

CELEBRATING OUR PAST



Photo supplied by the Monticello Area Historical Society

Ice harvest on Lake Staedtler circa 1915. The ice was hand sawn into 2-foot square blocks. The blocks were moved into the ice house where they stacked and insulated with sawdust to keep them frozen. In the summer months, the ice was delivered to individuals in the village of Monticello and to supply the railroad cars for shipping cheese. The last ice harvest on Lake Staedtler was in 1932. www.monticellohistoricalsociety.org.

Local Briefs

Pancake supper March 1

MONROE — The Union Presbyterian Church will be hosting its 75th annual Shrove Tuesday pancake supper from 4 to 7 p.m. March 1 at the church, 2707 5th St. There will be carry out and drive-thru only. Please enter the upper parking lot. The menu includes: pancakes, butter, syrup, sausage, cheese and applesauce.

For questions or more information contact the church at 608-325-2519.

All proceeds will go to benefit the church mission.

Upcoming area blood drives

Blood donation opportunities in Green County include:

Albany: 12 to 5 p.m. March 3 at the Elementary School, 309 Vinton St.
Monticello: 12 to 5 p.m. March 4 at Zwingli United Church of Christ, 416 E. Lake Ave.

Lafayette County blood donation opportunities include:

Blanchardville: 1 to 6 p.m. Feb. 21 at American Legion, 218 Mason
Belmont: 12:30 to 5:30 p.m. Feb. 28 at Belmont Inn and Suites, 103 W. Mound View Ave.

Darlington: 12:30 to 5:30 p.m. March 1 at American Legion, 1400 Keep St.

Benton: 12 to 5 p.m. March 4 at St. Patrick's Catholic Church, 237 E. Main

HCC Gallery calls for entries at 50th District High School Juried Art Exhibit

FREEPORT — Highland Community College, announces a call for entries for the 50th Annual District High School Juried Art Exhibit. Works are due online by March 17. Submission directions can be found at highland.edu/gallery.

The juried art exhibit is designed to recognize high school artists in northwest Illinois and celebrate their visual contributions to the community. Artwork will be on display virtually with winning selections also on display at the Highland Gallery on campus.

"Highland Gallery has been hosting this juried high school art exhibit for 50 years, serving as a highly successful collaboration between the college and our district high schools," said Robert Apolloni, Gallery Director. "This exciting, annual spring exhibit showcases the many talented high school students that choose to share their visual art accomplishments with our college and community. Art exhibitions, such as this, reflect the spirit and ideas of a given community; allowing us an opportunity to peek into the overall wellbeing of that community through the eyes of artists."

Apolloni added, "The dedicated art teachers from our district high schools

should be commended for their ability to encourage and support the arts; especially in a time where Fine Arts are increasingly challenged to defend their existence.

Indeed, this exhibit symbolizes the importance and role of the arts as a symbol for the direction of any given community."

For more information about this exhibit or the Highland Gallery, visit highland.edu/gallery or contact Bill Buehler at 815-599-3490 or bill.buehler@highland.edu.

March Lifelong Learning schedule includes in-person and online classes

FREEPORT — Highland Community College Lifelong Learning March courses include Instant Pot Dinners, Introduction to QuickBooks, Curls for Girls, Spring Silk Floral Wreaths and World War II in Europe and North Africa held in-person and online.

Courses being held in person will be practicing social distancing and masks will be required. Others have the option to attend through Zoom.

To register online and view the complete Lifelong Learning schedule, visit highland.edu/lifelong. For more information about Lifelong Learning and to find out the latest in new course offerings, call 815-599-3403.

Monroe nurse using faith to get through pandemic

Burned out from lingering pandemic, some on frontlines find faith an antidote

MONROE — Monroe is one of the many parts of the state to experience the coronavirus variants surging around the country. Certified nursing assistant Laurie Steiner, of Madison, had flashbacks of the anguish she felt seeing

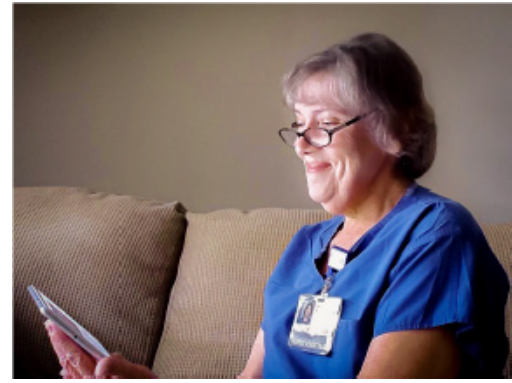


Photo supplied

Before her shift, Laurie Steiner gets strength from articles she finds on jw.org.

so many people suffer from COVID-19 at the beginning of the pandemic.

Many medical workers like her are exhausted from working through the pandemic. With variants straining short-staffed facilities across the country, some on the frontlines are experiencing added physical, mental and emotional stress.

"I'm not able to sleep some nights — thinking about going to work and what I might face," Steiner said of caring for a rising number of COVID patients landing in the cardiac unit of a Madison, Wisconsin hospital. "I feel constant anxiety."

What soothed her anxious thoughts in the early days of the pandemic continues to sustain her. She credits her faith as one of Jehovah's Witnesses for helping her and other health care workers in her religious community endure the ongoing toll of the pandemic.

"Something that really helps me is from the Bible — thinking about the hope that it gives," she said. "We're going to see an end to people suffering."

She also leans on fellow believers for support. "Sometimes it can be very draining at work," Steiner said. "Being with friends helps me feel recharged." Her family of faith reaches out to her

through phone calls and Zoom meetings to strengthen her through the crises and encourage her to not give up.

American psychological and psychiatric associations, while not advocating or endorsing any specific religion, acknowledge the role spirituality and religious faith can play in coping with distress and trauma.

Lawrence Onoda, Ph.D., a clinical psychologist in Mission Hills, California, noted some ways spirituality can help, including giving people "a positive hope and meaning toward life, comfort by looking for answers and strength from a higher power, and a collective shared experience of support and community."

Steiner enjoys passing along to others what has helped her. She joins friends online to write or call people in the community with a message of hope from the Scriptures.

She has also benefited from the collection of timely articles available on jw.org, the official website of Jehovah's Witnesses, such as "How to Beat Pandemic Fatigue" and "What Does the Bible Say About Pandemics."

"I love the website!" Steiner said. "I really appreciate the practical information."

— Submitted for publication by Jehovah's Witnesses United States of America

ALICE IN DAIRYLAND

Farmers face freezing temperatures to keep Wisconsin fed

Wisconsin is known as an agriculture powerhouse for producing a wide variety of nutritious, high-quality products. During the summer months, Wisconsinites are able to view the hard work of farmers through lush crop fields, fresh produce in farmers markets, and grazing animals. But, what do farmers do in the winter?

Through sub-zero temperatures, Wisconsin dairy and livestock farmers suit up with extra layers of clothing and brave the cold to take care of their animals. They also take extra measures to ensure warmth, safety, and comfort for the animals that are their livelihood.

Cows are more comfortable in colder temperatures and can begin to experience heat stress in well-ventilated barns at air temperatures as low as 65 degrees. However, when the extreme cold sets in, farmers close their

barn doors to prevent cold air and moisture from leaking in. Due to their high body temperature, cows act as heaters in a closed barn during the winter, making the barn a comfortable temperature. In addition to closing barns, farmers specially formulate rations for cows to ensure they are staying warm and check automatic heated waterers daily to ensure animals have access to water at all times.

Vulnerable to freezing temperatures, farmers also make sure calves are warm and healthy throughout the winter. Calves are fitted with jackets and extra straw and bedding are added to their pens to keep them cozy. In some cases, farmers will also increase the amount of feed calves receive so that they have plenty of energy for warmth. From making special rations to utilizing calf jackets, farmers do all they can to ensure their animals stay comfortable.

Crop farmers are thinking about winter way before the first snowflakes fall. In the late summer and fall, many farmers plant winter cover crops to sustain and refresh the soil. Winter cover crops help to prevent soil erosion, suppress cool-season weeds, improve soil fertility, and create a better seedbed for spring planting. During the winter months, crop farmers also finalize plans for crop rotations, stock up on needed fertilizers, purchase seeds, and work to fix equipment used during the growing season.

While winter is not a growing season for cranberries, cranberry farmers are also busy during the winter months. In the winter, farmers will flood the cranberry beds and freeze a layer of ice above the plants to protect them from the harsh cold. This pro-



Photos supplied

cess is repeated multiple times to develop a thick layer of ice above the plants. After a sheet of ice forms, they drive large trucks on to the ice and spread sand. As the ice melts in the spring, the sand falls into the beds to refresh them, add nutrients, promote growth, help reduce pests, and suppress disease.

No matter the season, farmers are constantly working to care for their land, animals, and resources and continue to innovate, learn, and adapt to provide the best care for their farms.

— Julia Nunes is the 74th Alice in Dairyland, Wisconsin's agriculture ambassador who works with media professionals to educate consumers about the importance of agriculture to Wisconsin's economy and way of life. She can be reached at julia.nunes@wisconsin.gov



Julia Nunes

