

Reedsville News

February 2009

Reedsville Lioness Annual Chili Supper

On Friday, February 20th, the Reedsville Lioness will be having their 8th annual Chili Supper at the Reedsville Elementary School. Serving will be from 4:00 to 8:00 p.m. All you can eat chili is \$3.00 and grilled cheese sandwiches are \$2.50. This event is held in conjunction with the Reedsville vs. Brillion boys basketball game here in Reedsville. All proceeds from this event go towards the Reedsville Lioness Scholarship Fund.

The 2008 recipient of the Lioness Scholarship was Kathleen Thelen a graduating senior from Reedsville, who now attends Bellin School of Nursing. It is the hope of the Lioness that more people from Reedsville and the surrounding area would patronize this worthwhile event. If you have never had the Lioness "secret recipe" chili, perhaps now is the time to do so and enjoy the basketball game between Reedsville and Brillion after.

Celebrate Your Bohemian Heritage Sunday, March 22nd at Fox and Hounds

Everyone is invited to a buffet Bohemian dinner. It will consist of pork loin, potatoes, gravy, dumplings, sauerkraut, vegetable, salad, and poppy seed dessert with coffee. The price is \$10.00 including tax. Reservations need to be made by March 8th - Call 754-4370. Bohemian music and card games will follow in the afternoon. Take a break from winter and join us Sunday, March 22nd at noon.

Reedsville Sportsmen Club Fish Fry is Back!

The Reedsville Sportsmen Club will be starting up their delicious Friday night fish fry on February 6th and will run it for 8 weeks, ending on March 27th. Due to many price increases, plate prices will be raised \$1. Still very generous portions will be served. Call for carry outs at 754-4884. Serving from 4-9pm. Come and enjoy this tasty tradition.

The deadline for the next Reedsville News is February 20th. Submissions must be in writing or e-mail and should include your contact information. Please submit your news or opinion to the below contact and include your contact information.
Reedsville News, 217 Menasha St.
Reedsville, WI 54230
ragd@reedsville.org

The Reedsville Fire Department 2008 Report

Total of 36 calls responded to in 2008

Type of call / quantity

Structure Fire (6 mutual aid requests)- 9
Grass/Rubbish Fire- 3
Wires on Road- 1
Motor Vehicle Accident- 9
Carbon Monoxide- 2
False Alarm- 2
Tornado Warning- 1
Bee Removal- 1

Small Resident Fire- 2
Overhaul- 1
Assist First Responders- 1
Rapid Intervention Team- 1
Pump Basement Out- 1
Cattle Rescue- 1
Silo Fire- 1

The Reedsville Fire Department has a scholarship available to anyone who are going into the fire or EMS profession. If interested contact Ritalyn Schuh at 754-4783.

The Village of Reedsville is initiating an Adopt-A-Hydrant program where area residents help keep the hydrants clear of snow and maintained throughout the year to help ensure the safety of all those in your neighborhood. Please Adopt the Hydrant near you.

Corner House

Now is the time to plan ahead for February events in Reedsville and at the Corner House. Order your Valentine's flowers, plants, and etc. by February 5th and receive a 10% discount.

Place orders for flower bouquets (arranged and not arranged), plants (blooming or green), candy, chocolate, stuffed animals, balloons, and craft items for your loved ones, special friends, lover, sweetheart, parents, children, grandchildren, or spouse. Have it delivered to work or home during Valentine's week February 9 - 14.

Come in to the Corner House to make your selection for Valentine's Day.
The Corner House will be open
everyday February 9th - 14th, 9 -5pm.

February 20 -24, is Mardi Gras Weekend in Reedsville. The Corner House has a big selection of beads, table decorations, flags, hats, stuffed animals, room decorations, and more. Call 754-4370 for your supplies.

February 22nd is George Washington's Birthday. Red carnations are on special to celebrate the weekend.
Come in February 16-21 for the special.

Call 754-4370 to order today.

Friends of St. Patrick's

The Friends will again be offering three \$250 scholarships to graduating seniors who will be attending a four year accredited college or a two year technical program. Applicant's parents or guardians need to be members of the organization. Applications for the scholarships may be obtained by writing to Friends of St. Patrick, Inc. PO Box 435 Reedsville, WI 54230.

Membership in the organization is open to anyone interested in helping to maintain the heritage and traditions of the historic Maple Grove area. A lifetime membership is \$20, with \$5 annual dues to cover the cost of a bi-yearly newsletter, "The Grove News".

Mark your calendars for our annual St. Patrick's Day celebration on Sunday, March 15th. A wonderful meal of corned beef & cabbage, broasted chicken, and all the trimmings will be served with entertainment to follow.
More to come in the next Reedsville News.

Keeping your heart safe this winter

Heart attacks can result from the extensive physical activity involved in snow shoveling during the cold winter. In colder temperatures, your arteries tighten up. This makes it harder for blood to flow through and oxygen to reach your heart. You can have a heart attack when your heart isn't supplied with enough oxygen.

Those most at risk for a heart attack or heart disease include:

- Anyone who has already had a heart attack.
- Individuals with a personal or family history of heart disease.
- Those with high blood pressure or high cholesterol levels.
- Smokers.

People should be careful when shoveling snow because this is a time when our bodies are working hard, but we don't necessarily realize it. Following are some preventive measures that you can take to deter a heart attack:

- See your health care provider. Discuss your individual risk factors and how you can prevent heart attacks. Also, get annual physicals to know how healthy you are and discuss what areas you need to work on.
- Watch your diet. Now that the holiday season is over, it's time to buckle down and eat healthier. A diet low in saturated fats and rich in whole grains, fruits and vegetables is good. Try to watch food portions, get your daily multiple vitamins and control your cholesterol.
- Exercise. Regular daily exercise keeps your heart healthy as well as your blood vessels. It also helps control blood pressure and cholesterol levels. Make sure you include warm-up exercises. Check with your health care provider before starting an exercise program.
- Check your blood pressure. High blood pressure is a major risk factor for heart attacks. Make sure to treat your high blood pressure.
- If you smoke, please stop. Discuss how to make it easier to quit smoking with your health care provider. Smoking is a major risk factor for heart disease.
- Discuss the need for a stress test with your health care provider. The need will be based upon any risk factors you might have including family history, age, current activity level or symptoms.

In general, try not to overexert yourself in the cold weather. It's important to take things at a slower pace. When our bodies are in a resting state, we need to gradually get our hearts moving at an accelerated pace. If we overdo it, a heart attack can happen. Most heart attacks happen slowly with mild pain or discomfort.

According to the American Heart Association, heart attack warning signs include:

- Discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain and may be confused with indigestion.
- Discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat.
- Nausea.
- Lightheadedness.

Women often have more vague symptoms than men. These can include increased fatigue and less tolerance to exercise. Seek medical help immediately if you experience any of the above heart attack warning signs.

February is heart awareness month. Wear red on National Wear Red Day, Friday, Feb. 6, to help raise awareness of heart disease. Visit www.heart.org to learn more.

Denise Brilliant is a nurse practitioner at Aurora Health Center in Reedsville. To schedule an appointment with Denise, call (920) 754-4337.

School Breaking News

In the last article of "Breaking News", I reported on the well-attended public information meeting held on December 10. At that meeting, I outlined the flaws of the state funding formula for K-12 education that punishes school districts whose enrollment is stable or declining.

Possibly the major flaw in the formula is the assumption of a one-on-one relationship between enrollment and costs. I pointed out that when our enrollment drops by one student, we lose about \$6,000 in state aid. However, the fixed costs, such as heat, lights, transportation and quality programming not only remain, but also have risen year by year. So, our school, like 70% of the schools in the state, is forced to spend at a faster rate than they are allowed to raise revenue. This leads to budget deficits and lower reserves.

The choices are stark. Schools must reduce expenses and/or spend reserves, each with a definite point of diminishing returns. Your school has spent \$325,600 of its reserves since 2002-2003. A budget forecast, done by R.W. Baird, projects we would have no reserves by June 30, 2011, if the state does not change how schools are funded. With the economic crisis the state faces, we see no chance of a change in funding in the near future. In fact, we anticipate reductions in funding for the 2009-2010 school year.

On the expenditure side, we have cut about \$500,000 since 2002-2003. We are down to two sections in 4K through eighth grade. We have not replaced two teachers, one administrator and three support personnel. We have changed insurance and increased deductibles. We have refinanced our long-term debt, frozen building budgets, and completed several energy-saving initiatives.

In order to reduce expenditures to meet the projected shortfalls, high school programs will be impacted. Losing elective courses would mean losing students because open enrollment is so easy. Losing students means less revenue, which will require more reductions. Simply put, we cannot cut our way to prosperity, but we can cut our way out of existence.

As I said in the last article, this is a state-created problem that can only be solved on the local level. The only path the law allows school districts to pursue for survival is a referendum.

As presented in the December meeting, the Board of Education had two choices of referendum, recurring or non-recurring. A recurring referendum affects all future budgets. A non-recurring referendum affects only a set number of years of budgets.

At that December meeting, the attendees were surveyed as to which choice the board should make. A non-recurring, \$350,000, for three years would have an estimated tax impact on a \$100,000 valued property of \$66.00 in the 1st year, \$47.00 in the 2nd year, and \$43.00 in the 3rd year. Because the non-recurring would end after the three-year period, the district would have to approach the voters in the 2nd year, 2010-2011, for another referendum, and the amount would be greater.

A recurring, \$350,000, for three years, means the increase would stop after three years, but the amount would stay on the levy. The estimated tax impact for this type would be \$66.00 in the 1st year, \$87.00 in the 2nd, \$103.00 in the 3rd, with the levy going down from there in the following years. This approach would carry the district for at least eight years.

70% of those surveyed on December 10, favored a recurring referendum. Guided by those results, the Board of Education voted, on December 22, to ask the voters for the recurring referendum. This will be on the ballot on April 7. A district-wide flyer will be sent in February, announcing when additional information meetings will be held. We are also open to invitations from any group wishing an information presentation.

In the October "Breaking News", I spoke about a century and one-half of commitment by our people to provide a quality education to our kids. Generation after generation, despite wars and depressions, remained firm in their support for our school. We know how past generations responded to the challenges they faced. Now it is our turn.

As always, your comments are welcome. If you wish to contact me about this article, or any other aspect of the school, my email address is scrivner@reedsville.k12.wi.us. My phone number is 754-4341, and the address is 340 Manitowoc Street.

HOW TO HAVE A HEALTHY HEART NUTRIITIONAL SUPPORT TO BOTH PREVENT AND REVERSE HEART DISEASE

Most people believe that high cholesterol causes heart disease and that the lower your cholesterol level, the less risk you have of dying of heart disease. This simply isn't true. More recent research shows that chronic inflammation (not cholesterol) is the cause of heart disease and that having your cholesterol get too low is just as bad as having your cholesterol too high.

Omega-3 fatty acids actually reduce the risk of heart disease. They reduce chronic inflammation and can help to lower high blood pressure and other risk factors. High levels of omega-3 fatty acids are found in wild game, grass-fed beef, pasture-raised chickens and eggs, deep ocean fish, flax and hemp seeds, and nuts like walnuts and macadamia. When it comes to protecting your heart one of the best antioxidants is Co-Q10. If you have gum disease, take statin drugs or already have heart problems you should definitely use Co-Q10.

February special - Super Omega-3 - 25% off retail price.

For more information and a free newsletter regarding a healthy heart contact me:

Mary Ellen Kiel
Roadway To Health
920-772-4135
maryellen@mynsp.com
www.mynsp.com/maryellen



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starting on
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Valentine Extravaganza



Saturday, February 14th
Starting at 4pm - ?

Serving - Choice of:
Stuffed Tenderloin
Shrimp/Tenderloin
Prime Rib
Surf/Turf
King Tenderloin



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\$50 per person
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Mardi Gras



Friday - Feb. 20
Afternoon Sheepshead
Tournament
afternoon Fish Fry for lunch
and supper

Saturday - Feb. 21
Pool Tournament, 754-4086
to sign up. Dinner available.

Sunday - Feb. 22
Breakfast 9am - 1pm
Chicken/Rib Dinner 4-8pm

Tuesday - Feb. 24
Cajun Buffet, 11am - 8pm

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"Sometimes our fate
resembles a fruit tree in
winter. Who would think
that those branches would
turn green again and
blossom, but we hope it,
we know it."

-Johann
Wolfgang von Goethe

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Classic Cuts Salon welcomes Angie Dietrich to our staff.
Specials with Angie include adult haircuts - \$10, kids 9
and under - \$7, colors - \$5 off, perms - \$5 off,
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