

EAU CLAIRE JUNE 2018

FREE
COMMUNITY PAPER

Review

METH IS A COMMUNITY ISSUE - A NEW COLUMN

BY EAU CLAIRE PD

WHAT'S A FARMER?

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WATER STREET MILE AND 5K RUN/WALK

TIPS TO AVOID TICKS

BY EC PUBLIC HEALTH

MEDICAL ASSISTANCE AND REVERSE MORTGAGES

BY MARY BETH GARDNER

JUNE IS MEN'S HEALTH MONTH...GET IT CHECKED OUT!

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...from the desk of Bridget Coit, Public Information Officer Eau Claire PD

As a police officer in Eau Claire I am continually asked, “What is the most prevalent community issue the police department sees?” My response: **methamphetamine**.

Methamphetamine (meth) is a very powerful stimulant which has taken over our region of the state like never before. In the early 2000s, the Chippewa Valley had a methamphetamine issue, but nothing like the present. At that time, much of the meth we encountered was manufactured locally. This meant smaller amounts being manufactured and inconsistent meth purity. Wisconsin and other states were able to diminish the meth epidemic by making laws which restricted the purchases of items needed to make meth, like pseudoephedrine.

These legal restrictions still help reduce the amount of meth in our community; however, the majority of meth we see today comes from Mexico. Meth is now manufactured in large labs that produce massive amounts of the drug with much higher purity concentrations, and then it is transported to the Midwest. This new way of doing business means there is more meth available. Since the meth manufacturing industry has changed, law enforcement has seen a large increase in meth possession and associated crimes. In 2013, ECPD began to see a dramatic increase in the number of individuals arrested for meth, and this number continues to grow. This also leads to an increased



cost for our medical community. Neglected children are in need of medical care, and the addicts themselves are subject to psychosis and other mental health issues as well as physical effects of ingesting a toxic substance.

The ECPD is working hard to solve this epidemic in numerous ways. Since July of 2015, the ECPD has been involved in a county-wide Methamphetamine Response Committee committed to approaching the issue from numerous angles: treatment resources, data driven criminal justice practices, and community education. Additionally, the ECPD added a K9 trained in drug detection to the patrol division, and our officers are consistently educated on current meth trends and problem residences.

Although all of this sounds daunting, I always have one take away from

the above question and answer: at least our community is asking the question! Eau Claire is a great community that cares. People want to know what is going on in their neighborhood, and want to be involved in fixing the problem. This alone helps the overall issue. We know we can't do this alone, and we are grateful to be a part of a community that recognizes this.

Bridget has been a police officer for over 12 years. 6 of those years have been with the Eau Claire Police Department where she worked Patrol, Sensitive Crimes, and is currently a Public Information Officer. She lives in the Eau Claire area with her husband, 2 children, and 3 dogs.





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WHAT DOES IT TAKE TO BE A FARMER?

by Rachel Keniston

It takes a willingness for a huge risk on expensive land zoned for agriculture, working with depleted soil needing patience to rebuild in order to grow vegetables in unpredictable weather in strange hours with hard work. (**WOW...**)

PLUS...

- expensive structures that help protect plants
- knowing when and where to plant crops for an optimal crop
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Going to Farmer's Market has been one of my favorite Saturday morning rituals. I wander through the beautiful displays of vegetables, seeking the summer's newest arrivals, imagining what new salad or dish I could treat my family to. A cup of coffee, a bakery treat, visits with friends and farmers that I'd come to know, a little time listening to the music, especially if it is my husband's Klezmer band. I'd leave with my bag full of bread, eggs, cheese, meats and veggies for the week's dinner and also a feeling of connection to my community. Now I sell my family's produce and visit with those who come to our small farmers market at The Coffee Grounds in Eau Claire.

Stop to see us Thursday afternoons or Saturday mornings starting June 16th. Enjoy our fresh vegetables this summer. You will love them as much as my family does!



I CAN'T DANCE

By Bert Moritz



The middle school gymnasium was decorated with blue and gold streamers of twisted crepe paper hanging from the walls and the doorways. Balloons were strategically taped to form an arch the king and queen had walked under for their grand entrance. The theme song was The Beatles new hit single, Penny Lane. A pimple faced young lad was standing alone silently with his back against the gym wall, hiding beside the bleachers. He was wearing homemade clothes and he sported a butch haircut. That kid was, of course, me. I was attending my very first school dance.

I can still remember exactly what I was thinking. I was pining over the queen of the dance, who was none other than my only heartthrob, Wanda Watson. And there she stood, directly across the gym wearing a cute green skirt with her long smooth brunette hair just touching her shoulders. The sparking tiara crown made her all the more special to me. So, when would I make my big move and ask her to dance? I decided to wait for the theme song to play again. I wanted it to be perfect. The song Penny Lane must have been played fifteen times that night so my opportunities were plenty. I never moved a muscle, rooted to the same spot the entire evening. Over and over the same phrase echoed in my head, “I can’t dance. I can’t dance. I can’t dance.” I went home defeated.

When I visualize myself on a dance floor, I see a pelican staggering on webbed feet while flailing its wings aimlessly with no attachment to the beat of any music. No rhythm, no athletic grace and certainly no chance of impressing anyone. I actually developed a compensatory dancing strategy when dating my eventual wife. Susan liked to dance, so during an evening out we often ended up on a dance floor. Here is what I did. I swiftly maneuvered both of us to the very middle of the pulsating throng of rock and roll dancers. Then, hemmed in on all sides, my lousy dancing style could be both blamed and hidden on my obvious lack of maneuverability. At least that’s what I had hoped.

Twice in my life I have taken dance lessons. Must not have been enough. The first time was when I was ten years old. My mother, bless her heart, got into it her head my brother, Dave, and I needed to know how to square dance. She was certainly right we lacked social structure but I seriously doubted any eventual benefit to our long-term development would come from these lessons.

Never the less, once a week we put on our long sleeve western cut shirts (actually, all of our shirts were long sleeve western cut because Mom used the exact same sewing pattern for at least ten years), cowboy boots and a western tie. You remember those thin, colorful cord ties with a sliding clasp. Classy! Dad drove us out to a barn where an older gentleman would call the moves as both country and western music played without end. I lined up across from a petite girl who always wore a red dress with white ruffles and a plastic flower pinned in her hair.

It all was fine until the music started. Then the bewildering calls were shouted out with machine gun efficiency: bow to your partner, allemande left, allemande right, do sa do and promenade. Not only did I have to know where to move next, I had to watch the girl and listen to the music. I was totally lost. When the caller got to “ladies chain” I would give up and sit down. Mom stopped paying for the lessons in short order.

The second time I ventured back into to the arena dance education was prior to the Viennese Ball, hosted by the university here in Eau Claire. Susan and I planned on attending the event with friends and we wanted to make a good impression. Susan signed us up for eight weekly lessons provided by the university staff. I certainly never expected our instructor, an elderly woman, to be tougher on me than any army drill sergeant I had endured. What an experience. She would pull me out from the pack and use me as a bad example for the rest of the group. I hope they benefited. Once we got to the ball, my fumble feet responded at expected. The twirling legions of graceful couples might as well have been executing the whirling dervish. I had no chance!



Two years ago our daughter, Anna, and her boyfriend called to proudly announced their engagement. We were delighted in her choice of this fine young man for a life partner. Secretly however, during the telephone call, I began to sweat and experience feelings of dread and doom. The “father/daughter dance” was becoming a reality. There I would be – on the dance floor, making a fool out of myself when my daughter’s happiness was on the line and everyone would be staring at me! No place to hide this time.

After a beautiful outdoor wedding service, we adjourned for drinks and hors d’oeuvres while the bridal party had their pictures taken. I thought seriously about having a shot or two to settle my nerves but decided it was better to keep my mind steady even if my feet weren’t going to be. There were no butterflies while I delivered my toast to the wedding party. I have never been accused of being shy at the mouth. All the time, I couldn’t help fretting about what was coming next.

The music started as Anna and her new husband moved to the center of the dance floor for their traditional first wedding dance. Hiding near in the back, behind some of the guests, I was stunned to see my daughter’s graceful moves. How could any person dance so beautifully? Then I remembered watching during her ballet and jazz dance performances over the years. She was even on the high school dance team. Boy, was I going to be out of my league trying to keep up with this girl. High anxiety set in. My legs were actually quaking!

I stopped daydreaming and the room came into focus. No music, people were staring at me, the guests around me had parted to create a path. I wondered if everyone could see my hands tremble as I waddled forward on my pelican feet? And there, waiting alone was my daughter Anna.

Breathtakingly beautiful in her gown, a hand outstretched, beaming with happiness – I was overcome with pride! The song she had chosen for us began. At first slowly and I managed to keep off her feet. Then, just as the beat picked up, I took her by the hand, twirled her around twice and away we went. The crowd cheered and applauded its approval! The fear was gone, the feet were flying and I felt the joy every father of the bride will always remember. I gave her a kiss and walked back into the crowd. I closed my eyes to remember this special moment forever. And hey, I can dance!

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THE CAP AND THE STORY

by Bruce Gardow,
Archivist - Dunn Cty Historical Society



THE CAP

It's amazing ,the number of small items we have in our collection that have a significant story attached to them. Take for instance a small thing like this Civil War cap. It has a great story behind it.

THE STORY

In early 1861, when Company E of the 12th Wisconsin regiment was training on it's drill grounds at Delton, Wisconsin, (Today known as Lake Delton in the Wisconsin Dells area) The men couldn't help but notice a 12 year old boy who was a quite consistant visitor. It was found that his name was Johnny Ingalls who was totally captivated by the smartly dressed soldiers. Johnny kept pleading with the command officers to let him join the ranks of the command. Johnny was given a pat on the back and sent home crying.

In the autumn of 1861 Company E was moved to Camp Randall in Madison. Young Ingalls was not with the unit, but his desire to join the Company was still burning. During 1862 Company E spent most of the year as a reserve unit in Missouri, Kansas and Kentucky. They were involved in two skirmishes in Hatchie, Mississippi on October 5 and at nearby Lamar on November 8th.

All to quickly it was 1863. Company E was still in Mississippi. They had been involved in skirmishes in Hernando and Coldwater in April and then became involved in the sieges of Vicksburg and Jackson. While the Company was in the area of Vicksburg in February of 1864, it received it's newest recruit, 14 year old Johnny Ingalls. Johnny quite possibly was the youngest soldier from Wisconsin to be sent into battle during the Civil War. The Company historian wrote, " ... did just as good service as anybody twice as old."



JOHNNY'S EXPERIENCES

Ingalls participated in 20 engagements that included three weeks in Sherman's March to the Sea and the surrender of Confederate General Bradley Johnson at Raleigh, North Carolina in April of 1865.

Johnny Ingalls survived the war unscathed but did have a close call in an unnamed battle when a mini ball passed through the crown of his cap, just missing his skull. If you look at the picture and follow the pointer down you can see the entry hole.

Two years after the war ended, Johnny found himself attending Ripon College in Ripon, Wisconsin. He spent the next nine years attending classes interrupted by long periods of work earning money to go back to school. Johnny finally graduated in 1876 and was hired to be the Superintendent/ Principal of our own Menomonie High School. One of the teachers in the Menomonie School System was Miss Janet Stewart. She caught Ingalls eye, and then his love and the two were married in the fall of 1881. Ingalls served in the Menomonie School System until 1887 when he left teaching to go into business. During this time, the Ingalls had three children Marion, Edna and John jr., all of whom led rewarding lives.

You can see Johnny Ingalls hat, complete with bullet holes, in the Civil War exhibit at the Dunn County Historical Museum. Stop by and have a look.

Review



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OVER 40% OF TICKS COLLECTED IN EAU CLAIRE PARKS INFECTED WITH LYME DISEASE

Spring marks the beginning of tick season! And with over 40% of deer/bear ticks collected in Eau Claire area parks infected with Lyme disease, it's clear that the disease is booming. Lyme disease is the second most prevalent reportable communicable disease in Eau Claire County. It's in our backyards, our parks, our trails...and we need to talk about how to prevent it.

In 2014, the Health Department began a tick collection project at two rural county parks to determine the percentage of ticks infected with Lyme disease. In 2017, they received grant funding to expand their tick collection project to two additional parks in the city. As part of the grant, the Health Department is partnering with Beaver Creek Reserve, City of Eau Claire Parks, Recreation and Forestry Department, and Eau Claire County Parks and Forest to increase community awareness about Lyme disease.

With so many mental and physical health benefits associated with being in nature, we want to promote how to protect yourself from tick bites so you can continue enjoying the outdoors.

Before gardening, camping, hiking, or just playing outdoors, make tick bite prevention part of your outdoor plans.

For more information about Tick-borne diseases, please visit: <http://www.ci.eauclaire.wi.us/departments/health-department/communicable-disease/tick-borne-disease> or contact us at 715-839-4718.



Eau Claire City-County
Health Department

TOP 10 TIPS TO AVOID TICK BITES

- 1 Walk in the middle of trails; avoid high grass areas, sitting on logs, and leaning on trees.
 - 2 If possible, wear a hat and tuck in your hair.
 - 3 Wear a long-sleeved shirt fitted at the wrist.
 - 4 Wear shoes, no bare feet or sandals.
 - 5 Wear long pants tucked into your socks.
 - 6 Use insect repellent for skin and permethrin for clothes.
 - 7 Wear white or light-colored clothing to make it easier to see ticks.
 - 8 Do tick checks on you and your pets immediately and routinely for 2-3 days after outdoor activities.
 - 9 Ask your veterinarian about protection for your furry friend.
 - 10 If you find a tick, remove it carefully and save it.
- a Remove tick with tweezers
b Pull straight out as close to the skin as possible
c Save tick in a container.
d Call a doctor if signs/symptoms of Lyme disease appear within the next few weeks after a tick bite.



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ALZHEIMER'S FAMILY & COMMUNITY EDUCATION PROGRAMS

Offered by the Alzheimer's Association Greater WI Chapter
For more information or to schedule programs please call: 800.272.3900.
-No Charge-

EFFECTIVE COMMUNICATION STRATEGIES:

This program helps families facing Alzheimer's explore effective communication strategies and learn how to decode messages through attitude, tone of voice, facial expressions and body language.

- Thursday June 21, 2018 at 1:00 pm to 2:30 PM, at the Rutledge Charities Building, 404 North Bridge Street, Chippewa Falls WI 54729
- Thursday June 28, 2018 a Lunch and Learn at 12:30 pm to 1:30 pm at Lake Hallie Memory Care Assisted Living, 4407 124th Street, Chippewa Falls, WI 54729

CAREGIVER STRESS: TAKE CARE OF YOURSELF. Caregivers will gain a better understanding of the disease, the changes and how these may affect their caregiving journey. Learn what stress is, how to identify stress and initiate an action plan to lessen caregiving stress.

- Tuesday June 26, 2018, at 4:00 pm to 5:00 pm at The Classics at Hillcrest Greens, 2455 Sawgrass Place, Altoona WI 54720

THE BASICS: MEMORY LOSS, DEMENTIA AND ALZHEIMER'S DISEASE: Designed to help participants understand the difference between normal age-related memory changes and more serious memory problems that should be evaluated by a medical professional.

- Tuesday June 12, 2018, at 10:00 am 11:30 am at the United Methodist Church Lounge Room, 337 Lake Street, Eau Claire WI 54703



**Mary Beth Gardner
Attorney at Law**

2411 N. Hillcrest Parkway, Suite 9,
Altoona, WI 54720

715-832-4444

**YOUR AD CAN BE SEEN HERE IN FRONT OF THOUSANDS OF MONTHLY READERS
CONTACT MARY@SENIORREVIEW.COM**

MEDICAL ASSISTANCE AND REVERSE MORTGAGES



If one spouse is in the nursing home and the other remains in the community, the community spouse is allowed to retain the following property while still qualifying the nursing home spouse for Medical Assistance benefits: the house (any value), one car (any value), the retirement account of the community spouse, \$50,000 or ½ of the couple’s remaining assets not to exceed \$120,900 which ever is greater, personal property, \$1500 face value of life insurance (if the face value is greater than \$1500, the cash value is part of the \$50,000 category), and burial accounts. The nursing home spouse is also able to keep \$2,000. If the assets are above this level, Medical Assistance will be denied until the assets are at or below this level. The rules are different for a single individual or if both spouses are in the nursing home.

A reverse mortgage will take an otherwise exempt house and convert it to cash that is available to pay a nursing home expense. A reverse mortgage is not recommended for nursing home planning.

The public is invited to register for a FREE workshop on
Wednesday, June 6th from 3:45 to 5pm
UNDERSTANDING THE POWER OF ATTORNEY
at The Classic at Hillcrest Greens, Altoona. Call 715-839-0200

MARY BETH GARDNER - ATTORNEY AT LAW
2411 N. Hillcrest Parkway, Suite 9, Altoona, WI 54720
715-832-4444

PASS THE STRAWBERRY SHORTCAKE PLEASE!!!

Strawberry shortcake goes back to the 50’s, that is 1850’s. The strawberries made the scene over 2000 years ago , as a taste treat in Rome. It took Europe to give us the shortcake, in the late 1500’s.

(mentioned in Merry Wives of Windsor... probably a paid for plug by Shakespeare to drum up a bit of revenue) The cakes were crumbly like a scone with a triangular shape. After years of the points breaking off, the round shape emerged and stayed.

But it took American ingenuity....or some creative housewife with a killer recipe for a biscuit and a garden overabundant with berries to serve the two for what would become a summer classic. With the coming of the rails, berries could be shipped on ice giving the folks what Harper’s called “...good eating , strawberries and short-cake- Ohh My!” (Harpers Magazine is 2nd oldest continuous monthly magazine published in US, started in 1850)

During the Depression, Minneapolis sold tons of flour by marketing movie stars (Mary Pickford) and their favorite dishes (strawberry

shortcake). The advertisers did well on that irresistible combo. Who could resist the pure escape found in indentifying with glamour and cooking even for a brief few hours in the kitchen?

Strawberries have been abundant in the US but not a big until cross bred. Indians made a bread with strawberries and cornmeal. The strawberry shortcake as we know it today is user friendly (easy to make) and not too fattening. With the invention of Splenda , Stevia, assorted fat free and low calorie toppings, angel food cake, little sponge cakes and white whole wheat pastry flour, there are a great many “lighter” versions easy to whip up in your kitchen. FYI: a dash of orange juice or Grand Mariner to the berries is delightful.

Go to the Food History website for more information on this topic and for some seriously delicious recipes for Strawberry Shortcakes. <http://kitchenproject.com/history/Strawberries/StrawberryShortcake/index.htm>



The Classic SAVVY SENIORS Series

An informational series focused on enhancing the quality of life for seniors.

Wednesday, July 11
3:45—5 p.m.

With Age Comes Wisdom...Of a Sort

Presenter: Moira Kneer
Community Outreach Coordinator—Center of Spiritual Care

In today’s world, aging has taken on a new dynamic. We can truly acknowledge our age and celebrate our hard earned wisdom. During her presentation, Moira will explore new ideas related to aging while stepping outside of the box that our parents and grandparents lived within. She’ll discuss how seniors can redefine this phase of their life. And...don’t be surprised if you have a few laughs along the way!

All presentations are FREE and held the 1st Wednesday of the month at:
The Classic at Hillcrest Greens • 2455 Sawgrass Place, Altoona

Registration is required, please call 715-839-0200.
Each session includes light refreshments and door prize drawings.



June is Men’s Health Awareness Month

...we gotta take care of the men....

that means annual exams, screenings, physician visits and good information



Men die earlier. Men get depressed. 1 in 2 men will get cancer.
Men make half as many physician visits as women for prevention.

Join Senior Review and Men’s Health Network in improving the health and well being of men, boys and families. Get the guys in the ‘loop.’

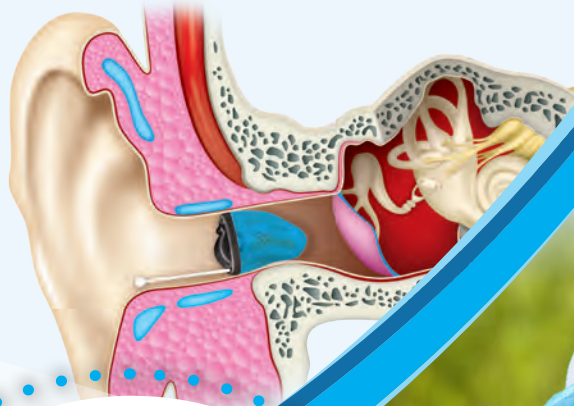
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CELEBRATION
June 1-30

- Gift Certificates with purchase of most new machines
- Nice used machines available

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PE540D Embroidery only machine

MANY OTHER PRIZES

Our big sewing event in June is Izzy's 15th birthday party on June 9, 10 a.m.-2 p.m.—stop in at Sew Complete, or check our website for project information and details. Izzy says “No gifts please”, but she will have a donation can out all month for Bob's House for Dogs.





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Last month we talked about choosing a real estate professional. Now we will talk about:

14 DAYS BEFORE
SHOWINGS BEGIN:
PRE-SHOWING PROCESS

Here is a short to-do list prior to showing your home:

1. Depersonalize the home by removing family photos. You want the prospective buyer to picture themselves in the home.
2. Enhance your curb appeal by trimming bushes, planting flowers or making other improvements such as painting the front door or replacing the mailbox or house numbers.
3. Stage your home so that it shows well. Preparing your home for showing to the public is called staging. The goal is to put the homes best foot forward to prospective buyers. Staging involves getting the home in tip top shape. Inside it might involve:
 - Hiring a service to do a thorough cleaning.
 - Calling a handyman to do necessary final repairs.
 - Deciding how each room can look its best. Rooms can look smaller when they contain a lot of items.
 - The staging process can be less stressful by hiring a staging professional and having family members nearby to help move items. Several local firms, like ours, provide this service for free when you list your home. When a home shows well from the start, it creates a somewhat sense of urgency with buyers.

Next month we will discuss your Agent's role in showing and marketing your home!



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FIBER ARTS

CONTACT MARY@SENIORREVIEW.COM WITH YOUR FIBER ARTS HAPPENINGS!

STIX THAT CLICK

Summer is officially here, at least as far as the ladies that come to Acoutics on Mondays from 10 - 12 to knit, crochet or just chat. There are no rules, divas, or dues. And if you have just a few Monday mornings off over the next few months, give it a thought. If this group sounds like just what you have been looking to join, please join us. We welcome anyone at any level. So grab a cup of coffee and get your 'fiber' on. Hope to see ya.

KNIT CLUB - WEDNESDAY EVENING

Join us at Blue Boxer Arts every Wednesday evening from 6-8 pm for Knit Club! Chat with friends, share tips and tricks, and show off your projects. Free of charge. For questions, contact Kelsey at blueboxerarts@gmail.com or at 715 577 3199.

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SUMMER LIBRARY PROGRAM

by Shelly Collins-Fuerbringer



Fulfill your Rock Star fantasies by participating in this year's Summer Library Program, "READING ROCK STARS". Our program runs from June 1 to August 15 and challenges customers to keep their minds sharp and imaginations active through reading. There are reading programs for babies through adults so no matter your age, there is a reading challenge for you.

ADULT READERS earn entries for the grand prize and other smaller prizes by reading or listening to three books per entry. Each entry slip will also earn you the chance to spin the Wheel of Rock to win a prize. Ask about the

special Backstage Pass Trivia at Information & Reference to enter a separate prize drawing. Register at www.ecpubliclibrary.info/events beginning June 1.

If you have GRANDCHILDREN, stop in Youth Services and pick up a reading record starting June 1. Kids birth to 18 can earn prizes by reading or being read to. There is also a wide variety of programs for kids and teens throughout the summer including storytimes, musical performances, art and crafts and so much more. Find full program details for Youth Services programs at www.ecpubliclibrary.info/kids and mark your calendar!

If your schedule is full and you can't find time to get down to the library, you'll find us out in the community. Our BOOKS ON BUSES program makes sure every rider has the opportunity to be a reader by stocking books for all ages for riders to take, read and share. If you have grandchildren you are riding the bus with, be sure to pick up a bus pass at the library that allows kids to ride free every Tuesday and Thursday June through August.

You'll also find us on the BOOKBIKE AT THE FARMER'S MARKET on Wednesday and Saturday mornings and at the Sounds Like Summer concert series on Thursday evenings. We stock a great variety of books for all ages and new this year a music collection featuring local artists will be available to check out on the BookBike.

No matter your age or reading interests, the L.E. Phillips Memorial Public Library has you covered this summer!

PRIZE
BINGO!

► June 21, July 19
August 16 & Sept. 20

Bingo will take place from 2 - 3:30 p.m.
(Adults 55-plus invited)

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Expires: 6-30-2018



DUSTING OFF SOME LOCAL HISTORY: LUCY HASTINGS, JUNE 22, 1857, EAU CLAIRE

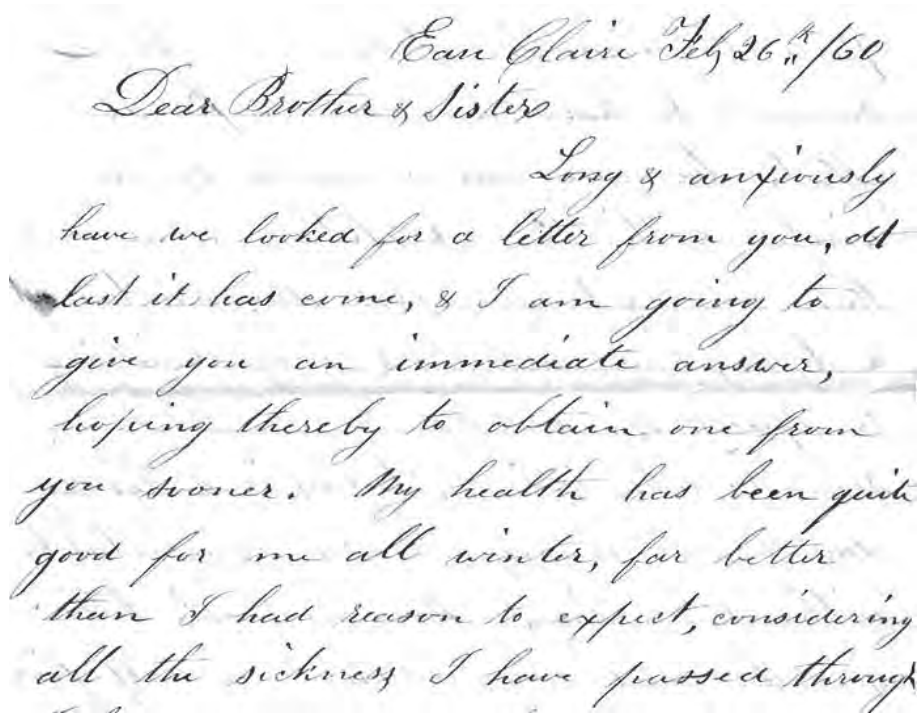
Greg Kocken Archivist, UW-Eau Claire
Kockeng@uwec.edu

In the summer of 1857, Lucy Hastings and her husband David arrived in Eau Claire to establish their new home. When they arrived, Eau Claire was still a small village, perhaps numbering only a few hundred residents. Lucy and her husband were not alone in their decision to come to Eau Claire in 1857. Land only recently became available for purchase in the area, and hundreds of settlers would arrive in the years to follow. By 1860, the population of the Eau Claire area swelled to nearly 2,000 residents.

In his recently published book, A History of Eau Claire, Wisconsin, Volume I: The Lumbering Era, local historian Brian Blakeley describes the people of Eau Claire in the 1850s as resilient. The lumber industry, engine of the local economy throughout much of the late 19th century, was growing, but not firmly established when Lucy and David Hastings arrived. The villages in the area possessed a decidedly Yankee character, with many of the citizens (like the Hastings) originally from New England. Like other settlers, the Hastings were adept at harvesting nature’s bounty to provide for themselves. “I would like to send you some of the big fish we catch... Mr. Hastings brought up one weighing about 15 pounds...” (Letter, Oct. 25, 1857). While basic provisions were available, money was not. As Lucy wrote in December 1858, “Money is very scarce here. We have a house and lot here worth at least 700 dollars and have tried to raise money but cannot.” Their financial woes, and revealing information about the local economy, fill the pages of these letters.

The letters of Lucy Hastings, spanning from 1855 to 1863, are among the many treasures preserved and accessible through the archives at UW-Eau Claire. Today, transcriptions of these letters are also available online through the University of Wisconsin Digital Collections Center. Reading these letters help us understand life in early Eau Claire, providing us with a first-hand account of the struggles and successes of these pioneers.

Is there a local history mystery or topic you want to know more about? Do you have a suggestion for an upcoming column of “Dusting Off?” Please contact Greg at the UW-Eau Claire Archives. He would love to hear from you.



Long and anxiously have we looked for a letter from you. At last it has come, and I am going to give you an immediate answer, hoping thereby to obtain one from you sooner.” Before phones and the internet, a simple letter provided the only reliable means of communicating across distance. This letter, written by Lucy Hastings in February 1860, opens by articulating her desire to connect with family. At this time, letters could take days (sometimes weeks) to reach their destination

FATHER’S DAY REFLECTION:

What kids are thinking as they grow!

- 4 years: My Daddy can do anything!
- 7 years: My Dad knows a lot...a whole lot.
- 8 years: My father does not know quite everything.
- 12 years: Oh well, naturally Father does not know that either.
- 14 years: Oh, Father? He is hopelessly old-fashioned.
- 21 years: Oh, that man -he is out of date!
- 25 years: He knows a little bit about it, but not much.
- 30 years: I must find out what Dad thinks about it.
- 35 years: Before we decide, we will get Dad’s idea first.
- 50 years: What would Dad have thought about that?
- 60 years: My Dad knew literally everything!
- 65 years: I need to talk it over with Dad once more.



FLOYD’S BARBER SHOP

By Ken Anderson



I have spent much of my life living in very small towns. In each of these towns there was a piece of true Americana – the old fashioned barber shop with that familiar red and white pole outside the front door.

Nowhere was this truer than in Mayberry. Floyd’s Barbershop was a Mayberry institution. Not only was it a gathering place for the men to get their hair cut; it was also a place to play checkers, discuss politics, and plan fishing trips.

It was a place exclusively for the men of Mayberry. In Mayberry a lady did not enter a barber shop.

Floyd did try to make a change by adding a beautiful young manicurist. This change was a huge success for Floyd, but it did not last long. The wives in Mayberry would not tolerate their husbands holding hands with a beautiful young woman.

Opie once told Aunt Bee that all the men did at the barber shop was sit around and grunt. He asked Andy when he would be old enough to go to the barber shop so he could sit around and loaf.

I miss the atmosphere found in small town barber shops. Now when I need a haircut, I sign in at home with my computer and then head off to have a “stylist” cut my few remaining hairs. I miss having a male barber, the smell of witch hazel and after shave, and I miss the sounds of an electric clippers and male conversation. Now instead of conversing, those waiting for haircuts are too busy playing with their smart phones. But what I miss most is that there are no comic books.

During my high school years, trips to the barber shop became less frequent. The styles were the crew cut, butch, and flat top. I usually chose the shorter flat top which of course needed a good dose of Butch Hair Wax to keep the hair standing straight up.



Like so many other wonderful things from my past, the nostalgic barbershop is just one more that is just becoming another memory of a much simpler time and place.

Please visit my website www.themayberryguru.com

TABLE TALK

by Naomi Hackel Smith

FRESH RHUBARB CRISP

Topping:

- 1 cup sifted all-purpose flour
- 1/2 cup raw rolled oats
- 1 cup light brown sugar, firmly packed
- 1/2 cup butter or margarine, melted

Rhubarb filling:

- 4 cups rhubarb - 1/2-inch pieces about 1-3/4 lbs.)
- 1 cup granulated sugar
- 1/4 cup unsifted all-purpose flour
- 1/2 tsp. cinnamon

Preheat oven to 375 degrees. Make topping. In a large bowl combine flour, oats, and brown sugar, mixing well. With a fork, stir in butter to make a crumbly mixture.

Make rhubarb filling. In a lightly-greased 8 x 8 x 2 inch pan combine rhubarb, granulated sugar, flour, cinnamon, and 1/2 cup of water. Stir to mix well.

Sprinkle topping evenly over filling. Bake, uncovered, 35 minutes or until topping is golden brown, and rhubarb is tender. Serve warm with light cream or ice cream.

From my kitchen to yours



....HAPPY FATHER’S DAY!

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CITY OF EAU CLAIRE

HOUSING REHABILITATION LOAN PROGRAM

The City of Eau Claire Housing Division is taking applications for its Housing Rehabilitation Loan Program. The Rehabilitation Loan Program is Federally funded and offers loans up to \$20,000. This program is for homes in need of repair, not for extensions or cosmetic renovations.

Types of Eligible Work:

- Roof and window replacement
- Plumbing repairs or upgrading
- Accessibility Modifications
- Electrical repairs or upgrading
- Carpentry repairs
- Heating system replacement
- Energy saving repairs
- Siding repairs or replacement

Applicant Eligibility Requirements:

- City of Eau Claire resident
- The Assessed Value of the Property May Not Exceed \$146,500
- Property Must be a minimum of 25 years old
- Owner Occupied (at least 1 year)
- Good Credit History
- HUD Income Guidelines Apply: Not to Exceed 80% of Area Median Income



For eligibility information and application call Chris at (715) 839-8294

The Hearing impaired may contact this office by TDD at (715) 839-4943. If there are other specialized needs due to handicap, i.e. sign language interpreter, wheelchair accessibility, reader, please contact this office.

Z:\city of eau claire housing\revised for size Rehab Ad_2.doc
Updated 03/09

festival
foods



Chippewa Valleys Farmers Market
working with Festival Foods

Sunday: 8am - 2pm
Mall Drive, Eau Claire
(across from Famous Dave's Restaurant)

Tuesday: 11am - 5pm
2717 Birch Street, Eau Claire

Saturday: 8am - 2pm
Wednesday: 11 am - 5pm
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IT’S HAPPENING AT THE DOWNTOWN FARMERS MARKET

It’s always such a great time of year when the weather has turned warm, the grass is green and the gardens are growing. It’s also time for the Downtown Farmers Market to open 3 days a week. The tables are starting to fill up with fresh, local produce and the bouquets of flowers are beautiful with color. This is also the time of year for the sweet, delicious strawberries and a lot of other fresh spring vegetables. We are excited to have a couple new food trucks serving delicious food prepared with locally sourced ingredients.

June also brings the opening of the Token/Market Match Program. Every Saturday (June – September) we will be swiping credit/debit/SNAP cards to buy \$1 tokens to spend at the Market. Swipe your SNAP card for a 1:1 match with a \$10. maximum per week. This is a great way to stretch your food dollars and buy healthy, fresh, local food from your favorite vendors. We’ve got some generous donors that make this program possible: Group Health Cooperative, JAMF and United Health Care. We’ve also got the Department of Aging and Disabilities that will be issuing Senior Vouchers on Thursday, June 14th 12:00 – 3:00, make sure to get in on this!

June also starts live music under clock tower 9:30 – 12:00 on Saturdays. We’ve got a great lineup of local musicians to entertain you while you shop. Wednesdays and Thursdays are a perfect day to bring the kids as they can create an art project at the Art Mobile or pick out a book when the BookBike arrives.

We look forward to serving you throughout this wonderful growing season. See you at the Downtown Farmers Market!

MUSIC CALENDAR –

- June 2nd – Klezmazel
- June 9th – Highview
- June 16th – Howard Luedtke and Deb Klossner
- June 23rd – Larry Past Trio
- June 30th – Sage Leary

GREAT SAYINGS TO PUT ON THE COFF E MUG

These management proverbs sat in 4 drawer cabinet in my office for 35 years. They would all look just great on a coffee mug.



- The longer you wait to solve a problem the bigger it gets.
- You can’t please everyone — don’t try
- People don’t change.
- Unless you are a missionary, don’t try to run a mission.
- Can’t help what you are but you can change it.
- Keep it simple.
- Never write anything to anyone except thanks or congrats.
- Never lose sleep over a problem while the person with the problem is sleeping.
- Always negotiate from strength; always choose your battles
- If you decide to quit, be sure they will miss you
- Never change rules in the middle of the game. Start a new game.
- If you really care for someone, tell them the truth.
- “I did it my way“ ...chances are you will lose alone.
- It is only the little person that seeks revenge.

I’M HUNGRY

... the two most dreaded words of summer uttered by a kid.

There are over 10,600 in the Eau Claire School system. They serve about 5,350 lunch and 1,550 breakfast meals per school day. 40% of those kids are eligible for free or reduced price meal benefits.

Because figuring out where their next meal is coming from should be the last thing on a child’s mind, when school ends local food resources do not. During the summer months, Feed My People Food Bank’s partner food pantries and meal sites continue to offer nutrition to families.

The following resources have been put together to assist anyone trying to feed extra mouths this summer. Please read it, cut it out and refer to it throughout the summer. For more information go to www.fmpfoodbank.org. We sure hope it will help when you hear someone say “I’m hungry!”

D O W N T O W N

FARMERS MARKET

Saturdays in May

7:30 – 1:00 June – October

Saturdays and Wednesdays 7:30 – 1:00

Thursdays 12:00 – 5:00

Saturdays June - October

Live Music, Art and Token Program

Phoenix Park Eau Claire, WI

ecdowntownfarmersmarket.com

EAU CLAIRE FREE SUMMER 2018 FOOD RESOURCES

For those in need of extra food

DINING

Eau Claire Area School District
Serves anyone 18 and under | Monday - Thursday

JUN 11 - 28

Flynn, Meadowview, Putnam Heights, Robbins, Roosevelt & Sam Davey Elementary Schools
BREAKFAST 8 - 8:45 AM | **LUNCH** 11:45 AM - 12:15 PM

Delong & South Middle Schools
BREAKFAST 7:50 - 8:55 AM | **LUNCH** 11:45 AM - 12:15 PM

Northstar Middle School
BREAKFAST 7:45 - 8:30 AM | **LUNCH** 11:45 AM - 12:15 PM

Memorial & North High Schools
BREAKFAST 7:30 - 8 AM | **LUNCH** 12 - 12:45 PM

JUL 2 - 5

Longfellow Elementary School - no session July 4 or 5
BREAKFAST 8:30 - 9 AM | **LUNCH** 11:45 AM - 12:15 PM

Delong & South Middle Schools - no session July 4
BREAKFAST 8:30 - 9:15 AM | **LUNCH** 11:45 AM - 12:15 PM

JUL 9 - 19

Longfellow Elementary School
BREAKFAST 8:30 - 9 AM | **LUNCH** 11:45 AM - 12:15 PM

Delong & South Middle Schools
BREAKFAST 8:30 - 9:15 AM | **LUNCH** 11:45 AM - 12:15 PM

Sam Davey Elementary School, Memorial & North High Schools
BREAKFAST 7:30 - 8 AM | **LUNCH** 12 - 12:45 PM

JUL 23 - 26

Longfellow Elementary School
BREAKFAST 8:30 - 9 AM | **LUNCH** 11:45 AM - 12:15 PM

Northwoods Elementary School
BREAKFAST 7:30 - 8 AM | **LUNCH** 11:15 AM - 12:45 PM

Delong & South Middle Schools
BREAKFAST 8:30 - 9:15 AM | **LUNCH** 11:45 AM - 12:15 PM

Memorial & North High Schools
BREAKFAST 7:30 - 8 AM | **LUNCH** 12 - 12:45 PM

JUL 30 - AUG 16

Flynn, Locust Lane, Longfellow, Meadowview, Northwoods, Putnam Heights & Sherman Elementary Schools
BREAKFAST 8 - 8:45 AM | **LUNCH** 11:45 AM - 12:15 PM

**Delong, Northstar & *South Middle Schools*
BREAKFAST 7:45 - 8:30 AM | **LUNCH** 11:45 AM - 12:15 PM

* Breakfast served 7:50 - 8:55 AM week of July 30 - August 2

The Community Table
June - August Schedule

LUNCH MON, WED, FRI & SAT 11:30 AM - 1PM
DINNER TUES 5 - 6:15 PM | SUN 3 - 4 PM

**Boys & Girls Club Summer Schedule*
Monday - Friday | No session July 4
BREAKFAST 7:30 - 8:30 AM | **AM Snack** 10 - 11:30 AM
Lunch 12 - 1 PM | **PM Snack** 3 - 3:30 PM

MEAL BAGS FOR KIDS Free bagged lunches

Sponsored by Feed My People
***Discovery Program** | JUN 11 - 28 | Thursday delivery
Flynn, Meadowview, Putnam Heights, Robbins, Roosevelt & Sam Davey Elementary Schools

***Summer School** | JUL 30 - AUG 16 | Thursday delivery
Flynn, Locust Lane, Longfellow, Meadowview, Northwoods, Putnam Heights & Sherman Elementary Schools

***Boys & Girls Club** | JUN 14 - AUG 17 | Fridays 9AM - 4PM
Call (715) 855-0081

Eau Claire Downtown Farmers Market | JUN 16 - AUG 25
Saturdays 8:30 AM - 12PM | Pick up at the Token Table, quantities limited

Eau Claire Hmong Mutual Assistance Association
JUN 19 - AUG 20 | Wednesdays 12 - 4 PM
Call (715) 832-8420

Eau Claire Parks & Recreation River City Adventures
JUN 11 - AUG 16 | Call (715) 839-5032

L.E. Phillips Memorial Library | JUN 11 - AUG 25
Pick up at youth services desk MON - SAT during regular library hours | Call (715) 839-5007

The Community Table | JUN 15 - AUG 18
Fridays & Saturdays 11:30 AM - 12 PM | Call (715) 835-4977

* Enrollment required



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FACTORY OUTLET

3315 State Rd 93 • Eau Claire
715-833-0019

HEY, MOMS, DADS, GRANDMAS & GRANDPAS NEED EXTRA FOOD?

COME TO RUBY’S PANTRY THE FIRST THURSDAY of every month at Lutheran Church of the Good Shepherd in Eau Claire!

For just \$20 YOU CAN GET TWO LARGE BASKETS OF FOOD TO TAKE HOME. This great program can help you feed your families each month. If you need directions or more information, CALL THE CHURCH AT 715-834-2959

GUEST REGISTRATION 2-6

- Distribution begins at 4pm.
- No Checks accepted
- Everyone is welcome
- No qualifications
- Bring your own containers: laundry baskets or rubbermaid type containers



\$1 extra to register online. Time slots are limited. Go to rubyspantry.org



Ruby’s Pantry is a ministry of Lutheran Church of the Good Shepherd.
1120 Cedar St., Eau Claire, WI
www.goodshepherd-ec.org

VOLUNTEERS ARE ALWAYS NEEDED
NO TRAINING OR EXPERIENCE NECESSARY



Your Locally Owned
Health Mart
PHARMACY

**OUTDOOR ACTIVITIES! BUT WAIT.....
DO YOU SUFFER WITH ALLERGIES?**

Now is a great time to call your local Health Mart Pharmacist and make an appointment to go over your medications to ensure your health and safety needs are being met. Your pharmacist will make sure that you are compliant with your medications and will also advise you on over-the-counter products for allergies to take or avoid for adverse interactions.



KEEPING A PULSE ON YOUR GOOD HEALTH!

\$5.00

1 COUPON PER CUSTOMER PER-VISIT GOOD FOR ANY OVER-THE-COUNTER PRODUCTS. NOT VALID FOR PRESCRIPTIONS. EXP. JULY 31, 2018

Colfax Pharmacy, Colfax
715-962-3784

Ed's Health Mart Pharmacy, Bloomer
715-568-2190

Value Center Health Mart Pharmacy, Eau Claire
715-833-6760

Wally Shong Health Mart Pharmacy, Augusta
715-286-2515

www.nwwHealthMarts.com

AS MY MEMORY GARDEN GROWS

by Shelley Krupam, Lake Hallie Memory Care

If she were here today, I'd ask her to join me in a cup of coffee, we loved to drink it black. We'd sit together and laugh, and catch up, and share what was new in our lives. Mom had an opinion to share, a quirk to chuckle about, or a snarky comment to remind me of her strength. I miss those talks.

Maybe I'm plain old used to how the world we live in is temporary. Nothing is permanent, (for lack of a better word) except death? When I think back to the time leading up to Mom's death, I remain thankful for the caregivers she had and the compassionate way they loved her like she was their mom, too. Those moments made it easier to reconcile making the choice for her to live remaining years in a home different from the one she remembered.

Our journey with dementia leading up to her death was long and hard, but it was our unconditional love for each other that kept us tied together to the end. While the moment of death is overwhelmingly sad, the freedom from a disease isn't sad, it is a relief.

The day she passed, it was warm and sunny. I sat in the wheelchair next to her bed, held her hand and described the tulips popping up in the garden outside of her room. I told her how I remembered how much she loved spring, especially the irises and daffodils.

That year, in her memory, I started my own spring memory garden. It contains perennials Mom loved. Each year I'm anxious to see the flowers bloom and pop like that day years ago when we said goodbye. I add new flowers each year, and make bouquets to enjoy. It warms my heart to see the flowers grow and blossom. I know Mom would be smiling at the garden, too, just like me. As the first buds on the bleeding hearts and irises bloom in the garden I am reminded that our lives carry on each spring with warm memories of our loved ones.



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Nicole Schlageter

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www.heritagesenior.com

Memory Care

3515 E. Hamilton Ave.

715-831-8200

Assisted Living

3706 Damon St.

715-831-9118



HERITAGE SENIOR LIVING

Assisted Living and Memory Care Communities

Advance Directives Seminar

Monday, June 4
6 - 7:30 p.m.
HSHS Sacred Heart Hospital
Monsignor Klimek Auditorium

Don't leave your **FAMILY** with ?

Join us for this free seminar on the importance and process of making your end-of-life care wishes known ahead of time. Staff and volunteers will be on hand to answer any questions you may have and assist in helping to fill out your advance directive forms.

This event is free but registration is required by calling 715-717-4035 or sacredhearteauclaire.org/events-classes.



HSHS Sacred Heart Hospital



CHECK OUT OUR WEBSITE FOR CURRENT COPIES OF THE REVIEW

WWW.SENIORREVIEW.COM

Join the 2018 Walk to End Alzheimer's Chippewa Valley
Saturday September 30th
at UWEC Zorn Arena !

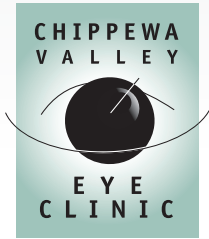
Walk to End Alzheimer's is the world's largest event to raise awareness and raise funds for Alzheimer's care, support and research. Join our committee and help us recruit and train walk teams as Join well as plan all aspects of the event, including coordinating logistics, securing sponsorships, marketing, outreach, and advocacy efforts. Sign up as a team or an individual and start fund raising!

For more information on how you can get involved, please contact Julene Bowe at 715.861.6175 or jbowe@alz.org.

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Read' for yourself...and one for a friend.**

HAVE YOU EVER GOTTEN A SUN BURN?



Dr. Hamblin
Prevea Health Family Medicine

Skin cancer is the most commonly diagnosed cancer in the United States, and did you know skin cancer incidence rates have continued to increase? Each year in the United States, nearly 5 million people are treated for skin cancers. Over 9,000 people die from melanoma, a type of skin cancer that is responsible for the most deaths of all skin cancers. If you live to age 65, you will have a 50 percent chance of having at least one type of skin cancer.

The most common types of skin cancer are strongly associated with exposure to UV radiation and most can be prevented by avoiding sun or indoor tanning and protecting your skin from the sun.

UV exposure stimulates skin cells to produce melanin, a darker pigment resulting in a tan or sunburn; both indicate overexposure and damage to the skin. This damage can lead to cancer. The degree to which UV exposure increases a person's risk of skin cancer depends on:

- Skin type
- The amount and types of sun protection used
- Whether exposure is constant or intermittent
- The age at which the exposure occurs

Although the sun is the most common source of exposure to UV radiation, indoor tanning devices are another source of radiation. A recent analysis estimated that more than 400,000 cases of skin cancer in the United States each year may be related to indoor tanning.

One out of every three adults in the United States has been sunburned in the past year; most adults do not protect themselves from the sun. Sunburns in childhood put you at risk for skin cancers later in life. Learning healthy sun-smart skin care habits as children can lead to increased sun protection as adults.

Starting today, you can reduce your risk of skin cancer with the following tips:

- Wear tightly woven protective clothing
- Wear a hat that provides adequate shade to the whole head
- Seek shade
- Avoid outdoor activities during mid-day
- Use sunscreen
- No indoor or outdoor tanning

And if you have a suspicious skin lesion, check it out with your doctor.

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Call (715) 717-6885 to set up an appointment.

HSHS Sacred Heart Hospital – 1st floor

900 West Clairemont Ave., Eau Claire

HSHS St. Joseph's Hospital – 5th floor

2661 County Highway I, Chippewa Falls



Shawna Lee,
Doctor of Audiology



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Volunteering is such a rewarding experience!

At The Classic at Hillcrest Greens, we appreciate the volunteers who come to visit and socialize with our Memory Care residents.

Some volunteers help with our arts and crafts programs, some entertain, and others simply spend time visiting with our residents and engaging in lively conversations.

Who Can Volunteer?

• Retirees • Families

• Individuals or Groups • Organizations

• High School or College Students

• Anyone who wants to give to others

For more information about volunteering at The Classic, visit our website at www.TheClassicHG.com.

Interested in volunteering?

Please give us a call at 715-839-0200.

HG

The Classic

AT HILLCREST GREENS

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Present coupon and save on reg. priced merchandise

\$5 off

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or \$10 Off \$50 purchase

exp. 6-30-18 upon per visit. Valid only at the Eau Claire Bethesda Thrift Shop location, 3178 London Rd. Offer excludes new furniture, mattresses and Bethesda products. MS

MONDAY: SENIOR 55 AND OLDER 25% OFF

Chippewa Valley Theatre Guild

presents

JOIN US FOR OUR LAST SHOW AT THE STATE!

Rodgers & Hammerstein's

State Fair

Directed by Mike Cook

Find romance on the Iowa State Fair Midway and enjoy Rodgers and Hammerstein classics like "It's A Grand Night For Singing," "Our State Fair" and "It Might As Well Be Spring."

7:30PM, June 28-30

1:30PM, JULY 1

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715/832-7529 OR ONLINE AT CVTG.ORG

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Youth/Students \$10

WEAU 13 NEWS

AZURA

MEMORY CARE

free to simply love

You'll be able to stop wondering...

• What if she falls? Is she safe?

• Did she eat today?

• Did she take her pills?

• Can I provide the support she needs?

If you are worried about a loved one due to memory loss, call Azura today.

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3712 Damon Street • Eau Claire, WI

VOLUNTEER DRIVERS NEEDED

Eau Claire County Veteran Services is currently looking for volunteer drivers to drive our DAV van to the Minneapolis, MN VA. It can be 1 day a month or 1 day a week, we just need drivers. It will require a couple trips to the VA to become certified. Please contact our office for more details. Adam Kohls, Assistant Veteran Services Director 721 Oxford Avenue, Suite 1130, E.C., WI 54703 715-839-4744

Free Ride To Minneapolis VA Medical Center

• For Medical Appointments Only

• Eau Claire County DAV Van runs on odd numbered week days

• Departs from the east side of the Government Center in front of the County Jail @ 7AM

• Departs from Mpls VA Medical Center @ 3PM or earlier

• Please schedule appointments accordingly

• Can accommodate one wheelchair (please call to reserve wheelchair ride)

Eau Claire County

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\$5 off

\$10 off

\$5 Off \$25 purchase

or \$10 Off \$50 purchase

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