



Call
DAWN ESAMAN
MBA, CRS, Realtor®
262-331-0499
dawn@benefit-realty.com
desaman1234@aol.com
Over 20 Years of Experience That Benefits You!

JOIN THE SMART SELLERS SAVING THOUSANDS IN COMMISSIONS

3.9%
Full Service
Listings

FULL SERVICE REAL ESTATE!

Join the smart sellers saving
thousands in commissions
**Your Best Choice in
Southeastern WI**

**Benefit
Realty**
DawnEsaman.com



The FREEMAN

Brookfield & Elm Grove

THIS MONTH

MARCH 2022

96 YEARS YOUNG

Local WWII vet reflects on his time
in military, shares secrets to longevity

By Dave Fidlin
Special to The Freeman

TOWN OF MERTON — More than seven decades have passed since William Kosky hung up his Navy uniform. But the grit, work ethic and discipline from that period remain a pivotal part of the 96-year-old's approach to life.

Kosky, who more commonly is known as Bill around town, was a member of the U.S. Navy from 1942 to 1951. He served on the USS Milwaukee, a cruiser originally built in the 1920s that transported Kosky and other servicemen to the Pacific. It ultimately was transferred to the Soviet Navy.

At age 17, Kosky said family and world events prompted him to roll up his sleeves and be of service.

"The war was on," Kosky said, referring to World War II, in a recent interview. He reflected on his military service and other monumental moments throughout his life, which, at the time, included the loss of his father and the desire to assist his mom and four siblings.

The Stevens Point native is four years shy of becoming a centenarian, but people close to him say he remains as young at heart as ever.

Friends drop by the rustic, cabin-style Town of Merton home he built decades ago, and Kosky's average week is peppered with various routines.

"Saturday is cleaning day for me," Kosky said. "I get up at 4 a.m. Everything is cleaned, top to bottom. Everything is dusted, everything is vacuumed. I like to be disciplined; the Navy taught me that."

The home construction is the outgrowth of Kosky's post-military life.

"After (my service), I took a carpenter's apprenticeship and became a carpenter by trade," Kosky said. "I never regretted it."

Mark Gilbert is one of several close friends who check on Kosky regularly. Up until recently, Gilbert pointed out, Kosky routinely shoveled his 120-foot-long driveway when it snowed.

While he has since retired from shoveling the driveway, Kosky does tend to outdoor chores, including painting projects.

"I get tired of looking at the same colors," Kosky said as he shared why he enjoys the task.

Around town, Gilbert and other friends drive Kosky to some regular spots, including VFW Post 9537 and Netty's

Irish Pub, both in Pewaukee, and Mission BBQ in Brookfield, where he receives a standing ovation.

A Bud man

Kosky has been a loyal consumer of Budweiser, a beer he was introduced to in the Navy, and he regularly enjoys it at Netty's.

"They love him there," Gilbert said. "They make room for him anytime he's there. He's always got (a Budweiser) waiting for him when he comes in."

Close inner circle

Kosky, who is widowed, said he still finds joy and purpose in life, thanks to his loyal cadre of friends. His cat, Jasper, also provides companionship.

About his friendships with Gilbert and others in his close inner circle, Kosky said, "Any time I need them, they're here for me. You don't find friends like that very often."

Alongside his work ethic and routine, Kosky said he also tries staying in shape by doing simple stretches and enjoying every moment he can be physically active.

"As long as I'm mobile, I'd like to live forever," he said.



Dave Fidlin/Special to the Freeman

William Kosky, 96, inside the log cabin-style home he built decades ago in the Town of Merton.

PSFT STD
US POSTAGE PAID
WAUKESHA, WI
PERMIT NO. 3

INSIDE



COYOTE COUNTRY

Tips on handling presence of those wily creatures living among us

Page 2

Comfort Keepers Home Care

**It's Been Cold And Snowy Outside..
But Warm And Safe With Comfort Keepers!**

Twenty years ago, I was helping my mom Irene take care of my dad Art who wanted to live and die in his own home. Through an inspiration, I bought my first franchise and today Comfort Keepers is celebrating 20 years serving our seniors in your community.

2021 has been stressful, particularly for our seniors. Our staff works-hard to bring you the best caregivers and to keep you safe in your own home. Thank you for allowing Comfort Keepers into your hearts and home.

~ Shar
Comfort Keepers provides both 24/7 Live in Care and 24/7 Hourly Care.

INTERACTIVE CARING™

Is a holistic approach to caring for the mind, body, spirit and well being to all we serve!

WE ARE ELEVATING THE HUMAN SPIRIT™

Comfort Keepers believes that "care is a relationship," not a task and our goal is to find joy in every day. It's proven that our "senior's happiness comes from daily experiences with those around them."

"Socially engaged seniors have higher levels of physical, mental and cognitive functioning."

The smallest amount of exercise appears to help **SENIORS LIVE LONGER** and lowers the risk of disability.

In every **Comfort Keeper®** is the heart and compassion to care for others. It is the power to lift lives every day.



Sharon appreciates her Comfort Keeper Stephanie during Live in Care

COMFORT KEEPERS™ HOME CARE SERVICES

Companionship is our priority

- Private Duty Nursing
- Specializing in 24/7 LIVE IN CARE
- In-home Hospice Care
- Bathing
- Incontinence Care
- Overseeing Medication
- Meals
- Laundry
- Light Housekeeping
- Transportation
- Hoyer Lift
- Transferring

Serving Milwaukee and Waukesha Counties



Now Hiring great caregivers!

Call for one on one customized care
(414) 858-9400



©2018 CK Franchising, Inc. An international network, where most offices independently owned and operated.

ComfortKeepers.com



**BROOKFIELD
ACADEMY**

**Summer
Days
2022**

JUNE 6 – JULY 29 • GRADES K4 – 12

More information at brookfieldacademy.org

Join us this summer for weekly themed discovery camps for young children as well as athletic clinics, academic and enrichment classes, and for-credit classes! Extended day care is available before and after classes.

**REGISTRATION
OPENS MARCH 15!**



Café Manna survives despite COVID, Great Recession

Vegetarian, vegan restaurant celebrates 14th anniversary

By Kelly Smith
Special to The Freeman

BROOKFIELD — Robin Kasch, a retired massage therapist living in Glendale, became frustrated when she could not find a vegetarian restaurant in the Milwaukee metro area.

So, she and her husband James, a retired wholesale toy distributor, decided to open one in 2008. Their friends, and the restaurant professionals they consulted, strongly advised against it. After all, Wisconsin is famous for its supper clubs and restaurants serving steak, prime rib and fish. Not only that — the economy was heading into a historic downward spiral.

Despite these challenges, this past week, Café Manna celebrated its 14th anniversary of serving “fresh, yummy food” as the first restaurant in southeastern Wisconsin with an exclusive vegetarian and vegan menu.

“I am grateful,” Kasch told The Freeman. “I am grateful for my staff. I am grateful for my chef. I am grateful for my husband who has supported me in this,” she added.

The wait staff is one of the reasons, according to Kasch, the restaurant has ratings of 4.8 of 5 from Facebook, 4.5 of 5 from Trip Advisor and a 4 out of 5 from Yelp.

“The waitstaff is extremely welcoming and friendly. They gave some wonderful menu suggestions,” wrote Alissa S. of the Town of Paris in her Yelp review.

Chef Jordan Short prepares the main dishes, deserts, small plates, soups, salads, sandwiches on a 20-item food menu that is complemented by deserts and beverages.

In addition, there are weekly specials prepared in the observances of holidays,



Kelly Smith/Special to The Freeman

Robin and James Kasch opened Café Manna in 2008 after Robin became frustrated that she could not find a vegetarian restaurant in the Milwaukee metro area.



Café Manna is located at 3815 N. Brookfield Road, Brookfield.

changes in seasons and special occasions.

Vegan options are available on the food menu. There is food and drink service on an outdoor patio during the summer.

The menu is a cornucopia

of fresh fruits, vegetables, grains, greens, seeds, nuts, tofu and tempeh, and specially prepared condiments, sauces, and toppings.

Produce trucks from Tony Machi Fruits and Vegetables Inc. of Milwaukee and Testa Produce Inc. of Chicago deliver daily the fresh ingredients that Short uses to prepare each meal from scratch.

Short described the spicy cashew cauliflower as one of the most popular dishes.

It is lightly battered and baked cauliflower tossed with carrot, onion, celery and edamame in a spicy glaze, and served with udon noodles and fresh sautéed vegetables in a ginger cashew sauce.

“I loved the Asian lettuce wraps and would highly recommend them. I am not a big tofu fan but what the chef did was totally on point,” Amy L. of Madison wrote in her Yelp review.

The wraps are a blend of



Kelly Smith/Special to The Freeman

Chef Jordan Short prepares the weekly specials and 20 standard menu items at Café Manna.

wild mushrooms, tofu, bean sprouts and green onions sautéed with savory maple ginger tamari sauce. They are served with crisp rice sticks, sambal chili sauce, fresh mango salsa and tender butter lettuce for wrapping.

One of the reasons Café Manna survived both The Great Recession and COVID is because of its ability to appeal to meat eaters,

according to Kasch.

Initially, it was a popular lunch spot for women who later brought their husbands for dinner.

“It was the wives dragging their meat-loving husbands here for dinner and then the husbands discovering they liked the fresh, yummy, good food,” she explained.

While the dining room was closed during COVID, customers were able to place

carry-out orders online or by telephone and when they arrived at Café Manna their orders were delivered to their vehicles by the staff.

Café Manna is in the Sendik’s Towne Centre at the intersection of Capitol Drive and Brookfield Road. Hours are Tuesday through Saturday from 11 a.m. to 8 p.m. There is seating for about 40 customers, so reservations are suggested.

Local nonprofits battle inflation, rising grocery costs

Seeking donations while continuing to serve those in need

By Nikki Brahm
nbrahm@conley.net
262-513-2651

WAUKESHA — Waukesha County nonprofits are battling high grocery costs due to inflation in 2022 while continuing operations and serving community members in need.

According to the Associated Press, the Labor Department reported earlier this month that consumer prices jumped 7.5% in January compared to 2021, which is the steepest year-over-year increase since February of 1982.

According to Karen Tredwell, director of the Food Pantry of Waukesha County, rising grocery costs are what has had the greatest recent impact on their organization.

For milk prices alone, Tredwell said they have seen a 35% increase since November; the largest increase she has seen during her tenure. The food pantry purchases over 600 gallons of milk a

week.

“We have not seen a huge increase in the number of people coming to us, but there is still the pandemic food share that people are receiving so they may not have been hit as hard yet,” she said. “We’re not sure when that’s going to end. We think it’s going to end in July.”

Overall, Tredwell said they haven’t seen larger numbers of people to serve, but they have noticed larger costs to help feed the people they serve.

“The Pantry has not seen a significant increase in the numbers of new individuals or families seeking help from the pantry,” Tredwell said. “However, our client services staff have stated that a number of clients have recently remarked that the higher cost of groceries has meant that they are coming to the pantry more frequently.”

In addition to this, mid-February, Tredwell said there recently was a recall for near-

ly \$1,000 worth of baby formula, which they were forced to dispose of.

“When you watch a valuable commodity being thrown away — our staff and volunteers were just about in tears because that’s obviously something that our families with babies get every time they come to the pantry,” she said.

The Southeastern Wisconsin Emergency Support Group, also based in Waukesha, has also been forced to allocate funds toward higher grocery costs. Founder Rochelle Gamauf said she noticed a 10-15% increase in the people they serve recently, in addition to the rising costs.

The group has a goal of expanding their hours and relocating into a new space.

“Even myself, my family, I think I noticed anywhere from \$50 to \$70 extra a week just for food,” she said. “We just did a survey with our people and asked them what would happen if we couldn’t

be around today or tomorrow. There’s a lot of people that are able to pay their bills because of us — their rent and utility bills, because not only is rent rising but (so are) rent and utilities.”

Gamauf said other items they would like to provide in addition to food are medicine, female products and baby items. These items don’t come from Feeding America like the groceries — so Gamauf said they would have to get different types of funding for these items.

The White Stone Warriors, a nonprofit that feeds the homeless throughout Southeastern Wisconsin, have also noticed an increase in the number of homeless individuals in need. Bobby Crouch with the White Stone Warriors said they have most recently been serving about 800 people, approximately double the number they served last year. They also provide supplies to approximately 200 elderly people in need in Madison.

“We do go through a lot

more food, water, soda ... we see a lot more homeless,” Crouch said. “We’re in Waukesha six days a week. We also do Milwaukee three days and we do the two days now up in Madison.”

Crouch said the group is seeking additional donations to assist with the rising costs.

For more information on the nonprofit organizations and how to help, visit www.whitestonewarriors.com; www.facebook.com/SEWIEmergency; www.waukeshafoodpantry.org.

Now serving
Waukesha
County

Agrace

Hospice
Care

1227 Corporate Center Drive, Suite 202, Oconomowoc

Agrace.org

• (262) 333-2363

Be Comfy
Look Cute,
Feel Good

Wear what makes
you happy!

Bring in this ad and receive

10% OFF

YOUR ENTIRE PURCHASE

Elite Repeat

Consignment and Resale Boutique

Formal and Informal Apparel

Expires 3/31/22

Open Weds-Fri 10am-6pm

Sat 11am-5pm

Elite Repeat

Consignment and Resale Boutique

Ruby Isle Shopping Center

North Ave. & Calhoun Rd.

262-789-9359

| EliteRepeatClothing.com



Submitted photo

Several years ago, Brookfield resident Kristin Wiedower was diagnosed with neuromyelitis optica, or NMO. She uses events such as Rare Disease Day to spread the word about medical conditions affecting small numbers of people.

‘I wasn’t going to be defined by this disease’

Brookfield woman shares her journey with NMO as National Disease Day approaches

By Dave Fidlin
Special to The Freeman

BROOKFIELD — It started with an occasional odd feeling during college. It came and went in intermittent waves, but ultimately returned on with enough strength that Kristin Wiedower sought expertise and a diagnosis.

In 2017, Wiedower learned she had neuromyelitis optica, or NMO, a rare condition that at that time was believed to afflict about 20,000 people globally. More recent research, however, has indicated the number could be higher.

Wiedower, 46, is sharing her journey with NMO near Rare Disease Day on Feb. 28. Since 2008, the international movement has put a spotlight on the importance of research and understanding rare diseases.

At the same time, the initiative is designed to highlight the importance of community for people with medical conditions that can lead to feelings of isolation.

Leading up to her diagnosis five years ago, Wiedower had contended with many of the symptoms of NMO, which include paralysis, pain and sensory interference. Thankfully, one of the symptoms, visual loss, has not been an issue for her.

“It’s an autoimmune disease,” Wiedower said. “It is similar to multiple sclerosis in that it attacks the central nervous system. But that’s where it stops being similar. NMO attacks the spinal cord and the optic nerve. MS attacks the rest of the brain.”

One of the ongoing symptoms was the feeling of a heavy band around her chest.

“At first, when I was in college, the symptoms were very small, and they

usually resolved on their own,” Wiedower said. “I’d have this tight band around my lower rib cage. It just felt like a steel band, squeezing.”

When the sensations became too intense five years ago, Wiedower sought the assistance of a neurologist. May 5, 2017, proved a pivotal day for Wiedower.

“My legs just gave out,” she said. “I was paralyzed from the chest down. The pain just got worse and worse.”

A stem cell transplant the following year, however, turned the tide, and Wiedower began her path toward recovery. Today she is able to enjoy some of the independence she once experienced. She has been using a wheelchair and is able to walk at times as well.

“When I was in that wheelchair, I couldn’t get out of my house initially,” Wiedower said. “It was so hard, it was so depressing. But I fought. People from my church built me a ramp, and I learned to adjust.”

Today, Wiedower, a physical therapist by profession, goes around and speaks about NMO and the importance of proper diagnoses for this and other conditions.

“I wasn’t going to be defined by this disease. That’s not me,” she said. “But I had a community that was so strong in supporting me, and that was really key. I needed that support. Everybody was so happy to help — people I didn’t even know. It was amazing.”

There are a number of resources and advocacy organizations dedicated to NMO research. One such example is the Guthy-Jackson Charitable Foundation, which is online at www.guthyjacksonfoundation.org.

To learn more about Rare Disease Day, visit www.rarediseaseday.org.

SUBSCRIBE FOR FREE



MKELIFESTYLE.COM/FREESUB
OR CALL (414) 531-4436

MKElifestyle | SUBSCRIBE NOW

Looking for Local?

Look in

The FREEMAN

A Trusted Tradition since 1859

12 weeks print edition \$30
OR
8 weeks E-edition \$14.75
50% off reg. rate.

Five days a week - Tuesday through Saturday delivery

News that's relevant to your life in Brookfield & Elm Grove

Serving your Community since 1948

What can we do for you?

A Full Service Remodeling Design Team

Design • Selection • Installation

Visit our Showroom
Monday - Friday 9AM - 5PM

20880 W. Enterprise Avenue,
Brookfield 53045

(262) 782-7185
www.snkremodeling.com

NKBA NATIONAL KITCHEN & BATH ASSOCIATION NARI NATIONAL ASSOCIATION OF REMODELERS HOLIDAY HOMES HK KITCHENS

☐ Send 12 weeks home delivery for \$30 (payment enclosed)

☐ Send 8 weeks E-edition for \$14.75 (payment and email address enclosed)

Please Call or mail payment and form to:
The Freeman, PO Box 7
Waukesha, WI 53187

Or click on the **FREEMAN** link at www.gmtoday.com/wfpromo

Thank you for subscribing. Delivery will begin soon.

Name _____

Address _____

City, State, Zip _____

Phone () _____ E-mail _____

☐ Check Enclosed Bill my: ☐ VISA ☐ MasterCard ☐ DISCOVER ☐ AMERICAN EXPRESS

Credit Card Number _____

Exp. Date _____ Signature _____

*New subscribers only. Those who have not subscribed in 60 days. Payment must accompany order to qualify for offer. Waukesha County addresses only. Offer expires 4/30/2022.

SC: HouseAd RC: 6x6

The FREEMAN
A Trusted Tradition since 1859

(262) 542-2500