

# The Beacon OBITUARIES

Page 6 • March 24-April 6, 2020 • (877) 467-6591 • www.sheboyganbeacon.com

**Esther E. Bismann**, 103 of Sheboygan died Wednesday, March 4, 2020. Ballhorn Funeral Home.

**Judith Mae Born**, 78 of Sheboygan died Thursday, March 5, 2020. Olson Funeral Home.

**Roger "Rabbit" Bria**, 65 of Waldo died Wednesday, March 4, 2020. Eernisse Funeral Home.

**Jerry E. Bricko**, 76 of Sheboygan died Monday, March 9, 2020. Zimmer Westview Funeral Home.

**Hazel Jean Buehler**, 90 of Sheboygan Falls died Tuesday, February 11, 2020. Reinbold Novak Funeral Home.

**Alice Margaret Conrad (Leverenz)**, 89 of Sheboygan died Wednesday, March 4, 2020. Reinbold Novak Funeral Home.

**Sharon L. Delo**, 79 of Sheboygan died Wednesday, February 26, 2020. Suchon Funeral Home.

**Russell L. Doxtator III**, 44 of Sheboygan died Monday, March 2, 2020. Olson Funeral Home.

**Ronald Feustel**, 77 of Sheboygan died Saturday, March 14, 2020. Reinbold Novak Funeral Home.

**Rose Marie Gilbertson**, 83 of Sheboygan died Wednesday,

March 11, 2020. Reinbold Novak Funeral Home.

**Kathleen L. Goll**, 74 of Sheboygan died Sunday, March 15, 2020. Zimmer Westview Funeral Home.

**Ronald E. Gumm**, 82 of Sheboygan died Sunday, March 15, 2020. Zimmer Westview Funeral Home.

**Duane C. Hitsman Sr.**, 80 of Sheboygan died Sunday, March 8, 2020. Zimmer Westview Funeral Home.

**Ray E. Hoffmann**, 78 of Sheboygan died Wednesday, March 11, 2020. Reinbold Novak Funeral Home.

**James W. Hueppchen**, 84 of Plymouth died Tuesday, March 3, 2020. Suchon Funeral Home.

**Larry "The Mallet" Kasper**, 63 of Sheboygan died Saturday, March 14, 2020. Reinbold Novak Funeral Home.

**Delores M. Kettler**, 95 of Sheboygan died Wednesday, March 11, 2020. Reinbold Novak Funeral Home.

**Sharon K. Klein**, 79 of Sheboygan died Saturday, March 14, 2020. Ballhorn Funeral Home.

**Rodney "Rocky" Klobuchar**, 78 of Sheboygan died Sunday, March 8, 2020. Reinbold Novak Funeral Home.

**Rosemary Kohls**, 90 of Sheboygan died Saturday, March

14, 2020. Reinbold Novak Funeral Home.

**Jerry R. Krueger**, 71 of Sheboygan died Saturday, March 7, 2020. Suchon Funeral Home.

**Eleanore "Ellie" Langkabel**, 79 of Plymouth died Wednesday, March 11, 2020. Suchon Funeral Home.

**Susan Mertzig**, 67 of Sheboygan Falls died Friday, March 6, 2020. Wenig Funeral Home.

**Ruth E. Meyer**, 86 of Sherman died Saturday, March 14, 2020. Eernisse Funeral Home.

**Kevin J. O'Brien**, 62 of Sheboygan died Friday, February 28, 2020. Ballhorn Funeral Home.

**Christine M. Pirrung**, 65 of Plymouth died Saturday, March 7, 2020. Reinbold Novak Funeral Home.

**Wallace R. Ramminger**, 82 of Plymouth died Tuesday, March 17, 2020. Wittkopp Funeral Home.

**Peggy Rosenthal**, 89 of Sheboygan Falls died Thursday, March 5, 2020. Wenig Funeral Home.

**Ruth M. Schroeder**, 82 of Sheboygan died Friday, March 13, 2020. Olson Funeral Home.

**Delores L. Stafford**, 89 of Sheboygan died Saturday, February 29, 2020. Olson Funeral Home.

**James Strahl**, 66 of Sheboygan Falls died Monday, March 9, 2020. Wenig Funeral Home.

**William Truby**, 89 of Oostburg died Monday, March 9,

2020. Wenig Funeral Home.

**John Charles Wierman**, 72 of Sheboygan died Tuesday, March 10, 2020. Reinbold Novak Funeral Home.

**Donna J. Winters**, 59 of Sheboygan died Thursday,

March 12, 2020. Ballhorn Funeral Home.

**Irma V. Wolfert**, 82 of Sheboygan died Monday, March 16, 2020. Zimmer Westview Funeral Home.

## Acceptance calms us down

### ISOLATION from 2

have a positive effect on your mental health. When you are having a tough day and finding it hard to cope, focus on getting through the next day or even the next few hours rather than weeks or months. The sun will continue to rise and set. This situation will pass.

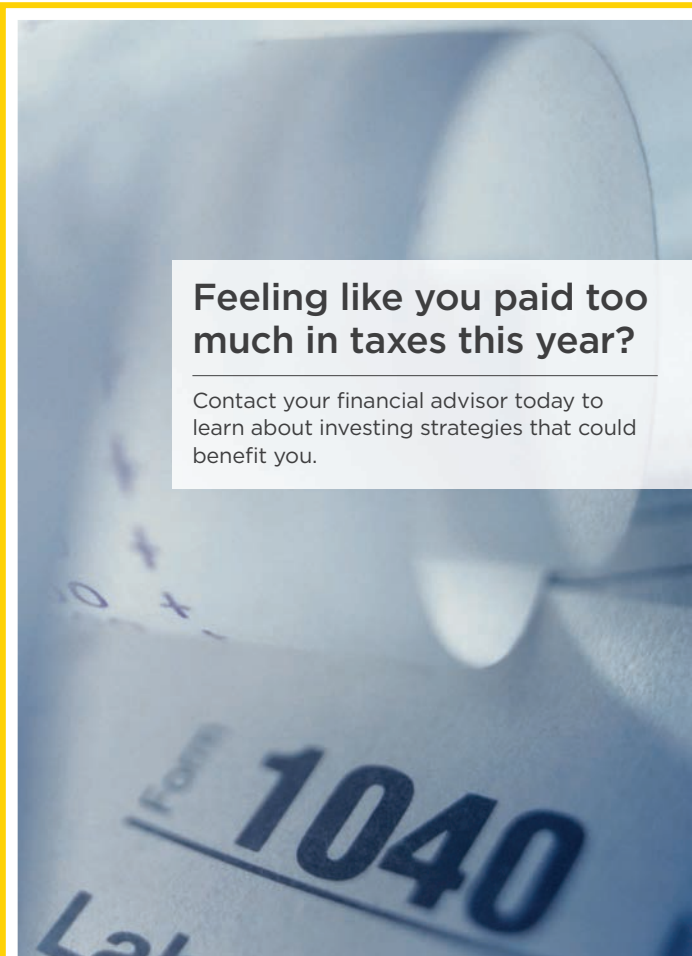
Look for the opportunities and be creative. In a world of instant contact, demanding work lives and intrusive technology the current situation will allow many of us to step back from that for a period of time. Is there a project that you have wanted to take on but never had the time? Is there a bestseller in your head just waiting to be written? Is there work that you could do on a temporary basis? Necessity is the mother of invention, so perhaps now is the time to embark on something new.

Accept that we must adapt to the new environment we are living in. As a round the

world sailor, I am used to my environment changing very quickly and having to adapt to forces that are outside of my control. In the coming weeks and months, restrictions on our lives and the effects of this virus will no doubt make us feel angry, upset, worried and scared. These are natural emotions but will use mental energy. Accepting a situation allows you to think more clearly and calmly.

The future will be different. That is the reality and we may as well embrace it. Mother nature has flicked the reset button. We have an opportunity to re-evaluate and change our behaviour for the better.

We are all too aware in today's world that the only thing we can be certain of is change. Our ability to adapt to this change is what will define us. The current global pandemic is revealing that the majority of us fear the unknown and our reaction is to panic. Let's come together in this time of adversity and support each other."



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