.

Anyone interested in donating to the Project Lifesaver may call the police department or stop in. The website is www.projectlifesaver.org. *



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Inset: U.S. Army veteran Anthony (Tony) Mielke displays the awards and medals he received for his service in Vietnam, including the Purple Heart and Bronze Star. Inset: A young soldier, Anthony (Tony) Mielke, was drafted and sent to Vietnam in 1970.



Vietnam Revisited

Written & photographed by Dorothy Bliskey

When Army veteran Anthony (Tony) Mielke returned from the Vietnam battle ground in 1972 with shrapnel embedded down the left side of his body, he had no idea he'd be returning for a "tourist" type visit with 52 other vets 50 years later.

The two-week tour came about in February this year due to the efforts of Old Glory Honor Flight based in Appleton. It didn't cost Mielke or any of the vets a dime.

"Old Glory was so generous," Mielke said. "They spared nothing – they even put us up in four and five-star hotels that offered an unbelievable breakfast buffet each morning."

Although all of the Honor Flight hubs throughout Wisconsin offer one-day tours to Washington D.C. for veterans, this was the first trip back to Vietnam – the war zone where young soldiers fought for their country and their lives a half-century ago.

Mielke, a retired Fond du Lac Postal Carrier, known as "Steve" by most friends, was just 20 when the letter came in the mail in 1970 to let him know he was being drafted. Five months later,

after basic and advanced training with the U.S. Army, he was on a plane headed to Vietnam. Once there, he'd be battling the enemy with fellow members of the 101st Airborne Division.

"At that time, the draft process was considered a lottery," Mielke said. "I wasn't too surprised as I knew my number was close to the top and would probably be selected soon."

Ironically, it was also a "lottery" that earned him the trip back to Vietnam this year with Old Glory Honor Flight. Out of 600 applicants, 53 names were drawn at random. Mielke, now 69, was one of the vets selected to go. While he had been unlucky in the draft 50 years ago, his luck had changed.

"When one of the Old Glory Honor Flight people called to tell me I had been selected, I was thrilled to death," Mielke said. "I never imagined I would get back there."

Mielke, along with fellow vets on the Honor Flight trip, had mixed emotions as their plane flew from O'Hare Airport in Chicago and landed in Saigon. "I felt glad that I was back. But for 50

years it never really left my mind. Many of the memories were not good ones."

Assigned to an infantry unit in a combat zone, Mielke patrolled the central highlands (mountains) near the cities of Da Nang and Hue. He was injured while exiting a combat assault helicopter on a mountain top landing zone when he stepped on a hidden explosive – a booby trap now (now known as an IED). Instantly, his body was embedded with shrapnel down his entire left side. He was flown to a nearby field hospital by helicopter, and then evacuated to an Army hospital in Japan. After two months recovering there, he returned for his final six months of duty in Vietnam. Mielke received the Purple Heart for his injuries.

During his two years of service, Mielke was also commended for volunteering to be on a 6-man team with a dangerous mission. "We jumped out of the chopper into the jungle in a combat zone to set up a perimeter," Mielke said, noting the purpose was to open up a landing zone. For his bravery, he received the Bronze Star.

Mielke was taken by surprise at the changes he saw first-hand during his return this year.

"I was amazed how much the country changed – the cities look nothing now like they did then. There are high rises, five-star hotels and long stretches of beautiful beaches. It looks like a vacation destination and the beach is much more upscale than the one we went to for R & R back then. The biggest surprise was to see how many tourists were there," Mielke said. "It's a good trip for the money if you go there on vacation."

"In Hanoi there was a cocktail bar on the 22nd floor of the hotel. It was impressive to go out on that balcony and look down on the city all lit up. It could've been any city in the U.S."

The itinerary planned for the men on the Old Glory Honor Flight took them many places.

"We went to many areas where we served," Mielke said. "Lots of it is overgrown by jungle now."

Farther up into the Demilitarized Zone (DMZ), Mielke saw the mountains and jungles where he'd spent his time in battle. "Seeing it brought back mixed emotions," he said.

One highlight for Mielke was exploring the tunnels south of Saigon where the enemy would hide out. "Now we could go down into them. We all had our moments where we were emotional."

Other highlights on the two-week itinerary included a ride down the Mekong River in sampans, the Notre Dame Basilica Cathedral of Saigon, the Michelin rubber plantation, visits to the Presidential Palace and the Vietnam Military History Museum in Hanoi, the Citadel (Imperial City), and the areas that were once combat bases.

A visit to the prison referred to as "Hanoi Hilton" took the veterans to the site where the late Senator John McCain was held prisoner. It's now a tourist site.

The food was a far cry from the C-rations they had during their service days. The vets dined on American and Vietnamese dishes at their hotel's breakfast buffet. However, their lunch and dinner meals were Vietnamese fare at various restaurants.

"We all went together by bus for lunch and dinner. "It was sort of like



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going to a banquet hall to eat, but the restaurants were very nice.”

“Some of the guys didn’t like the Vietnamese food, but I did. One night we were taken to Little Italy and had Italian food. It was a nice change.”

One of the restaurants they went to was owned by a woman who had been a Vietcong officer. “She was once our enemy but couldn’t have been nicer,” Mielke said, noting she was the second most highly decorated officer in the Vietcong Army.

It was the people living there who made the trip so enjoyable, according to Mielke. “They were so welcoming in restaurants and even on the streets. You’d never know they had been our enemy. Many weren’t around at the time of Vietnam. The majority of the population is under 40 years of age.”

For Mielke, the trip back to Vietnam where he was in battle nearly 50 years ago brought a real sense of peace. For many of the vets it was a chance to heal and rid themselves of some of the lingering terror of war.

“Normally you always remember the bad times. But going back and seeing how the country has changed and how happy the people seem to be made it all worthwhile. They were so glad to see us, laugh with us, and show us around. The people were fantastic and so friendly.”

Mielke points out that a reporter and camera man from WBAY-TV in Green Bay accompanied them on the Old Glory Honor Flight to Vietnam. “They covered our journey and produced an awesome one-hour documentary as result. That documentary kind of says it all.”

To view WBAY-TV’s 1-hour documentary online, type “Return to Nam” in the search line or go to www.wbay.com. *

NOTE: Old Glory Honor Flight is an all-volunteer organization based in Appleton that serves veterans in north-east Wisconsin. Like other Honor Flight hubs in Wisconsin and the nation, Old Glory Honor Flight sends veterans on free one-day trips to Washington D.C. To learn more, go to www.oldgloryhonorflight.org



Left: Anthony (Tony) Mielke, Fond du Lac, poses with a restaurant owner in Vietnam this year while on a two-week Honor Flight trip there with 53 other Vietnam vets. The woman had fought against the U.S. soldiers and was the second most highly decorated officer of the Vietcong. Below: The tour of the country where they once fought battles brought some peace and healing to Mielke and other vets. Group of 53 Vietnam veterans who were received a two-week trip back to Vietnam through the Old Glory Honor Flight.



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Celebrating Autumn

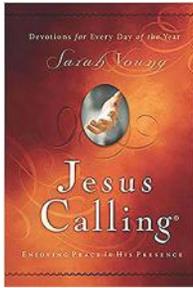
By Ashley Smedema

As I tried to decide on a topic for this month's article, I was constantly finding myself distracted and unable to concentrate on making a decision. You see, I like to do my thinking while I drive, but as you may have noticed, the colors of the leaves on the trees are currently changing. They're in varying stages of red, yellow and orange, and it's hard to concentrate on anything but these lovely colors flying by my car as I drive. I'm guessing I'm not the only one who has found themselves in a situation where they'd rather be staring at the gorgeous fall foliage than doing whatever they should actually be doing, so let's talk about autumn and all the great aspects it offers us.

Autumn is a beautiful time of year (seasonal allergies aside), and there's a reason most people name it as one of their favorite seasons. The weather has cooled down, you can break out your coziest sweaters, you've got a great reason to drink hot chocolate, and as I mentioned before, the world becomes a bit more beautiful.

On a recent trip to the east coast, I asked a local friend whether they have any trees that turn color. He explained that sadly, the trees along the road did not change colors – they went from green to brown and then some would die off while some stayed brown for the winter. Now, there are a lot of reasons I love living in the Midwest, but the trees changing colors has got to be on my top ten shortlist. It's one of those things you might not think to appreciate until you're on a three-hour car ride down a highway lined with trees in the middle of October and not one tree has changed color.

Did you know there's a term for the activity of observing leaves changing colors? It's called leaf peeping – a term which made me giggle the first time I heard it. Serious leaf peepers will travel around the Midwest and northern New England regions to observe leaves changing colors, photograph their beauty and take in the incredible sights while they last. This is a great way to celebrate the autumn season while enjoying the cool weather before it becomes unbearably cold. There's even an article online from the Travel Channel about tips for the best leaf peeping road trips. But if you're not that serious about seeing all the leaves, it's probably sufficient to take a walk around your own neighborhood and check out the foliage all around you.



Do you sit and think about tomorrow, or the next day, or the next week, trying to figure out how things will go? Do you try to find solutions to every possible problem that may arise? How does that make you feel? We live in a society where careful planning and preparedness is respected and honored, so it is hard to refrain from trying to keep everything in control and obsessing about every minute detail. Don't try to do it all by yourself! This is one recurring theme in this daily devotional. A recent entry states, "You will not find My peace by engaging in excessive planning, attempting to control what will happen to you in the future." Instead, we are to, "Commit everything to My care."

There are so many entries in this devotional that speak directly to core issues many of us deal with, including worry, anxiety and discouragement. The peace many of us seek is promised to us if we trust in Him, and if you are like me, you need daily reminders of this. *

*A book review by Pamelyn Garcia, MLIS
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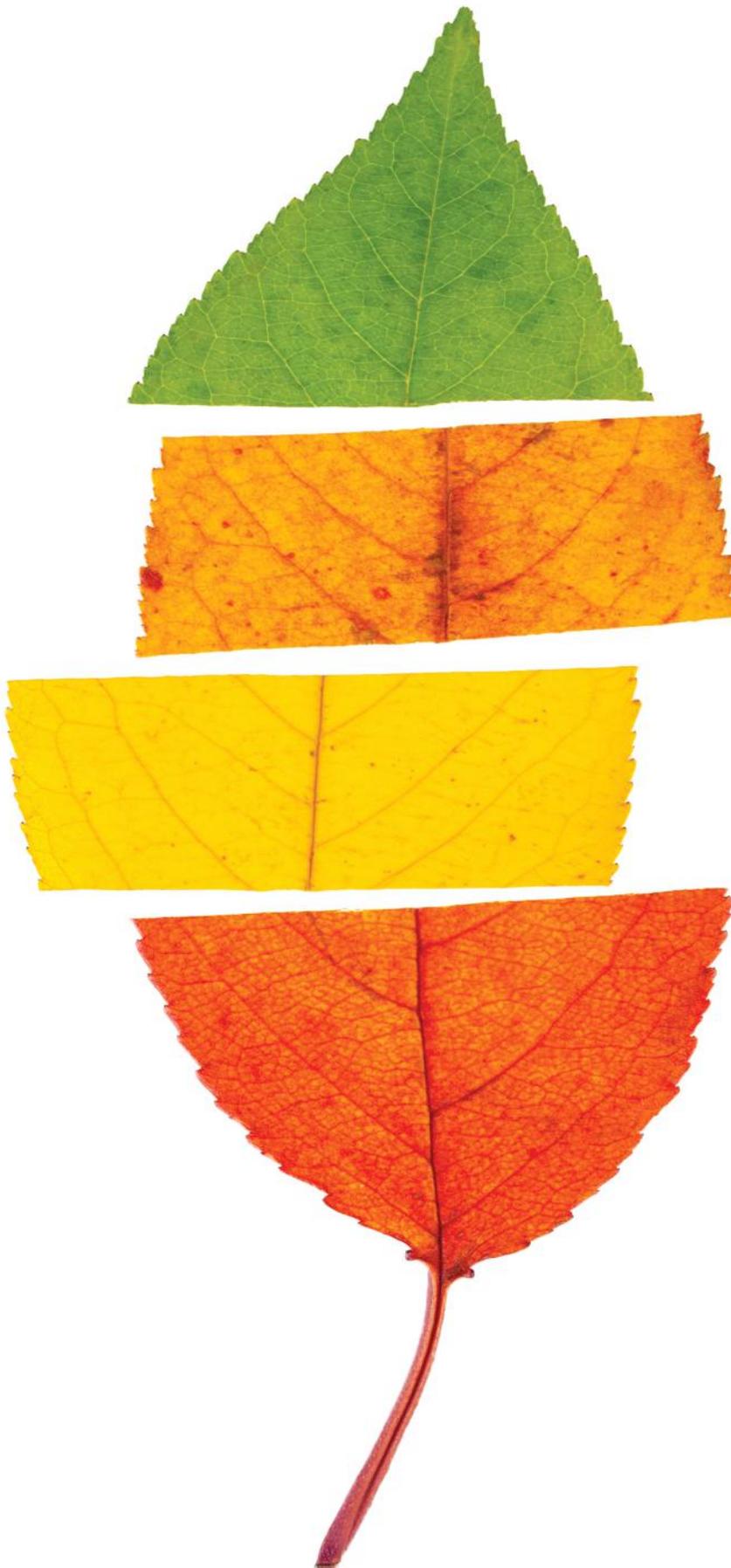
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Another great way to celebrate autumn is by hosting gatherings with friends and family. It's football season, which means it's Packer party season, if you're anything like me. Even if you're not a Packer fan (which is your loss), inviting friends over to watch a football game is a great way to spend an afternoon or evening. My friends love throwing chicken wings in the crock pot, making pretzel dip, and getting together to watch a game and spend time together.

You don't necessarily need to be a football fan to host a little gathering, either. In addition to the traditional Thanksgiving celebration, it has become increasingly popular to hold a "Friendsgiving," which is exactly how it sounds: a Thanksgiving feast held with friends. Most of us spend the actual holiday with our close family, but celebrating Friendsgiving gives us a chance to acknowledge our thankfulness for our friends as well. If you schedule it on everyone's calendars far enough in advance, you may even get the opportunity to spend time with people you don't see very often. And you get an extra Thanksgiving meal. It's a win all around.

In his novel *The Great Gatsby*, American author F. Scott Fitzgerald wrote, "Life starts all over again when it gets crisp in the fall." Whether or not you've read the book, there's something about that quote that rings true. During autumn, I tend to find myself reflecting on the past year – typically more than I do at the end of the calendar year. It's the season where students are back in school, deemed one year older by educational standards. It's the start of sports seasons and new seasons of our favorite TV shows, and the chill in the air forces us to begin preparing for the upcoming winter that lies ahead.

If August is considered the dog days of summer, the autumn season is a wake-up call for us to begin again in various capacities. It's time to re-evaluate your cold-weather wardrobe, pack away the beach bag, and start thinking about your plans for the holiday season. While it may sound daunting, we can still find incredible comforts in gathering around a bonfire, drinking hot chocolate, wearing our favorite coats, lighting pumpkin-scented candles at home, and stepping on crunchy leaves falling around us as we take a walk.

Yes, the days start to become shorter during autumn as the sun sets earlier. You'll need to turn the heat up in your home eventually, and you won't be able to go outside without a jacket. If you're like me, it'll become increasingly difficult to pull yourself out of your warm bed and start the day. But there are lots of great reasons to celebrate the autumn season, and it all starts with driving a little slower and admiring the autumn leaves changing colors outside your windows. If you're feeling especially adventurous, you could even take a little drive to peep some leaves. Enjoy the season! *



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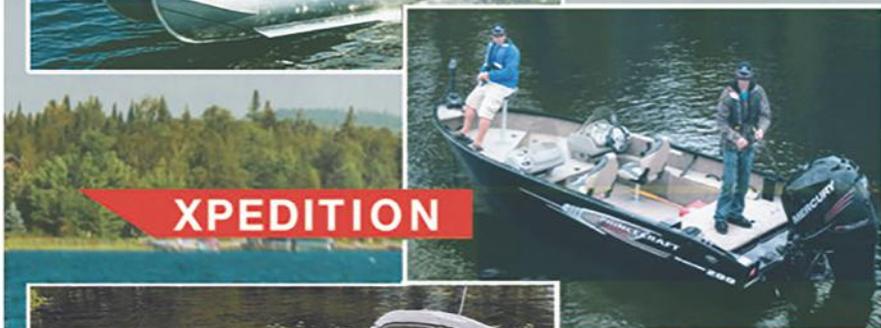
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Green Bean Casserole

Ingredients

2 pounds green beans
Kosher salt
2 tablespoons olive oil, divided
1 pound cremini mushrooms, sliced, divided
6 tablespoons unsalted butter, divided
4 large sprigs thyme
2 tablespoons all-purpose flour
1¼ cups whole milk
1 cup heavy cream
4 garlic cloves, finely grated
½ cup grated Parmesan
Freshly ground black pepper
¾ cup French's fried onions

Directions

Preheat oven to 350°. Prepare an ice bath: In a large pot of boiling water, add green beans and cook until bright green, about 6 minutes. With a slotted spoon or tongs, quickly transfer green beans to ice bath to cool, then drain and transfer to a large bowl.

In a large ovenproof skillet over medium heat, melt 2 tablespoons butter. Add onion and cook, stirring occasionally, until tender, about 5 minutes. Add mushrooms and season with salt and pepper. Cook, stirring often, until mushrooms are golden, about 5 minutes more. Stir in garlic and cook until fragrant, 1 minute, then transfer mixture to green bean bowl.

In same skillet over medium heat, melt remaining 4 tablespoons butter. Whisk in flour and cook until golden, about 2 minutes. Gradually whisk in milk and season with salt and pepper. Bring to a simmer and cook until thickened, about 4 minutes. Remove from heat, then add green bean mixture and toss until even combined.

Bake until warmed through and bubbling, about 30 minutes. Top with fried onions and bake 5 minutes more.



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Horicon Bank & Markesan State Bank Merger Complete

Horicon Bank has officially merged with Markesan State Bank. Markesan State Bank's former four offices opened Tuesday under the Horicon Bank brand.

Through the merger, Horicon Bank added locations in the Markesan, Randolph and Waupun communities – bringing Horicon Bank's total locations to nineteen.

"Horicon Bank has long been a partner with the communities we serve," said Frederick F. Schwertfeger, President of Horicon Bank. "We are invested in their success – both financially and through our community involvement."

"The logo on the building may have changed," said Schwertfeger, "yet the friendly faces and helpful customer service are the same. Our new customers will also enjoy a whole new level of enhanced products and services at Horicon Bank."

Schwertfeger says the two organizations have always shared quite a bit in common.

"From the beginning of the merger process, we have been encouraged by the customer-focused attitude of Markesan State Bank staff," said Schwertfeger.

Horicon Bank now operates nineteen offices in seven counties and has \$880 million in total assets.

(HORICON, WI) October 15, 2019

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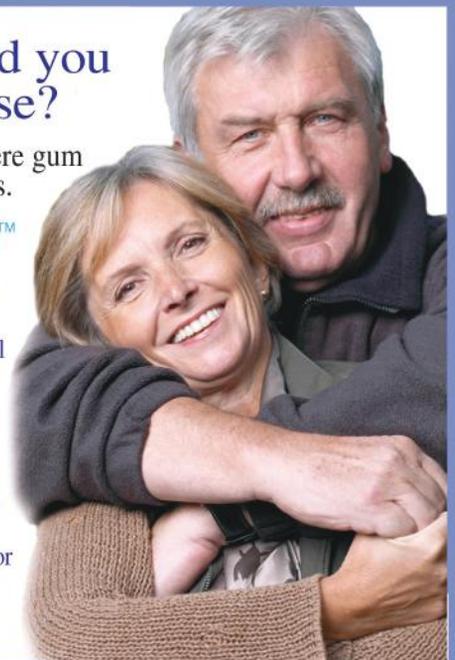
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***Columbus Community Hospital & Prairie Ridge Health Clinic
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Why Prairie Ridge Health?

A giant field of drumlins spans Columbus Community Hospital's entire service area from Beaver Dam all the way to Sun Prairie. These drumlins, or mini ridges, were formed by the glacier as it moved through the area, now covered by prairies. Thus the name, Prairie Ridge. We are not only a hospital, we are a hospital with clinics, wellness programs and community outreach that focus on you as a person. One word that encompasses all of these things is health. We are Prairie Ridge Health.

We're inspired by YOU!

A culture that is focused on building caring relationships with those the hospital and clinics serve will continue to inspire the healthcare team to treat patients as individuals, not just a number.

We are YOUR hospital and clinics

The organization has not been purchased by another health system or governing body, there are no changes in insurances we accept, there are no changes in employment, and all phone numbers will remain the same. Over the next several months, the organization will be transitioning its website, email addresses, signage and all printed materials to the new name. Redirects have been put in place to capture emails and guide consumers to the appropriate website URL.

The number of people we serve, our facility, our clinics, and our healthcare team has all grown. Our new name, Prairie Ridge Health, spans the region, allowing everyone we serve to feel that we are their hospital.

A culture that is focused on building caring relationships with those we serve will continue to inspire our healthcare team to treat patients as individuals, not just a number.

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would like to give thanks to those who served.

HAPPY VETERANS DAY



Cheryl Laatsch is the creative mind behind Higher Grounds Coffee Shop in Beaver Dam.

Five years ago she opened her coffee shop with a vision of bringing people together. The coffee shop features locally crafted gifts with many of the artists from Dodge County, including local honey, and handmade candies.

There are art classes, live music, and markets to bring people together and participate in all that the area has to offer. There are always new events and new gifts to check out.

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What You Should Know About Palliative Care

By Marshfield Clinic Health System

Palliative care focuses on managing symptoms, limiting discomfort and helping people live as well as they can as they approach the end of life.

“It’s about making the time people have left quality time and helping them live as comfortably as they can,” said Dr. David Schifeling, a palliative care physician at Marshfield Clinic.

Hospice vs. palliative care: What’s the difference?

Dr. Schifeling described hospice care as under the umbrella of palliative care.

According to the National Institutes of Health, “Both palliative care and hospice care provide comfort. But palliative care can begin at diagnosis, and at the same time as treatment. Hospice care begins after treatment of the disease is stopped and when it is

clear the person is not going to survive the illness.”

Hospice is a defined Medicare benefit with a structured program of palliative care for those with a prognosis of six months or less, Dr. Schifeling said.

Where is care provided?

Palliative care can be provided in multiple settings, including a person’s home, a nursing home, an assisted living facility or a hospital. When providing palliative care, Dr. Schifeling helps patients manage pain, nausea and other symptoms related to their illness.

Managing pain

Dr. Schifeling said he did not think palliative care can make the end of life entirely pain free, but his goal is to make people as comfortable as possible while still being able to function. Opioid pain medications are often the foundation of pain control for palliative care patients. However, massage therapy, aromatherapy and other pharmaceutical and non-pharmaceutical approaches also are used to achieve pain relief.

A team approach to care

Palliative care also provides emotional support for patients and their families. In addition to physicians, social workers, spiritual counselors, nurses, pharmacists and nutritionists also may be part of the palliative care team.

Dr. Schifeling added that it is important people consider what makes life worth living and to discuss these thoughts with their family and loved ones. Planning ahead for end-of-life situations can make those times more peaceful, comfortable and less stressful for the patient and their family. Filling out an advance directive is an important part of being ready for a medical situation where you may be unable to fully communicate your wishes for care.

For more information on palliative care in Dodge County or how to complete an advance directive, call Jenny Schlagel at 920-887-5904. *

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Insights From Moyamoya

An SLP empathizes with her students' struggles after her own post-stroke speech difficulties.

*By Kelly Braker photo by
Travis Pohl of E&M Photography*

Watching the Green Bay Packers on TV is a weekly ritual in my home. But a family tradition was interrupted—and my life after 24 years as a speech-language pathologist drastically altered on Dec. 20, 2015, while the Packers played the Raiders in Oakland.

Late in the game, as my teenage sons, Luke and Neil, cleaned up after dinner, I lost my ability to speak. I gestured to Luke, and the look on his face horrified me. He began to panic, and so did I. “Why are no words coming out of your mouth, Mom?”

By that time, I had no feeling on the right side of my face, and I realized I was suffering a stroke. “Call 9-1-1!” I blurted.

Thus began my journey with moyamoya, a rare progressive cerebrovascular disorder that takes its name from the Japanese term meaning “puffs of smoke.” It’s caused by blocked arteries at the base of the brain’s basal ganglia, and the tangle of tiny vessels that form to compensate for the blockage resembles puffs of smoke, medical experts say.

After six months of MRIS, MRAs, CT scans, and brain angiograms, I had a diagnosis. Until then, every little tingling in my lips, difficulty with word retrieval, and slightly slurred word convinced me I was experiencing another stroke.

Finally, in May 2016, my neuro-endovascular surgeon determined that moyamoya caused narrowing of my left internal carotid artery—slowing blood flow to my brain, depriving it of oxygen and triggering the stroke.

Two months later, I had extracranial-intracranial bypass surgery, allowing my healthy blood vessels to bypass blockage in a narrowed artery and providing additional blood to my brain. After four days in the neurological intensive-care unit at University of Wisconsin Hospital, I suffered a second stroke.

While asking my husband for a sugar substitute to sprinkle on strawberries, I experienced dysarthric speech and aphasia. Evaluations from occupational and physical therapists and SLPs determined the next steps.

The speech evaluation hit me hard, as I experienced what my students do when I ask for answers they don't know, words they can't retrieve and sounds they can't pronounce.

After five more days in the neurological ICU, I was discharged - for home recovery, characterized by severe headaches and energy loss. My full recovery took three months. Moyamoya has no cure, and I have regular exams to monitor the disease.

Since returning to work in August 2016, I have an emphatic new understanding of my students' needs and struggles. I know how they feel when they tell me—sometimes through tears—that, “My tongue just won't move in that direction.”

Two years ago, I didn't know moyamoya existed. Today, it is part of my life and helps me experience the thoughts, challenges and emotions of my students on an entirely higher and much more personal level. For that, I'm grateful!

Kelly Braker, MS, CCC-SLP, has been a school speech-language pathologist for 26 years in the Beaver Dam (Wisconsin) Unified School District. -brakerk@bdusd.org. *

Michael Popke, the author's brother in-law, helped prepare this article.

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6 Basics to Food and Wine Pairing

Developing a great food and wine pairing is easily done by experimenting with 6 main basic flavor profiles. It's time to take a closer look at the fundamental flavor profiles for food and wine pairing and why it works. Match your food and wine like you're a professional chef or a sommelier.

First thing is the six basics when it comes to food and wine pairing:

Acidity in wine pairs well with fatty and sweet foods.

Fatty foods need either an acidic or high alcohol wine, otherwise the wine will taste flabby.

Bitter (aka Tannic) wine can be balanced with a sweet food.

Salty shouldn't compete with acidity in wine. Uses sparingly as necessary to keep sharpness in the meal.

Sweet food/wine benefits from a little acidity.

Alcohol can be used to cut through fatty foods or balance a sweet dish.

To understand more about what's going on structurally with wine & food pairing, regional pairing often are perfect. An elegant Italian wine combined with delicious Italian food... Get it? Be playful when it comes to food pairing and discover your taste when it comes to regional tasting.

Unlike bitter, acidity can be added together with food and wine and will create the basis of what wine people think about when selecting a wine with dinner. If the wine has less acidity than the food, the wine will taste flat. An easy visualisation for acids out-of-balance is a glass of oaked warm climate chardonnay with a vinaigrette salad. When pairing a dish with wine, consider the acid balance between the food and the wine.

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If you love maple bacon, candied pecans and salted caramels, a wine and food pairing of a sweet wine with a salty food will probably delight you. Pair riesling with asian foods such as fried rice or Pad Thai, or try a favorite "low calorie" desserts of pretzels and tawny port.

Grab a big thick piece of fatty something-or-other and pair it with a wine with lots of tannin. This is the classic steak with red wine food pairing. Take a red wine such as an Italian Sangiovese with lots of cherry flavors and pair the wine with an herbed potato croquette, roasted red tomatoes and rocket (a classic Tuscan Secondi). Suddenly you have a dish that has the tannin balanced with the fat in the croquette and a congruent flavor in the dish and wine (tomato and cherry) that elevate each other.

Nothing like a glass of champagne to cut the fat. A high acid drink will add a range of interesting flavors to a lipid heavy dish. This is why white wine butter sauce is popular. The white wine in the butter sauce lives up to the whole dish. So when you are in a situation where there is something fatty like cheesecake, get a glass of something bubbly and zippy.

The alcohol category is a bit of a strange one. The alcohol taste actually comes across as acidity so a lot of the same ideologies of the Acid + Fat category pass over into Alcohol + Fat. The primary difference is that a high alcohol drink should not be used as a palate-cleanser because that will eff you up. Instead, look at an alcohol + fat category as a way to mitigate high-speed food consumption. A glass of 17% ABV zinfandel will greatly slow down the rate at which you consume your pepper steak.

Source: vacuvin.com/academy/food-and-wine-pairing



Let It Snow

Last week after work about 9 PM I was road testing a pre-owned car and noticed the alternator was failing. I was able to barely get home but this got me thinking about what if I had got stranded on the highway?

Here's a checklist to keep you safe this winter. The most important item, I think, and is not on a lot of lists is your cell phone. Make sure your battery is always charged and enter a tow service number in your phone. We have a couple very good tow companies in the Beaver Dam area that are on call 24/7.

This next group can be handled in one visit to your dealership or service center.

"Winterize" your car by changing the oil, testing the battery, fill the washer fluid, test the anti-freeze, replace your wipers and check your lights. Don't forget your tires. Tread depth should be greater than 5/32" when going into winter. You might even consider snow tires because they can generate more traction on snow and ice over the typical all-season tires.

Prepare an "Emergency" kit and store in your trunk. Items I would recommend to include would be: a blanket, extra boots and gloves, bottled water, energy bars, ice scraper, a small shovel, a flashlight, first aid kit, jumper cables, and maybe some sand, salt, or kitty litter for traction if you get stuck in the snow.

Safe motoring this winter and remember to take it slow when it gets slippery. *



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InSpire writer, Dorothy Bliskey, shares her pie making secrets with readers.

The Art of Making Pies

Written & photographed by Dorothy Bliskey

Who doesn't love the aroma of a warm apple pie or pumpkin pie drifting throughout the house?

It's the kind of smell associated with holidays like Thanksgiving and Christmas. But a pie, still warm from the oven, is a hit on any cold wintery night.

In my book, pie is the dessert of choice for any season and any reason. It's what I prefer to bring to a potluck or a picnic or to our Girls' Getaway weekend in Door County where I've been known to show up with my freshly baked cherry pie.

Why my fascination with pies? Making them is like creating a work of art. In fact, pie-making is an art I learned from my mother, starting when I was about 10. I can still picture her in the kitchen, making a pie crust and showing me, step-by-step, just how to do it. The love she put into the process was fun to watch. I was mesmerized. "Roll from the middle out," she would say as she methodically flattened the round ball of dough into a circular crust.

While some think the filling is the best or most important part of the pie, I say it doesn't matter so much. What makes a good pie is a good pie crust. It's the foundation of the pie. You can't build a quality house if the foundation is inferior. Likewise, an excellent pie filling is mediocre if the crust isn't up to par.

Another secret? Butter. Isn't everything better with butter? During my youth, I recall my mother expressing disgust and despair when my aunt made a sneaky trip into Illinois to buy margarine. After all, it was "outlawed" in Wisconsin – the Dairy State. But the reason it appalled her even more was the fact that my dad had won national awards for the butter he made as a professional butter-maker. Prior to his dairy farming days, he worked at the craft of making butter for a local creamery. "Enough of this 'fake butter,'" my mother would say under her breath as my aunt came back to Wisconsin with another case or two of margarine.

So, in my opinion, butter makes the crust and the crust makes the pie. Butter is the "gold" ingredient for so many things – banana nut bread, cookies, popcorn, and I could go on and on and on. But my Weight Watchers mind tells me to stop. Still...

One pie my mother made that, to this day I still don't like, is rhubarb. Other than rhubarb, I don't think there's a pie I would turn down.

Over the years, she made her mark with pies. People raved about them. Friends and relatives looked forward to her dessert-time treat. Apple pie served warm with vanilla ice cream. Cherry or pumpkin pie topped with REAL whipped cream. My mother would bring a covered pail of milk into our kitchen – milk derived from our cows. Then, she'd carefully skim the cream off the top of the milk. Whipping it made a delicious topping for any of her pies. In later years, when she was a widow, still living on the farm that no longer operated as a dairy farm, she would make sure to have "whipping

cream” on her grocery list. Real whipping cream for the top was as important to her as having real butter for the crust.

At one point, my mother was asked to demonstrate the art of pie-making for school students interested in home economics or 4-H members enrolled in cooking projects.

Over the years, I’ve absorbed at least some of her pie-making talent and continue the tradition. It’s easy and fun for me to make a pie – mainly because she was such a good teacher. I always set out to create the quality pie she taught me to make. But I don’t always get it perfect. Then again, I’m sure she didn’t either. After all, you get interrupted with a phone call... you forget to set the timer and smoke fills the air... you accidentally dump too much flour into the fruit filling which turns out thick like paste. Those boo-boos were rare, but occasionally did (and still do) happen.

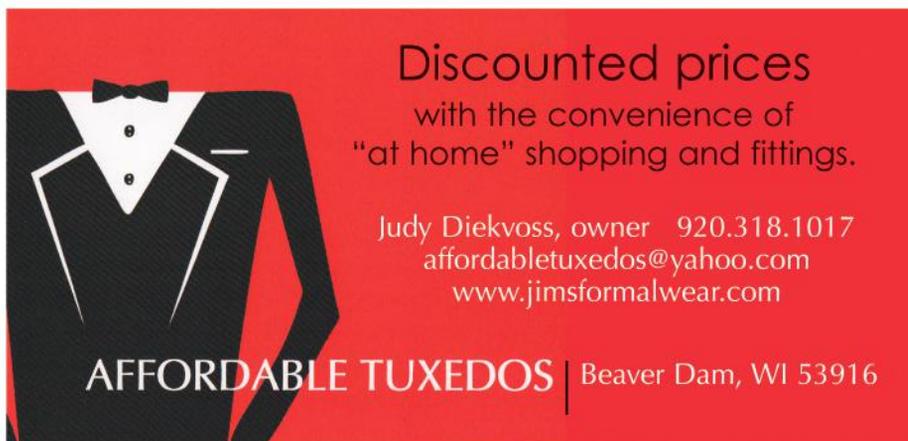
A few years ago, my daughter-in-law Karen, who sadly passed from cancer at age 40, hinted at how much she liked my apple pies. During her last couple years of life, my husband and I would travel four hours north to visit her and our son Chad quite often. It was such a pleasure to visit and help them enjoy life and each other while, at the same time, pitching in to help relieve them of some of the household tasks. I always prepared food to take and share. One of Karen’s favorites, I learned, was my pie – especially apple pie. One time, she asked if I’d make a few so she could keep them on-hand in the freezer. It was my honor to boost her spirits and her life with comforting homemade pie. I know Chad and their son Zachary enjoyed the treat too.

I guess my mother’s pies were the Gold Standard for me – the measure I used to compare hers to other pies. On a scale of 1-10, were they as good as my mom’s pies? It was difficult to hit a 10 but many have come close.

While my mother died many years ago, memories of her diligence and passion for pie-making are fresh in my mind. I can still taste her pie as I close my eyes and recall those days.

Now, as the holidays quickly approach, I’ve decided to share this story and some simple but tasty pie recipes. Enjoy the aroma! *

For Dorothy’s recipes see page 38 & 40



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Dorothy's Pie Crust

This tender, buttery crust is very versatile and excellent with any type of filling. InSpire Magazine writer Dorothy Bliskey has been using this crust recipe for decades (makes 2 crusts).

- 2 Cups of Flour
- 1/3 teaspoon salt
- 2/3 cup butter, softened but not melted
- ½ cup cold water

Mix flour and salt together in large mixing bowl. Drop chunks of soft butter (equaling 2/3 cup) into the flour. Use the back of a fork or a tined pastry blender to “cut” the butter into the flour mixture. When butter pieces are the size of a pea and thoroughly coated with flour, scatter the cold water across the top of the flour-butter mixture. Gently toss with a fork and/or mixing spoon. (If too dry, add a little more water and/or butter so dough is soft and pliable.)

Divide dough in half. Form into 2 balls. Wrap each in waxed paper or

plastic wrap. Refrigerate for 1-2 hours. Remove from refrigerator. Let sit 15 minutes. Place each dough ball onto a clean, dry, floured surface such as a laminate or stone countertop. Begin to flatten dough with hand, keeping a circular shape. Finish with rolling pin, starting in middle and rolling toward outside edges to form a 12-inch crust 1/8 to 1/4 inch thick. Wrap pastry around rolling pin. Gently unroll onto a 9-inch pie plate, carefully lowering it to line inside of pan. With sharp knife, cut off excess crust that hangs over the pan.

Fill pie crust with desired pie filling. (See suggestions below.) Roll out second crust the same way as the first. Wrap the pastry onto the rolling pin, gently unrolling and centering it over the top of the pie filling. Trim off excess pie crust that hangs down over the pie. Pinch edges together to seal. Finish the edge by neatly crimping circumference of pie with tines of a fork. With sharp knife, cut a series of one-inch slits around the top of the pie crust in a starburst pattern. Brush pie

crust top with milk. Sprinkle liberally with a mixture of cinnamon and sugar. Bake for 45-50 minutes at 375 degrees.

OPTION: Crumb Topping is another choice instead of a top pastry crust. Simply mix ½ cup brown sugar with 1/2 cup flour and 2 tablespoons soft butter. Blend with back of fork to create a crumbly topping. Sprinkle over top of pie filling. This is especially tasty on an apple pie.

Pie filling suggestions

Fruit pies are easy to make using just 3 basic ingredients: fruit of your choice, sugar and flour. Mix ingredients and pour into unbaked pie shell, using above pie crust recipe. Top with second crust.

- Apple Pie – Mix 6 cups peeled, sliced apples with 1/2 to 3/4 cup sugar and 1 tablespoon flour.
- Blueberry Pie – Mix 4 cups blueberries with 1/2 to 3/4 cup sugar and 3 tablespoons flour.
- Cherry Pie – Mix 4 cups tart cherries with 1 to 1¼ cup sugar and ¼ cup flour.

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Praline Pumpkin Pie

This pie, a favorite of writer Dorothy Bliskey, offers guests a unique twist on the traditional holiday Pumpkin Pie. The warm pecan-brown sugar topping placed on the pie during the last 10 minutes of baking, adds a deliciously sweet and buttery crunch.

Ingredients:

2 eggs
¾ cup brown sugar
1 ¾ cup pumpkin
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon ginger
1 can evaporated milk (1 and 2/3 Cup)
1 unbaked pie crust (see Dorothy's pie crust recipe)

Directions:

Crust: Make pie crust (see adjoining recipe). Place in 9-inch pie pan. Set aside while making filling. NOTE: The pie crust recipe makes two crusts. Cut recipe in half if only making one Pumpkin Pie.

Filling: Beat eggs slightly in large bowl. Add ¾ cup brown sugar, pumpkin, salt and spices. Mix well. Stir in evaporated milk. Pour into unbaked pie shell. Bake at 425 degrees for 15 minutes. Reduce heat to 350 degrees and bake another 20 minutes. Remove from oven and spoon a ring of the warm Praline pecan topping all around edge of pie. (Add some in middle if desired). Bake another 10 minutes.

Praline Topping: While pie is baking, prepare topping by slowly melting 1/3 cup butter with 1/3 brown sugar and 2/3 cup chopped pecans in saucepan on low heat. Stir to blend. Keep warm.

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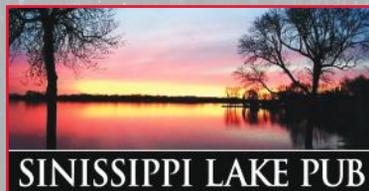
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.....
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Living in the Past – and Proud of It!

By Gloria Hafemeister

Above: Autumn Neu enjoys reenacting as much as the rest of her family.

She has combined her love for history, nature and music to organize the very successful Horicon Living History Days each summer, serve as curator of the Horicon Historical Museum, and start her own business, making and selling authentic old-time things that reenactors and museums need and desire.

Lahnne and her husband Kevin - in fact their whole family - love history. As reenactors, their favorite time period is the 1760's – 1780's.

“We are always striving to better our personas and presentation by researching and practicing the crafts and techniques of our chosen time period,” she says. “Whether it is making soap, hand-dipping candles, gardening and preserving our own herbs and produce, or learning about the medicinal qualities of plants, we strive to better our understanding of what it may have been like to live in the 18th century.”

Lahnne finds the best way to learn and to teach is by actually doing things. In 2012 she began making soap, hand made candles, natural skin care and various historical accouterments, selling them on line, museums, at reenactment events and at some farmers markets.

Her parents got involved, too. Her mother sews period clothing and knits specialty items like voyager hats using authentic wooden needles. Her dad makes wooden bowls, spoons and ladles for reenactors and noggins (cups that hang on the belt) for bushmen (those who traveled on land) and voyagers (those who traveled on rivers).

A popular item is the lady's pocket and the stories that go with them.

Lahnne explains, “Historically girls learned to sew and embroider with samplers. A pocket was a great way for them to learn their skills because it was underneath the garment and no one saw if there were any mistakes in the stitching.”

From the 17th to the 19th century most women had pockets. They served as handbags or purses would today. They were worn under petticoats and considered “undress” items.

Petticoats had openings inside the seams so the woman could put her hand through it and reach into her pocket.

In the old days many people shared homes and rooms and furniture. The

pocket was the only private place a woman had to keep things she didn't want anyone else to see or get.

Lahnne home-schooled the couple's three children and they have all come to love the reenacting activities.

Lahn, 19, is a blacksmith and enjoys playing the parts. Likewise, Autumn, 17, enjoys wearing the historical clothing and makeup. When the family is camping at an event she likes to fetch water the old-fashioned way and carefully balance two containers on a shoulder yoke. Isabella, 12, helps with the soap making and has not yet developed her own niche.

While some reenactment events highlight a particular event or time period, Horicon Living History event is not one particular period but rather a time-line.

Lahnne personally invites those who will portray a particular time period. She requires that everyone there be as authentic as possible and reach out to talk to visitors and teach them or demonstrate a particular skill.

True reenactors, Lahnne explains, are very serious about making sure that everything is authentic, right down to the exact detail.

She illustrates, "My Mom may like to knit with aluminum needles but at this event she needs to use wooden ones as would have been used in that time period."

She adds, "I also need to remind my dad not to use his travel coffee mug at a reenacting event."

Lahnne got interested in starting the Horicon Living History event as a means of attracting visitors to the local museum.

When the Neu family moved to Horicon in 2006 she got involved with the Horicon Historical Society. Soon she became the curator of the impressive museum and she started to search for ways to share this treasure with others.

"Our museum, the Satterlee Clark House was built in 1855. It provides an opportunity to teach local history about life in the late 1800's," she notes.

Like anything we get into, an interest in one thing often leads to interest in another.

Lahnne's interest in attracting people to the museum combined with her interest in reenacting and the uniqueness of the buildings that made up the museum



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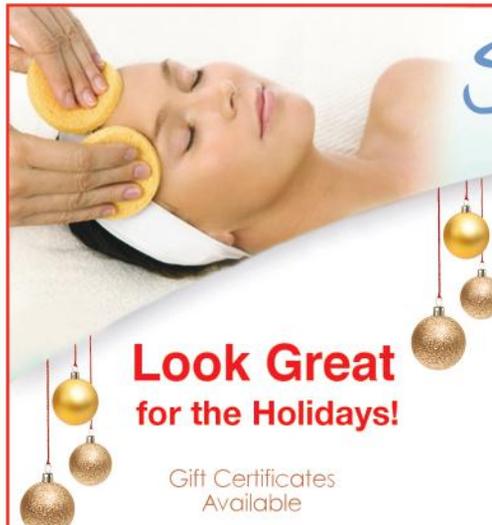
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complex led to some very successful Halloween events.

She says, “There were rumors and stories floating around about haunts in this old house so we decided to build on that. These tours are not your typical haunted house tours – they are meant to educate and entertain.”

She did her research and learned about the wakes and traditions and superstitions surrounding them and decided to reenact a wake at the site and invite people to come.

Her research revealed that wakes (funerals) used to take place in private homes and those attending were by invitation only.

During the 18th and 19th centuries there developed a morbid fear of being buried alive. A four-day wake period helped assure loved ones that their family member as indeed dead.

This fear also inspired coffin makers to design warning systems such as a bell on the grave which was connected by a chain to the inside of the coffin in cases

of premature burial, thus the expression, “Saved by the bell.”

In 19th century Europe and America the dead were carried out of the house feet first, in order to prevent the spirit from looking back into the house and beckoning another member of the family to follow him. Family photographs were also sometimes turned face-down to prevent any of the close relatives and friends of the deceased from being possessed by the spirit of the dead.

After a couple of years of portraying the 1850 style wake, last year they historians chose a Fairy Tale theme. Again, her research found that the original fairy tales were meant to scare children into behaving, obeying their parents, listening and following rules.

This year’s theme revolves around chilling tales from the roaring 1920’s.

The actors are volunteers from the Horicon community including adults and children. Everyone participates in planning and writing the script together. The event is educational while entertaining

and maybe even a little scary so it isn’t recommended for those under age 10.

In these events there are many things happening at one time so she says some people actually come back a second time to catch the little details they may have missed the first time around.

This year’s event will be held three weekends in October: October 11 and 12; October 18 and 19; and October 25-26. Tours run roughly every half hour from 6-10. While waiting for the next tour visitors can tour the adjacent school house or enjoy the bonfire and refreshments that are available.

The house is dimly lit and takes place on two levels of the home.

Lahnie says, “It’s not your typical haunted house. You may be creeped out, but you will also learn the history behind the stories that are sure to give you goose bumps.”

The event is a fundraiser to help keep the history of Horicon alive. Admission for the Haunted History Tour is \$10 per person. *



Lahnie Moyle-Neu enjoys dressing in period outfits and reliving the life of women in eighteenth century. There is an old saying that a man can judge the quality of his future bride by her pocket.



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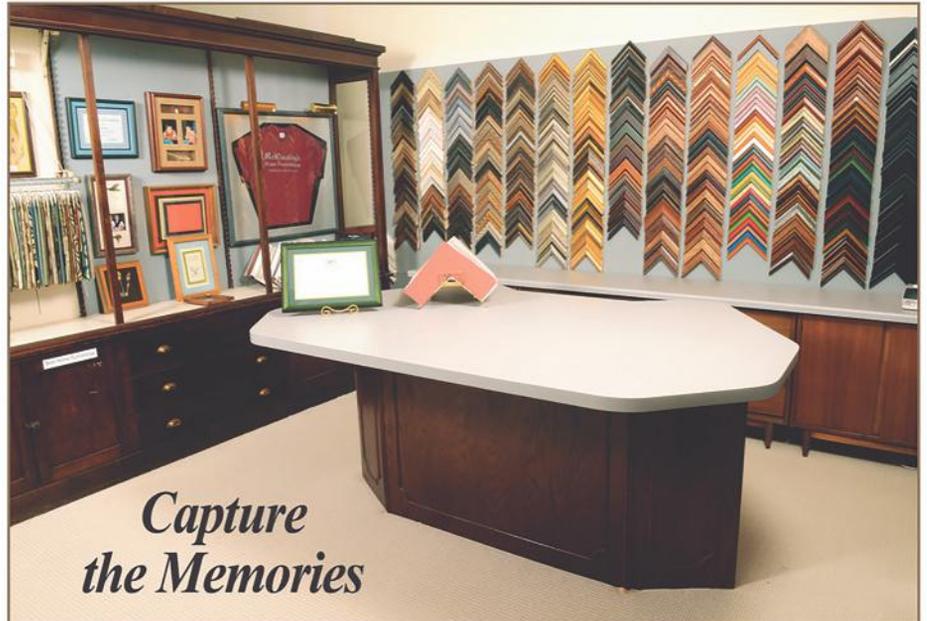
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