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Celebrating  
103 Years!



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**MAY 20**

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Recreation Department



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# Recreation for Adults Ages 50+

At the Beaver Dam Recreation Department, we offer something for everyone. We operate The Watermark, coordinate recreation programs for youth and adults, host community events, and more. Scan the QR code above to view the most recent Community Center Courier for detailed information on all of our offerings. The Courier is also available on our website, at local grocery stores, the Library and The Watermark.

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- Graceful & Chair Yoga
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### Beaver Dam Recreation Department

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Email: [rec@ci.beaverdam.wi.gov](mailto:rec@ci.beaverdam.wi.gov) | Website: [ci.beaverdam.wi.gov/rec](http://ci.beaverdam.wi.gov/rec)



The background of the entire page is a soft-focus photograph of pink magnolia flowers. The flowers are in various stages of bloom, with some showing multiple layers of petals. The colors range from light pink to a deeper rose. The lighting is natural, creating a gentle, spring-like atmosphere. The text is overlaid on the left side of the image, with the word 'inspired' in a red script font above the word 'CONTENTS' in a large, black, sans-serif font.

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*On the Cover:* Mark Malak of Beaver Dam with his steel guitar.



# Let's Work Together to Make 2025 Your Best Year Yet



- ✓ **JANUARY 21st – Fat Loss vs Weight Loss**  
“Shrink your waist, not your joy”
- ✓ **FEBRUARY 18th – Macro Diet**  
“Eat like a champ, feel like a star”
- ✓ **MARCH 18th – Exercise**  
“Sweat today, shine tomorrow”
- ✓ **APRIL 15th – Nutrition and Supplements**  
“Nourish to Flourish”
- MAY 20th – Brain Health**  
“Your Journey, Your Joy”
- JUNE 17th – Healthy Cooking**  
“Cook Smarter, Not Harder”
- JULY 15th – Top 3 Preventable Diseases**  
“Procrastination is a Disease, Prevention is the Cure”
- AUGUST 19th – Healthy Aging**  
“Stronger Than My Reading Glasses and Twice as Sharp”
- SEPTEMBER 16th – Immune**  
“Sick Days Canceled – My Immunity is Booked Solid”
- OCTOBER 21st – Hormones**  
“Your Hormones Called, They Want a Better Manager”
- NOVEMBER 18th – Detox**  
“Time to Turn your Body’s Trash into Treasure”
- DECEMBER 16th – Inflammation**  
“Tame the Flame”

All classes are at 5:30pm at our Beaver Dam location. This year you can earn points by attending classes and through monthly challenges for a chance to win a wellness basket!



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# inspire FORWARD

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"Often when you think you're at the end of something, you're at the beginning of something else." *Fred Rogers*

"Dreams don't have an expiration date." *David Niven*

Sometimes lifetime passions aren't fulfilled until later in life. Don't give up them!

Mark Malak's story of his life after his first retirement is pretty remarkable! It shows that dreams can come to fruition no matter what season you're in!

With Gratitude,

*Denise Fitzsimmons*

Publisher

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# Landing a Dream Job in Retirement

By Dorothy Bliskey

Asleep at the Wheel with Eddie Rivers (Mark Malak) at center with his steel guitar.



Asleep at the Wheel with Eddie Rivers (Mark Malak) at center with his steel guitar.

For some people, their “dream job” never materializes. For Mark Malak, a Beaver Dam native, it arrived after his first career came to a close.

As a gifted steel guitarist and saxophone player, Malak (stage name Eddie Rivers) has been a member of several well-known Western Swing bands in the state -- Ida Red to name just one. But the chance of a lifetime greeted Malak as he retired from Waupun Correctional Institution as a prison guard at age 50. He was invited to join the Grammy Award-winning band Asleep at the Wheel based in Austin, Texas – a band that has performed nationally and internationally. His dream of becoming a professional musician had arrived.

Malak jumped at the opportunity. He packed his bags, moved to Texas, and the rest is history.

Malak excelled in the role as the band’s steel guitar player from age 50 to 65 when he retired and moved back to Beaver Dam. Now, at age 70, Malak looks back at those 15 years of Western Swing fame in the “big leagues.”

“Ray Benson, the bandleader of Asleep at the Wheel, wanted me because he knew I played old school steel guitar – the type without a pedal. It was my last chance to play

professionally,” Malak said, noting he had been asked to play with the band previously but declined due to work and family commitments.

With Malak in the role as the group’s talented steel guitarist, Asleep at the Wheel performed on the nationally televised Austin City Limits – even performing alongside Willie Nelson.

Malak says a highlight was touring with Willie across the U.S. in what was called the Last of the Breed Tour – a phenomenal tour where Asleep at the Wheel teamed up with Willie Nelson, Ray Price, and Meryl Haggard.

“We did 15 shows in 15 days, starting in California, and then traveling on to Nashville, New York and many other cities. We concluded the Last of the Breed Tour in Milwaukee,” Malak recalled. “After that, we recorded an album with Willie called Willie and the Wheel. We traveled to promote it – even performing in Europe.”

Asleep at the Wheel took the stage with Willie Nelson several times. To promote the album, they performed on Austin City Limits alongside Willie and were also featured on the David Letterman Show twice.



## Working with Willie

"Willie is one of the nicest people you'll ever meet," Malak said. "He has a great sense of humor and we always had a lot of laughs when we were around him. He talks to you like a pal and is a real gentleman who's dedicated to his fans. I've witnessed him signing autographs for two hours after he concludes a concert."

Malak describes working with Willie on stage as special and exciting. "When he came walking out on stage, a kind of electricity happened with the crowd. They went wild!"

## Western Swing

As for the Western Swing style of music, Malak describes it as upbeat, happy music reminiscent of the swing music couples danced to in the 1930s and '40s. At the same time, it's considered country.

"Western Swing is really swing music played on country instruments," Malak said.

## Early Years

Malak, who was the oldest of four boys in his family, graduated from Beaver Dam High School in 1972. He has two daughters, a son and four grandchildren.

His love of music occurred early. In the 1950s, as a young boy, Malak developed a fascination for the swing music his dad would play on the record player.

"Dad had all the old 78rpm records from the '40s. A lot of it was swing music by Bob Wills and the Texas Playboys," Malak said, noting no one else in the family seemed to be musically inclined.

Listening to his dad's records instilled a love for swing dance music. It also led to a fascination with the steel guitar. Malak first taught himself to play it, but then sought out the talents of a great steel guitar teacher, Ralph Hansel from Milwaukee. Malak taught himself to play the saxophone.

## Performing for Presidents

Music wasn't his only endeavor when traveling with Asleep at the Wheel. Malak also acted in a play "A Ride with Bob" which was performed at the Kennedy Center in New York City for President George W. Bush, whom he met per-

sonally. The play was about the life of Bob Wills, the band-leader of the Texas Playboys. "Bob Wills was considered to be the father of Western Swing music back in the 1930s and '40s," Malak explained.

Malak also met President Barack Obama before he was elected President. "He came up on the stage and performed with us."

By the end of his career, Malak's accomplishments in the music industry were impressive. He had recorded over 30 albums with Asleep at the Wheel and had toured nationally and internationally, playing large stadiums and theaters including the Grand Ole Opry.

In 2013, he released a solo album titled Plain Talkin' Man. Malak's musical excellence was recognized in the Western Swing Rules video series where he hosted four of them. In 2015, Malak and other members of Asleep at the Wheel were inducted into the Austin City Limits Hall of Fame. In 2021, as a steel guitarist of Western Swing Music, Malak was also inducted into the Western Swing Hall of Fame in Sacramento, California.

Mark Malak retired in 2019 as the longest running steel guitarist for Asleep at the Wheel.

On a local level, Malek was honored in 2020 as Beaver Dam High School's 2020 Outstanding Alumnus and was listed on the school district's "Wall of Fame."

Currently, Malak continues to perform as Eddie Rivers with area bands such as the Best Westerns and the Wurlitzer Kings.

"The Wurlitzer Kings is a 4-piece all western swing, rockabilly, classic country band, and we don't play anything newer than 1959," Malak said, noting they perform every summer and will be at Beaver Dam's Swan Park July 23 at 7:30.

Malak will play with the Best Westerns, an all-Western swing band, on June 16 at Buttermilk Creek Park in Fond du Lac.

Now that he's retired, Malak likes to get creative building old-time model cars and enjoys watching old movies. And, he loves being home.

"Of all the places I've been, it's good to be back in Beaver Dam," Malak concludes. "There's just no place like home."



Willie Nelson performing with Asleep at the Wheel – Eddie Rivers (Mark Malak) is at far right in white hat.



# Planning Your Best Year Yet

By Dr. Stephanie Tyjeski

Sometimes people say that you can't teach an old dog new tricks. But nothing could be farther from the truth. It is never too old to learn something new. This year at Tyjeski Family Chiropractic we have been focusing on learning about all aspects of having good health, naturally! We are bombarded with advertising for drugs and their list of side effects. We are focusing on getting healthy and staying healthy so that those medications are not necessary, and if they are, you can improve your health to increase your outcomes. Our "Best Year Yet" series has put together Inspire articles, monthly challenges, and wellness classes throughout the year to help you reach your health goals. If you have missed our articles, you can find them on the Inspire website or at [www.tyjeskifamilychiropractic.com](http://www.tyjeskifamilychiropractic.com). This article will wrap up the previous months and give you a sneak peek at what is to come so you can plan your Best Year Yet.

The first few months have been focused on weight management. The first step to understanding your weight is knowing your body composition. Your body is made up of fat, muscle, and water, and we learned about the Bioimpedance scale that we have at the office that tells you what percentages of each is in your body. Then you make sure you are losing fat and not muscle, and that you remain hydrated, but don't retain unhealthy water. The next step is to boost your metabolism by eating roughly 3 meals per day along with 2 to 3 snacks. Each meal and snack should be a healthy balance of carbs, fats, and protein. The final step is to get started with an exercise routine. We all start at different fitness levels, but the most important part is to get moving and work on strengthening those muscles. This looks different for everybody. Some people may need to start with chair squats while other people are able to use a weighted bar while doing a squat. Find your starting point. You can only move up from there.

Now to get to the exciting sneak peak of what is to come for the rest of the year. Get your calendars ready. These classes are for all ages and levels of wellness. We can meet you where you are, and help you to learn about steps you can take to improve your health and wellness! All classes are open to the public and free of charge, so come on down!

For the month of April, we are focusing on getting the right nutrients for your body. Due to changes in our soils, overprocessing of foods, genetic modification, and chemical additives, our food isn't as nutritious as it once was. This causes us to need supplements on a daily basis to fill in those gaps. At our class, we will cover how to pick out high quality supplements and which nutrients you may be missing in your diet.

In May we will be talking about Brain health and exploring many different topics for mental and physical brain health. These topics include the aging brain and memory loss along with mental health disorders such as depression and anxiety. There are things you can do naturally to help improve your brain health. We'll be discussing how healthy fats affect the brain and how your cholesterol levels support brain function.

June is all about cooking healthy meals. Cooking doesn't have to take over all your time to prepare healthy meals! We will be discussing ways to plan out your meals to fit with your lifestyle. We'll be looking at simple and quick meals to make sure you still get all the nutrients you need.

In July we are tackling the big 3.... the Top 3 Preventable Diseases that is. We'll look at what you may be doing in your everyday routine that could be helping or hurting your healthy journey. Again, we'll discuss how to make simple changes to your lifestyle to implement healthy habits.

For the month of August, we'll investigate how to make the golden years actually.... well.. Golden. Everyone ages differently, but we'll discuss ways to slow down the physical and mental aging that can diminish your quality of life and that keep you from doing all the things you want to do.

September begins our season of indoor activity and along with that the start of the virus-sharing season. We'll highlight keeping the immune system strong. Together we will talk about how you can prepare properly for the cold and flu season so you are ready to go when it strikes. We'll also look at why we get sick in the first place.

Hormones are important in your body, and as we age, many of the levels of hormones in our body change. The symptoms of that used to be just considered part of aging, but you now have options and choices about how to address that. For the month of October, we'll explore why hormones are so important in the body. These include your thyroid hormone, stress hormone, hunger hormones, and reproductive hormones. Keeping these balanced is key to staying healthy.

November is the start of the holidays. We start to enjoy that food that we avoid all year but enjoy in November and December. We also close up our houses and burn candles, use cleaning products, and spray things into the air. In all those ways we expose our body to toxins. This month we will discuss how to eliminate the toxins we are exposed to daily from your body. Toxins play a large role in how the body feels day to day. We'll look at how to decrease your toxin exposure and support your body's detox organs.

For the month of December, we'll uncover the cause of the majority of health issues; INFLAMMATION. It is becoming more widely known that the cause of many diseases is inflammation. Everything from arthritis to heart disease, and many illnesses in between have a base in unhealthy inflammation. We'll discuss how you may be stoking the flames of inflammation and how that relates to a decline in your health.

Hopefully these topics resonate with you, and learning more will help move you toward having your Best Year Yet! So join us by following along in our monthly Inspire articles, completing our office monthly challenge, or attending our wellness classes; we want to support your health. Below is the list of dates for all the classes. You do not have to be a patient at our office to partic-



ipate, and they are free of charge. Everyone is welcome to learn. Invite your friends, family, neighbors, and anyone who supports your health. It is our mission to help make our communities healthy, and help everyone have their "Best Year Yet"!

Each class is held on the third Tuesday of the month at 5:30pm at our Beaver Dam location,

**April 15th** - Nourish to Flourish

**May 20th** - Brain Health

**June 17th** - Healthy Cooking

**July 15th** - Top 3 Preventable Diseases

**August 19th** - Healthy Aging

**September 16th** - Immune System

**October 21st** - Hormones

**November 18th** - Detox

**December 16th** - Inflammation

**Tyjeski Family Chiropractic**

119 E. Mackie Street

Beaver Dam, WI 53916

(920) 885-3020

Yours in Health,  
Dr. Stephanie Tyjeski



*Dr. Stephanie graduated in December 2016 with her Doctorate in Chiropractic at Logan University. She continued on at Logan University to receive her Masters in Nutrition and Human Performance. She is also certified as a Digestive Health Professional through the Loomis Enzyme Institute. She currently works at Tyjeski Family Chiropractic and Wellness Center where she offers personalized nutritional counseling.*

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## Check Out All the Activities!

### BINGO

First Thursday of Every Month



**BINGO**

### SUNDAY BRUNCH

First Sunday of Every Month  
8:30am - 1pm



**SUNDAY  
BRUNCH**

### POLKA, POLKA, POLKA

Check Our Facebook  
Page for Dances  
March - November

## Hustisford Community Hall

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**POLKA, POLKA, POLKA**





# Ask the Allergist

By David Pelozo, MD, Allergy and Immunology at Prairie Ridge Health

## **Am I truly allergic to Penicillin?**

### **Penicillin Allergy**

According to the American Academy of Allergy, Asthma and Immunology, 10% of the population reports an allergy to penicillin antibiotics. However, less than 1% of the population is found to be truly allergic after undergoing evaluation. This is in part due to the loss of sensitivity to penicillin and resolution of an allergy over time - 80% of patients who had a reaction to penicillin will eventually tolerate penicillin again after 10 years. Penicillin antibiotics are often the most effective therapies for many types of infection. Further, having a penicillin allergy label can lead to the use of alternative antibiotics which are associated with higher prescription and healthcare costs, antibiotic resistant "superbugs," C. difficile infection, and adverse drug reactions. Penicillin allergy testing is considered safe and effective and performed by a board-certified allergist in the Allergy outpatient clinic.

## **Do allergy shots help reduce asthma symptoms?**

### **Allergic Rhinitis & Asthma**

Allergic rhinitis ("hay fever") and asthma are both com-

mon conditions and often occur together. About 25 million people in America have asthma. Allergic rhinitis affects between 10-30% of children and adults in the United States. Common symptoms include runny nose, sneezing, nasal congestion, eye itching, cough, wheezing, and shortness of breath.

Allergists are trained to treat asthma and a variety of allergies including pollen, dust, pet, and food allergies. Allergists can complete testing to diagnose allergy and asthma triggers and create plans to minimize allergy symptoms. They can also provide treatments to reduce patients' sensitivity to substances to which they are allergic.

Immunotherapy ("allergy shots") can reduce sensitivity to the allergens that trigger allergic rhinitis and asthma symptoms. This desensitization process is designed to reduce the severity of the disease and therefore medication use, and it also offers long-term symptom relief even after treatment has ended. It might even prevent the development of asthma in some children with seasonal allergies. A board-certified allergist can discuss what treatment options are best for you.



## Join the fun in Hustisford!

**Late May through Late October**  
Hustisford Farmers Market -  
Every Saturday 7am-Noon on the  
Corner of Hustis & Griffith Streets

**Bingo First Thursday of the Month**  
Registration 5-6:15pm, Calling Begins  
6:30pm, Hustisford Community Hall

**Sunday Brunch First Sunday of the  
Month** - 8:30am-1pm -Hustisford  
Community Hall

**May 26** - Memorial Day Parade 10:00am  
Ceremonies Cemetery & Memorial Park  
- Hustisford American Legion Post 420

**June through September** - John Hustis  
House Tours - Memorial Park  
By appointment: (920) 349-3501  
Hustisford Historical Society

**June, July & August** - Music in the  
Park Concerts - 6:30-8:30pm 2nd & 4th  
Tuesdays - Memorial Park, Sponsored by  
Hustisford Historical Society

**June 21** - Polka Dance 1-4:30pm  
Music by David Austin Band - Hustisford  
Community Hall

**July 20** - Polka Dance - 1-4:30pm  
Music by Zwifel Brothers - Hustisford  
Community Hall

**August 2** - Polka Dance - 1-4:30pm  
Music by Jon Dietz & the Twin Lakes Trio  
Hustisford Community Hall

**August 10** - Open Jam - 1-5pm  
Hustisford Community Hall

**August 23** - Venetian Night - Hustisford  
Lions Club Riverside & Lions Park

**September 13** - Founder John's Day -  
Memorial Park Sponsored by Hustisford  
Historical Society

**September 21** - Polka Dance - 1-4:30pm  
- Music by Keith Gennerman Band -  
Hustisford Community Hall

*Continued on page 13*

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# Exercises to Strengthen Aging Legs and Prevent Falls

By Marshfield Health Clinic System

Falling is a serious problem, especially in the Midwest. According to the Wisconsin Department of Health, the state has one of the highest rates of death from unintentional falls in the nation, twice the national average. The good news is you can prevent falls.

“Poor balance and falls are a huge concern,” said Linda Klinger, a physical therapist and Marshfield Medical Center-Beaver Dam’s Administrative Director. “Some people think they can’t do anything about poor balance, but you can. You want to do everything you can to avoid falls.”

You can help prevent falls by strengthening your core and legs. A 2021 study from the Journal of Human Sport & Exercise showed that the following exercises “led to changes that would likely decrease fall risk and did so in an extremely short time.”

If you are not currently exercising or have concerning health issues, Klinger recommends checking with your doctor prior to starting an exercise routine.

## Exercises to try at home

### Step ups

Step up a stair, alternating left foot and right foot. Do three sets of these moves ten times.

### Chair squat

Stand in front of a chair and squat down slowly as if to sit down. Prior to touching the chair, stand back up. Hold arms in front of you to help with balance. Do three sets of this move two to ten times.

### Standing heel raises

Stand behind a chair with both hands on the chair back. Stand with your feet shoulder-width apart. Raise your heel off the floor. Do three sets of this move ten times.

### Standing toe raises

Stand behind a chair with both hands on the chair back. Stand with your feet shoulder-width apart. Raise your toes off the floor. Do three sets of this move ten times.

### Single leg balance

Stand on one foot for 30 seconds or as long as possible with eyes open, maintaining balance. Bonus points if you can do this for 15 seconds with your eyes closed. Do this move near a counter or wall if needed for safety.

### Physical therapy

If you are looking for more direction or supervision with exercise, or if you have balance concerns, physical therapy may be an option for you. Talk to your primary care provider about how to get a personalized and safe home exercise program developed to help improve your strength and balance.

*In conjunction with the Aging and Disability Resource Center of Dodge County and other community partners, MMC-BD helps coordinate several Stepping On Falls Prevention classes throughout the year. To learn more, contact the ADRC at 920-386-3580.*




**September 27** - Wine Walk – Downtown  
Hustisford Sponsored by the Hustisford  
Business Association


**October 12** - Polka Dance - 1-4:30pm  
Music by Steve Meisner Legacy Band  
Hustisford Community Hall

**October 26** - Legion Pancake Breakfast  
8am-12pm – Hustisford Community  
Hall Sponsored by Hustisford American  
Legion Post #420


\*\*\*All dates/times subject to change\*\*\*




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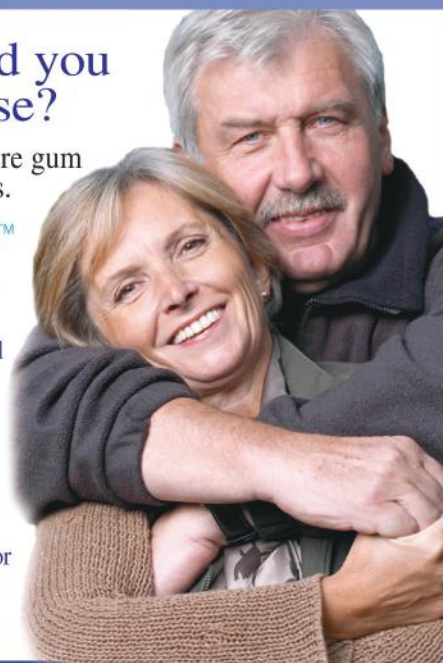
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Don Denman is proud of his military service and has a room in his home dedicated to his memories.

# Celebrating 103 Years!

By Gloria Hafemeister

The year was 1922. Babe Ruth signed a three-year contract with the New York Yankees; the invention of radio transmission spread throughout the U.S.; insulin was successfully used to treat diabetes. Horicon's Don Denman was born.

When Don celebrated his 103rd birthday on March 15 he shared stories about his life, including stories about his years as a radio operator with the 27th Troop Carrier Squadron in the China-Burma-India Theatre during World War II.

Coincidentally, the year he was born was the same year the U.S. commissioned its first aircraft carrier. Don was born in Gary, Indiana. His mother died when he was young and he lived with his grandmother for a couple of years before his dad remarried in 1930. He had two siblings and after the marriage there were seven of them who grew up together.

The family lived in the country on a farm for ten years. In 1940 he graduated from Hobart high school. It was just after the great depression so jobs were still hard to find but his dad was able to get him a job at U.S. Steel where he worked. Don

worked there two years but after Pearl Harbor, he tried to enlist in the Army air Corps. He was initially rejected because he was colorblind but in 1942 he was drafted and assigned to the Air Corps after all. He says, "Many of my buddies from radio school went on to Gunnery School but I was assigned to the troop carrier because of my colorblindness. I don't believe that colorblindness makes a person ineligible for Air Corps. For every pilot there were ten to twenty support crew on the ground."

After basic training in New Jersey and Radio Operator School in South Dakota, he was assigned to the 27th Troop Carrier Squadron in Texas where he flew on cross country flights with General Robin Olds. In December, 1943 with thirteen new planes his squadron was deployed overseas to India. Despite the fact that this occurred 82 years ago he remembers the trip that made stops in numerous countries and islands. He also remembers the details of his mission.

From his base in India he flew missions to China and Burma, dropping off troops or air-dropping supplies to



Chinese troops and their American advisers on the Burma-China border. He flew 223 combat missions and around 500 combat hours in the year he was there. He says, "The reason I earned that many combat hours is because our missions over the Hump, a passageway through the Himalayas, were short. Missions lasted two to three hours, roundtrip, and we made several trips a day." He remembers towing gliders into Burma on a classified mission to support the troops during the invasion of Burma.

One of the rooms of his home in Horicon is filled with mementos from his military years. In one corner a model plane hangs, reminiscent of the C-47 that was one of the thirteen originals to fly to India. He describes it as a "safe plane" and says only one in his squad was shot down by enemy fire. He says, "The biggest challenge was the mountains and weather. The pilots had nowhere to land if the airplane ran into trouble."

From November 1944 to October, 1945 he was reassigned to an air-to-ground radio station in China. After the war Don married Ardell the day after his birthday on March 16, 1946. "We had gone to school together our first two years of high school and then her family moved away," he says. "Then she returned to Gary to study to be a registered nurse and we got back together." "After we were married she went to work as an RN and I went back to work at the steel mill, this time in the office," he notes.

He started going to classes at the Indiana University extension nights, using a government education grant he earned through his military service. He went for two years and got an associate degree. His wife's family was originally from Waupun, Wisconsin, so they then moved to Waupun at a time when there were few jobs available. He got a few short jobs but didn't want to be a burden on his wife's family. He was just thinking they needed to go back to Indiana when he stopped at the John Deere office and they immediately gave him a job. He continued his education and became a draftsman and designer.

Thirty-four years later he retired from John Deere at age 60. In his retirement he continued the social activities he and his



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Below: Commander Dave Pappas, Vice Commander Royce Neuman, Adjutant John Michels honored World War II veteran Don Denman at the Fox Lake Legion Hall where Don celebrated his 103rd birthday with his with friends and family.



Don was invited to St. Stephen's Lutheran School's parents day program the day before his 103rd birthday where the UW Marching band sang happy birthday to him.

wife enjoyed including regularly getting together with John Deere retirees. Fishing, golf, water skiing, cross country skiing and camping occupied his time. He says, "I liked ice skating but my ankles always seemed too weak to do a lot of it. I do remember my first pair of ice skates – a pair of clamp-ons."

For 20 years he enjoyed going to military reunions all around the country. He says, "I had the privilege of hosting one at Oshkosh. I remember 110 people came to it in 1993 where they enjoyed their time at the EAA grounds. Most of my fellow military men are gone now." The reunions started with 75 guys. He says, "Not all were air crew and not all of them were in at the same time I was."

His wife was an RN at Waupun Hospital just when the hospital was just new, he recalls. Later she worked at doctor's offices in Horicon. In June, 1996, she died of a heart attack just after their 50th wedding anniversary. The couple had four children – David, a Vietnam veteran, died at age 40; Laurie lives in Florida and has two grown children; Bob lives in Texas and has three children; Larry lives in Madison.

He enjoys being a member of St. Stephen's Lutheran Church in Horicon where he held numerous positions over the

years. He is admired and respected throughout his community. Both the public school and the parochial school near where he lives have honored him at his milestone birthdays.

When he turned 100 the high school students made a long scroll where the students researched events occurring in the past 100 years and drew them on the scroll. One of the students drew the C47 that he knew was the one on which Don served during his time in the military. Students from both schools, as well as his neighbors on the block long street where he lives, have shown up in front of his home to sing happy birthday to him on numerous occasions, including this year when he turned 103.

In honor of his 103rd birthday St. Stephens School invited him to their parents day program that included entertainment by the UW Marching band. That performance included singing happy birthday to Don. Of course his life would not be complete without regularly attending the polka dances at the Fox Lake legion Hall on Friday evenings. He has been enjoying that group of friends for the last 30 years and, even at age 103, he still enjoys dancing with the numerous women who sign their name on his weekly dance card.



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# Cheesy Kale Orzo With Herbed Bread Crumbs



## Ingredients

5 Tbsp. unsalted butter, divided  
1 cup panko bread crumbs  
4 cloves garlic, finely chopped, divided  
2 Tbsp. chopped fresh parsley leaves  
1/2 tsp. finely grated lemon zest  
Kosher salt  
Freshly ground black pepper  
1 lb. dried orzo (about 2 1/2 c.)  
2 cups low-sodium chicken or vegetable broth  
2 cups whole milk  
4 cups packed chopped curly or Tuscan kale leaves  
3/4 cup finely shredded Parmesan, plus more for serving

## Directions

In a large Dutch oven or heavy pot over medium heat, melt 3 tablespoons butter. Add panko and cook, stirring frequently, until toasted, about 4 minutes. Add one-quarter of garlic and cook, stirring, until fragrant, about 30 seconds. Scrape bread crumb mixture into a medium bowl. Stir in parsley and lemon zest; season with salt and pepper.

Wipe out pot and return to medium heat. Cook orzo and remaining garlic and 2 tablespoons butter, stirring occasionally, until orzo is lightly toasted and garlic is fragrant, about 4 minutes. Add broth, milk, and 1 cup water; season with salt and pepper. Increase heat to medium-high and bring to a boil. Reduce to heat to medium-low and simmer, stirring frequently and adding more water by the tablespoon if liquid is thickening too fast, until liquid is mostly absorbed and orzo is tender, 10 to 12 minutes.

Add kale and Parmesan and stir until kale is wilted and cheese is combined and melted, about 2 minutes; season with salt and pepper.

Divide orzo mixture among plates. Top with bread crumbs and more Parmesan. Serve with lemon wedges alongside.



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# Q&A – Looking Back



**Deb Falk**

**What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened?** Growing up I was busy experiencing life. But, as a freshman in college I remember hippies, LSD, Woodstock, Viet Nam, Feminism, the sexual revolution, conscientious objection – the future was changing.

**What was your first job? Why did you choose it? How old were you?** I babysat for a doctor's family, and he thought I'd have fun working at the hospital. So, at 16, my first real job was a "soda jerk" at St. Joseph's Hospital coffee shop. I got creative with ice cream and chatted with many different people, learning a lot about diversity and various cultures.

**What did you do for fun when you were a teenager?** Christian Youth Organization (CYO) dances! As a parochial student during the 60's, I attended CYO activities. Every Friday or Saturday night a different parish would sponsor a dance. I was always there and believe those safe, enjoyable times inspired my passion to get up and move.

**What traditions did you grow up doing that are still important to you today?** Holiday traditions of celebration and good food. Yet, our family initiated traditions relative to us. We laugh as silly experiences bring us closer while filling our lives with new as well as old memories.

**What was your favorite music and band when you were a teenager?** Show tunes! I was captivated by "magical" musical theatre after watching the original Peter Pan starring Mary Martin.



**Joe Kluber**

**What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened?** There were two, John Glenn orbiting the earth and all of the excitement that event provided and the assassination of JFK. This event made a big impression on me that someone would kill the president and that so much was on television.

**What was your first job? Why did you choose it? How old were you?** When I was in high school, I was able to get a job working for the Milwaukee Public Schools at youth recreation centers set up after school at various schools around the city. During the summers I worked on a playground leading games, passing equipment out and helping with organized games.

**What did you do for fun when you were a teenager?** I played sports in high school. I wasn't very good but I was out there. I was also involved in drum and bugle corps. This was lots of fun, and I got to see a lot of the country from a bus window. I did get to march in the Macy's Thanksgiving Parade.

**What traditions did you grow up doing that are still**

**important to you today?** Money was tight so I was taught and believed that if you wanted something you had to work for it. I learned teamwork, how to take direction and that it is important to have faith in your life.



**Kelly McMillan**

**What was your favorite music and band when you were a teenager?** I liked the Beatles, the Beach Boys and of course, The Grateful Dead

**What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened?** I remember the astronauts landing on the moon. My mom made us sit down and watch it on television. Now, I'm grateful she did. I also remember when Elvis died. A group of us were sunbathing in our yard. We were stunned and the tears started.

**What was your first job? Why did you choose it? How old were you?** Babysitting as a teenager! Then on to a secretary at a real estate company from 16-21 years old. They were so good to me and I learned so much. Then I returned to MPTC to earn my associate's degree. Upon graduation I was hired by Dodge County. Thirty-three years later I have now retired!

**What did you do for fun when you were a teenager?** Socialized! Roller skating, cruising, swimming, ice skating, fishing, going to concerts, basketball games and football games. A lot of fun with a lot of friends!





**Sara Neperud**

**What traditions did you grow up doing that are still important to you today?** Partying – my mom and dad were fantastic hosts and there is nothing I love more than having family and friends get together either at my home or at a restaurant. Christmas holds so many great memories and traditions for me.

**What was your favorite music and band when you were a teenager?** Oh, wow! There were so many! Steve Miller, Queen, Barry Manilow, endless radio (WLS). Local bands were more popular after I turned 18 and I could go to the bars. The Beach Boys, AC/DC, the Cars, and all the popular Rock of the 70's. Then came Disco and I loved that too. I moved on to Country music when my daughters were younger. Now, in my 60's, it's back to the old "soft rock", with the Barn Show thrown in a few nights each week.

**What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened?** When President Kennedy was shot, I was reading while the girls were napping. Also, when the twin towers were hit. I was getting ready to leave for work.

**What was your first job? Why did you choose it? How old were you?** My first job was a carhop at A & W Root Beer. I was 17 & 18. I also did babysitting.

**What did you do for fun when you were a teenager?** I grew up in a small town. You golfed in the summer and ice skated in the winter.

**What traditions did you grow up doing that are still important to you today?** Going to church and celebrating Christmas.



**Hilmer (Hank) Wahl**

**What was your favorite music and band when you were a teenager?** My favorite music is Country. I enjoyed Kenny Rogers and the Statler Brothers.

**What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened?** I remember the Great Depression. My brother worked for a farmer for room and board, no wages.

**What was your first job? Why did you choose it? How old were you?** As a teenager I worked at Aunt Nellies Canning Factory nights for 40 cents an hour after making hay all day on the farm.

**What did you do for fun when you were a teenager?** We went to dances two times a week and did a lot of roller skating and ice skating.



**Don Schulz**

**What traditions did you grow up doing that are still important to you today?** Helping your neighbor. We would all get together to help each other. Sunday morning church and a good home cooked meal afterwards.

**What was your favorite music and band when you were a teenager?** I enjoyed old-time music, big band music and country music with singers.

**What is the most memorable historical moment you can recall from growing up? Do you remember what you were doing when it happened?** My earliest memory of historical events was World War II and my dad listening to a radio news reporter, Gabriel Heater, reporting on how the war was progressing in the early days of the war. It was not going in our favor.

**What was your first job? Why did you choose it? How old were you?** I grew up on a farm and worked with my dad. I became a farmer, so my first job lasted 40 years.

**What did you do for fun when you were a teenager?** Roller skating, free shows at the local park, swimming in the lake and fishing in the local river.

**What traditions did you grow up doing that are still important to you today?** Church on Sunday and Sunday School, celebrating holidays with family, family reunions and watching the Green Bay Packers.

**What was your favorite music and band when you were a teenager?** Tom Dorsey, Glenn Miller and Guy Lombardo. As these bands faded, I turned to Country music.



Front Row L-R: Patrice Guerra; Heather Scholz. Back Row L-R: Marybeth Schessow; Harvey Lewis; Zane Gray; Tim Cwirla



# Medicare FAQ?

## **1. Who qualifies for Medicare?**

Generally, you have to be 65 years or older, be a U.S. resident, and either be a U.S. citizen or legal permanent resident for 5 continuous years. There are some exceptions due to disability.

## **2. Do I need to apply for Medicare if I am still working and have insurance through my employer?**

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## **3. Do I need to have Medicare if I use the VA?**

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if you need services outside of the VA. There are also Medicare plans geared toward Veterans.

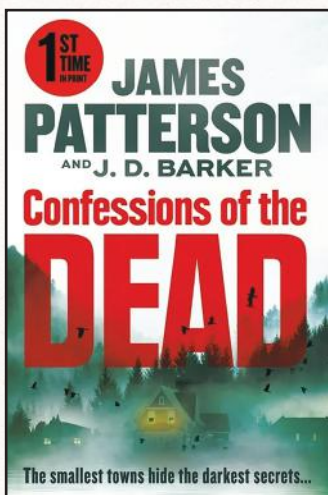
## **4. What is the difference between Medicare and Medicaid?**

Medicare is health insurance for people 65 or older, as well as those who qualified early due to disability. Medicaid is health insurance for people with low income. It is possible to have Medicare and Medicaid. There are plans specially designed for those people on both. Often, they have low or no copays. Some come with benefits such as a gym membership or money towards groceries.

## **5. Will I be charged a fee to talk to an agent?**

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## Confessions of the Dead


By James Patterson and J.D. Barker

Reviewed by

Peggy K. Potter, M.L.I.S.

"The smallest towns hide the darkest secrets..." Secluded, Hollows Bend, New Hampshire is big enough for two schools, one sheriff, a deputy and a town drunk but small enough that everyone knows everyone else. Deputy Matthew Maro loves waitress Gabby Sanchez yet the rumor in town is that he is the father of Addie Gallagher's soon to be baby. Buck, the local drunk, is Matt's personal project but Buck can not stay sober.

With the appearance of a beautiful, mute young woman, strange things begin to happen in Hollows Bend. Everyone notices the many crows becoming aggressive and the people that are losing their sanity. First just one or two but more and more are acting, well, not normal. When the townsfolk start killing each other, three groups investigate. The vigilantes think it's the mute woman. They want the deputy to hand her over. The sheriff and deputy think it has something to do with Buck, one goes up the mountain to find him. A group of children think it's the water. The big question is who can stay alive long enough until help from elsewhere can get there. The internet is down, the phones both cell and landlines are out of order. Cars get just so far and they, too, go dead. This new Patterson novel reads more like a Stephen King. It must be the co-author. This is a page turner that's hard to put down.



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## **Buchanan's One Away**

118 Lake Street, Hustisford - (920) 349.3400

Homemade Pizza - Serving thin and New York crust pizzas. Check website for current hours.

## **Feil's Supper Club**

2 miles south of Randolph on Hwy 73 (920) 326-5544

Herb's famous homemade bread, onion rings and salad bar. [www.feilssupperclub.com](http://www.feilssupperclub.com)

## **Higher Grounds Coffee Shop**

N7156 E Plaza Drive - Beaver Dam (920) 885-4990

Serving coffee, specialty drinks, desserts & soups. Sandwiches, drive through & meeting room available.

## **Iron Ridge Inn**

131 S. Main Street - Iron Ridge (920) 387-3348

Open: Tues - Sat. 4:30 p.m. Sundays 10:00 - 1:30 pm

Family Owned Supper Club Est. 1972. Serving Up: Choice Cut Steaks, Prime Rib, Seafood, Broasted Chicken and Pizzas; Friday Fish Fry & Sunday Brunch. Banquet Room (Seats 150) For All Occasions. [www.ironridgeinn.com](http://www.ironridgeinn.com)

## **Lake Street Inn**

147 North Lake Street - Hustisford (920) 349-8936

Hours: Wednesday & Thursday - 11am to 8pm, Friday 11am to 9pm, Saturday - 4pm to 8pm. Excellent Friday Fish Fry from 1pm to 9pm, Saturday featuring Prime Rib, Rack of Ribs, and full menu. Private parties welcome.

## **Old Hickory Dining**

W7596 Hwy 33 East - Beaver Dam (920) 887-7179

An expanded lunch menu is available Monday - Friday from 11:00am-3:00pm from Memorial Day - Labor Day. Monday dinner service available Memorial Day - Labor Day. Enjoy casual dinner service on select weeknights. Hours and menu vary seasonally. Fish Fry is available most Friday evenings from 4:00-8:30pm. Special Events (up to 250 guests) welcome. Facebook: Old Hickory Golf Club. [www.oldhickorygolfclub.com](http://www.oldhickorygolfclub.com)

## **Park Avenue Sports Cafe**

709 Park Ave - Beaver Dam (920) 885-4510

Mon - Fri 11am - late night, Sat & Sun 7 am to late night (serving breakfast), Family Friendly Atmosphere. [www.parkavesportscafe.com](http://www.parkavesportscafe.com)

## **The Shores of Fox Lake**

N10604 Chief Kuno Trail - Fox Lake (920) 928-2576

Experience the charm of a Wisconsin-style Supper Club serving a variety of traditional favorites and contemporary dishes. Indulge in flavors of our succulent prime rib, signature Friday Fish Fry, and classic Old Fashioneds (just to name a few!) Join us Fridays and Saturdays from 4pm to 9pm and Sundays and Mondays from 4:30pm to 9pm. Open Thursdays May 1st - September 30th. Voted Dodge County's Best Supper Club 2 Years in a Row! Visit us on Facebook: The Shores of Fox Lake Steakhouse [www.theshoresoffoxlake.com](http://www.theshoresoffoxlake.com)

## **Sinissippi Lake Pub**

N4571 County Road E - Hustisford (920) 349-9333

Fantastic Food & Sensational Service

Follow us on Facebook for our hours, menu, daily specials and exciting events.

## **Snapper Vick's Mexican Restaurant**

N5007 Country Road WS - Woodland (920) 625-3441

Closed Monday, Tue - Sun 4:30 - 9pm, Famous for Mexican entrées.



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