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Lake Country represents well at the Birkie

Local skiers post great times

By Kelly Smith Special to Conley Media

HAYWARD — Drake Hacker, 17, of the Town of Lisbon, collapsed in exhaustion after crossing the finish line on Havward's snow-covered Main Street; second place in an 18-mile marathon by three seconds.

For more than 17 miles, he had led the Kortelopet, an international cross-country ski race at the Slumberland American Birkebeiner held annually in northwestern fitness at a high level so you Wisconsin.

passed Hacker as they skied up and over the iconic temporary wooden bridge above Highway 63 that propels the skiers toward the finish line in downtown Hayward.

Hacker was among more than 300 Waukesha County skiers — most of them from the Lake Country region who competed in events during "Birkie Week" Feb. 21-24. "It is amazing that here in

Wisconsin there is an international ski event that gives you an opportunity to compete with skiers from around the world," Hacker told Conley Media.

The next day, Elizabeth "Beth" Schluter, 74, of Summit won her age and gender division in the American Birkebeiner, the 55-kilometer (about 37 miles) cross country race that twists, turns, and weaves through the Chequamegon National Forest along Highway 63 between Cable and Hayward.

competition in North America, "the Birkie" is considered one of the most challenging courses on the pro-fessional WorldLoppet international tour of 20 cross finished 42nd and 43rd. country races in Europe and

Schluter has dominated her age and gender divisions for nearly a decade and plans to compete next year in the women's 75- to 79-year age

She stays in shape by skiing at Lapham Peak State Park, canoeing, and an almost daily regimen of walking, jogging and light through sixth grade. weightlifting.

can enjoy being in outdoor Within a quarter-mile of activities, it is going to make the finish line, Mcewan Rodefeld of Blain, Minn., life," Schluter explained.

On Feb. 22, the day before the Birkie, was the Kortelopet race which is 29 kilometers along the southern half of the Birkie trail, beginning in the snow-covered conifer forest at Highway 00 near Seeley and finishing in downtown Hay-

According to event organizers, some of the best high school cross country skiers in the Midwest compete in the race affectionately called the Kortie.

The Kortie attracts high school skiers from around the world because they cannot compete in the Birkie until they are 18 years old.

Six Lake Country-area high school skiers finished in the top 50 of the 3,000 skiers in the competition.

In addition to Hacker's second-place finish, Noah Strake of Wales finished

Isabel Seay of Sussex fin-

The longest cross country ished third among the women.

Another Sussex skier, Cole Peske, finished 28th and Max Dykowski of Waukesha and Alex Matson of Dousman

They are among nearly three dozen skiers from 11 Waukesha County high schools who compete on the Peak Nordic team.

The team is part of a non-profit ski club that provides competitive training and racing programs for middle and high school athletes and beginning programs for skiers in kindergarten

The team works out at "If you can maintain your Lapham Peak State Park where a citizens group, The Friends of Lapham Peak, has raised thousands of dollars on snow making equipment designed to make sure there is a snow-covered ski trail at the park.

Practice sessions begin late in the afternoon and extend into the evening darkness as skiers hone their skills on the 1.3-mile, snow-covered loop they call "the hamster wheel."

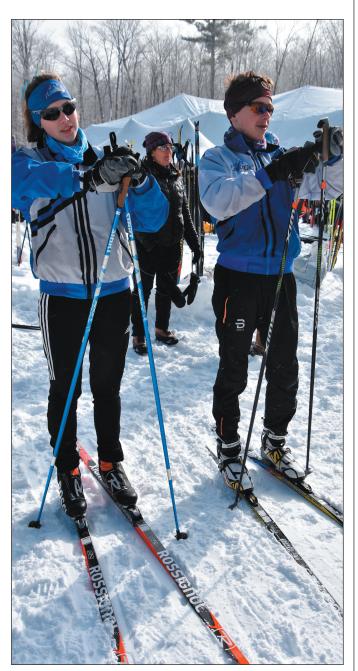
"When a hamster is the wheel, it just runs in circles. That is what we do three months out of the year," is how Max Dykowski, 17, a senior at Waukesha West High School, explains the training routine.

Mary Eloranta, 64, of Pewaukee, who has competed in 25 Birkies, has coached the team for nearly 20 years.

She attributes its success on the high school ski circuit to "great kids, great parents, great assistant coaches and great community support."

"The ski community is a community of great, friendly

See BIRKIE, PAGE 2A



Kelly Smith/Special to Conley Media

Peak Nordic High School team members Mia Taggett of Delafield and Ethan Blischke of Waukesha prepare to race in the 29K Kortelopet at the Slumberland American Birkebeiner competition in Hayward.

INSIDE

London calling local composer

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Punching out Parkinson's

Page 1B



Area wrestlers great at state SPORTS/ Page 4B







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MARCH 2019

SECTION B



Punching out Parkinson's

Boxing program helps those with neurodegenerative disorder symptoms

By Eileen Mozinski Schmidt Special to Conley Media

 ${\tt HARTLAND}-{\tt The}$ four men moved from warmup an

When sufficiently warm, Parkinson's gloves and made their way wheelchair or walker. to the punching bags.

To an observer, the class, toms," Glor said. held at Lake Country Racquet & Athletic Club, might appear a challenging nonson's disease.

The class, through a pro-site. gram called Rock Steady area club.

"It's forced, intensive said. exercise. It's very purposeic Club

Rock Steady Boxing head- Foundation. Hartland club to become an focuses affiliate of the program.

It launched at the club in

nator of the program.

classes and 10 participants. fight back." The club is accepting more applications.

assessment before New Berlin and West Bend. stretches, to lunges, to beginning classes, and The classes in Hartland. passing a weighted ball, to then are assigned a level. which are offered four jump roping motions in The levels allow the classes times a week, each run for

It was time to start box- them engaged as soon as participants adjust their possible to delay

'Work out your anger'

The Rock Steady program contact boxing workout. got its start when Scott And a thorough session it Newman, a former Marion was, but the workout also County prosecutor in Indihad a special objective — to ana, was diagnosed with affect those with Parkinhelp the participants who early onset Parkinson's at have symptoms of Parkin- age 40, according to the Rock Steady Boxing web-

"He got very angry. His Boxing, has been expand- friend said, 'Come box with ing to fitness centers me, work out your anger.' nationally and internation- As he started doing it, his thing feels good. To work ally in recent years and is mental health started get- out aggression and anger fairly new to the Hartland ting better but his symp- and depression.' toms improved too," Glor

ful," said Ann Glor, group neurodegenerative disor- est in bringing the program fitness director at Lake der in which symptoms to the Lake Country club Country Racquet & Athlet- develop over time, accord- in part because she and Glor spent a week at the website for the Parkinson's ily members with Parkinquarters in Indianapolis there is not a cure for the classes also provide a sense last May preparing for the disease and treatment of community. on mitigating symptoms, the site said.

friend Vince Perez went on It's a safe space to talk "I didn't want to rush the to create Rock Steady Box- about it, and to pick on the process. I wanted to make ing, a nonprofit organiza- disease a little bit," she sure we had all our ducks tion designed to "attack said. in a row," said Glor, who is Parkinson's at its vulnerative Classes can be purchased the head coach and coordible neurological points," in groups, with a lower according to the website. pricing schedule offered for to find an area Rock Steady In addition to Glor, there The organization now bills club members. A set of four Boxing class, visit rock-

ing for the Rock Steady people with Parkinson's "to

In the Milwaukee area, the Rock Steady classes are Applicants participate in also offered at locations in

to be tailored to a range of an hour and a half. A symptoms, lengthy warmup they strapped on their including those utilizing a designed to help with muscle rigidity, and Glor said "We want to try to get coaches are trained to help symp-bodies to the workout depending on where they are in their medication

> Drills focus on agility, balance, dexterity, and core workouts to prevent a forward posture that can and \$60 for nonmembers.

Classes also include vocal activities, as Parkinson's can impact voices.

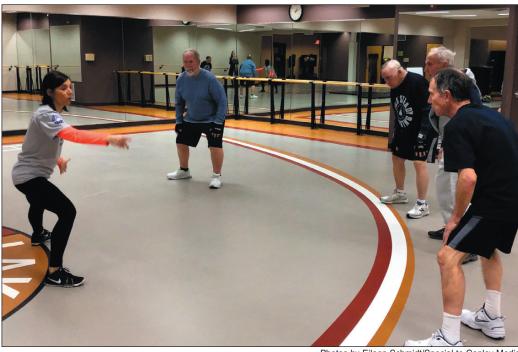
'A big piece of it too is the mental component,' Glor added. "Hitting some-

A sense of community

Parkinson's disease is a Glor said there was intering to Parkinson.org, the others at the club have fam-Currently, son's. She added that the

"You get them in there and they are taking about pant who sometimes has In 2006, Newman and his who their neurologist is.

Classes can be purchased him down," she said. are now five coaches work- its mission as empowering sessions for members is \$48 steadyboxing.org.



Rock Steady Boxing coach Marie Kolstad leads boxers in a warmup for a recent class at Lake Country Racquet & Athletic Club in Hartland. Rock Steady Boxing is a non-contact boxing fitness program designed to be beneficial for those with Parkinson's disease.

At the recent class, coach Marie Kolstad's white board outlined the session's components. As participants paired off for drills. Lee Houk said he has been attending for about two weeks and has noticed some balance improvement.

Glor said medical research indicates that forced, intensive exercise is helpful for those with Parkinson's.

She added that as the Rock Steady program continues at the club, she plans to track how helpful participants feel the classes are.

Her early observations include one area particishuffling steps when he walks in, but after the warmup says he "feels like Superman.

We actually have to slow

For more information or



Lee Houk and Mike Fort work on a boxing drill in a Rock Steady Boxing Class recently at Lake Country Racquet & Athletic Club in



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Oconomowoc composer chosen to have work premiered in London

By Ashley Havnes ahaynes@conleynet.com 262-513-2681

OCONOMOWOC

He was selected out of 306 entries from across the about how people talk and nois, Minnesota, North globe and his piece was to the natural flow of their Dakota, Oklahoma, Pennbe premiered in London voice, so it's actually easier March 7.

choose a text to base his instruments, composition on, which because you have built-in would then be played on inspiration," said Beranek. the 80th anniversary of the anti-Nazi dissident.

man, but I fortunately had was something calling out just take a vear-and-a-half to him to write a piece for of German at school, so all the competition. He had Beranek. things aligned," said Beranek.

son he landed on the text sition would be chosen.

By Darryl J. Enriquez

Special to Conley Media

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place for bikers.

Fallen cyclist's widow donates

\$70K for paving roads near

fatal accident site

Yagoda, whose husband, DR, between Maple Avenue

taken a small step toward a local grocery store.

by Bonhoeffer is because

ing it in church. Oconomowoc text Beranek used to comnative Jacob Beranek took pose his piece is based on pieces vocal consort from the was faced with the chal-United Kingdom, for his lenge of writing a piece for original composition six different singing parts. original compositions pre-"Abendgebet" (Evening An average chair composition has four parts.

for me to write for choirs Beranek, age 20, had to and voice than it is for usually

He got started on the fivestart of World War II. He minute composition in Dietrich Bonhoeffer, a Ger- a few weeks before it was Even though he got a late "The prayer is in Ger- start, Beranek says there kind of heard of The Gesualdo Six before but at the time, he

"We were all thrilled he has some familiarity with the standard of the with the name from hear- entries, 306 in total, which arrived from six continents Bonhoeffer's writings on in a variety of interesting Some artists take years to Christianity have become styles," said Owain Park, finish their particular mas- widely influential and the director of The Gesualdo Six. "Singing through the has just a month. Beranek has an evening prayer he wrote immensely enjoyable expebeen selected as a "21 and while in prison. Beranek rience, and it is heartening under" category winner by found the text particularly to see composers writing The Gesualdo Six, a men's inspiring, even though he so well for the ensemble's specific requirements.'

Beranek has had his miered both locally and internationally, including "I do a lot of thinking recent performances in Illisylvania, Tennessee, and Wisconsin, as well as the Czech Republic Switzerland. Out of all his pieces, he says he's never has music come to him so naturally.

> before my eyes,"

He and his family will be

\$25,000 fine $\bar{i}f$ convicted.

sha County to pay for the ness driving behind Kramp possible away from the

er veer onto the shoulder,

said her work is not done.

years in prison and a paths.

said he saw the elderly driv-road,"

Shirley Yagoda said in a line when he was struck full



Composer Jacob Beranek attended the European premiere of his piece "Památník" in Prague on Nov. 18, 2018. Beranek was chosen to have his work premiered in

"I sat down at the piano European premiere of a said Beranek. "It's too settled on a text written by November of last year, just that first day to start gener- wind and band piece he much to comprehend.' ating ideas and I've never composed. He says the Beranek is majoring in man pastor, theologian and in due in mid-December. had music come so quickly experience of being sur- music composition at the to me in my life. I sat down rounded by hundreds of Blair School of Music and it was almost like the people and hearing his within Vanderbilt Univerwhole piece just appeared music being played is sur- sity and is also the first before my eyes," said real and almost like a "composer-in-residence" said real and almost like a

"I spend hundreds of Door County.

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London. "Abendgebet." He has been it's performed. It's totally busy traveling lately, most unreal to go, especially recently returning from somewhere foreign to you, the Czech Republic for the and hear your own music,

movie.

in attendance at Cadogan hours writing a piece of He says part of the rea- never dreamed his compo- Hall in London on March 7 music and imagining what him and his work, visit the premiere of it's going to be like when www.beranekmusic.com.

homicide by negligent use roadside shoulders and the as Golf Road), a frontage

and was struck, but a wit- would have ridden as far as the paving this summer of

Yagoda

wasn't

even

"Instead, he was right next

to the road, on the pavement

He

report said.

Increasing safety, in loving memory

of vehicle. and faces up to 10 creation of more bicycle road for Interstate 94. In February, the Wauke-"The truth is that if those sha County Board Finance Kramp told authorities shoulders (on Highway DR) Committee accepted Yago-Yagoda may have had been paved, Brian da's donation. The commitveered into the roadway would be alive today. He tee's action sets in motion

> five-foot gravel shoulders on both sides of the high-Yagoda said she's receiving plenty of support for her paving campaign.

"I had lots of people Yagoda rolled over the donate money to this, about shoulder of a rural road June 14 while riding home him personally pay for hood, windshield and roof \$80,000 so far," she said.

Donations should made to the Waukesha Kramp's car, according to County Community Founstriking Yagoda is James C. years, Yagoda said, she will court records, veered onto dation Brian Yagoda Memo-Yagoda, of Delafield, is Kramp, 72, of Waukesha. raise more money to the eastbound shoulder of rial Fund at www.waukedonating \$70,000 to Wauke- Kramp was charged with finance additional paving of Highway DR, (also known shafoundation.org

Koom,

asphalting of about three-

quarters of a mile of gravel WAUKESHA — Shirley shoulders along Highway according to court records.

riding his bicycle on the Yagoda, 57, was killed on Kramp would be to have

Brian, was killed by a and Greenwood Lane. The sometimes tearful inter- on.

motorist on June 14 while area is where Brian M. view that the best justice for sideswiped."

just east of Delafield, has following a shopping trip to more shoulder paving. She of Kramp's car, a police

The driver accused of Over the next several

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Birke

From Page 1A

people who are always trying o each other out explained Deanna Roecker, whose son Cole is a team cap-

Roecker and her husband, Brett, hosted a lasagna dinner near Hayward for the Peak Nordic team members and their families who made the nearly six-hour drive to the competitions.

Often two or three families will share accommodations at a resort or vacation cabin or home.

Family members are also among the more than 2,800 volunteers needed for the four-day event that attracts an estimated 10,000 skiers and up to 30,000 spectators.

About a dozen Peak Nordic parents and siblings maincompetitions.

the skiers can quickly grab School senior. energy drinks and snacks cow bells from supporters and spectators.



Kelly Smith/Special to Conley Media

Deanna Roecker was among the approximately dozen Lake Country-area parents who volunteered to maintain an aid station where competitors were provided with energy drinks and snacks.

Approaching the Mosquito tained the Mosquito Brook Brook Road aid station was competition. She began ski-Road aid station during the one of the high points of the ing about a year ago as a win-Birkie competition for Kaylee ter conditioning sport for The aid stations are where Beyer, a Mukwonago High track and cross country.

water and food," she said.

It was Beyer's first Birkie

"I survived! It took me 4 "Hearing the cheering hours and 33 minutes to finand often hear shouts of before you got there, it ish the 50 kilometers from encouragement and clanging warmed your heart knowing Cable to Hayward with only you were very close to getting two falls. I can't believe it did it," she exclaimed.

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An imaginative display

HARTLAND — University Lake School student Maverick Duggan recently got to enjoy a campfire and some marshmallows during an interactive museum put on by students in grades 1 through 4. Below: Ally Tiffany and Nathan Tiffany take a "city selfie" during the school's interactive museum.



WCTC apprentices recognized for skills

been recognized for the Jan. 25 in West Bend. skills they've learned in apprenticeship programs.

Two ed Builders and Contrac- Wisconsin at the ABC Waukesha County Techni- tors of Wisconsin Appren- National Craft Champical College students have tice Skill Competition held onships in Long Beach,

Krug, a WCTC electrical apprentice employed by Both Jedidiah Krug and Current Electric, earned Charles Earle took home first place in the Electrical ing Inc., placed second in honors at the 2019 Associat- category and will represent the Plumbing category.

Calif. this month.

Charles Earle, a WCTC plumbing apprentice employed by Milestone Plumb-

Singing her heart out

Nature Hill Intermediate student Wochele earns spot in national honor choir

By Rebecca Seymour Special to Conley Media

OCONOMOWOC — Ellie Wochele. 12. Oconomowoc has been selected for the 2019 American Choral Directors Association Middle School/ Junior High Honor Choir.

The Nature Hill Intermediate School seventh-grader is the first Oconomowoc area student to ever participate in the prestigious choral group. Wochele will join 240 middle school students from throughout the United Sates to perform for 2019 ACDA 60th Anniversary Jubilee National Conference held in Kansas City, Missouri.

"I'm really excited to be able to sing with other people in this choir, and I'm looking forward to meeting new kids from different places," Wochele said.

Under the direction of Derrick Fox, director of choirs at the University of Nebraska at Omaha, the choir rehearsed Feb. 27-March 2 for two concerts at the Kauffman Center for the Performing Arts in incredibly dedicated and downtown Kansas City for the public and ACDA members attending the national conference.

Wochele rehearsed with Nature Hill vocal music director Tracy Garon before and after school hours to prepare for the rigorous audition and application process last September.

auditioned for the ACDA honor choir this year and they all worked really hard. Just putting in the work for the audition process is a experience," happy for Ellie. She's



Ellie Wochele, 12, of Oconomowoc has been selected for the 2019 American Choral Directors Association Middle School/Junior High Honor Choir. The Nature Hill Intermediate School seventh-grader rehearsed with vocal music director Tracy Garon before and after school hours to prepare for the rigorous audition and application process last September.

talented, as well as a joy to work with in all of this.'

Wochele will continue to work with Garon, as well as her private music teacher, Ben Tajnai, to master the six pieces of music that will be performed by the choir in Kansas City.

"I used to be really scared to sing in front of people. "Five of my students But then Ben helped me with my auditions for the Lake Country Playhouse and my confidence really started boosting up. Playing Princess Fiona in 'Shrek' -I couldn't be shy and it realexplained Garon. "I'm so ly helped me," she admit-

Wochele has continued to find her voice on stage through Lake Country Playhouse productions of "A Christmas Carol," and taking on the iconic role of Little Red Riding Hood in Nature Hill's "Into the Woods Jr" last year.

She played Baroness Bomburst in the school's musical production of "Chitty Chitty Bang Bang Jr" this weekend at the Oconomowoc Arts Center.

"I'm thankful for Ms. Garon and my voice teacher and my parents for always supporting me. It's cool to sing and it makes me really happy," Wochele said.



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Submitted photo

Annual Moose Lake Fisheree

TOWN OF MERTON — The Moose Lake Advancement Association recently hosted its third annual Moose Lake Fisheree and Chili Cook-off.

The competition was lively on Moose Lake. MLAA President Greg O'Hearn presented the awards at Kuhtz's General Store early Saturday afternoon.

The winners and head of the advancement association, from left: Kathy Lempke, best chili; Greg O'Hearn, MLAA president; Matt Mikulec, smallest fish; and Phil Hoesschel, largest fish.



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Village Board denies boat tours on Pewaukee Lake

By Brandon Anderegg banderegg@conleynet.com 262-513-2657

PEWAUKEE — A proposal from a business to offer ferry rides and boat tours around Pewaukee Lake was dead in the water following a Feb. 19 Village Board meeting.

Shear Magic Inc. business owners Scott and Kristina Dickmann of Muskego hoped to establish a boating business that would offer daily sunset cruises, private Pewaukee Lake.

Their goal was to rent and operate the business from the village-owned pavilion at Lakefront Park and have their twin hull boat moored behind the pavilion.

In addition to boat tours, the Dickmanns planned to run a small snack shop out of the pavilion. However, Village Board members had several issues with the proposal and shot it down after a 45minute discussion, said Jeff Knutson, village president.

"The board was not combusiness renting the proper-ty that the village owned," Knutson said.

Knutson also pointed out that lakefront businesses pay taxes while the proposed business would pay rent to the village — a factor that could lead to an unfair advantage for the business, Knutson said. Also, board members argued that there



events and boat tours on Shear Magic Inc. owners Scott and Kristina Dickmann proposed a business that would offer boat tours on Pewaukee Lake on a large twin hull-style boat.

> long been a challenge for a destination." businesses on Wisconsin Avenue, Knutson added.

to bring in private business- craft out on the water. es that are going to help the village."

However, viewed the proposal as an discussions, I'm open to it." opportunity to bring even

"There has to be different lake, Knutson said. activities or different reawouldn't be enough parking activity that you have going with it," Knutson said.

for the business, which has on, it becomes a little more of

Dickmann said he wanted to partner with local busi-"They would be paying nesses and organizations in rent, but would that rent off- the area with special events set taxes that are being paid for veterans, seniors and by businesses downtown?" even yoga workshops where Knutson said. "If we're going yogees could practice their

"We're just trying to be crecommunity, I think it should ative and bring some unique "The board was not combe on a level playing field as activities and events to the fortable having a for-profit all of the businesses in the village," Dickmann said.

Even after this meeting, if Dickmann they're interested in having

Board members opined more movement to the down- that Dickmann's proposal town area, which would help would work better if he partstimulate the local economy, nered with a privately-owned business somewhere on the

"We love the concept, we sons to come to the lake," wish it would work down Dickmann said. "The more there but we can't go along



Mary Catanese/Special to Conley Media

Snowy stroll

Lisa Nevin takes 9-year-old Minnie for a walk along the Riverwalk in downtown Delafield on

Mangold Creative welcomes Josh Buege as project manager

Mangold

PEWAUKEE — Mangold Creative, a strategic marketing and business development agency located in downtown Pewaukee, has added Josh Buege as proiect manager.

"Today's small businesses are looking for someone to partner with on growth



Buege

and business development. for the past four years. In Buege. They need smart strategies, his new position with Man-

assets to our on designing creative and clients and our strategic marketing strategies for the agency and its Buege comes clients.

"I'm looking forward to Creative from hitting the ground running, Criterion Bar- working alongside our tightrels, where he ly-knit team of creative speserved as mar-cialists and our diverse keting director portfolio of clients,"

After serving in the along with excellent tactical gold Creative, Buege will Marine Corps, Josh earned execution," said Heather serve as a project manager. his undergraduate degree in Mangold, owner of the agen- His responsibilities include Business Administration cy. "Josh's experience in content development, email from Marquette University developing marketing and marketing, and project man- and his MBA from Concorsales strategies will be great agement with an emphasis dia University-Wisconsin.

Grendahl achieves Modern Woodmen management honor

HARTLAND — Nathan Round Table Grendahl of Hartland, a recognizes Modern Woodmen of Amer- outstanding ica managing partner, has leadership earned membership in the and is based organization's Managing on Partner Round Table-Inner achievement Circle.

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Modern Woodmen's local office is located at Suite 1, 155 E. Capitol Drive in Hartland. For more information, contact Grendahl at 262-369-

Founded in 1883, Modern Woodmen of America is a fraternal financial services organization offering finaning partners in Modern meet families' protection, cial products and fraternal member benefits throughout the United States.

IN BRIEF

Arrowhead High School receives pollinator grant

TOWN OF MERTON -Arrowhead High School has been awarded a grant to establish a habitat for imperiled insect pollinators and monarch butterflies.

The pollinator habitat grants were awarded to Wisconsin agricultural and science educators by the Sand County Foundation, Energies Foundation, Syngenta, Bayer Crop Science,

National Fish and Wildlife program director. "Pollina-Foundation, and Dairyland tors are essential for crop

native wildflower seedlings, wild bees and monarch buta training webinar and con-terflies have dropped, partly sultation, and a \$1,000 grant because of the loss of native for the school district or FFA wildflower chapter to offset project farmland.' expenses.

wildflower diversity to rural growing areas to raise the areas for the benefit of pollinearly 600 seedlings of milknators and Monarch butter- weed, prairie blazing star, flies," said Craig Ficenec, wild bergamot and other Sand County Foundation species.

pollination and ecological Arrowhead will receive diversity, but the numbers of habitat near

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Rogers revamps logo, brand for all sites

Summit location adding 62 rooms by June

By Alex Nemec anemec@conleynet.com 262-513-2661

SUMMIT Rogers Health is Behavioral undergoing a year-long initiative to rebrand itself as new programs open across the country in Minnesota, Florida, California and here in Wisconsin.

The initiative for its rebrand will be rolled out and some site names are during a few months changing, we have the including a new logo that same commitment to prodebuted last week.

"The new logo features above water integrated into the Rogers name, to those who may be in a dark place," the release states. "The circular shape reflects the active progression that occurs in treatment as people move forward in a transformative

CEO Pat Hammer said in the release that Rogers will deliver hope to patients it serves that they can rely on the facility's expertise to help them through the recovery process.

"The theme encompasses many different perspectives including patients and families rising above stigma and other chal-



Submitted photo

Rogers' new logo depicts a sun rising out of the water.

He added "While our look viding the highest quality of care for those we treat. imagery of a sun rising We remain a private, indenot-for-profit pendent, organization with our offering light and warmth patients' best interests at

Facility, programming expansion

To go with the rebranding initiative, here in Wisconsin, Rogers has plans to make significant changes to its locations in Summit and West

The Summit location will launch a new program for trauma recovery in adults which will help address posttraumatic stress disorder and other trauma-related disorders.

In addition, the adolescent eating disorder program will see a new environment with lenges caused by mental ill- the Delafield campus shift-

well as new residential program for adolescents with obsessive compulsive disorder and anxiety.

With the additional programming being added, Rogers expects 62 new rooms to be completed by June, bringing the total to 244 residential beds in Summit.

The facility in West Allis has plans to create an adult residential treatment for focused depression recovery, as well as mental health and addition recovery.

'These two programs complement the existing 12 adolescent residential care beds for mental health and addiction recovery in West Allis for a total of 40 residential beds on that campus," the release states.

This year Rogers will be opening four new outpatient centers: one in Miami, the first fully bilingual clinic in the Rogers family; a site in San Diego; one in Los Angeles set to open in later this year; and a new clinic in St. Paul, Minnesota will open in



Oconomowoc Brewfest

OKAUCHEE — Josh Bucio, left, Micah Shuck, Jack Schmehil and Luke Schmehil do a Mi Cosecha Tequila "shots ski." They attended the Oconomowoc Rotary Club's 2019 Brewfest at the Bertrand Family Pavilion.





Above: Evan McCarthy, left, of Oconomowoc samples cocktail sausages served in Saz's Catering signature BBQ sauce by assistant chef Trevor Greene.

At left: Chef Joe Volpe stirs hot pasta on a 75-pound Parmigiano Reggiano wheel he calls "Pasta Wheel." Bertrand's Lago Su Bella, a new restaurant opening in Oconomowoc on March 12, was a vendor at the event.



Waukesha County Technical College students competed in the 2019 Collegiate DECA State Conference in Delavan. DECA prepares emerging leaders and entrepreneurs for various

WCTC DECA students bring home awards from state event

PEWAUKEE — Several Award, WCTC Chapter (2nd ■ Marketing Communica-Waukesha County Technical place), for raising money for tion: Ashley Denruiter and College Collegiate DECA the American Foundation Carly Reichert, 3rd place. members brought home for Suicide Prevention and awards and honors from the the WCTC Foundation. Collegiate DECA State Conference from Feb. 21 to 24 in egory, recipients and nation- Davidson, 2nd place.

WCTC's team participated in this professional confer- Jordan Davidson and Emery ence and competed in test- Borgwardt (1st place). ing, prepared events, case institutes.

earned the following specialty awards and recognitions:

■ Diamond Trophy, WCTC all leadership in four areas.

Professional Develop-

ment Council Student of the Finalist. Year, Carly Reichert (1st place) and Ashley Denruiter Sarah Nasser and Erich registration costs for the (2nd place). Civic Consciousness ists.

al qualifiers include: ■ Advertising Campaign: National Qualifiers

■ Hotel and Lodging: Nick studies and management Zimmerman, 2nd place and Merchandising nstitutes. Top Exam; Rebekah Mitchell I WCTC Collegiate DECA Banaszak, 3rd place and Top Hotel and Lodging Exam; Tina Rotim, Top Exam and Finalist.

■ Marketing Management: Chapter, for displaying over- Casandra Skaife, 3rd place and Top Exam; Eladio Davidson, Ashley Denruiter, Basquez, Top Exam and Carly Reichert and Casandra

■ Retail Management: Vlach, Top Exams and Final-

■ Sports and Entertainment Marketing: Emery Competitive events by cat- Borgwardt and

- Meg Andrew, Management Institute
- Marcela Pina, Fashion
- Mitchell Denruiter,
- Mathew Sellnow, Advertising Campaign

Additionally, five students (Emery Borgwardt, Jordan Carly Reichert and Casandra Skaife) received scholarships that will help offset national competition in April.



West student completes Senate Scholar Program

WAUKESHA — State Sen. Chris Kapenga, R-Delafield, announced that Waukesha West High School student Daniel Harmon has successfully completed the 2019 Senate Scholar Program. The program took place over a week at the state Capitol. During his time in Madison, Harmon was introduced to the many facets of the legislative process. He met with legislative support agencies, legislative staff, the governor's staff, a Supreme Court justice, media, lobbyists, and University of Wisconsin-Madison faculty members. Harmon was able to demonstrate that he knew how to use all of the knowledge he received. When the Senate was on the floor, he staffed the session under the direction of the Senate Sergeant at Arms' office. The week ended in a Senate Scholar Committee hearing on a bill that Harmon helped draft.



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Air of history remains around perfume set

Canteen a piece of military history; easel stands on its own

Vanity perfume set

Q.: I was lucky enough to inherit my grandmother Mary's perfume set. I admired it even as a small child. What kind of value does it have?

– Sharon, Brookfield

A.: Irving W. Rice Importers introduced reasonably priced merchandise mostly in the 1930s and 1940s. It was a time when pressed glass items were delivered in shipping crates via rail boxcars from many places. Some examples found today still have the importer's foil label attached. Your Czechoslovakian 5-inch-tall scent bottles and mirrored oval tray could be ordered separately. Accounting for one damaged, fern-shaped finial, the value of this sweet set is \$140.

Tip for cleaning framed mirrors or pictures: Spray the cleaning cloth, never spray the mirror directly.

Spanish-American

Q.: I follow your column in the Enterprise newspaper. I'd be interested in your take and a value of this unique U.S. Army canteen.

- Brian, Oconomowoc

A.: Although, I appraise some military items, Jerry is the expert to take this inquiry. He is from the Military Collectibles Shop in West Allis and knew immediately about your canteen.

"It is an M-18-78 canteen Company 'B' of the 25th Infantry, from the Spanish-American War, 1898 era. Then reissued to the 26th Infantry regiment, which was not formed until 1901. The value is \$100, if it has the original leather strap with two brass hooks, add

Easel connected to opera house?

Q.: I found this wooden easel over 20 years ago in an old farmhouse attic. I heard it might have come from an opera house. Could you give me a value and any informa-

Jerry, Schofield

 $\mathbf{A}.:$ This elongated oak easel, circa 1885, has heightened artistic design. Including brass elements it was labor-intensive to create and has excellent restoration. With Schofield being in close proximity to Wausau, it could have come from the Wausau Grand Opera House. Wausau was well-known for extravagant, operatic stage performances. The railroad circuit brought theatrical cast members and opera attendees from across Ameri-

Following the fire catastrophic of 1892, the rebuilt of the Certified Appraisers venue became known as the Grand Theater. The Wausau ing in appraisals of antiques Historical Society might and collectibles and has extenhave archival photos con- sive experience writing and firming any significance to speaking about antiques.)



BARBARA EASH

Antiques Appraised

this triangular stand. Today's value of \$175 would increase if that Grand

connection could be verified.

Submit an item

for consideration

Do you have an item or collection of items that could be shared in a future newspaper column? Let Barbara Eash hear about it!

To have your item or collection considered send the following information: up to three, sharp, well-lit photos of front & back of the item(s), measurements as well as any history or hearsay, length of ownership and your full name, address and daytime phone number. Mail: Waukesha Antique Shop, ATTN Barbara Eash, 1427 E. Racine, Ave. Unit E-2, Waukesha, WI 53186 or

beappraisals@gmail.com.

If your item(s) are considered for a future column, we will contact you. No photos can be returned and no purchase of items will occur.

(Barbara Eash is a member Guild of America, specializ-









The sign for On the Rocks Pub and Grill will soon be replaced by a sign for Humdingers Bar and Grill, the new tavern at the corner of Main and Mill streets in downtown Merton.

Humdingers of a tavern to open in Merton

By Kelly Smith Special to Conley Media

open a new tavern in the village's historic downtown business. business district.

don Jurczyk said.

Jurczyk said he is the man- ited. ager of the Center Court Sports Complex at 815 North View Road which is owned by his father, Thomas, who will the Humdingers Bar and sion.

Humdingers Bar and Grill, permit restriction that alco-relating to noise or other nuilocated at the southwest cor- hol could not be consumed sances in the operation of ner of Mill and Main streets, outside of the building and the business. in mid-April after the village that beer cans and whiskey issues a liquor license, which bottles not be deposited on properly maintain the septic is expected later this month.

Jurczyk said a Friday night lage streets. fish fry would be one of the features of the tavern which will also sell pizza, sandwiches, and other food and snacks, along with beer and mixed drinks.

The Plan Commission approved a new conditional use permit for the building at W282- N7149 Main Street at its March 6 meeting.

The building has housed taverns for several decades although it has been dark since the closing of the On the Rocks Pub and Grill two years ago.

Village officials and neighbors expressed some mixed emotions during a public

hearing. They were pleased a new business was opening in the village, but they were concerned about some operational issues created by the managers of the previous establishments at the loca-

houses north of the building, Jurczyk told Franz. MERTON — A Waukesha welcomed the Jurczyks to the sports complex manager and community, but asked the and plan commission memhis father are planning to plan commission to place bers that he would address some restrictions on the new and correct some of the

She asked that hours when nesses at the location. "It is something I have live music can be played be

"The music was that was shook the walls of my added. be his business partner in house," she told the commis-

Jurczyk hopes to open to enforce the conditional use responding to complaints her property and in the vil- system for the building, or

'You have a nice neighbor holding tank.

and we want to work with Shari Franz, who lives two you to keep (it) that way,"

Jurczyk assured Ms. Franz issues of the previous busi-

The plan commission always wanted to do," Bran- restricted and that disc jock- agreed that existing restriceys playing music be prohibtions in the conditional use permit should be enforced.

Village President Ron being played when it was On Reinowski requested two the Rocks was so loud that it additional conditions be

He said the new owners must agree they will cooper-She also asked the village ate with the village in

In addition, they will either they will replace it with a



Have a news tip? Tell Katherine all about it. Phone: 262-513-2644 Email: kmichalets@conleynet.com

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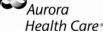
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PROHEALTH CARE





O'Toole, Otto look good in gold



Arrowhead junior Keegan O'Toole takes down Stoughton sophomore Luke Mechler in the 145pound final during the WIAA Division 1 Individual State Wrestling Tournament on March 2 at the

Both Arrowhead wrestlers repeat as champs

By Dave Radcliffe dradcliffe@conleynet.com 262-513-2655

MADISON — When March 2 rolled around, there wasn't anyone in the building that believed Keegan O'Toole or Josh Otto would fail to come away with a state title.

And yet when both succeeded in living up to those expectations, both Arrowhead wrestlers felt they didn't live up to the lofty expectations they set for them-

But O'Toole, a junior, and Otto, a senior, now have five gold medals between them as they handily came out on top in their respective weight classes, with O'Toole winning the 145-pound crown and Otto the 170-pound

O'Toole, while Otto closes out his high school career with back-to-back championships before heading to the nearby Field House to wrestle for the University of Wisconsin.

"I wanted to go undefeated and end the state tournament the most dominant way, which was four pins,' O'Toole said. "Unfortunately I couldn't get that, but it's a good learning experience and I'm going to come back next year and go for those four pins again.

O'Toole (25-0) had two pins and a tech fall to his name entering the final and had to settle for a mere 16-3 major decision against Stoughton sophomore Luke Mechler. Even though he didn't obtain the desired outcome, O'Toole still celebrated with a hammering motion after the final whistle, an ode to Iowa's Mark Hall.

"Back last year at the Penn State versus Iowa dual meet, after Mark Hall, the 174pounder won his match, he gave the hammer down," O'Toole said. "I wanted to go out in dominant fashion and my buddy Mitchell Mesen- avulsion fracture, injecting

brink, our 120, said I should some fear into the Arrowdo that, so it just came to my head junior. mind and I wanted to do it really give a celebration."

Otto (42-1) rather infamously had a celebration of back strong," O'Toole said. his own after a dramatic 152pound final last year. This year, Otto was the heavy favorite and he displayed as much against Holmen senior injury. But stuff like that Kayln Jahn, emerging with an 11-5 decision.

"Last year I'd say I was the underdog," Otto said. "I Otto, to his credit, took a remember actually telling positive approach to an myself when I was warming up back there last year, I pressure's on him, whereas this year, it's kind of like, stretch run of the season. everyone that I've talked to has already kind of predeter- said. "He's an amazing trainmined my destiny. They're ing partner. Me and Keegan weight class at the WIAA all saying, it's going to be have gotten really, really Division 1 Individual State awesome when you're a state close over the years. I can say Wrestling Tournament. champ again. I'm like, well he's one of my best friends. It's the third state title for hold on, I've still got to do it. It's awesome to share this This year was a little differ- moment with him." ent because everyone expected me to win. Maybe that scored more against Jahn in contributed to the way I performed, maybe that's why I held back there a little bit flashed the "W" to the crowd because I felt like I had to protect something.'

Plenty were predetermining O'Toole's eventual third state championship, as well, but an incident in early November was a reminder that nothing is a given in sports.

in practice on Nov. 8, O'Toole suffered a fractured ankle and was on the shelf for nearly two months before returning in a dual against Muskego on Jan. 10.

"It was kind of unfortunate breaking my ankle, but I permitting — Otto will be in just had to come back and do what I could," O'Toole said. "I was lifting every day, I was a four-time WIAA state riding the bike when I could champ next February. and the day I got cleared I "It's been a lifelong was back in the room. I had dream," O'Toole said. "Ever to get held back by my coach- since I came here when I was es a little bit because I was so a little kid I wanted to be a eager to get back"

When O'Toole went in to see a doctor after the injury, and I'm very thankful for he was diagnosed with an that."

"I didn't really know what because last year I didn't that meant so I was kind of scared, but we worked with what we had and we came

> "Sometimes we get a little competitive in the room and stuff happens. Luckily it wasn't a season-ending happens when you're grinding everyday with your best

unfortunate accident and was glad to have his teamhave nothing to lose, all the mate and one of his best friends back in time for the

"Keegan's awesome," Otto

Otto felt he could have the final, but like O'Toole, he had a celebration ready as he knowing he gets to make Madison his home for the next four years.

"It's awesome," Otto said. "This atmosphere, it's amazing. The walk of champions ... I was telling Keegan when we were doing it, Keegan's most likely going to go for his While wrestling with Otto fourth state title. I told him, 'Does it get any different every year?' He said, 'No, it's just as amazing every year.' of champions, Walk wrestling in the Kohl Center,

it's never going to get old." You can bet — schedule the building to see if O'Toole can join 17 other wrestlers as

four-time state champ. I've got an opportunity next year



Arrowhead senior Josh Otto reaches for the ankle of Holmen senior Kalvn Jahn in the 170pound finald uring the WIAA Division 1 Individual State Wrestling Tournament on Saturday at the Kohl Center in Madison.

Arrowhead's fight over against Vikings

Otto lone senior on state team

By Dave Radcliffe dradcliffe@conleynet.com 262-513-2655

MADISON — Considering just one senior wrestled for Arrowhead on March 1 at the WIAA Division 1 Team Wrestling State Tournament, it was impressive enough what it was able to accomplish this season.

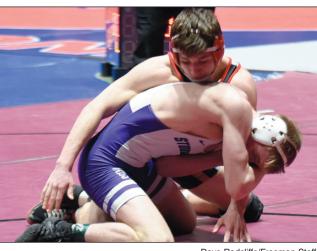
The Warhawks dramaticallv reached team state with a final-match pin against Nicolet in team sectionals, but entered the UW Field House as heavy underdogs against top-ranked Stoughton.

The quarterfinal dual went largely as planned, as the Vikings simply had too much firepower and advanced to the semifinals against Kaukauna with a 50-21 victory over Arrowhead.

"We knew we had to have every single thing go our way to make it happen," Arrowhead coach Jeremy Miller said. "Stoughton's a good team. But certainly proud of the way our guys fought. They fought and the reality is that moves us right into next year as a team. A lot of guys are coming back. We have a lot of individuals that came on this stage and this is their first year wrestling.

"To say that they can come this far, contribute to a team and make it to this point, go out there and just do their best says a lot about the guys that we have. We get a little bit of work under their belt, they get better from it and it's all uphill from there.'

Of the four individual state medalists for the Warhawks, three earned pins in their respective matches against Stoughton. Sophomore Jack Ganos, who took fifth at 138 pounds a week earlier, faced the biggest challenge as he went up against gold-medalwinning senior Hunter Lewis. Lewis emerged with a 9-1 major decision to give the Vikings an early 9-0 lead.



Arrowhead junior Adam Polczynski fights for position with Stoughton junior Gavin Model in a 152-pound match during a WIAA Division 1 state team wrestling quarterfinal at the UW Field House in Madison.

champ pinned Stoughton junior Trent Carpenter in just 1 minute, 9 seconds at 145 pounds. But Stoughton followed that up with back-to-back pins, pushing its lead back up to 21-6.

That brought up senior Josh Otto at 182 pounds, and the two-time state champion closed out his high school wrestling career with a pin of junior Jacob Gipson at 3:02. Otto will be back at the Field House wrestling for the University of Wisconsin this fall.

Sophomore 182-pounder Mason Diel piggy-backed Otto's victory with an 11-7 decision to close the gap to 21-15, but that's as close as Arrowhead would get.

Many first- and secondyear wrestlers were outmatched but fought valiantly against some of Stoughton's heavy hitters. Ultimately, the only other victor for the Warhawks would be freshman Mitchell Mesenbrink, the third-place finisher at 120 pounds, as he pinned freshman Trent Dow in the penultimate match.

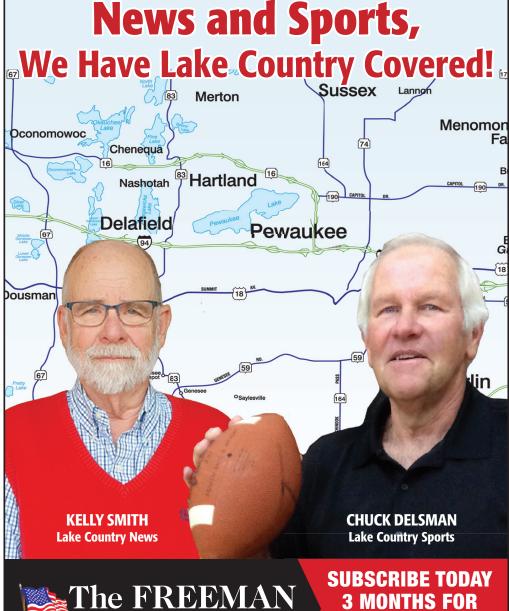
"The reality is that a lot of themselves in that position because it's tough," Miller said. "It's tough to go out there and get humbled a little bit. But if you can get past that point, you're that much closer to doing big things in Junior Keegan O'Toole the future. But you have to it and come back better next would then get Arrowhead take that first step. I'm proud year.

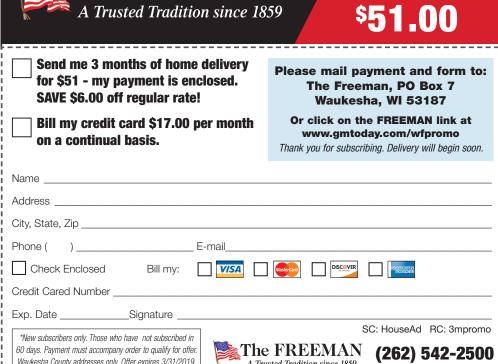
on the board. The three-time of them for that and a lot of those guys are willing to do that. They knew they were going against some tough competition and they went out there and accepted the challenge."

Otto adds one more victory to his total before departing for UW, finishing with a 171-21 career record at Arrowhead. The only other senior on the roster is Bohdi Petersen, who went 16-9 this season largely filling the void left by O'Toole at 145 pounds.

'The leadership, what they demonstrate on and off the mat is something that's priceless to the team," Miller said. "They also can have the ability to tell those younger guys what it's all about that things really get better if you put the work in, you put the time in, you work with each other, and I think that's important to have around.

'It helps to have that history and some of those guys like Josh. And also a senior like Bohdi Petersen. He didn't wrestle tonight but he's a senior that comes back into the fold and contributes. Without guys like that who individuals don't want to put are willing to fill in those gaps and do everything they can, we don't come here as a team. It's a great group of individuals that always worked together this year. That's why we're here today. We'll take it, we'll learn from





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