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Free fishing weekend Jan 18-19 with loaner equipment available

The Wisconsin Department of Natural Resources (DNR) is hosting Free Fishing Weekend Jan. 18-19 to share the fun and excitement of winter fishing. During Free Fishing Weekend, anglers of all ages can wet a line in any Wisconsin waters open to fishing without a fishing license, trout stamp or salmon stamp.

All other 2024-2025 Hook and Line regulations including bag limits, size limits and species restrictions remain in effect. While most trout streams are open during the catch-and-release season on Free Fishing Weekend, there are trout streams, spring ponds and lakes that are closed to fishing. Please review the trout regulations or check with your local biologist if you have questions about specific waters. For trout streams that are open, only artificial lures are allowed, and anglers must release all trout caught.

Remember, the DNR does not monitor ice conditions. However, local bait shops and fishing clubs are good sources for current conditions and fishing tips.

To help get you started, the DNR offers loaner ice fishing equipment at 19 tackle loaner sites around the state. Locations with ice fishing equipment will have an "IF" next to their name. Essential gear is available, although sites do not offer ice augers. Abandoned holes can be opened with a sledgehammer or spud bar. Visit <https://dnr.wisconsin.gov/topic/Fishing/anglereducation/loanerContacts>

Hours and available equipment vary, so contact the site in advance and create a plan to pick up the gear.



SNOWIER DAYS ONCE PREVAILED- Winter scene of Sheboygan in 1880 after a heavy snowfall. Mr. Henry C. Mueller can be seen on the top of the three-story building which he built in 1871. Many people are posing in the snow-covered street and sidewalks. - photo courtesy of Wisconsin Historical Society, WHI-39135

Driver sentenced for pedestrian fatality

by Ian Johanson
for The Beacon

A Wisconsin Department of Corrections investigation into a tragic case of a Sheboygan pedestrian fatality reached a conclusion and the responsible driver was sentenced in November to 20 years in prison.

Mr. Jan Richmond of Sheboygan, 74, was killed as he was out walking on Enterprise Dr. the morning of July 4, 2023. He was struck by a van driven by Michael L. Bowen, now age 39, also of Sheboygan.

After the incident, Bowen admitted that he did not have a valid license and that he had consumed methamphetamine the previous night, according to state records. His daughter, then age six, was in the vehicle with

him when he hit Mr. Richmond. Bowen did not call for help or remain at the scene. Instead, he attempted to hide his vehicle inside the garage next to the house where he was staying. He also attempted to get his girlfriend to take the blame, according to a criminal complaint.

At the time of the incident, Bowen was supposed to be in custody under court-ordered Huber law "conditional jail time." (Huber is jail time which allows for the individual to serve mostly or entirely without physical custody in jail, but under specific conditions, usually with electronic bracelet monitoring.) He had been sentenced to a total of 30 months probation with the 12 months of "conditional jail time" (Huber as a result of a previous 1st-

degree recklessly endangering safety felony conviction following a high speed chase from Manitowoc to Sheboygan.

Bowen was being monitored by a Sheboygan probation agent as part of a separate 30-month probation term which followed his release from prison in November of 2022 for a felony conviction for a sexual assault he committed while out on bond for the high speed chase charges. However, the 12 months of Huber jail time which should have followed his release from prison was never set up with Manitowoc County authorities, where the high speed chase offense was charged.

Given the flexibility associated with Huber time, it is unknown if the failure to set up the conditional jail time affected Bowen's ability to be out driving the morning of July 4.

A Wisconsin Department of Corrections investigation into the matter, recently obtained by The Beacon via a records request, concluded that Bowen's probation agent was "grossly negligent" in failing to ensure that Bowen served the conditional jail time after his release from prison.

The failure was classed by the DOC as a "Serious Act of Misconduct" - that which "causes a substantial risk to the safety and security" of the community or others, investigation records say. That agent resigned in November of 2023 "in lieu of termination." (A different probation agent was supervising Bowen at the time of the fatality, and was not faulted by the DOC.)

Bowen's 20-year prison term for the Richmond fatality does not start until 2028, after he is finished serving a five-year sentence for violating the terms of his endangering safety conviction probation.

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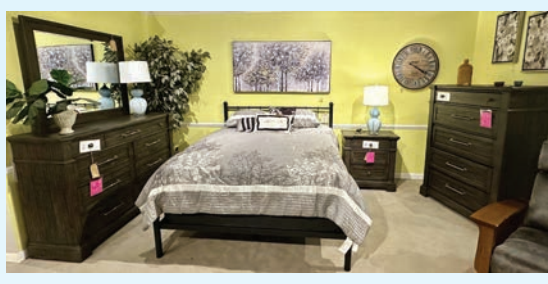


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Gov. Evers wants to let voters propose state ballot measures

by **Baylor Spears**

Wisconsin Examiner

<https://wisconsinexaminer.com/>

Gov. Tony Evers is proposing that the Legislature create a way for Wisconsin residents to directly create ballot measures that make statutory and constitutional changes through the referendum process.

The proposal comes ahead of a legislative session that will test the prospects for a productive working relationship among a newly slimmed-down Republican legislative majority, Democratic lawmakers, who picked up 14 seats in the recent elections and Evers.

Evers' proposal for a "binding referendum" process would allow citizens to put proposed measures before the electorate for ratification.

Wisconsin law currently permits the Legislature to place proposed constitutional amendments on the ballot, after they pass two consecutive legislative sessions. But Wisconsin doesn't have a way for voters themselves to introduce initiatives or place a binding referendum on the statewide ballot.

Republican lawmakers have turned to constitutional amendments in recent years as a way

to bypass the governor's veto pen. Evers said that if Republicans are going to continue to utilize that process, Wisconsin citizens should also have the opportunity to place questions on the ballot.

"Republican legislators have repeatedly ignored the will of the people of Wisconsin, the majority of whom support proposals like restoring Roe and access to safe, legal abortion, legalizing and taxing marijuana like we do alcohol, funding our public schools and implementing common sense gun safety [laws]... Instead, Republican lawmakers have repeatedly worked to put constitutional amendments on the ballot that are Republican drafted, Republican passed, all while refusing to give the same power to the people," Evers told reporters during a Capitol press conference Friday. "Republican lawmakers shouldn't be able to ignore the will of the people and then prevent the people from having a voice."

In 2024, Wisconsin voters passed constitutional amendments put forward to them by lawmakers to prevent non-citizens from voting, to ban private money from helping to fund the state's election process and re-

jected another that would have curbed the governor's power to use federal money.

Voters could soon see other proposals on their ballots in 2025, including one to add a requirement in that state constitution that voters show photo identification. Assembly Speaker Robin Vos has said that he hopes this could make it to voters in April — on the same ballot as a high profile state Supreme Court race.

"If Republican lawmakers are going to continue to try to legislate by constitutional amendment, then they should give Wisconsin the same opportunities that 26 other states have," Evers said.

The National Conference of State Legislatures, reports that states that have a citizen initiative process allowing citizens to bypass their state legislature by placing proposed statutes and, in some states, constitutional amendments on the ballot include Wisconsin's neighbors Michigan and Illinois. The referendum process in some states has allowed voters to act on an array of issues including codifying abortion rights following the overturning of Roe v. Wade and legalizing marijuana.

Evers' proposal would instruct the Legislature to create a binding statewide process through a constitutional amendment that would allow voters to

file petitions with the Wisconsin Elections Commission to hold a vote on proposed state laws and constitutional amendments to repeal current state law. If the Elections Commission were able to validate a sufficient number of signatures by qualified voters, then a vote on the referendum would be held at the next general election at least 120 days after the petition is filed. Evers' proposal would require a simple majority vote to pass the referendum.

According to a memo from the Legislative Reference Bureau, Wisconsin voters voted once on a measure to implement a statewide initiative and referendum process for ratification in the state constitution in 1914 with 64% of voters deciding to reject the constitutional amendment proposal.

The proposal will be included in Evers' 2025-27 state budget, which he will present in full in February.

The budget writing process will likely be a major place for work to occur, and Evers said he sees opportunities to work with Republican and Democratic lawmakers in the new session and that he has already seen some of that occurring, as new members confer with their colleagues across the aisle on issues of importance to their constituents.

As for his own plans to work with Republican legislative leaders, he said, "We'll work with them anytime they're available, you know, we worked a lot on the budget last session when we talked about shared revenue. We hope to be able to do that in the future."

American Sign Language aided for Sheboygan Theater Company

The Sheboygan Theater Company (STC), the local community theater celebrating its 91st Season, has announced that the Company has received a grant from the Sheboygan Public Education Foundation (SPEF) that will help fund American Sign Language (ASL) interpreters at upcoming performances, making the community theatre experience accessible to the hearing impaired.

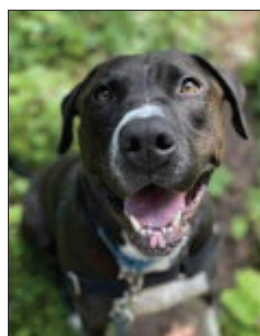
"We are deeply grateful to the Sheboygan Public Education Foundation for their generous support," said STC Executive Director Tricia Roberts. "Their commitment to enriching our community is truly inspiring, and this grant will help us bring the magic of live theatre to a wider audience by providing ASL interpreters at our Saturday matinee performances. Together, we're making Sheboygan County a place where the arts are accessible to everyone"

STC first introduced ASL interpreters during its 90th season.



FURever Home

Ryan Reynolds needs our help



For over a year, Ryan has been navigating the challenges of shelter life, and it has been truly heartbreaking to watch. Despite making many friends along the way, he's still waiting for the right family to call his own. Sadly, the stress of shelter life has taken its toll—his once-bright spirit now shows signs of anxiety and frustration.

But there's so much more to Ryan than his shelter stress.

- He's incredibly smart and capable, having completed training with Off Leash Manners in Manitowoc.
- On Christmas Eve, Ryan had the joy of spending the day with his favorite volunteer, Claire, who has stood by his side since he first arrived. Their bond speaks volumes about the loyal and loving companion Ryan can be.

Now, Ryan is searching for an experienced, understanding home where he can truly thrive.

- Due to resource-guarding tendencies, Ryan would do best as the only dog in a kid-free home.
- He needs patient owners willing to provide the structure and guidance he deserves.

BONUS! Ryan comes with a coupon for a free training session with Pam's Pawsitive Training to help him and his new family start off on the right paw and ensure a successful, happy-ever-after together.

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adoptsheboygancounty.org/adopt-foster/

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Bears fan proposes to Packer backer

Escobar pops question at Lambeau Field

by Dave Boehler
sbsports@sheboyganbeacon.com

It isn't bad that a Chicagoan proposed to a Green Bay fan at Lambeau Field on Sunday.

But a couple of minutes after Cassie Marver said "yes" to Ivan Escobar, his Bears rallied to beat her Packers thanks to a last-second field goal.

"I was just happy, even though I should have been pissed like I normally am, because I can be a slight competitive," the 2013 Howards Grove graduate said. "And I always love when the Packers beat the Bears. It's always funny. But I was just super happy. So I wasn't affected at all by the Packers' loss."

Neither was Escobar, a 2011 graduate of Sheboygan North.

"Oh yeah, it was great. It was amazing," he said. "It went the way I wanted it to."

Marver came up with the idea to attend the regular season-ending game, and Escobar was all for it - even though his Bears had lost 11 in a row to the Packers and were riding a 10-game losing streak this season entering the contest.

"I was actually really excited," he said. "I figured it would be a good first half, and the second half we would kind of get blown out like other times."

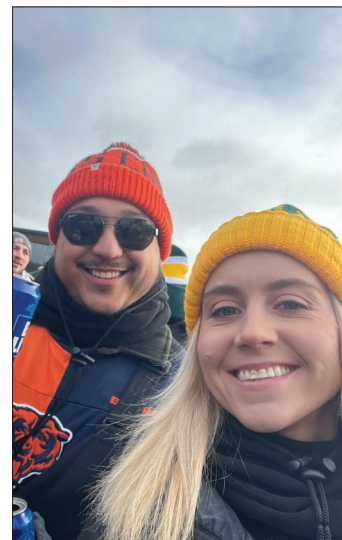
"Then it hit me right away when she brought it up, I was like, well, I've already been looking into the ring a little bit. And I guess I figured that it'd be kind of a cool thing, a cool moment for me being a Bears fan and for her being a Packers fan."

Escobar then began planning.

He knew if he put the ring in his pocket that he would have to empty them out at the security checkpoint, and Marver might see it as they walk through the metal detectors.

So Escobar put the ring in his sunglasses box.

"I actually was more con-



BEARS FAN Ivan Escobar proposes to Packer backer Cassie Marver Sunday during the game at Lambeau Field. - Submitted photos

cerned about not losing it, just because of how cold it was and not being able to feel fingers and stuff too much," he said.

Escobar thought of propos-

ing at halftime, but too many people might get in the way as they left or returned to their seats.

He also thought about doing

it during the third quarter, too.

"I got caught up watching the game with the excitement," Escobar said. "And then it hit me again that, I'm not just there to watch the game and be a fan. I'm there to get engaged."

So Escobar, dressed in Chicago gear, popped the question with about 5 minutes left in the fourth quarter.

"I had no idea," Marver said. "I guess right before he was going to do it, I kind of like could tell he was a little like different. But honestly, I had no idea."

Marver jokes she had mixed emotions at first.

"I think that's when the Bears were winning, and I was like, of course you'd be doing this right now when the Bears are winning," she said. "They never win against the Packers. So I was like, what the heck is he doing? And then it just happened. I was kind of in shock. I'm still in a little shock. I was just focused on the game more than anything."

And after Marver said yes?

"I can't really recall the last details of the game," she said.

South grad Hedges wants your vote

She's hoping to reach Packer Fan Hall of Fame

Many airplane passengers already know of Tammy Hedges' love of the Green Bay Packers.

It's just one of the reasons Carrie Diener, her best friend since their days at Sheboygan South, nominated the American Airlines flight attendant for the Packers Fan Hall of Fame.

"I actually came home for Thanksgiving," Hedges said. "I was going to the Green Bay Packers-Miami Dolphin game - I live close to Miami and Fort Lauderdale - and she lives in Milwaukee, so we had some lunch on my way up to the game. And she said, 'by the



TAMMY HEDGES hopes to be voted into the Packers Fan Hall of Fame.

- Submitted photo

way, I've nominated you."

"I'm like, 'well, what's the chance?'"

"And she said, 'it's always worth a shot.'"

"Then just a couple weeks later, I heard back from the Packer Association that I'm a finalist, and I was ecstatic."

To vote for Hedges, visit packers.com/fans/fan-hall-of-fame-voting.

Diener says she nominated Hedges because "her undying support of the Packers is truly a wonder to behold."

In her letter to the organization, Diener wrote how Hedges has moved many times because of her job, but remains as loyal to Green Bay as if she still lived an hour south.

"For as long as Tammy has been a flight attendant, she has

always sported some sort of Packers paraphernalia," Diener wrote. "Whether it be a 'G' lapel pin proudly fastened to her airline ID lanyard, or a Packers luggage tag firmly affixed to her bags, all Tammy ever hopes for is for someone, anyone, to say, 'Oh hey, are you a Packers fan?'"

"If she is fortunate enough to have that happen while flying across the country for her job, she beams with excitement for the opportunity to engage with the stranger. She will enthusiastically talk about the Packers and Wisconsin."

"For example, on one particular flight she was working, during take-off she mouthed to a passenger she liked her outfit. Once the flight was underway and Tammy was conducting service, the passenger with the

outfit said, 'Oh hey, are you a Packers fan?'"

"Tammy was so elated the woman noticed! The woman said, 'I work for the Packers in the back office.'"

"Well, Tammy and this woman developed a friendship as pen pals (pre-email!). The first letter Tammy received from the woman was an official Packers' letterhead. For Tammy, it was literally like winning the lottery and she faithfully carried it with her to show every future crew member and passenger who loved the Packers."

Since leaving Sheboygan to work in the airline industry, Hedges has lived in Connecticut, Minnesota and Indiana as well.

See HEDGES/7

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KENT HUIBREGTSE of Hingham takes a swing at The Approach at Anchor Lanes on Tuesday. - Photos by Dave Boehler

Perfect golf weather

■ **Elkhart Lake's Anchor Lanes offers chance to swing any time of year**

It was freezing outside, but that didn't stop Kent Huibregtse from golfing on Tuesday.

The Hingham resident was one of many who attended - and took some swings - at the grand

opening of The Approach at Anchor Lanes in Elkhart Lake. "I think it just keeps your

swing fresh," he said. "You know, just keep the muscle memory so that you can come into the spring and you're not behind."

The Approach, which has been up and running since Dec. 29, features four new high-tech aG Curve golf simulators that has nearly 90 courses - including Blackwolf Run and Whistling Straits.

The simulators have an immersive curved screen that offers a realistic golfing experience that works for serious players as well as those just looking to have fun.

It costs anywhere from \$40-50, depending on the day and time

Each golf bay accommodates up to four people at once, and the time it takes to complete a round depends on the number involved.

For one player, it takes 30 minutes (9 holes) or an hour (18). For four, it's about two hours (9) or nearly four (18).

Golfers can either bring their own clubs (preferably clean to

help maintain the simulators) or rent them for \$10.

Anyone under the age of 14 must be accompanied by a parent or guardian.

It's another endeavor by Plymouth graduate Tyler Luedtke, who purchased Anchor Lanes in July after buying Crystal Lake Golf Course a couple of years ago.

"The idea behind The Approach was initially spurred with the idea from bringing golf, which we already have at Crystal Lake, and merging that with bowling, which was the new acquisition this summer," he said. "Given the weather that we had this past summer, the flooding we experienced (on the course), it just seemed like it would be a great fit both business-wise as well as for the community to provide another, an additional, activity in town here."

The Approach will have a variety of leagues, and those interested should sign up at golftheapproach.com.

"I think it just keeps your swing fresh."

- Kent Huibregtse

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In case you missed it ...

North's Cale Buboltz reached the 1,000-point plateau in a 69-58 victory at Green Bay Preble last Tuesday.

He finished with 20 points on 8-of-16 shooting, giving him an average of 16.2 ppg.

It was the second-most points Buboltz has scored this season (he had 38 at Plymouth Dec. 5) and the 15th time he had at least 20 in a high school game.

He now ranks 11th on the all-time scoring list at North.

Teammate also recognized

North's Logan Steffensmeier was named the most valuable player at the Rick Majerus WBY Shootout in late December.

HOCKEY

That's a lot of goals

Sheboygan defeated Manitowoc, 11-2, on Jan. 3 by scoring its most goals in at least 16 seasons on Jan. 3.

North's Ethan Wilke recorded his second hat trick and classmate Eric Zimmermann added a season-high five points (two goals, three assists).

And not a lot of goals

Sheboygan picked up its first shutout of the season as a result of a 6-0 win over Manitowoc on Wednesday.

Zimmerman again scored twice.

WRESTLING

South celebrates success

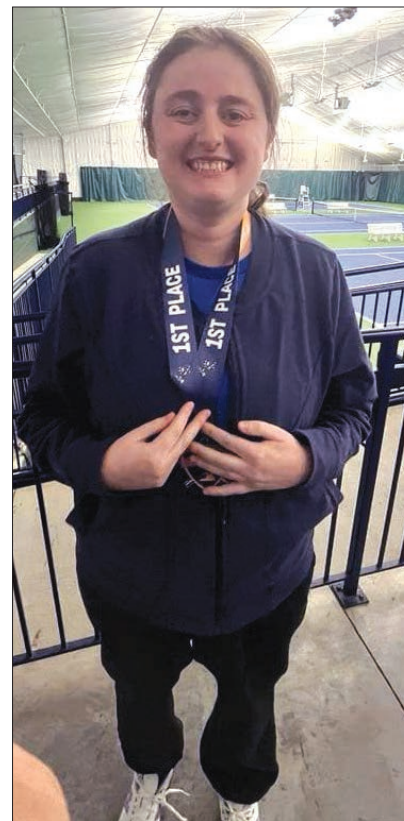
Ellianna Robinson used five pins to take first place in the Sgt. Andrew Wallace Memorial Scramble in Ripon in late December.

Yeindhi Diaz finished second and third went to Sophia Rodriguez-Enamorado.

North does, too

Destiny Duesterbeck won another tournament - this time at the Wallace Memorial Scramble - while teammates Wesnytha Benish ended second and Jessika Rivera placed third.

Ethan Meissner and Kermit Pfister each finished runner-up in the Green Bay Scramble too.



Smile of a champ

LILY BOHN, a North graduate, wears her first-place medal she received at the Special Olympics Virginia Xperience National Tennis Invitational. - Submitted photo

... and so you don't

It's likely Kohler will try to hand the Lutheran boys its first loss of the basketball season again. The Crusaders were 9-0 before games at Ozaukee (0-8) this past Friday and at Random Lake (0-8) on Monday. Lutheran's next game is against visiting Kohler at 7:15 p.m. Thursday.

Last year, the Crusaders were 12-0 when the Blue Bombers beat them, 88-79, on Jan. 19.

Green Bay Notre Dame at North, 7 tonight: The Golden Raiders boys enter with a six-game winning streak. Both squads split the season series last year.

GIRLS BASKETBALL

Kohler at Lutheran, 6:45 p.m. Friday: The 9-3 Blue Bombers have won eight of their last nine games. That stretch started with a 50-49 win over the Crusaders on Dec. 5,

HEDGES/from 5

"I took the Packer pride with me and always encouraged people to learn about the Packers, follow the Packers, and love the Packers," Hedges said. "Having my job, I just talk to people every flight. I had a guy on the flight (Thursday). His bucket list was to go to Lambeau. So I told him all about the tours that they give and what an exciting, well-worth moment in history



SHEBOYGAN LAKERS MITES got to play at the Fiserv Forum over the holidays. - Submitted photo

even though Kohler missed 17 free throws in the contest.

the Redwings visit their rivals.

SWIMMING

South at North, 5:30 p.m. Tuesday, Jan. 21: Three days after hosting their invitational,

WRESTLING

North Invitational, 8 a.m. Jan. 25: A number of teams will compete, including South and Falls.

you can make for yourself by going on the tour."

Diener also pointed out that Hedges is a Packers Shareholder who makes sure to get back to Wisconsin to attend every owner's meeting.

Hedges, currently training for an Ironman race this year, also knows her stats and stays up-to-the-minute on any and all Packers news.

"Whether she's flying, on a Florida beach with her Packers

towel, or running a marathon wearing her 'G' visor," Diener wrote, "she's always just hoping for someone, anyone, to say, 'Oh hey, are you a Packers fan?'"

Did you know?

Sheboygan's Dan Bogen-schuetz was inducted into the Fan Hall of Fame last year.

There's also one other person from the city to make it: Edward Fritsch (2012).

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in residence at the Kohler Co. factory during 2024 will exhibit their work in a yearlong group exhibition, presenting four residents' work at a time in rotations of approximately four months each.

tural and social activities for children, teens and adults. For a complete list, including storytimes, book clubs, movies and workshops, and to register visit our website or call. All programs are free and open to the public, with funding provided by the Friends of Mead Public Library and the Mead Library Foundation.

EVENTS AT KOHLER-ANDRAE STATE PARK

1020 Beach Park Lane
 Sheboygan
 For more info, call 920-451-4080 or check website: dnr.wisconsin.gov/topic/parks/kohlerandrae

SATURDAY, JANUARY 18: Cabin Fever Series: Owl Pellets: 11:00 a.m. Sanderling Nature Center. Join Master Naturalist Laurie to learn about owls, their digestive systems, and what they eat. Vehicle admission required.

Cabin Fever Series: Plants for Birds and Pollinators: 1:30 p.m. Sanderling Nature Center. Discover how incorporating native plant species into your landscape can help our birds and other pollinators. Vehicle admission required.

EVENTS AT MEAD PUBLIC LIBRARY
 710 N 8th Street, Sheboygan
www.meadpl.org
 920-459-3400

Mead Public Library has announced its events and classes featuring educational, cul-

TUESDAY, JANUARY 14: Drop-In Tech Help: 1-2 p.m., The Loft. Offering one-on-one help with e-content, mobile devices, social media, email, photos and more.

SATURDAY, JANUARY 18: Family Yoga: 10 a.m. The Loft. Join yoga instructor Rachael Haas as we stretch the winter blues away. Suitable for kids of all ages and adults.

TUESDAY, JANUARY 21: Bitty Book Club: 9:30 a.m. & 4:30 p.m., The Loft. Join staff from the Family Resource Center and Progressive Beginnings as they bring stories to life. Free book copies are available while supplies last. Recommended for ages 2-5.

FRIDAY, JANUARY 24: Memory Cafe: 10-11:30 a.m., Rocca Room. Featuring an American Bandstand-themed social gathering for people experiencing early stage dementia, mild memory loss or mild cognitive impairment, and for their caregivers. Register at the www.meadpl.org events calendar or call 920-459-3400.

EVENTS AT ELKHART LAKE PUBLIC LIBRARY

All of these events take place at Elkhart Lake Public Library 40 Pine Street, Elkhart Lake 920-876-2554

elkhartlakepubliclibrary.org
EVERY WEDNESDAY: Coffee Hour: 10 a.m. Enjoy a cup of coffee, conversation, and a preview of the week's new releases.

EVERY THURSDAY: Story Time: 9:30 a.m. Stories, songs, and activities for toddlers, preschoolers and their caregivers.

FIRST FRIDAY OF THE MONTH: First Friday Matinee: 1:00 pm at the Grashorn Civic Center. Movies & popcorn for grownups on the first Friday of the month at 1pm. See our website for movie selection.

SECOND THURSDAY OF THE MONTH: Ukulele Club: 1:00 pm at the Grashorn Civic Center. All levels welcome! Contact elcirc@monarchlibraries.org for more info.

SECOND FRIDAY OF THE MONTH: Book Club: 1 p.m. To be placed on our book club list, email elcirc@monarchlibraries.org.

THIRD TUESDAY OF THE MONTH: Fiber Arts Circle: 10:30am. All needlework and fiber arts welcome, bring a project and join us for conversation and crafting camaraderie. 876-2554.

EVENTS AT JOHN MICHAEL KOHLER ARTS CENTER

608 New York Ave.
 Sheboygan
 920-458-6144
 Tue, Wed, Fri: 10AM-5PM
 Thu: 10AM-8PM
 Sat and Sun: 10AM-4PM
generalinfo@jmkac.org
www.jmkac.org

NOW THROUGH February 2, 2025: Mad Dash: 50 Years of Arts/Industry. FREE, All ages. Chronological installation of artworks, letters, photographs, and promotional materials dating from 1974 to the present. It reveals the origin and history of Arts/Industry residency program.

NOW THROUGH MARCH 2, 2025: Clocking In: 2024 Arts/Industry Residents: FREE, all ages. As part of the Arts Center's celebration of Arts/Industry's fiftieth anniversary, the twelve artists

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EVENTS AT PLYMOUTH PUBLIC LIBRARY

All of these events take place in the Plymouth Public Library's Meeting Room: 130 Division Street, Plymouth, WI 53073 and are free and open to the public. 920-892-4416. See our website www.plymouthpubliclibrary.net for full details.

Adult Winter Reading Program: All Day. Read to earn raffle tickets towards your favorite prize basket. Register at the library.

EVERY MONDAY: Baby & Me Storytime: 10:00 am. Babies from newborns and 24 months are invited to bring their parent or caregiver for storytime! No registration required.

EVERY TUESDAY: Family Storytime: 10:00 am. Get ready for fun songs, dances, and exciting stories! Most appropriate for preschoolers, but all are welcome. No registration required.

TUESDAY, JANUARY 14: Doggy Tales: 4:30 pm & 5:30 pm. For grades 1-8. Registration required. Get some read-aloud for practice with Gus, a trained therapy dog!

WEDNESDAY, JANUARY 15: Teen Gaming Hour: 3:00 pm. For ages 11-18. Play on our Nintendo Switch, bring your own, or try on of our games. No registration required.

Doggy Tales: 4:30 pm & 5:30 pm. For grades 1-8. Registration required. Get some read-aloud for practice with Gus, a trained therapy dog!

THURSDAY, JANUARY 16: Lego Club: 4:00 pm. For ages 6+. Show us your LEGO skills and creativity, as you create your LEGO masterpiece with friends. No registration required.

MONDAY, JANUARY 20: Sci-Fi & Fantasy Book Club: 6:00 pm. Join us to read a new fantasy or science fiction book each month. Copies available for pick up.

TUESDAY, JANUARY 21: Manga Book Club: 4:00 pm. For ages 12-18. Join us to discuss the current volumes of a manga series.

Doggy Tales: 4:30 pm & 5:30 pm. For grades 1-8. Registration required. Get some read-aloud for practice with Gus, a trained therapy dog!

WEDNESDAY, JANUARY 22: Doggy Tales: 4:30 pm & 5:30 pm. For grades 1-8. Registration required. Get some read-aloud for practice with Gus, a trained therapy dog!

THURSDAY, JANUARY 23: Reading Dragons Monthly Meet-Up: 4:00 pm. For 1st-5th graders. Join your fellow Dragon Trainers to play games, eat snacks and do crafts.

MONDAY, JANUARY 27: Yoga for Everyone: 6:00 pm.

For all ages. Join us as our certified yoga instructor shows us how yoga can be for everyone. Registration requested.

TUESDAY, JANUARY 28: Dice Quest: 4:00 pm. For ages 14 and up. Gather with other tabletop RPG enthusiasts and play out fun adventures.

PLYMOUTH AREA EVENTS

WEDNESDAY, JANUARY 22: Around Our Town: Van Horn Automotive Group, 5:15 p.m. 3000 Eastern Ave. Adults can tour this employee-owned auto dealership. Free, but pre-register with Community Ed & Rec. www.plymouthwi.myrec.com, 920-892-5068.

MONDAY, JANUARY 27: Middle-School Lifting: 2:45-4 p.m. Mondays and Wednesdays JANUARY 27-March 5 in the Fitness Center at Riverview Middle School, 300 Riverside Circle. Athletic-based fitness training for grades 7-8. Free but please pre-register. www.plymouthwi.myrec.com, 920-892-5068.

TUESDAY, JANUARY 28: Middle-School Lifting: 2:45-4 p.m. Tuesdays and Thursdays JANUARY 28-March 6 in the Fitness Center at Riverview Middle School, 300 Riverside Circle. Athletic-based fitness training for grades 7-8. Free but please pre-register. www.plymouthwi.myrec.com, 920-892-5068.

plymouthwi.myrec.com, 920-892-5068.

EVENTS AT GENERATIONS

Generations Center
1500 Douglas Dr., Plymouth
For more info, call 920-892-4858

TUESDAY, JANUARY 14: History on the Move: 1:00pm. Sheboygan County Crime and Criminals: Part 2.

GenT Group Talk: Internet Providers: 1:30pm. Technology help presentation, focusing on different Internet Provider options. Please call 920-892-4858 to RSVP.

WEDNESDAY, JANUARY 15: Meal Prep & Plan: 1:30pm. Learn best practices and health benefits for meal planning and prepping.

Restorative Yoga: 5:30pm. Join Erika for a relaxing and restorative Yoga practice.

WEDNESDAY, JANUARY 22: Consumer Fraud Protection Series: 12:00pm. Bennet

Merens with the Wisconsin Bureau of Consumer Protection will discuss common scams and frauds.

FRIDAY, JANUARY 24: Versiti Blood Drive: 11:00am. Blood Drive sponsored by the Plymouth Lion's Club.

MONDAY, JANUARY 27: Versiti Blood Drive: 11:00am. Blood Drive sponsored by the Plymouth Lion's Club.

GENERATIONS CENTER MONTHLY ACTIVITIES

Generations Center
1500 Douglas Dr., Plymouth
For more info, call 920-892-4858

Parkinson's Support Group: 3rd Friday of the month at 1:00pm. Call 920-892-4858 for more information.

Parkinson's Focused Exercise: Wednesday at 12:30pm. Friday at 12:00pm.

Strength & Stretch: Tuesday & Thursday, 5:30pm
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January 14-27, 2025 - FREE

Phone: 877-467-6591
FAX: 920-893-5505

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Web address: sheboyganbeacon.com

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Advertising Design/Layout Specialist: Ann Dueno-Spindler

News and Advertising Production Specialist: Matt Seger

Delivery: Randy Thiel

Val Training: Tuesday, 6:30pm
Dance Fusion: Tuesday & Thursday, 9:30am.
Chair Dance: Monday & Wednesday, 12:00pm
Silver Sneakers Circuit: Monday, Wednesday, & Friday, 8:00am & 10:00am.
Movement for Brain, Body,

& Balance: Monday, 11:00am.
Chair Pilates: Wednesday & Friday, 11:00am.
Chair Yoga: Monday & Wednesday, 1:30pm.
Cardio Fit: Tuesday & Thursday, 8:00am.
Walk Fit: Tuesday & Thursday, 8:30am.

Arthritis Exercise Class: Tuesday & Thursday, 9:30am & 11:00am.
Tai Chi Chih: Tuesday & Thursday, 1:15pm.
Strength Training: Monday & Wednesday 7:20am.
Cardio Express: Wednesday, 6:30am
Yoga Flow: Monday & Wednesday, 9:00am.
Barre: Thursday, 6:30pm
Yoga for Balance and Stability: Friday 9:00am.
Foot Clinic: Various Thursdays & Fridays. Call 920-892-4821 for appointment.
Chair Massage: Various Mondays & Thursdays. Call 920-892-4821 for appointment.
Widow or Widower Support Group: Friday, 11:00am.
Veterans' Chat: 2nd & 4th Mondays, 11:00am.
Knitting & Crocheting Club: 2nd Friday of the month, 11:00am.
Book Club: 4th Monday of the month, 3:00pm.
Dog Club: 2nd Friday of the month. Time and location vary. Call 920-892-4858 for more in-

formation
Biking Club: Tuesday, 9:00am. Location varies. Call 920-892-4858 for more information.
Mini Golf League: At Tom & Jerry's Mini Golf, Thursday, 10:00am.
Tat & Chat: Monday, 1:00pm.
Ceramics: Wednesday, 9:00am.
Wii Bowling: Tuesday & Thursday, by appointment.
Ping Pong: Monday & Wednesday, 10:00am.
Cribbage: Monday, 1:00pm.
Hand and Foot Canasta: Monday, 1:00pm.
Duplicate Bridge: 1st & 3rd Monday, 1:00pm. Must pre-register.
5 10 15 Sheepshead: Tuesday, 1:00pm & Monday & Friday, 8:00am.
Farkle: 1st & 3rd Thursday, 1:00pm.
Bonco: 2nd Monday, 4:30pm.
Party Bridge: 1st & 3rd Tuesday, 1:15pm.
Dominoes: 1st & 3rd Wednesday, 1:00pm.
Bingo: Wednesday, 1:30pm.
Scrabble: Thursday, 9:30am.
Mah Jongg: Thursday, 1:00pm.
TOPS Club: Thursday. Weigh-in at 3:30pm. Meeting at 4:00pm.

6pm April- November 30. Rightway Club, 4627 S. 12th Street, Sheboygan. Contact Jennie 920-901-4550.

EVERY MONDAY
T.O.P.S. Weight Loss Support: 9:45am-11:00am (please arrive before 10am). St Paul's U.C.C., Sheboygan. Call Noreen for info 920-467-1248.
T.O.P.S. Weight Loss Support--Chapter WI 1363: 10:00am-11:15am. Fountain Park UMC, Sheboygan. Call Doreen for more info: 920-893-8118.
Al-Anon Meeting: 4-5pm. Do you worry about someone else's drinking? Help and hope are available. Al-Anon meeting for those affected by another's alcoholism. Rightway Club, 4627 S 12th St, Sheboygan. Call 1-888-425-2666 or visit al-anon.org for more information.

SECOND MONDAY OF THE MONTH
Compassionate Parents: Grief Support for families that lost a child: 6:00pm. Mental Health America, 410 S. Milwaukee St., Plymouth, WI 53073.
THRIVE: Women's Chronic Pain Support: 6:30pm. Virtual through ZOOM Fill out the form at bit.ly/mhasupportgroupsignup to receive ZOOM link.

THIRD MONDAY OF THE MONTH
Christian Women Connect After 5: Al & Al's Steinhaus, 1502 S. 12th St, Sheboygan, 6:30 - 8:00 p.m., buffet meal, features a business, organization or interest in our county, and an inspirational speaker affiliated with Stonecroft Ministries. Call Lynn for reservation or more info at 920-467-4929.

EVERY SUNDAY
Stronger Together CoDA Meeting: 1907 Club, 2908 N 21st St, Sheboygan, 4 PM. Learning together to develop healthy and loving relationships with others and ourselves. All are welcome. No cost or need to register. Any questions, call or text Jill at 920-609-5151.
Al-Anon Meeting: Winter hours 4pm starting Dec 1st-March 30th, Summer hours

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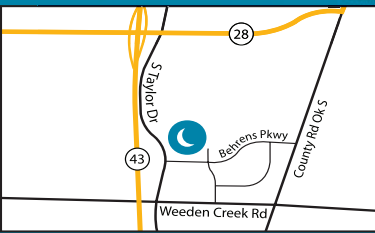
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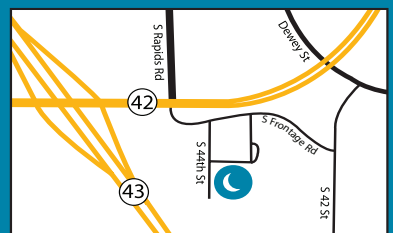
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Valid thru 2/11/25.

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EVERY TUESDAY

Camo Quilt Project: 439 Factory St., Plymouth. 9am-3pm. Quilts are donated to soldiers. Linda, 627-3460, linda.camoquilt@gmail.com.
GriefShare Support Group: Evangelical Free Church, 1710 N. 15th St., Sheboygan, 9:30am-11am. Support for those who've lost a loved one. 920-452-6520.
Plymouth Food Pantry: 2225 Eastern Ave., 2-5pm. Elkhart Lake & Plymouth school districts. Call 893-2989 for information.
Knight Chess: Sheboygan Falls Library, Lower Level. 4-7pm. Information (920) 234-2010.
T.O.P.S. Weight Loss Support: 5:15 p.m. - 6:15 p.m. 1st Presbyterian Church, 1429 N. 5th Street, Sheboygan. Call Jane for info: 1-414-698-6346.
LGBTQ+ 12 Step Recovery Program: 6:00pm. The Right Way Club, 4627 South 12th Street, Sheboygan. Ask for Dan L. 920-226-8145.
Al-Anon: 6:30pm. Alliance Church 1203 Fairview Dr, Plymouth, 6:30pm. Use the south door. 920-254-2097
The Sheboygan Railroad Museum: 6:30 to 9:00 PM. 1001 North 10th St., Sheboygan. Home to 8 train layouts in various scales and many railroad antiques. Open for your viewing pleasure.
Concordia Singing Society:

Rehearsals 7:00-8:30pm, 1130 N. 9th St, Sheboygan. Knowledge of German not required. Info: 815-883-0035. concordiasingerswi.org

FIRST TUESDAY OF THE MONTH

Alliant Energy Wives and Widows of Retirees Breakfast: 9:00 a.m. Sheboygan Family Restaurant. 2704 S. Business Drive.

Lemonade: Widow's Support Group: 6:00-7:30pm. Rogers Behavioral Health, (Main Entrance), 1108 S. Wildwood Ave., Sheboygan, WI 53081.

SECOND & FOURTH TUESDAY OF THE MONTH

Going Further: Mental Health Recovery Support: 5:00pm. Rogers Behavioral Health, (Main Entrance), 1108 S. Wildwood Ave., Sheboygan, WI 53081.

LAST TUESDAY OF THE MONTH

There is Hope Suicide Loss Support for those who have lost a loved one to suicide: 6:30pm. Hosted by MHA Lakeshore at Mental Health America 410 S. Milwaukee St., Plymouth.

EVERY WEDNESDAY

TOPS (Take Off Pounds Sensibly): Weight Loss Support Meeting: 9:00-10:30 a.m. Sheboygan Falls Library. 9-10:30 a.m. First meeting is FREE! For more info, please call Riki at 920-946-2425 or check out www.tops.org.
Camo Quilt Project: 439 Factory St., Plymouth. 9am-3pm. Quilts are donated to soldiers. Linda, 627-3460, linda.camoquilt@gmail.com

Al-Anon Wednesday Winners: 1907 Club, N 21st St., Sheboygan, 9:30am. Call 920-838-5249 for more information.
Al-Anon Serenity Seekers: Meets at Right Way Club, 4627 S. 12th St, Sheboygan, 9:30am. Call 920-918-6324 for information.
Al-Anon Meeting: 9:30-10:30am. Do you worry about someone else's drinking? Help and hope are available. Al-

anon meeting for those affected by another's alcoholism. Rightway Club, 4627 S 12th St, Sheboygan. Call 1-888-425-2666 or visit al-anon.org for more information.
Coffee Hour & Chat: Elkhart Lake Public Library, 40 Pine St, 10am. 920-876-2554.
Family Nights: * NOT IN JUNE, JULY OR AUGUST
 * Plymouth Alliance Church, 1203 Fairview Drive, 6:00-

Food/News

Recipes, tips & nutrition

Confront the common cold with this beloved seasonal staple

Everyone knows there's no cure for the common cold. Though colds can strike at any time, cold season tends to occur when the weather cools down and people spend more time indoors. Inside viruses can circulate and spread more easily, thus leading to elevated rates of infection.

Though there might be no cure for the common cold, that does not mean people are helpless against it. Many people have their own remedies to help them manage and potentially shorten the duration of a cold, and chicken soup features prominently in those antidotes. Whether cold season is kicking into high gear or people are confronting the common cold at other times of year, they can incorporate this recipe for "Chicken Barley Soup with Vegetables" courtesy of Lines+Angles into their cold remedy routines.

Chicken Barley Soup with Vegetables
Makes 6 servings

8 cups chicken stock	1 russet potato, peeled and cubed
4 cups water	1 cup broccoli, chopped
1 teaspoon marjoram	1/2 cup barley
1 tablespoon fresh rosemary, chopped	Salt, to taste
2 tablespoons fresh parsley, chopped	Pepper, to taste
1 medium onion, sliced	
1 cup carrots, sliced	
2 cups cooked chicken breasts, diced	



1. In a large pot, combine chicken stock, water, marjoram, rosemary, and parsley. Simmer for 15 minutes.

2. Add onion, carrots, cooked chicken, potato, broccoli, and barley. Add salt and pepper to taste. Simmer over low heat for 35 to 45 minutes, stirring occasionally. Serve.



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*Sale excludes clearance, floor samples, Doorbusters, Price Saver Alerts, Power Buys, Power Buy Express, closeout merchandise, gift cards, Fiords®, Sealy Hybrid®, Beautyrest Black® Hybrid, Tempur-Pedic®, Purple, Nectar, August Haven, SmartLife Mattress By King Koil™, Stearns & Foster®, Casper, DreamCloud and Web Exclusives. Offers do not apply to previous purchases. This promotion cannot be used in conjunction with any other offers. We are so confident our sleep specialists will help you find the correct bed that if you are not satisfied after 30 days, we'll exchange it one time from day 31 to day 125 for a 10% service and handling fee. It's that easy! Featured merchandise may not be on display at every location as shown. Errors in product photography, specifications, availability, and/or pricing may occur in print. We reserve the right to correct any such errors, inaccuracies, or omissions.
 *No interest will be charged on the promo balance if you pay it off, in full, within the promo period. If you do not, interest will be charged on the promo balance from the purchase date. The required minimum monthly payments may or may not pay off the promo balance before the end of the promo period, depending on purchase amount, promo length and payment allocation. Regular account terms apply to non-promo purchases and, after promo period ends, to the promo balance. New Accounts as of 7/16/24; Purchase APR 34.99%, Penalty APR 39.99%. Min Interest Charge \$2. A promo fee will be charged equal to 2% of the amount financed on an equal payment no interest promotion of 18 months or more. Existing cardholders: See your credit card agreement terms. Subject to credit approval. A Promo Fee does not apply to this offer.
 † Custom orders require a 20% deposit.

PAGE 14 - THE BEACON - January 14-27, 2025 - sheboygan.com - 877-467-6591

7:30pm. Family night offers something for everyone! Kids PreK-5th meet for Rooted, youth 6th-12th grade meet for Anchored, and adults meet for small groups. Nursery is also available for infants and toddlers. 920-893-5525.

Christian Science Reading Room: 6:30-7:30pm. A quiet place to pray & read the Bible.

Christian Science publications and to study other books, pamphlets and materials. All are welcome! First Church of Christ, Scientist, 2512 N 9th St., Sheboygan. 920-458-2673.

Christian Science Testimony Meeting: 7:30 pm. We invite you to share testimonies of healings, experiences, and/or remarks on Christian Science.

All are welcome! First Church of Christ, Scientist, 2512 N 9th St., Sheboygan. 920-458-2673.

Divorce Care: A faith-based program offering help, hope & healing for those in all stages of divorce. Will meet on Wednesday nights as interest/need demand. Please contact Dana at 920-980-7637 for meeting details and see divorcecare.org for program information.

THIRD WEDNESDAY OF THE MONTH

Over 60+ in our county? (AACC) Adell Area Community Center, 510 Seifert St, Adell · (920)994-9934, 10:00 am to 2:00 pm. Mary Kempf your Elder Benefit Specialist from the Aging Disability Resource Center. Please give Mary a call at 920-467-4076 before stopping to make sure she has an open appointment or send an email to mary.kempf@sheboygancounty.com.

Suicide Loss Support: Support for those who've lost someone to suicide. 6:30-7:30PM. Virtual through ZOOM Fill out the form at <https://mhalakeshore.dm.networkforgood.com/forms/mha-support-groups>.

Meeting: 4:00-5:00pm. Our Redeemer Church, 1808 Eastern Avenue, Plymouth. OA is a fellowship of individuals who through shared experiences, strength and hope, are recovering from compulsive overeating. Please use back door with key coder. 920-889-3719.

GriefShare Support Group: Evangelical Free Church, 1710 N. 15th St., Sheboygan. 6:30-8pm. Support for those who have lost a loved one. 920-452-6520.

HHT A cappella (Plymouth Chapter of Barbershop Harmony Society) meets every Thursday at 7 pm to 9:00 pm at Generations, Intergenerational Center, 1500 Douglas Drive, Plymouth (enter on north side of building) All singers welcome. Free voice lessons. No need to read music as learning CD's are provided. Rehearsing for our upcoming Christmas Season. For additional info call Jim 920-946-6703 or Bill at 920-980-1733.

FIRST WEDNESDAY OF THE MONTH

Vollrath Company Retirees Breakfast Club: Fountain Park Restaurant, 922 N. 8th St, Sheboygan. 8:15 am. Call 920-287-7419 for more details.

Over 60+ in our county? (AACC) Adell Area Community Center, 510 Seifert St, Adell (920) 994-9934, 10:00 am to 2:00 pm. Mary Kempf your Elder Benefit Specialist from the Aging Disability Resource Center. Please give Mary a call at 920-467-4076 before stopping to make sure she has an open appointment or send an email to mary.kempf@sheboygancounty.com.

Overdose Loss: Support for those that lost someone to overdose. 6:00-7:00pm. Hosted by MHA Lakeshore at Mental Health America 410 S. Milwaukee St., Plymouth.

EVERY THURSDAY

Sheboygan Falls Food Pantry: 529 Giddings Ave, Sheboygan Falls. 9:00 AM - 11:00 AM. Please remember to bring the following each time you visit: Photo ID, Current Utility Bill, Paper Grocery Bags.

Storytime: Elkhart Lake Public Library, 40 Pine Street, Elkhart Lake. 9:30 am. Stories, songs, and activities! No registration required. Call (920) 876-2554 or email elcirc@monarchlibraries.org for more information.

AA Step & Tradition Study: Grace Episcopal Church, 1011 N 7th St., Sheboygan, 10am. Use the Ontario Street entrance.

North Side Christian Food Pantry: 2133 N. 22nd St., Sheboygan, 12:30-2pm. Call 920-458-7070 for information.

Overeaters Anonymous

FIRST & THIRD THURSDAY OF THE MONTH

Spiritual Unity: 5:00PM. Rogers Behavioral Health, Community Room, 1108 S Wildwood Ave., Sheboygan. An all-inclusive spiritual gathering for social connection, inspirational message, and quiet prayer/meditation/reflection. All beliefs and backgrounds are welcomed. No cost or need to register.

SECOND THURSDAY OF THE MONTH

Plymouth Area Garden Club: 6 pm September thru May in the Craft Room at Generations in Plymouth to discuss garden related topics. Contact Sandy for more information. 920-912-3817.

Your Community Needs YOU!

Your voice matters! Spend just 2 minutes sharing your thoughts on memory care to help us better serve our community.

Scan the QR Code below to QUICKLY access the survey!



bit.ly/community-input-memory-care

Survey Open: January 6th - 29th, 2025

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AT THE Fat Cow! NO COVER!

Saturday Jan. 18
8pm-12am



Mercury Rising

Saturday Jan. 25
7pm-11pm



Past Curfew

FRI, Jan 31 Infinity DJ Trivia/Karaoke 7pm-Mid

FRIDAY fish fry

WALLEYE • PERCH
COD • SHRIMP

Beer Battered, Breaded or Grilled

HAPPY HOUR
MONDAY-THURSDAY
3:00PM-6:00PM
10:00PM-CLOSE

Fat Cow Pub & Eatery

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Dine In or Carryouts
Sunday 11am-7pm • Mon-Fri 11am-9pm
Sat 11am-10pm

406 BROADWAY STREET
SHEBOYGAN FALLS
920-550-2171

fatcow406@gmail.com

SECOND WEDNESDAY OF THE MONTH

Fostering Support: Support for parents and guardians in the Fostering, and Kinship Care world: 6:00-7:00PM. Virtual through ZOOM. Fill out the form at <https://bit.ly/4eV5TsS> to receive ZOOM link.

Weekend Specials

Friday, January 17 & Saturday, January 18

HOT DOG BUNS
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Friday, January 24 & Saturday, January 25

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Jan. 25 & 26
9:00am - 4:00pm

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DONATIONS WELCOME

Train layout viewing inside

The **SHEBOYGAN RAILROAD MUSEUM**
1001 N. 10th St, Sheboygan
For more info, call 920-783-6248



THIRD THURSDAY OF THE MONTH
Free Parent-Tot Skate: 9:30-10:30am. Sheboygan Lakers Ice Center, 1202 S Wildwood Ave, Sheboygan. FREE for Kids ages 5 and under. Skate rental included. Helmets are strongly encouraged. 920-458-3111.

Hope is Alive: Support for mothers who have lost a child to suicide: 6:00-7:00PM. Mental Health America, 410 S. Milwaukee St., Plymouth, WI 53073.

FOURTH THURSDAY OF THE MONTH
Shoreline Striders Social

Run: 6pm at 3 Sheeps Brewing, 1837 North Ave, Sheboygan. All runners welcome. Distance = 3-6 miles, variety of paces. No one runs alone! Email Amber at president@sheboyganruns.com for more info.

EVERY SATURDAY Let it Begin with Me Al-anon Meeting: 1907 Club, 2908 N. 21st St., Sheboygan, 9:30am. Call Debbie, 207-2774 or Mark at 920-374-9302 for information.

Plymouth Food Pantry: 2225 Eastern Ave., 10-noon. Elkhart Lake & Plymouth school districts. Call 893-2989 for information.

The Way Youth Group: The Upper Room, 1125 N 8th Street,

Sheboygan. 6:00-8:00pm. Looking for something fun for your kid to do this weekend? The Upper Room in downtown Sheboygan is hosting a Youth Group for ages 12-18 years old on Saturday nights. Come join us from 6-8pm for worship, a bible-based lesson, food, games and fun! See you there!

FIRST SATURDAY OF THE MONTH
The Sheboygan Railroad Museum: 10:00 AM to 2:00 PM. 1001 North 10th St., Sheboygan. Home to 8 train layouts in various scales and many railroad antiques. Open for your viewing pleasure.
Christian Science Reading

Room: 10am-1pm. A quiet place to pray & read the Bible. Christian Science publications and to study other books, pamphlets and materials. All are welcome! First Church of Christ, Scientist, 2512 N 9th St., Sheboygan. 920-458-2673.

SECOND SATURDAY OF THE MONTH
Sheboygan Falls Food Pantry: 529 Giddings Ave, Sheboygan Falls. 9:00 AM - 11:00 AM. Please remember to bring the following each time you visit: Photo ID, Current Utility Bill, Paper Grocery Bags.
Plymouth Button Box Club: 10am-Noon. Plymouth Library,

130 Division Street, Plymouth. Learn about and marvel at the history and beauty of buttons. All are welcome who are also intrigued by these little pieces of art. Questions? Email btplywi@gmail.com.

SECOND & LAST SATURDAY OF THE MONTH
Women Within: 5:00PM. Rogers Behavioral Health, Community Room, 1108 S Wildwood Ave., Sheboygan. Making our wellbeing and need for connection a priority in our lives. All women are welcome. No cost or need to register. Any questions, call or text Jill at 920-609-5151.

TGIF FISH FRY DIRECTORY

\$1.00 OFF AN ADULT FISH PLATE
V.F.W. Post 9156
 552 Evans Ave, Sheboygan
Friday FISH FRY
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 FRI 10-7 • SAT 9-2 • Closed Sundays

Carry Out Available

Friday Fish Fry!
 Join us at The Blind Horse Restaurant for our Signature Perch or Cod Fish Fry

Reservations Encouraged! Please Visit BlindHorseKohler.com 6018 W. Superior Ave. Kohler, WI

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FRIDAY FISH FRY
10:00AM-9:00PM
 PERCH • WALLEYE • COD
 BLUE GILL • SHRIMP
 - Dine In or Carry Out -

WIN A FREE FISH DINNER! STOP IN FOR DETAILS

STRIKES HAPPY HOUR Tues-Fri 3:30-5:30pm
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 Fri-Sun 4:00-9:00

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FISH SPECIALS

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Plus our regular menu

FRIDAY fish fry

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 - Beer Battered or Breaded -

Choice of Potato, Choice of Cole Slaw or Applesauce, Buttered Marble Rye Bread, Lemon Wedge & Tartar Sauce

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 Mon-Fri 11am-9pm
 Sat 11am-10pm

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SERVING UPSTAIRS 4PM-9PM
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Reservations Recommended 920-467-2323

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Riverdale Country Club
FISH FRY SERVING 11AM-9PM
 Perch • Walleye
 Haddock • Shrimp
 PLUS Other Featured Entrees

We feature a weekly sandwich special and a weekly soup
 Check out our full menu on our website www.riverdalecountryclub.com

Reservations Recommended 920-803-2561

Riverdale Country Club 5008 S 12th St | Sheboygan

THIRD SATURDAY OF THE MONTH

The Sheboygan Railroad Museum: 10:00 AM to 2:00 PM. 1001 North 10th St., Sheboygan. Home to 8 train layouts in vari-

ous scales and many railroad antiques. Open for your viewing pleasure.

Christian Science Reading Room: 10am-1pm. A quiet place to pray & read the Bible. Chris-

tian Science publications and to study other books, pamphlets and materials. All are welcome! First Church of Christ, Scientist, 2512 N 9th St., Sheboygan. 920-458-2673.



Rep. Sheehan sworn in for 26th District

MADISON — Rep. Joe Sheehan (D-Sheboygan) was sworn in Jan. 6 at the State Capitol as the State Representative for the 26th Assembly District. Rep. Sheehan will serve on the following committees during the 2025-2026 legislative session: Assembly Committee on Education and Workforce Development, Labor, and Integrated Employment.

Following the ceremony, Rep. Sheehan released the following statement:

“I am incredibly honored to be sworn in as the next State Representative for the 26th Assembly District. I want to thank the voters of the 26th Assembly District for putting their trust in me, as well as my family for their continued support. It is a privilege to be able to serve our neighbors, and I am excited to work with my new colleagues, on both sides of the aisle, to address pressing issues facing Wisconsinites.

“I am excited to be assigned to the Assembly Committee on Education and the Assembly Committee on Workforce Development, Labor, and Integrated Employment. I am eager to bring my professional experience as a former Superintendent and Economic Development leader to the table to bring folks together to solve problems.

“I am humbled to have the opportunity to represent my community. Please reach out to my office if I can ever be of assistance. Let’s get to work.”

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JEWELERS

Thank you from the bottom of our hearts to all who supported us for the last 20 + years.

We couldn't have done it without you.

Karin, Tim and Bob

PERMANENT LUNCH BREAK STARTS NOW!

OBITUARIES

Milton G. Abel, Suchon Funeral Home.
 Ralph Edward Adamson, Suchon Funeral Home.
 Amber M. Averkamp, Wenig Funeral Home.
 Patricia K. Beyer, Wenig Funeral Home.
 Mary Brasted, Reinbold-Novak Funeral Home.
 Benjamin Contreras, Reinbold-Novak Funeral Home.
 Glenn E. Cudworth, Zimmer Westview Funeral Home.
 Gladys Debbink, Suchon Funeral Home.
 Kyle P. Eirich, Reinbold-Novak Funeral Home.
 Angeline Fritz, Zimmer Westview Funeral Home.
 Thomas M. Gall, Wenig Fu-

neral Home.
 Betty George, Reinbold-Novak Funeral Home.
 David Lee Genske, Zimmer Westview Funeral Home.
 Barbara J. Gillis, Zimmer Westview Funeral Home.
 June R. Green, Reinbold-Novak Funeral Home.
 Anna "Annie" M. Hand, Reinbold-Novak Funeral Home.
 James Walter Helmke, Suchon Funeral Home.
 Diane DeWitt Hudson, Simply Creamation
 Germaine R. Jacoby, Reinbold-Novak Funeral Home.
 Carol Kolpin, Suchon Funeral Home.
 Dr. Kenneth W. Korb, Zimmer Westview Funeral Home.
 Lynda Larson, Reinbold-Novak Funeral Home.
 Steven Larson, Reinbold-Novak Funeral Home.
 Barbara A. Louisier, Olson

Funeral Home.
 Emily Marsh, Suchon Funeral Home.
 Mary Jean (Fox) Martin, Reinbold-Novak Funeral Home.
 Georgia Miller, Ballhorn Chapels Funeral Home.
 Carol J. Molinaro, Reinbold-Novak Funeral Home.
 Elvera I. Ottman, Wenig Funeral Home.
 Terry A. Parks, Reinbold-Novak Funeral Home.
 Steven J. Rortvedt, Suchon Funeral Home.
 Michael H. Scholler, Eemisse Funeral Home.
 Wayne Tripp, Wenig Funeral Home.
 Mark D. Van De Wege, Wenig Funeral Home.
 Edward G. Wittrock, Reinbold-Novak Funeral Home.
 Thomas A. Zimmermann, Suchon Funeral Home.

Free tax help available

Advanced registration is now open for free income tax assistance and preparation at Mead Public Library in Sheboygan by AARP Tax-Aide volunteers.
 The service is intended for seniors and low-to-moderate income taxpayers, with tax preparation sessions available Jan. 29 through April 3. Tax returns will be filed electronically for you and you will receive a paper copy of your federal and Wisconsin income tax returns to keep for your records.
 Appointments are available by calling the library at 920-459-3400, in person at any library service desk or online at www.meadpl.org/tax-help. Appointments are available on a first-come, first-served basis.
 Tax-Aide is jointly sponsored by AARP and the IRS. It is intended primarily for low-to-moderate income taxpayers—with special attention to those 50 and older—who most need tax assistance and cannot afford the services of a paid preparer. If your taxes are complicated and will require more time than our one-hour appointment allows, we ask that you do not use our service so that we may better serve needier taxpayers.
 For more information, visit www.meadpl.org/tax-help.

Please call your church or check online for updates

WEEKLY WORSHIP SERVICES

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 Sunday Worship 10:15am
 Wednesday 6:00pm - AWANA Children & Youth Ministry
 - for ages 3-18 (Sep thru April)
www.bbcshsheboygan.org

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428 Geele Avenue • 920-458-3112
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Sunday Schedule
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 during the school year
 10:00am Morning Worship
 Come grow with us!

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 Jewish Shabbat Services
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 Evening Worship 6pm, Wed Evening 7pm
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FIRST CHURCH OF CHRIST, SCIENTIST, INVITES YOU TO OUR:

WEBSITE - ChristianScienceSheboygan.com
 "Daily Life" devotions
 "Sentinel Watch" podcasts
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CHURCH SERVICES AT 2512 N. 9TH STREET
 10:00 am Sunday Church Service and Sunday School
 7:30 pm Wednesday Testimony Meeting
READING ROOM IN OUR CHURCH 
 a place to read, pray, and become inspired
 6:30-7:30 pm Wednesday
 10:00 am-1:00 pm 1st and 3rd Saturday of the month
ALL ARE WELCOME

Christian Science is based on the teachings and healing works of Christ Jesus.

(Our church is not associated in any way with Scientology)

FOUNTAIN PARK GLOBAL METHODIST CHURCH

1115 N. 9th Street • 920-452-1319
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 "Still following the word of God as it is written!"
 Saturday Worship 5:00pm • Sunday Worship 9:00am
 For more information visit:
 Website: www.fountainparkgmc.org
 Facebook: <http://www.facebook.com/FountainParkGMC>
 Sunday school for all ages 10:15am
 Youth Ministry for ages 5 and under
 every 3rd Sunday at 9:00am
 Free Community Meal for those in need
 every first Sunday from 4:30-5:30pm

GRACE EPISCOPAL CHURCH

1011 N. 7th Street in Sheboygan • 920-452-9659
www.gracesheboygan.com
 Sunday Worship Schedule: 8:00 a.m. Mass
 9:00 a.m. Adult and Children's Formation
 10:15 a.m. Mass with Organ Music and online live streaming
 Weekday Worship Schedule:
 7:30 a.m. Morning Prayer, Sunday-Thursdays
 5:30 p.m. Evening Prayer, Sunday-Thursdays
 5:00 p.m. Corporate Rosary, Monday
 6:00 p.m. Mass, Wednesday
 All Saints Chapel Summer Worship Schedule:
 Sundays at 9:00 a.m.,
 Memorial Day weekend through Labor Day,
 Weddings by appointment
 N7902 County Rd. P in Elkhart Lake
All are welcome!


LIGHTHOUSE CHURCH

Non-Denominational
 1125 N 8th Street • 920-627-8767
 Pastor Marlena
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 Sunday Worship 1:30pm
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 Womens Bible Study Every Other Friday
 Call for more information

MINISTRY OF PEACE CHRISTIAN CENTER SHEBOYGAN

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710 Pennsylvania Avenue • 920-458-3723
Weekly Opportunities
 Sunday School: 9:00 AM • Sunday Worship: 10:45 AM
 Bible Study: Tuesday 10:00 AM
 Baby and Me program: Wednesday 9:00 AM
 Women's Ministry Thursday: 10:30 AM
Please contact our office for volunteer opportunities

ST. MARK LUTHERAN CHURCH

1019 N 7th Street • 920-458-4343
 Pastor Tyler Werner
 Wednesday Bible Study 9:00am
 Sunday Worship 9:00am with Holy Communion
 Sunday School and Adult Bible Study 10:00am
 Watch Sunday services LIVE on facebook.com and connect with us on our website at stmarksheboygan.com

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A Gathering Place for Spiritual Growth
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 Senior Spiritual Leader: Rev. Aubree-Lynn Maugeri
 Connect with Us On Facebook
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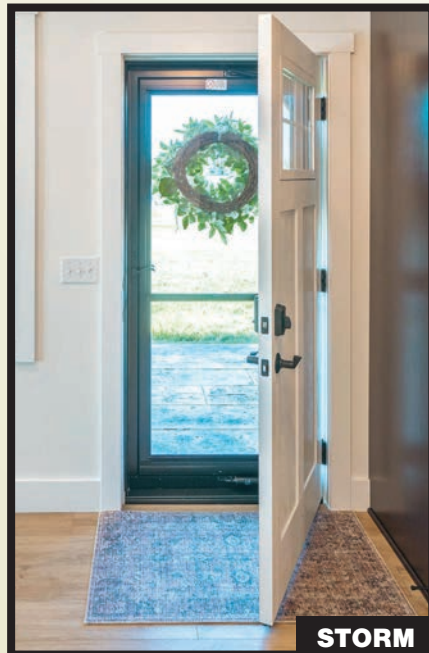


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ENTRY



STORM

Celebrate 'Schnee' in Elkhart

The Elkhart Lake Chamber of Commerce will celebrate Schnee Days the weekend of January 24th-26th. Join a 3-day weekend of winter fun! There will be various activities for the whole family.

“Schnee (the German word for snow) Days started as a county-wide event back in the 1980’s and Elkhart Lake is happy that we are able to keep the Schnee Days event alive” said Melissa Koehler, Executive Director of The Elkhart Lake Chamber of Commerce.

Test your cooking skills and take part in the famous chili cook-off or cure your cabin fever with the 5K or 2-mile SchneeLauf Run/Walk or the Children’s games in the snow.

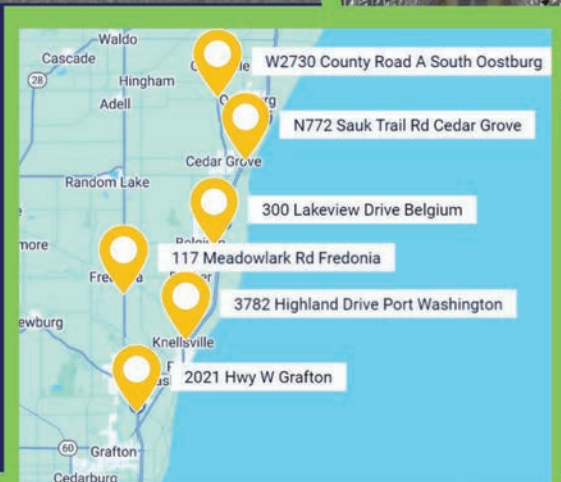
A wine tasting event, “Sip n’ Schnee” will take place Friday night and a “Spirits Stroll” throughout businesses will happen on Saturday from 2 p.m. -6 p.m. Other fun events as well as live music can make for a fun-filled weekend in Elkhart Lake. For an up-to-date list of events visit www.elkhartlakechamber.com/schnee-days

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COURT REPORT

December 23, 2024 to December 27, 2024
 No court was held Dec. 24 and Dec. 25 due to Christmas holiday

Extradition-Arrest w/o Warrant
Holferty, Cooper G., 12/15/1999, MI, Extradited.
DCA and other charges
Crumley, Jay A., 1/26/2004, Sheboygan, Burglary-Building or Dwelling (DCA-3 years-Felony), Criminal Damage to Property, Theft-Moveable Property <=\$2500, (Misdemeanors), Jail 203 days, \$1,351.00.
Revoke Probation
Schmidt, Skyla R., 2/9/2003, Sheboygan, Prison 12 months, Extended Supervision 6 months, Still owes \$175.00.

Traffic
Arkwright, Bret, 8/2003, Sheboygan, Unnecessary Acceleration, \$213.10.
Kloster Sr., Matthew J., 5/26/1982, Sheboygan, Operate w/PAC (2nd), Operate w/o Carrying License, Jail 10 days, License Revoke 12 months, Ignition Interlock 12 months, \$1,972.00.

Wacha, Terri L., 12/1974, Sheboygan, Improper Passing/Stopped School Bus, \$326.50.
Misdemeanors
Mason, Gary A., 6/19/1992, Sheboygan, Possession of Controlled Substance (Repeater), \$455.00.
Pospichal, Holly M., 4/4/1986, Sheboygan, Criminal Damage to Property, Bail Jumping (2 counts), \$1,475.00.
Ross, Brian A., 8/8/1977, Sheboygan, Battery, Jail 30 days (stayed), \$455.00.

Misdemeanors and Felonies
Doucette, Kally J., 8/28/1993, Sheboygan, Possess Firearm-Convicted of Felony, (Felony), Possession of Drug Paraphernalia, Bail Jumping, (Misdemeanors), Prison 3 years (imposed/stayed), Extended Supervision 3 years (imposed/stayed), Firearms/Weapons Restrictions, \$1,416.00.

December 30, 2024 to January 3, 2025
 No court was held December 31st or January 1st, due to New Year holiday.

Extradition
Thao, Kue, 10/19/1999, Sheboygan, Extradition-Arrest w/o Warrant, Extradited.

Forfeiture
Lorier, Donald E., 10/1945, Sheboygan, Trespass to Land, \$150.10.

Traffic
Cerna Gomez, Uriel F., 1/13/1979, Sheboygan, Operate w/o Valid License (2nd within 3 years), \$528.00.
Stanley, Jeffery W., 1/29/1979, Sheboygan, Operate w/o Carrying License, \$217.10.

Thao, Tommy, 9/6/1995, Sheboygan, OWI (2nd), Jail 5 days, License Revoke 12 months, Ignition Interlock 12 months, \$1,566.00.

Misdemeanors
Check, Emily C., 6/3/1988, Sheboygan, Criminal Damage to Property, \$664.00.

Davis, Jutor'ya C., 1/1/1981, Sheboygan, Disorderly Conduct, \$1095.00.

Ross, Brian A., 8/8/1977, Sheboygan, Battery, Jail 30 days (stayed), \$455.00.

Misdemeanors and Felonies
Hess, Shawn M., 10/21/1986, Sheboygan, Possession of Narcotic Drugs, (Felony), Operate w/Restricted Controlled Substance (2nd) (Misdemeanor), Prison 2 years, Extended Supervision 2 years, Jail 60 days, License Revoke 14 months, Ignition Interlock 14 months, Firearms/Weapons Restrictions, \$2,080.50.



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Lutheran High teacher honored

Jeff Jurss, veteran educator at Sheboygan Lutheran High School, was recently chosen by the Lutheran Church Missouri Synod (LCMS) South Wisconsin District as the 2025 High School Teacher of the Year.

Jeff is in his thirtieth year of educating at Sheboygan Lutheran High, currently teaching all sessions of Christian Leadership and Geography.

He has been the head coach for the boys' and girls' cross country team for thirty years, with many successes, including four state championships and induction into the Wisconsin Cross Country Coaches



JEFF JURSS

Association Hall of Fame. Additionally, he has been coaching the track and field team for 29

years.

Jurss also launched the Slamma Jamma Summer Basketball Camp for children in kindergarten through 3rd grade, which had 190 participants from around the community during its 17th year (summer 2024).

When he learned of this recognition, Jeff chuckled and said, "I'm not sure why I received this. I'm maybe the 15th best teacher on this staff." (That's a staff of 15 teachers.) On a more serious note, he added, "This is a humbling award, especially because I'm part of an awesome team of coworkers that make me better. I really can't imagine doing anything else. Every day is a joy."

Scam alert: Watch out for fake business notices

Scammers have long impersonated government officials and agencies to trick victims into giving up money or personal information. Now, they're targeting business owners and confusing them into giving up their information.

How the scam works: You receive a letter in the mail that looks very official. It claims to come from a government agency or department, like the United States Business Regulations Department or the Department of Records Management. It's addressed to the business and has a notice ID number.

Scammers combine personal information collected from data breaches with official-looking seals and watermarks to make the correspondence seem legitimate.

The letter may inform you of various things, such as "reporting obligations under the Corporate Transparency Act," or "a federal filing requirement in accordance with recent legislation enacted to combat financial crimes." The letter claims you must report ownership information to the Financial Crimes Enforcement Network or another government agency or department. You might be asked to visit a website or scan a QR code to report your information, and the letter might also state that you will be charged large fines and major consequences if you do not comply.

For more information or further inquiries, contact the Wisconsin BBB at www.bbb.org/wisconsin, 414-847-6000 or 1-800-273-1002. Consumers also can find more information about how to protect themselves from scams by following the Wisconsin BBB on Facebook, Twitter, Instagram and YouTube.

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Deadline to order is February 27, 2025

We accept online orders only. Place your order and review our program terms via our secure website:

www.sheboygancountytrees.com

Tree and Shrub orders are tentatively set for a pick-up date of May 1, 2, & 3, 2025

Any questions, please feel free to call us at
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	Cherry, Black		Spruce, White
	Hackberry	Tree Aides	Fertilizer Pellets
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The salary will be between **\$26.00 - \$28.00** per hour.

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Chiro-Health embraces wellness for 2025

At Chiro-Health, caring for families is their passion. Their mission for 2025 is to embrace wellness as a way of healthy living, and help their patients transition from simply surviving to thriving. Wellness is a puzzle made up of many different pieces - mind, body and spirit - and they are here to help put them together in a way that works for your lifestyle.

No matter what it is, they are here to help you take that first step towards reaching your goals. The entire team at Chiro-Health is dedicated to you and your entire family's overall well-being. They will give you the tools through maximized neurology with chiropractic care, nutrition support, sleep, exercises and mindset.

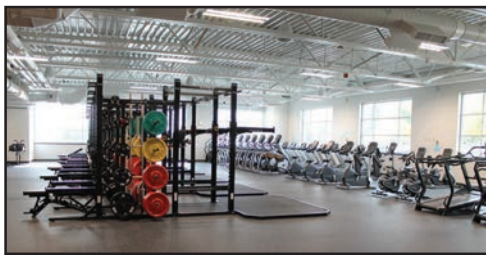
"Small daily habits compound over time," Dr. Jozowski said. "Focusing on wellness can be as simple as drinking an additional glass of water each day."

The doctors at Chiro-Health utilize diagnostic studies to fully evaluate their patients. These assessments include the Insight Scanning System, a physical examination and radiographic studies. Scanning technology shows where there is stress located in the nervous system. The Heart Rate Variability scan measures heart rate, temperature and anxiety simultaneously to measure the overall effects of stress in patients of all ages. This 3-minute scan also shows how stress affects the balance and amount of adaptive reserve in a patient's nervous system.

Thermography scanning uses infrared technology to detect patterns of unbalanced temperature regulation. This full spine scan shows how spinal stress can trigger deeper health issues. It also measures spinal nerve control of organs, glands and blood vessels.

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Dr. Londa Jozowski**

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Prioritize Wellness at Aspira Spa: A Full Day of Rejuvenation

At Aspira Spa, located inside the beautiful Osthoff Resort in Elkhart Lake, wellness isn't just about luxury - it's a way of life. Whether you're seeking to relax, relieve stress, or rejuvenate your body, our full-day spa experience is designed to restore balance and promote lasting health benefits. With a variety of services that cater to both mind and body, a visit to Aspira Spa is an essential step in maintaining your overall well-being.

Your wellness journey at Aspira Spa begins the moment you step inside. Our whirlpools and saunas offer an ideal way to unwind, warm up, and prepare your body for the rejuvenating treatments to follow. These treatments not only improve your physical health but also create a calming environment that encourages mental relaxation, setting the tone for the rest of your spa day.

As the winter months approach, many people experience respiratory challenges. Our Salt Room Therapy ex-

perience helps clear airways, improve breathing, and reduce inflammation, making it ideal for respiratory health. Beyond that, the salt room provides a calm and serene atmosphere, which has been shown to improve sleep and reduce stress levels. It's the perfect way to find balance and relaxation during the colder months.

At Aspira Spa, we believe that massage therapy is essential, not a luxury. Regular massages provide numerous health benefits that contribute to a healthy lifestyle. From improving circulation and reducing muscle tension to relieving stress and alleviating pain, massage is a powerful tool in maintaining both physical and mental well-being. Whether you're looking to alleviate chronic pain or simply relax, massage is an important practice to include in your self-care routine.

While massage is the cornerstone of your experience at Aspira Spa, we also offer an array of other treatments, includ-

ing facials, body treatments, bath services, and nail services. Each treatment is designed to enhance your overall wellness, helping you feel refreshed, nourished, and balanced.

A day of wellness wouldn't be complete without proper nutrition. At Aspira Spa, our spa café offers a variety of healthy options to nourish your body from the inside out. From flavorful smoothies to refreshing salads, every dish is crafted to support your body's detoxification process and boost your energy. After a relaxing session in the whirlpool or sauna, refuel with a delicious meal that enhances your experience and helps you feel your best.

Your wellness journey begins at The Osthoff Resort. Whether you're indulging in a rejuvenating spa experience at Aspira Spa, exploring the peaceful surroundings, or enjoying the resort's luxurious accommodations, The Osthoff Resort provides everything you need to prioritize your well-being.



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MORE INFO



“Returning to Sheboygan to serve this community is incredibly meaningful to me. It’s a privilege to care for patients and families in the place I call home.”

EVAN WENIG, DO
Board-Certified Medical Oncologist & Hematologist

Dr. Wenig is seeing cancer and hematology patients at HSHS St. Nicholas Hospital.

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Don't Waste Time on New Year's Resolutions...

by **Dr. Wendy Varish**
of Howards Grove
Chiropractic

Every year people make promises to themselves based upon New Year's Resolutions that they fail to keep.

“Studies have shown that less than 25% of people actually stay committed to their resolutions after just 30 days, and only 8% accomplish them,” says Ashira Prossack in Forbes.

And what's worse than letting those resolutions go to the wayside? The subconscious nagging feelings that you have, once again, failed to keep that promise to yourself.

So... let's change your mindset instead! First, promise yourself that you are going to SET YOURSELF UP FOR SUCCESS... and the motto, “SOME IS BETTER THAN NONE.”

Yes, that's right... Let yourself do less, but at least SOMETHING. In the case of your health and activity, even starting little, tiny goals will be the start of huge improvements in your daily life.

Whether your final goal involves losing weight, hitting the gym every day, eating better, getting more sleep, or any number of other directives aimed at achieving a healthier you, start with small goals that you CAN keep.

For example, if one of your resolutions is to exercise, set a small goal that you absolutely can achieve. For instance, promise yourself that you are going to get on that treadmill, or exercise bike, or anything else for only 2 minutes. That might sound silly – I mean, it takes that long just to clean the laundry off the treadmill, let alone to just stand and walk on it for just two minutes. However, once you force yourself to do the two minutes, if you are truly “done” – then so be it! Get off and celebrate that you achieved your goal! You succeeded. That will give you the mental boost you need to do 2 minutes again tomorrow... and before you know it, you'll voluntarily add a few minutes each time. However, on those

off or stressed days when there is no way you can “find 10-30 minutes... the promise of only 2 minutes can still be considered a success. This is a perfect example of setting yourself up for success.

When it comes to eating healthier, keep the same mindset of setting yourself up for success. For example, don't force yourself onto a strict diet that you might blow in one afternoon. Instead, make a promise to eat 2 bites less, or substitute a healthier option, to eat at least one extra serving of green leafy vegetables, use a smaller plate, substitute a quality protein over that carb-heavy sweet, or any other “health hack” to create small, but meaningful changes. Remember... small changes can yield big dividends!

And... Resolve to Make Chiropractic Part of Your Regimen

Regular chiropractic care yields many health benefits. Remember... Motion is Lotion! Chiropractic care improves segmental motion along your entire spine and every other joint as well. People recover faster from injuries and even workouts, sleep better with regular chiropractic adjustments, and can manage stress more effectively. And when it comes to stress, did you know that stress can manifest into physical symptoms and conditions? Ask our doctors at Howards Grove Chiropractic to let you complete our Stress Assessment Questionnaire to find out if many of your ‘non-spinal’ symptoms might be related to your body's response to stress – and what you can do to help your body (and essentially your mind) to adapt to stress and the body's associated changes.

It is important that you make realistic, perhaps even tiny, changes and goals, so that you can set yourself up for success and not overextend yourself or, worse, just abandon those goals. By breaking down that big goal into smaller habits, you WILL eventually achieve that ULTIMATE GOAL (and those pesky New Year's Resolutions)!



CHIRO-HEALTH from 24

Dr. Munson, who has been serving the Plymouth community for 30 years, shared that she loves helping individuals and families get to the cause of their health challenges. “Dr. Londa and I love using this combination of objective data with our scanning systems to track our patient’s progress.”

Combining these examinations and technology helps the doctors understand how each patient is functioning so they can design a custom treatment plan, as well as refer them to other providers in the area as needed.

“We are committed to changing lives — one person, one family at a time,” Dr. Jozowski said. “One by one our collective community takes on a whole new vibe — that of vitality, resiliency and optimism. Expect miracles!” Dr. Cindy and Dr. Londa welcome new patients and families into their practice and treat them as one of their own family members.

The Chiro-Health team is excited to embark on the next 30 years of dedicated service and innovation in chiropractic care.

With the integration of the Chiro-Health Wellness Collective, Inc, a 501(c)(3) dedicated to enhancing community wellbeing through meaningful charitable activities, they are committed to expanding their holistic approach to health. Its mission is to support individuals and groups by providing assistance to uplift those in need and to honor outstanding service and contributions. As stewards of these resources, they aim to make a positive impact on the lives of community members, fostering a culture of support and recognition.

“Thank you to everyone in the community who donated to our Collective during our holiday campaign. We are so grateful for the generosity we’ve received, and we can’t wait to pay that forward. Together, we look to a future of continued growth, community engagement, and impactful wellness initiatives, building a healthier, more connected Plymouth,” Dr. Munson said.

Donations can be made to the Chiro-Health Wellness Collective at 710 Eastern Avenue, Plymouth or at www.chirohealthplymouth.com.



Grandparents play a special role in children’s lives, and time spent with them is filled with cherished memories.

However, hearing loss may create challenges in responding quickly to warning signals or verbal communication during a crisis.

Struggling to hear in your diverse listening environments, it may be time to try the new Oticon Intents™

Sensor driven BrainHearing™ technology uses your movements, the environment, and the conversation around you to recognize what you want and need to listen to, adapting seamlessly to deliver truly personalized support. Letting you stay focused on the moments that matter.



If you or someone you love has a hearing loss they haven’t dealt with yet, call Welsch Hearing Aid Company at 920-452-0213 to schedule a hearing test and consultation today!

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Generations checklist for a long and healthy life

Healthy living involves taking care of mind and body. Prioritizing mental well-being, engaging in regular exercise, and fueling your body with nutritious food sets you up for a vibrant and long-lasting life. Consistency, balance, and self-compassion are key factors in sustaining healthy habits. The following tips will help you on your wellness journey:

Regular Physical Activity: Aim for at least 150 minutes of moderate exercise each week. This helps support heart health, muscle strength, and boosts mood.

Stay Active: Incorporate movement into your daily routine, like taking the stairs, walking during lunch breaks, or stretching when sitting for long

periods.

Mental Benefits of Exercise: Exercise releases endorphins and boosts cognitive function, helping with focus and clarity.

Yoga and Meditation: Incorporate practices like yoga to enhance flexibility, strength, and mental calmness.

Nutrient-Dense Foods: Focus on a variety of whole such as vegetables, fruits, whole grains, lean proteins, and healthy fats.

Hydration: Drink plenty of water throughout the day. Proper hydration supports digestion, skin health, and energy.

Limit Processed Foods: Avoid sugary snacks, fried foods, and processed meals. These can lead to weight gain, mood swings, and long-term

health problems.

Incorporate Healthy Fats: Include omega-3 fatty acids (found in fish, walnuts, and flaxseeds), that support brain health and help reduce inflammation.

Portion Control: Be mindful of portions, particularly with calorie-dense foods. Eating in moderation ensures balanced energy intake without overloading your body.

Mindful Eating: Slow down during meals and enjoy each bite. Pay attention to hunger cues, and avoid overeating by listening to your body's signals.

Consistency Over Perfection: Healthy living is a journey, not a destination. Strive for small, sustainable changes rather than perfection. Consis-

tency over time leads to lasting benefits.

Set Realistic Goals: Set achievable fitness and nutrition goals. Start with small steps and gradually increase the intensity or complexity as your body adjusts.

Track Your Progress: Keep a journal or use an app to monitor your physical activity, sleep patterns, and food choices. Tracking helps you stay accountable and make necessary adjustments.

Generations has a strong passion for bettering quality of life through an extensive variety in fitness class offerings and programs promoting healthy and nutrition.

We continually research the latest in health initiatives. We want to support and create opportunity for people to prioritize their health as often as possible. Check out our list of Healthy Living on our website, social media, and in our monthly newsletter.

Reflexology has long history of improving body functions

by **Mary Flanderka**
Red Bird Reflexology

Reflexology is an integrative health practice and is many centuries old. It is recognized worldwide by national health institutions and the public at large as a distinct complementary practice within the holistic health field.

Reflexology maps a reflection of the body predominately on the feet, hands, and outer ears. It uses unique techniques to deliver pressure to neural pathways assisting the body to function optimally. The goal of a reflexology appointment is to improve the function of organs, glands and body systems through body relaxation and balancing.

Benefits frequently experienced include stress reduction, relaxation, pain management, improved body function and sustained strength and increased wellness.

Reflexology is not massage. Pressure is applied to specific areas of the distal parts of the body (feet, hands, face, and ears) to promote a response from another area of the body via the nervous system and meridians. The trunk of the body is not touched. Only socks are removed. The client remains fully clothed. Red Bird Reflexology LLC is offering reflexology sessions and is open by appointment in Plymouth.

Mary Flanderka is an advanced reflexology practitioner and a graduate of the Ray of Hope Educational Services, LLC. She is a member of the Integrated Reflexologists of Wisconsin, Inc.

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Life-changing wellness is within every woman's reach

by Tina Videtic FNP-BC
Family Nurse Practitioner

Women, you are not alone. Approximately, 1 out of 3 women over the age of 45 have stress urinary incontinence (SUI). SUI is when urine involuntarily leaks during physical activities or movements that increase pressure on the bladder. SUI is caused by weak pelvic floor muscles.

Over half of women with stress urinary incontinence also have an overactive bladder (OAB). Urination during nighttime, nocturia, is quite common amongst women. Studies and surveys have found that 76% of women over the age of 40 report getting up to go to the bathroom at least once a night. About 1/3 of adults over age 30 make 2 or more nightly bathroom trips. Contrary to what people think, an overactive bladder is NOT a normal part of getting older and isn't something you should think you have to live with. It is a real medical condition that deserves treatment.

Sexual dysfunction is also treatable. A recent study found that some form of female sexual dysfunction was reported in 58% of mothers one year after childbirth. The main complaints included insufficient lubrication, abnormal vaginal sensation, vaginal laxity, vaginal tightness, pain with intercourse

and incontinence during intercourse.

This is where Top Beauty Bar MedSpa and Wellness in Sheboygan, WI comes in. We are experts with the innovative EmpowerRF device. EmpowerRF is beneficial for essentially every woman treating urinary incontinence, vaginal dryness and pain, weak pelvic floor muscles, decreased sensation and so much more. This state-of-the-art technology along with an assessment by a board-certified nurse practitioner will help you regain your self-confidence and improve your quality of life. EmpowerRF patients are some of the happiest patients in our office! Often, they have had to know every bathroom location and wear a pad when going out.

With EmpowerRF treatments they have better bladder control, plus they get a better night's sleep with less waking up to rush to the bathroom.

Women often share they haven't been able to have sex for years due to pain and dryness, and EmpowerRF can result in better sensation and comfort with intercourse.

Top Beauty Bar is ready to help! Book a complementary consultation today by visiting us on the web at www.topbeautybar.net or calling our office at 920-678-7709. We look forward to meeting you!

Home again to where I can be of help

by Dr. Evan Wenig, DO
HSHS St. Nicholas Hospital

After a decade of training and gaining experience as a board-certified medical oncologist and hematologist, returning to Sheboygan to provide cancer care at HSHS St. Nicholas Hospital is a fulfilling homecoming. I'm excited to give back to the community that shaped me by providing the highest level of care and expertise. Along with advanced treatment options and nationwide clinical trial opportunities, I offer personalized, compassionate care in a familiar setting, where people are more than patients; they're neighbors, family, and friends. It's great to be back, and frankly, I had missed the squeaky cheese curds and the beautiful Lake Michigan waterfront.

As the new year begins, I want to share ways we can prioritize health in our homes, creating a legacy of wellness. Health starts with the simple things—spending time together and making small, healthy choices. Whether it's cooking meals together, going for a family walk, or enjoying out-



DR. EVAN WENIG, DO

door activities like sledding or cross-country skiing, these moments promote wellness while building memories. As parents and caregivers, we can model healthy habits that inspire our children, grandchildren, and even our own parents. A family that moves together grows together, and these shared experiences lay the foundation for a lifetime of good health.

Keeping yourself and your family healthy can help prevent illness, which is often easier than treating it. Research shows that maintaining a balanced diet, engaging in regular physical activity, and avoiding tobacco use can significantly reduce the risk of many cancers and other dis-

See WENIG/30

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At Sharon S. Richardson Community Hospice, we believe every person deserves to live their end-of-life journey with dignity, comfort and purpose. Whether it's spending time with those you love or simply finding peace, let us help you achieve the goals that truly matter to you.

School offers smorgasbord of fitness aid

Plymouth School District Community Education & Recreation offers at least 34 ways - more than half of its winter offerings! - to help you meet your healthy New Year's goals.

Get details and sign up for any of the options below via the MyRec online registration system at <https://plymouthwi.myrec.com>, or visit the Community Ed & Rec office on the south end of Plymouth High School (Door 18) between the hours of 8 a.m. and 4 p.m. weekdays.

Fit Club - NEW

Fit Club offers accountability plus the opportunity to exercise up to six days a week - leveraging the most effective tools for regular exercise: accountability, variety, and group support. You get a 3-month membership to the Community Fitness Center, plus access to land fitness classes (space permitting), as well

as weekly group meetings, tips from the Wellness Coordinator, and a personalized fitness plan tailored to your goals. A \$460 value for only \$299.

New Year, New Focus - NEW

If you find yourself struggling to reach your goals, there's another way to help you keep going! Looking at health and wellness from a wider lens can help us fill the gaps that support our efforts. Learn how all aspects of our lives affect our health, tools to help fill those gaps, and gain more focus and drive to keep going.

Community Fitness Center
Community members can purchase memberships to the Fitness Center located on the south end of Plymouth High School. The facility, which is staffed by adults, features Matrix circuit training, cardio machines, and free weights.

Hall/Track Walking
Community members can walk the hallways and indoor track at Plymouth High School for free during designated times:

Before school:
• Track: 5:30-7 a.m. through March 22

After school:
• Track: 4-7 p.m. (4-6 p.m. Fridays) through March 22
• Halls: 3-8 p.m. (3-6 p.m. Fridays) through April 26

No pre-registration is necessary and walking is free, but be

sure to sign the roster located outside the Fitness Center each visit to help us gauge interest in this activity. Park in the visitor lot in front of the south end or in the student lot south of the building and enter Door 18 (Community Ed & Rec/District entrance).

Detox Series

• **Reducing Pollutants:** Join a discussion outlining how you can protect land, air, and water quality in your yard and beyond.

• **Detox Your Kitchen:** Learn about different food storage, cooking gear, & cleaning supplies, and how to store food safely in fridge, freezer, & pantry.

• **Low Tox for Hormonal Health:** Dive into how the endocrine system and hormones are impacted by toxins and begin to heal your body. E-book included.

Additional wellness & nutrition classes

• **Refuse To Be a Victim:** This 2-night class teaches basic principles for crime prevention and personal safety.

• **Advanced Artisan Breads:** Learn to make your own starter from scratch, make a braided marble rye, and create "Art Bread" with sculptural designs

Learn more: Contact the Community Ed & Rec office at commmedrec@plymouth.k12.wi.us or 920-892-5068.

WENIG from 29

eases. A diet rich in fruits, vegetables, whole grains, and lean proteins supports overall health, combatting inflammation and other risk factors for cancer.

While cancer is not completely preventable, one of the most effective tools in fighting it is early detection. Regular screenings—like mammograms, colonoscopies, and skin checks—can identify potential issues before they become life threatening. Early detection doesn't guarantee a cure, but it often allows for interventions that can improve a patient's prognosis. Unfortunately, too many people delay these vital screenings, missing the opportunity for earlier cancer detection.

I encourage you to prioritize your health in 2025. Start by asking your healthcare provider what screenings are appropriate for your age and risk factors, then schedule them and encourage your family members to do the same. Your future self will thank you, and you'll be setting a great example for your loved ones.

Today is an opportune time to reflect on what matters most. Invest in your health, cherish your loved ones, and look for ways to contribute to the well-being of those around you. Healthy living starts with you, but you don't have to do it alone.

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Is Your Child Safe with Grandpa?

By: Joelle Steffen

Grandparents play a special role in children's lives, and time spent with them is often filled with love, wisdom, and cherished memories. However, if your child's grandparents are hard of hearing (HOH), it's essential to ensure that certain precautions are in place

to maximize safety. While hearing loss doesn't diminish their ability to care deeply for their grandchildren, it may create challenges in responding quickly to warning signals or verbal communication during a crisis. Here's how to ensure your child is safe and everyone

is prepared for unexpected events.

Understanding the Challenges

Hearing loss can make it difficult to detect alarms, sirens, or other auditory signals that typically alert people to emergencies. For hard-of-hearing grandparents, this can pose challenges in situations such as:

- **House Fires:** Smoke alarms typically emit high-pitched, loud beeping noises that may not be easily heard by someone with hearing impairment. Additionally, studies have shown that young children do not respond to smoke detectors. They need to hear a familiar voice calling to them by name to wake up and get out of the house. Vocal smoke detectors

are available at many hardware stores and allow you to record a short message for your family. Be sure that they are at Grandpa's house, too, if your children are spending the night.

- **Carbon Monoxide Poisoning:**

Unlike smoke, carbon monoxide (CO) is odorless and invisible, so it relies entirely on alarms to warn households of its presence. Also, alert the fire department that they have a hearing loss.

- **Severe Weather Events:** No matter where you live, there are weather emergencies, and you need to know that your children's caregivers can understand and respond correctly to warnings. Insist on the captioning being turned on when your children are with their grandparents, and if emergency information is not being captioned confront the broadcasting stations with the need to do that. An additional benefit to having the captioning turned on is that the volume will be turned down. Some people have their TV on so loud that they are actually damaging the hearing of those with them. Timely warnings save lives. Of course, a plan to deal with emergencies is essential as well. Perhaps the best warning system is a few neighbors who are alerted that they need to make sure that your parents know of an impending problem.

Recognizing these challenges is the first step in ensuring that appropriate measures are taken to bridge any gaps in emergency preparedness.

Emergency Devices Designed for Hard-of-Hearing Individuals

Fortunately, technology has advanced to make safety accessible for everyone, including those who are hard of hearing. Investing in specialized devices can significantly enhance safety in your parents' home while ensuring peace of mind for you and your children. Here are some essential devices:

- **Visual and Vibrating Smoke Alarms** Since hearing loss is generally progressive, even if your parents can hear the smoke detector today, it doesn't mean that they will be able to next year. Also, it is important to remember that virtually nobody sleeps with their hearing aids in. One solution is a system with a very bright strobe light in the bedroom to wake them up, but these don't work for everyone. If the hearing loss is severe, there are devices that will vibrate on the bed and awaken them. They are almost 100% effective.

- **Carbon Monoxide Detectors With Visual Alerts**

Like smoke detectors, CO detectors with strobe lights or vibrating attachments can alert individuals to the presence of dangerous gases. Install these detectors in key areas such as bedrooms, living rooms, and near fuel-burning appliances.

- **Weather Alert Systems** NOAA weather radios with visual and vibrating alerts can

notify grandparents of severe weather conditions in their area. Many of these systems can be connected to smartphone apps that provide real-time updates.

- **Smart Home Systems**

Smart home systems with integrated safety features can enhance response times during emergencies. For example, systems like Nest or Ring can send alerts to smartphones and provide visual cues when smoke or CO detectors are activated.

Promoting Awareness and Sensitivity

While safety is the priority, it's also important to ensure your child understands and respects their grandparents' hearing challenges. Open communication can foster understanding and build a stronger bond.

1. **Normalize Hearing Loss** Explain to your child that their grandparents' hearing loss doesn't make them any less capable, but it does mean that certain adjustments are necessary to ensure safety.

2. **Encourage Patience** Teach your child to be patient and compassionate when communicating with their grandparents. For example, remind them to repeat themselves calmly if their grandparents don't hear them the first time.

3. **Involve Grandparents in Safety Planning** Include the grandparents in discussions about safety measures. This not only empowers them but also ensures they feel respected and valued.

People with hearing loss who wear hearing aids, use assistive devices or any of the many communication coping strategies can be safe caregivers for your children. These people are aware of their limitations and take steps to ensure that your children aren't in a situation where their hearing loss will endanger them. Instead of leaving them in the yard to play, the hearing-impaired grandparent will stay with them. They will have smoke detectors they can perceive, telephones they can use and will drive with awareness and devices that will let them communicate while keeping their eyes on the road. They will have notified local emergency personnel that they have special problems and have a plan for dealing with emergencies that are likely to crop up in your area.

Parents, who are denying their hearing loss, or the extent of their hearing loss, are another story entirely. Before you leave your children with their grandparents, make sure that they are capable of giving your children the care they need and deserve. If you or someone you haven't dealt with yet, call **Welsch Hearing Aid Company** at (920) 452-0213 to schedule a hearing test and consultation today!

Serious Neck Pain?

It can affect your sleep, your marriage and your job. Nothing's worse than feeling great mentally, but physically feeling held back from life because your neck hurts and the pain just won't go away!



Is neck pain keeping you from enjoying life?

non-steroidal anti-inflammatory drug, and spinal manipulation found...

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For 14 days only, \$49 will get you all the services I normally charge new patients \$280 for! What does this offer include? Everything I normally do in my new patient evaluation. Just call before January 28, 2025 and here's what you'll get...

- An in-depth consultation about your neck problems where I will listen... really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays to determine if a spinal problem is contributing to your pain or symptoms.
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.

Remember, this offer expires January 28, 2025 so call today. I may be able to help you live a normal, pain-free life again...**920-458-8886.**

For information on the services at Wild Chiropractic, check us out at **chiropractorsheboyganwi.com**

*Sorry, but only the consultation (not the examination or x-rays) is allowed for those insured by Medicaid, Medicare or Medicare replacement plans.

Advertisement

IF YOU READ NOTHING ELSE, READ THIS

The following conditions can be caused by a problem in your neck...

- Carpal tunnel syndrome
- Numbness and tingling in the arms and hands
- Cervical disc bulging and herniations
- Weakness in the arms/hands
- Neck Pain
- Headaches
- Tension in the shoulders
- Shoulder and arm pain

My name is Dr. Jeff Wild, owner of Wild Chiropractic. Over the past 39 years since we've opened the doors, I've seen hundreds of people with neck pain, arm problems and headaches returned to health and normal activities after care at our office.

With my "Neck Pain Evaluation" we'll be able find your problem and then correct it. Think of how you'll feel in just a few short weeks and see and feel your life change for the better.

As you begin to see motion returning to your joints, you'll be able to live life like a normal person again, without neck pain -- able to play with your kids, enjoy time with friends, and not have to worry that your pain will hit you at just the wrong time.

"Will This Really Work For Me?"

A recent scientific study showed chiropractic adjustments outperformed massage treatments in reducing pain. The study concluded that patients with chronic neck pain showed "clinically important improvements from a course of spinal manipulation... The current evidence does not support a similar level of benefit from massage." – *J Manipulative Physiol Ther* 2007

In another study comparing acupuncture, a



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