

LOWER WISCONSIN RIVER

VALLEY SENTINEL

-EST. 2020-

WE CARE MORE.

Spring Green, Wisconsin

Thursday, January 27, 2022 | Vol. 3, No. 4

FREE, Single-Copy

Valley sees fresh snow and bitterly cold temperatures, closing schools but creating new opportunities for winter activities

Photo by Taylor Scott, *Managing Editor*

After several inches of fresh snow this week, temperatures turned bitter cold, leading the River Valley School District to cancel classes Wednesday.

The fresh snow created new opportunities for winter activities before the cold hit, leaving behind sledding and cross country skiing tracks in the snow.

Pictured at right is the view from the top of the sledding hill at the Spring Green Municipal Golf Course on Wednesday.

For more mid-winter activity ideas to break you out of the winter doldrums, see the Winter Wonderland special section enclosed.



Spring Green again takes up Kane dog boarding request after declining to appeal

Taylor Scott, *Managing Editor*

On Jan. 19, the Spring Green Plan Commission & Joint Extraterritorial Zoning Committee held a public hearing and discussed a request by Clinton Kane & Jill Janssen Kane for a conditional use permit for a commercial kennel & dog boarding at their property on Pearl Road. After hearing much feedback and discussion for nearly three hours, the body ultimately decided to take no action and to continue to work on the permit conditions at their next meeting.

The application seeks a conditional use permit to allow the garage of the Kane’s home to be used for whelping and raising dogs that will ultimately be sold for research. The Kanes have another facility and would use this one to raise and wean the puppies before transferring them.

The Kanes filed a lawsuit in November 2019 against the Spring Green Plan Commission and Village of Spring Green Board of Zoning Appeals over

the denial of a conditional use permit to operate the facility. A Sauk County committee had previously unanimously approved a conditional use permit and the Spring Green Plan Commission and Joint Extraterritorial Zoning Committee ultimately denied the conditional use permit after some back and forth.

Sauk County Judge Michael Screnock found that the plan commission didn’t adhere to what was required under statute when deciding on the permit and did not have authority to deny the Kanes’ application, but “may impose reasonable and to the extent practicable, measurable requirements and conditions relating to that conditional use.”

The Village of Spring Green Board of Trustees held a series of meetings in August, convening in closed session to discuss whether or not to appeal the decision of the court. Ultimately, the board declined to appeal the lawsuit.

Prior to the meeting the body received

several letters opposing the Plan Commission approving the permit or urging the body to consider conditions to apply when approving the permit. With over 40 participants in the virtual meeting, every attendee that spoke during the public hearing was opposed to the permit to varying degrees. The Plan Commission emphasized that it has its hands tied.

“Well, we have heard from, dating back obviously to the original hearings that were held in 2019, countless vocal community members opposing the approval of this conditional use at all,” said David Saperstein, a trustee and plan commission member. “We’re past that, because we did not approve it. And the applicants went to court and Judge Screnock said, ‘No, you have to approve this.’”

The body heard eight conditions that had previously been proposed regarding the permit.

“Those are sort of a starting place because they are the only conditions that have been drafted so far. But I don’t think that we are bound by them in any manner and ...I would like to rethink them,” said Saperstein. “The fact that Judge Screnock determined that this conditional use permit had to be approved does not dictate what the conditions should be, that’s left up to us. And that is our obligation under Section 4.0 of our zoning code.”

“We have no obligation to give this applicant more standing than the rest of the community or the rest of their neighbors who are opposed... We are obligated to approve this. We are not obligated to make it profitable. We are not obligated to meet their demands. They do not demand from this board. They are the applicant, they request from this board.”

The Plan Commission & Joint Extraterritorial Zoning Committee is set to meet next on Feb. 16 at 7:00 pm.

American Players Theatre: 2022 brings a return to The Road Back

American Players Theatre

We had hoped there would be no need to continue this column this year. We had hoped it would all be back to normal. Of course, it’s not quite that. So while we anticipate that the 2022 season will look more like 2019 than 2021, we are under no illusion that there won’t be challenges.

And so, because you are our people, and this is your theater, we introduce The Road Back 2.0(22). We won’t be here every week, but will keep you up to date on the hidden machinations that will bring the 2022 season to you, and you to it.

We’re in an interesting spot right now. While we are planners by nature, it turns out the virus doesn’t give a fig for our plans. (And more than 20 months into this thing, we know you all feel that). As we move ahead with planning the summer to come, Omicron looms large in our daily lives. Tough signs point to it being behind

us before the season begins, the fact is that we don’t know what will come after it, or what safety precautions we’ll need when the days get long.

In light of this, we’ve adopted a bit of an 80/20 philosophy. We’re using 80% of our time, resources and brain power to forge ahead with our season as it is scheduled: a nine-play, repertory schedule, most-things back-to-normal season.

With the other 20%, we are planning for other scenarios. What factors would necessitate changing our schedule? How would we handle having to cancel a performance? Or multiple performances? What will COVID protocols look like for our audience when summer comes?

We can’t know what COVID conditions will be three months from now when our production staff and company begin to arrive. Or five months from now when performances are in full swing. But we’ll do our best to game out the possibilities

so when the unexpected happens, we’ll be ready.

In the meantime, we are so excited about how we’re spending that likely and hopeful 80% of our time.

Here are a few highlights:

—The Artistic staff is finishing up casting for the season, including the return of the Apprentice Company.

We’ll share updates as offers are accepted.

—Production Manager Michael Broh and his staff are working to hire about a dozen people to fill out the 2022 production staff.

—Designs for all of the plays are well on their way to fruition, and plans are progressing for the 2022 design conference, which will take place in person and virtually for more than 100 artistic and production staff members in March.

—The 2022 Book of Summer is underway and will be heading to the

printer in just a few weeks. Can’t wait to start planning? The Season Schedule is available now online (subject, of course, to change), and tickets will go on sale to returning patrons on March 21!

—Construction continues on our new artist housing, and they are growing like weeds. The two apartments buildings, named The Laurels, are scheduled to open later this year and will add 16 units (24 bedrooms) to our housing stock for visiting artists and artisans.

—Many APT apartments are getting facelifts thanks to a large furniture donation from Steve Brown Apartments. Furniture acquired second hand during the Obama administration is being replaced at long last.

And much, much more. The 20% work is important too, and gives us peace of mind to keep working on the 80%. We look forward to sharing more details on 100% of it in the weeks ahead.

Katie Green’s The Plain and Simple Correspondent: Coping with Dementia, Part II

Katie Green, *The Plain and Simple Correspondent*

Last year for my birthday, friends sent me a version of the famous Serenity Prayer which went, “God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.” I found that amusing and relevant. But senility, a synonym for dementia, is no laughing matter, unless you are of the philosophy that everything under the sun is potentially a laughing matter. Often the alternative is to weep and wail, which is less satisfying after a while.

In the first installment about dementia, there wasn't space to cover Dr. James Ellison's strong suggestion that you need to plan ahead if you are coping with forms of dementia, or someone in your circle is. He said you need to tackle the difficult topics ahead of total crisis: things like when to discontinue driving, who handles the finances, what comprises a safe living environment, what treatments are realistic and acceptable to all near the end of life.



Katie Green

The Irish Saint Dymphna is the patroness of those suffering nervous and mental afflictions as well as victims of incest. She fled to the town of Geel, Belgium with a Belgian priest/mentor when her father lost his mind after his wife died, and in his delirium wished to force the daughter to marry him. Not keen on the idea, Dymphna sought refuge elsewhere. Since the 1600s, the residents of Geel have taken into their homes and fostered adults as well as children with mental illness and those who have been assaulted incestuously. Four hundred years is a remarkable length of time for dedication to a compassionate mission. Such tenacity is hard to credit in a time when political allegiances flip overnight and the most consistent newsworthy devotion I can observe is about grabbing power, amassing and spending ill-gotten gains, ignoring others less fortunate who need a hand up, and other amoral behavior. Is it just me, or are we Americans growing more selfish?

I thought of that remarkable town of Geel when Derry Graves, mother of a daughter recently-deceased from Alzheimers, wrote me that she wished there were more education about how

to effectively provide care to those who suffer from the many forms of mental dysfunction. “I like the idea of dementia-friendly towns, stores, and hospitals....Yes, even some hospitals are not dementia-friendly and their staffs need training. The wife of a friend with dementia fell and broke a hip and her mental condition was not taken into consideration while she was being treated for the hip. I was a nurse,” she said, “and I know hospitals. As Carie's dementia worsened and she returned to live here, the shops and citizens in Spring Green were kind to her. I have no criticisms to make about our town, but it's not true everywhere. It wouldn't hurt to spread the good news around.”

When Carie retired and came back to her native haunts from coaching a women's rowing team in Austin, Texas, she was about 60 years old. Her decision was motivated by growing distress over memory problems. “She said 'I can't remember my girls' names',” Derry recalled, “and maybe she was having trouble with using her computer, too. She was diagnosed with early onset dementia – Alzheimer's – and that presents a different set of decline issues...not good ones. Well, are there any good ones? Anyway, early onset moves rapidly.”

Carie had purchased a home in Wyoming Valley years ago that was rented out when she lived away for her coaching career, so she was able to take possession again, reentering the community she loved and which loved her. It was a pretty smooth transition. She lived alone until a year ago, delighting in strolls about town, cooking, especially bread-making, sharing her kitchen creations with family and friends. Then she couldn't do that anymore, would show up empty-handed at family gatherings without her normal contribution. Then she began to grow confused about her medications – had she taken them or not? Finally, Derry brought her firstborn home to live with her. The family closed ranks, with daughter Alison and husband Bill coming from California to join the care team, and other local relatives pitched in so that Derry had occasional relief to draw a breath and run some errands. “We are a close family and hiring someone to help is not my way, but the net grew tighter and tighter. We tried to be creative, work around the things that didn't work anymore. That's something we all do to deal with our infirmities,” she added.

Watching the rapid deterioration was traumatic, of course. Inevitably, the family did capitulate to the fact that it was time to enlist professional assistance and for a month Carie went to stay at The Meadows in Spring Green. However, by then the once-star athlete had developed what was called “terminal agitation”, causing her to pace constantly, unable to relax. Keeping her under surveillance strained the staff at that facility, which was short-handed already from COVID,



Photo contributed by Alison Graves

The late and great Carie Graves.

so they helped the Graveses locate a small geriatric psychiatric practice in Stoughton that accepted only ten patients at a time.

“We couldn't have asked for better care,” said Derry. “It was superlative. It wasn't hospice but was something like it. Drugs were used to calm Carie down so she could rest. It was a long way to travel to see her but it was worth it.” But soon another medical condition cropped up to undermine her body and Carie succumbed in late December of 2021. Her bright and shining soul has now passed to some peaceful realm beyond misery and confusion.

Since then Derry has been trying to cope with life after the passing of her daughter. “It's not supposed to work this way” – the cry of all parents who lose a child. She is finding it hard to get rid of Carie's clothes. “Get rid of. Those are terrible words, as if the clothes are trash!” I asked if she would save any, maybe wear them herself? “Well, I'm larger than she was, but it is comforting to think of wearing a few items.”

Derry, who is a friend of longstanding, agreed to be interviewed because, as she said, “Look at Betty Ford [Wife of 38th US President Gerald Ford, for those of you who are young.] She made public her breast cancer” [And, I would add, addiction to pain pills and the alcohol she imbibed to deaden back pain.] It's important to remove the stigma from such problems. Otherwise, if we don't speak about them, how do people know others have gone through the same thing and survived?” Being a private person, going public with her family situation makes Derry uncomfortable, and I honor her greatly

for being willing to do so.

Dementia is no respecter of class, gender, culture, or age, although it normally waits until at least middle age to develop, usually older. President Ronald Reagan [40th US President] was afflicted with it while still in office, a fact his spouse and staff tried to cover up. The whole world knew but those were the days when the news media tended to treat with more delicacy personal failings a person couldn't help.

Internationally acclaimed flautist Eugenia Zuckerman, now 77, upon receiving a diagnosis of Alzheimer's in 2019, wrote the following poem:

to soothe with sound

*In my life/when there's been strife
and fear/or danger to those I hold dear
I free my mind
by seeking to hear/sounds that clear
the chaos I feel
and more often than not
it's the music of Bach
that restores my faith in humanity
a reprieve from calamity
and offers /a path/toward banishing/
hopeless grief
I lie on the couch to listen and
let the sounds of Bach
wash over me like a gentle calming wave*

I, too, find J.S. Bach to be a wave but also bridge over many troubled waters. It is up to you to find what works for you to give the welcome “reprieve from calamity” when calamity shows up at your door.

Chris Hardie's Back Home column: The annual urge to hibernate

Chris Hardie, *Columnist*

It's always this time of winter with the cold and snow that the prospect of hibernation seems pretty darned attractive.

After all, I have a lot of hyperphagic practice already in place by the additional fat that I put on over the holiday season. I also am very well versed in practicing the low metabolic rate of torpor, usually when I'm curled on the end of the couch binge-watching.

But aside from the Green Bay Packers special teams, humans have no history of hibernation. Our evolutionary ancestors were smart enough to live in the tropics year-round. And apparently, 100,000 years or so of

living in the subarctic latitudes is not sufficient time for metabolic adaptation.

The biggest challenge with human hibernation is that we can't easily drop our body temperatures. But in 1900, the British Medical Journal published an account of Russian peasants the author claimed were able to hibernate, or close to it.

The report said as soon as the snow flies, families gather around a stove, lie down and sleep. Once a day, everyone wakes up to eat some bread and drink some water and they go back to sleep. They took turns with one person tending the stove.

There was no mention of bodily waste functions. The author called his winter



Chris Hardie

sleep “lotska” and since no record can be found of these hibernating peasants today, you need to add “crappa” to the name. I suspect the author observed a family that was well-stocked with a supply of vodka.

But the author reveled at the thought of sleeping the winter away.

“We, doomed to dwell here where men sit and hear each other groan, can scarce imagine what it must be for six whole months out of the twelve to be in the state of Nirvana longed for by Eastern sages, free from the stress of life, from the need to labour, from the multitudinous burdens, anxieties, and vexations of existence.

Continued on page 3

Chris Hardie's Back Home: Have someone wake me up when spring arrives

Continued from page 2

But I doubt that even these peasants could escape the calls notifying them that their used sleigh warranty was about to expire.

You can count black bears, chipmunks, bats and, of course, my favorite mammal, the groundhog, among those local mammals that hibernate. But most of our furry friends don’t hibernate either.

They face an even harsher winter existence.

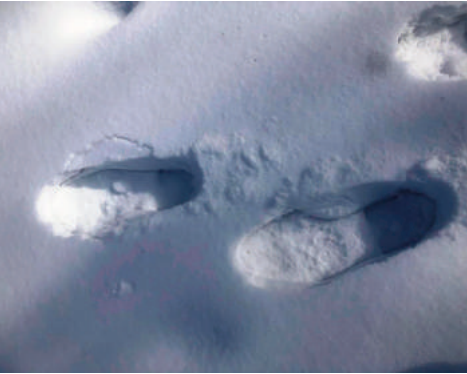


Photo by Chris Hardie, *Columnist*
A homo sapien selfie footprint.

Our yard is home to several rabbits who find refuge in our lilac hedge or even under our porch, chewing on

vegetation for sustenance.

The hares are trying to buck the odds that only about 30% will survive the winter. They make up for that by having up to six litters per year of up to eight babies per batch.

There are rabbit tracks all over our yard and even across our porch. I also came across several sets of tracks while walking through the woods, along with plenty of deer tracks.

While on my walk, I found a few places where the deer have scraped through the snow looking for acorns under the frozen oak leaves. They also paw away at the snow cover in our hayfields.

I also came across two deer beds only a few feet from each other. The warmth of the deer melts the snow and they create depressions where they will stay for hours when the weather conditions warrant. Deer slow down their metabolism and survive on fat reserves until food becomes more accessible.

Homo sapiens have to suffer a bit with winter chores, but we’ve adapted quite easily to warm shelters that negate the brutal cold. We even have apps that can turn the furnace up a few degrees from the comfort of the couch.

My walk through the woods was a welcome respite on a brisk winter day,



Photo by Chris Hardie, *Columnist*
Two bare spots in the snow indicate deer beds in the woods. Deer can bed down for hours or even days if the conditions warrant.

but I could easily succumb to lethargy these days.

Will someone wake me up when spring arrives?

Chris Hardie spent more than 30 years as a reporter, editor and

publisher. He was nominated for a Pulitzer Prize and won dozens of state and national journalism awards. He is a former president of the Wisconsin Newspaper Association. Contact him at chardie1963@gmail.com.

Letter to the Editor — Stroud to the state legislature: Just work, please!

I don’t want our state to be more liberal. I don’t want it to be more conservative. I just want it to work for regular people like you and me.

Here’s what’s working in this state right now: You! Here’s what’s not working right now: Our infrastructure.

The American Society of Civil Engineers gives Wisconsin’s infrastructure an overall grade of C. We got a D+ for our roads. A C- on drinking water and a C- on waste water. We can and should do better.

We can’t ignore our infrastructure problems. We can’t continue hiding the

red ink with high falutin accounting tricks. Many communities depend purely on luck of the draw when it comes to getting state funding to fix and improve our crumbling roads. That’s not a sign that our government is working the way it should.

Here’s what we need to do.

One: We’ve got to own these challenges and invest in our infrastructure. It’s not getting any cheaper to fix this stuff. The state has a stronger balance sheet and deeper pockets than we’re led to believe. Let’s use them to make improvements to the

roads, bridges, and water supply we use every single day.

Two: Our state spending priorities are out of whack. We shower hundreds of millions of dollars in tax breaks on the wealthy and big corporations every year. Close down the tax giveaways and reposition state spending on investments that benefit all taxpayers - not just the big guys.

Three: Work together in the Capitol. Republicans, Democrats, liberals, conservatives, independents. It doesn’t matter who you voted for or the party you represent. We all drive on the same

rickety bridges and drink hesitantly from the same water supply. If there’s a topic that should transcend politics, it’s infrastructure.

I just want the state government to do its job and do it well at a reasonable price. When the roads are broke, fix them. When the water is polluted, clean it. Wisconsin is the greatest state in the greatest country in the history of the world. We shouldn’t settle for Cs.

—Tripp Stroud , Clyde, WI
Candidate for Wisconsin’s 17th State Senate District

Listening sessions for residents of the 17th Senate District, 49th & 51st Assembly Districts scheduled

Office of Senator Howard Marklein (*R-Spring Green*)

Senator Howard Marklein (R-Spring Green) announces a series of Listening Sessions for residents of the 17th Senate District:

Monday, February 7 – Sen. Howard Marklein (17th) and Rep. Todd Novak (51st) **10:00-11:00 am** Village of Rewey Fire Department, 218 West Street, Rewey, WI 53580 **1:00-2:00 pm** City of Shullsburg – Townsend Center, 190 N. Judgement

St, Shullsburg, WI 53586 **3:00-4:00 pm** Village of Browntown Civic Center, 107 S. Mill St, Browntown, WI 53522 **Monday, February 14** – Sen. Howard Marklein (17th) and Rep. Travis Tranel (49th) **10:00-11:00 pm** Village of Mount Hope Fire Department, 127 E. Main St, Woodman, WI 53827 **Monday, February 21** – Sen. Howard Marklein (17th), Reps. Travis Tranel (49th) and Tony Kurtz (50th)

11:00 am-12:00 pm Village of Boaz Community Center Building, 17010 State Hwy 171, Richland Center, WI 53581

The format for the Listening Sessions is designed for the legislators to receive input and ideas about issues facing residents in the 17th Senate District. The legislators do not plan to answer questions, debate ideas, challenge the ideas or otherwise comment because they seek to hear every point-of-view equally. The goal is for every attendee

to feel comfortable sharing their input.

Depending on the number of people who attend, the session moderator may set a time limit for each attendee to share their thoughts (2-3 minutes) so that everyone has a chance to speak. If there are only a few people, the session may be more casual.

Constituents are welcome to attend to listen to others and submit written ideas, however, facility capacity limitation may impact audience observation.

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Deadlines: The display and classified advertising dead-line is Monday at noon for that week. If you would like our design team to design the ad then please allow extra time for the creative process and proofing.
Ad team: ads@valleysentinelnews.com

Editorial Policy
On certain topics in areas of great community interest, the editors of the Valley Sentinel may take positions they believe best represent and serve the interests of the community. Any opinions or positions taken by the editorial board are separate and distinct in labeling and substance from the community journalism that appears in the rest of the publication and does not affect the integrity and impartiality of our reporting.

Letter to the Editor Policy
Letters submitted for consideration are subject to fact-checking and editing for space and clarity. Submissions must have a compelling local community interest. Letters to the editor must fit within a 500-word limit, and include name, city and phone number. Phone numbers are for office use only and will not be published. Letters of a political nature, without chance of rebuttal, will not be published the week before an election.

Column Policy
Editors may feature opinion columns written by public figures, members of the public or other publication staff. Columns reflect the opinions of the individual contributors and do not represent positions of the publication. Guest columns of an anticipated length more than 500 words should seek prior editor authorization.

Community Discussion Policy
From time to time the editorial board may select letters to the editor of a particular compelling community interest where a public figure or accountable public action is the recipient of criticism and allow, in the same issue, the subject of the criticism chance for rebuttal, with expounded independent input. The format shall be point, counterpoint and expert analysis. This community discussion shall serve as a moderated dialogue that presents multiple views of important community topics.

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“Forged in Fire”

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COMMUNITYCALENDAR

Events for January 27 - February 14

Thursday, January 27

Stitch and Bitch 1:30 PM - 3:00 PM . Spring Green General Store, 137 S. Albany St. Spring Green . springgreengeneralstore.com . The Spring Green General Store's Stitch and Bitch handwork group meets Thursday afternoons weekly. All are welcome.

Knit Night at Nina's 6:00 PM - 8:00 PM . Nina's Department Store, 143 E. Jefferson St. Spring Green . ninasdepartmentstore.com . Every Thursday from 6 to 8 pm. All knitters and crocheters are welcome. Store closed after 5:30 pm.

Auditions for Almost, Maine 6:30 PM -9:00 PM . River Valley Middle, 660 W Daley St River Valley Players, the community theater company in Spring Green, will hold open auditions for its upcoming production of "Almost, Maine" by John Cariani, Auditions will be in the Music Room at River Valley Middle School on Thursday, January 27 from 6:30-9pm, and again on Sunday January 30 from 12:30-3 pm, with possible callbacks between 3:30-5 pm Sunday. Molly Maslin Arbogast will be directing the production. Auditions will be first- come first-served. Performances will be April 1,2,3 in the Gard Theater in Spring Green. There will also be a need for backstage volunteers and other production assistance. Any questions may be directed to John Christensen at 608-561-1774 or to rivervalleyplayers@gmail.com.

Saturday, January 29

Pop-Up Spring Green Farmers Market 10:00 AM - 11:00 AM . S230 E. Monroe St., Spring Green . The Spring Green Farmers Market is continuing in the Spring Green Community Public Library Lot through the winter every Saturday morning. Pre-orders are recommended. Visit our Facebook or Instagram page or email SGFarmersMarket@gmail.com for a list of participating vendors and their contact information.

LIVE MUSIC: The Growlers : MOVED FROM FRI 21 7:30 PM . Slowpoke Lounge, 137 W Jefferson St., Spring Green . slowpokelounge.com . No Cover . The Growlers (formerly Screamin Gene and the Lake Louie Growlers) are entering their 44th year with their core group of River Valley natives Gene Roberts-Bass, Greg Schoenmann-Guitar, and Ted Frank-Keyboard. They are now joined by Lou Cassis of New Glarus on drums. Expect to receive a heavy dose of long jam progressive rock, with dabblings into jazz, funk, and psychedelia including Pink Floyd, Neil Young and Steely Dan. Proof of vaccination against COVID-19 required for all Slowpoke events.

Sunday, January 30

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Tuesday, February 1

Winter Family Storytime 10:15 AM - 11:00 AM . Kraemer Library, 910 Main St, Plain . kraemerlibrary.org . Come join us for 45 minutes of fun-filled interactive stories, songs and rhymes! Meet new friends, sing songs, and have fun! Enjoy a story session that encourages a love of reading and fosters the development of early literacy skills. Ages 0-5. Masks encouraged.

Wednesday, February 2

February Yoga Classes with Rural Remedy 6:00 PM- 7:30 PM . S11105 Fairview Rd Spring Green (lower barn) . ruralremedy.com . Group yoga classes for all levels. Winter themes include low back care, general joint mobility and cultivating an intentional, whole breath. Sounds good, right? 3-class session for \$50 or 6-classes for \$95 Class will be shortened 2/26 due to the special Yoga Nidra workshop. Pricing is always flexible. Trade or creative barter is always welcome. Email embenz@gmail.com for more information.

Thursday, February 3

Stitch and Bitch 1:30 PM - 3:00 PM . Spring Green General Store, 137 S. Albany St. Spring Green . springgreengeneralstore.com . The Spring Green General Store's Stitch and Bitch handwork group meets Thursday afternoons weekly. All are welcome.

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Valentine Tea Party and Card Making Event 1:00 PM -3:00 PM . Spring Green Community Center, 117 S Washington St . All materials will be provided to make up to 3 cards per person. This is a fun time for all creative types from 9-99. Pre-registration is required by emailing springgreencommuitycenter@gmail.com or calling 608-588-7800 to leave a message. Cost is \$10/person or 2 people for \$18. Come make someone special a unique Valentine!

Saturday, February 5

LIVE MUSIC: The Lately with Little Earthquakes 7:30 PM- 10:30 PM . Slowpoke Lounge, 137 W Jefferson St., Spring Green . slowpokelounge.com . Proof of vaccination against COVID-19 required for all Slowpoke events . Danceable grooves, unshakable hooks, quiet interludes, and raucous explorations — a blender mix of early Fiona Apple, Beck, Depeche Mode, Block Party, and Lykke Li — all held together by Annie Kubena's singular vocal style. We hope you enjoy!

Wisconsin River Runners ATV Free Pizza Party & Annual Membership Drive 1:00 PM - 5:00 PM . Roarin 20's , 1110 Main St, Plain . Sponsored by The Wisconsin River Runners— Spring Green. Membership \$30 with \$5.00 savings ...at the party & until the end of Feb 2022.

Monday, February 7

Trivia Night 6:30 PM - 9:30 PM . Slowpoke Lounge, 137 W Jefferson St., Spring Green . Proof of vaccination against COVID-19 required for all Slowpoke events . Join us for a night of Trivia! Kyle Adams will host as we put teams together for a contest of trivia. Come for the prizes, stay for the fun! First Question at 7:00 - and it should last about 2 to 2 1/2 hours.

Tuesday, February 8

Winter Family Storytime 10:15 AM - 11:00 AM . Kraemer Library, 910 Main St, Plain . kraemerlibrary.org . Come join us for 45 minutes of fun-filled interactive stories, songs and rhymes! Meet new friends, sing songs, and have fun! Enjoy a story session that encourages a love of reading and fosters the development of early literacy skills. Ages 0-5. Masks encouraged.

Wednesday, February 9

February Yoga Classes with Rural Remedy 6:00 PM- 7:30 PM . S11105 Fairview Rd Spring Green (lower barn) . ruralremedy.com . Group yoga classes for all levels. Winter themes include low back care, general joint mobility and cultivating an intentional, whole breath. Sounds good, right? 3-class session for \$50 or 6-classes for \$95 Class will be shortened 2/26 due to the special Yoga Nidra workshop. Pricing is always flexible. Trade or creative barter is always welcome. Email embenz@gmail.com for more information.

Thursday, February 10

BOOK CLUB: Jeanine Cummins and Guillermo Arriaga discuss "American Dirt" 6:00 PM - 7:00 PM . Virtual Event . readinutopia.com/events . Please note that this event starts at 6:00 p.m. Central Standard Time; the registration link uses EST. Join us for a virtual book club event with best-selling author Jeanine Cummins for the paperback release of her novel, American Dirt. This event is for book club members and readers in our community and across the country, who can tune in to hear a discussion between Jeanine Cummins and screenwriter and producer Guillermo Arriaga. A little about the book: Forced to flee, Lydia and Luca find themselves joining the countless people trying to reach the United States from Acapulco. Lydia soon sees that everyone is running from something. But what exactly are they running to?

Stitch and Bitch 1:30 PM - 3:00 PM . Spring Green General Store, 137 S. Albany St. Spring Green . springgreengeneralstore.com . The Spring Green General Store's Stitch and Bitch handwork group meets Thursday afternoons weekly. All are welcome.

Knit Night at Nina's 6:00 PM - 8:00 PM . Nina's Department Store, 143 E. Jefferson St. Spring Green . ninasdepartmentstore.com . Every Thursday from 6 to 8 pm. All knitters and crocheters are welcome. Store closed after 5:30 pm.

Saturday, February 12

February Yoga Classes with Rural Remedy 9:00 AM- 10:30 AM . S11105 Fairview Rd Spring Green (lower barn) . ruralremedy.com . Group yoga classes for all levels. Winter themes include low back care, general joint mobility and cultivating an intentional, whole breath. Sounds good, right? 3-class session for \$50 or 6-classes for \$95 Class will be shortened 2/26 due to the special Yoga Nidra workshop. Pricing is always flexible. Trade or creative barter is always welcome. Email embenz@gmail.com for more information.

Monday, February 14

LIVE MUSIC: A Night of Romance - with Jambidextrous 7:30 PM - 10:30 PM . Kraemer Library, 910 Main St, Plain . kraemerlibrary.org . At Slowpoke, we couldn't think of a better way to spend our Valentines day than a night of romantic dancing to Jazz Standards . And who better to create the soundtrack of the evening than our favorite jazz combo, Jambidextrous, featuring local favorites Rob Steffen, Erik Johnson, Ted Frank, and special guest, Jud Swenson. Life is too short to skip the dancing. And love is too important. \$10 in advance. Proof of vaccination required for all Slowpoke events.

Reminder

The risk of participating in a certain activity depends on many factors. Because of this, there's no way to assign risk levels to certain actions. That's why it's important to consider your own situation and the risks for you, your family, and your community.

Here are some important guidelines to help ensure everyone's safety:

Get vaccinated.

Stay at least 6 feet away from other people when possible.

Wash hands frequently.

Wear a mask.

Stay home when sick.

Get tested if you have symptoms or have been exposed to someone with COVID-19.

Avoid crowded and poorly ventilated indoor spaces when possible.

Taken from: www.dhs.wisconsin.gov/covid-19/community.htm

HOW TO SUBMIT EVENTS

Events in print cover the next two weeks after publication date. Online community calendar coming soon!
The community calendar covers Arena, Lone Rock, Plain, Spring Green, + 15 miles. Events of great artistic or community value in Sauk, Iowa or Richland Counties may be considered.
Full event submission details online.

To submit your event, **scan the QR code** or **visit valleysentinelnews.com/community-calendar**.



WINTER WONDERLAND

Special Section



Hot Chocolate



TOP 3 FAVORITE LOCAL

Winter Hikes

Sledding



Mittens



According to voters in our inaugural **Best of the River Valley** reader poll, these hikes are the best regional hikes to go on:

- Spring Green Nature Preserve (see below)
- Pine Cliff Trail, Gov. Dodge State Park (4175 WI-23, Dodgeville)
- Ice Age Trail (Cross Plains/Across the state)

As for local? Look below to see our readers' favorite local hikes:

Spring Green Nature Preserve

Angelo Lane
Spring Green, WI 53588

Tower Hill State Park

808 County Rd C
Spring Green, WI 53588

Welsh Hills Trail (Taliesin)

5481 County Rd C
Spring Green, WI 53588



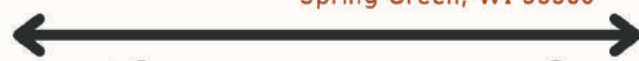
Boots



Wooly Hats



Evergreen Trees



Looking for sledding hills?

- Top three voted sledding hills in the River Valley:
- Spring Green Municipal Golf Course (Below the 4th and 5th hole, Hwy 23 & Hoxie Street)
 - St. Luke's Playground (1240 Nachreiner Ave, Plain)
 - Hudson Road x Beckman Road (Arena/Mazomanie)



Knit Sweaters



Snowmen

BREAKING OUT OF THE WINTER DOLDRUMS WITH SLOWPOKE, Q&A WITH MICHAEL BROH

On a Monday evening at Slowpoke Lounge & Cabaret (137 W Jefferson Street, Spring Green) you may find a lively group of trivia-goers braving the winter cold and coming out of hibernation to gather (safely). That same Thursday you might find a group of Driftless artists on stage together in a performance without parallel. A couple of days later you might find a live band playing jazz or rock, and so on. All the times in between, you'll find an atmosphere where you can choose to be as social or as "slow" as you like.

The Valley gets a lot of grief for being "quiet" during the winter and towards the beginning of the week. Slowpoke is one of several businesses leading the charge — (not so) slowly of course — to offer more opportunities for the community to come out and come together. So far, the leap of faith seems to be paying off, with events well-attended in spite (or because) of a requirement to show proof of COVID-19 vaccination.

With the winter notorious for things shutting down, we reached out to Slowpoke owner Michael Broh to discuss finding and creating events close to home, slowing things down a bit and finding that balance between lounge and cabaret.

...

Valley Sentinel: You describe Slowpoke as "a Lounge in the truest sense of the word — a place where you can kick back, chew the fat, and ease your burden." What do those qualities mean to you and how do you think Slowpoke best evokes them? Why do you think it's such a good fit for Spring Green?

Michael Broh: There's nothing new in the idea that maybe we're a little over saturated with demands on our attention. We all bemoan spending too much time on our phones, even as we stare at our phones.



Photo by Taylor Scott, *Managing Editor*

Nici Peper (center) of All the Beautiful Things, joins Soren Staff (on right) of Them Coulee Boys and Andrew Hughes (on left) of The Lake Effect at the Jan. 20 Slowpoke Songwriters Round. Curated by Tim Eddy and held regularly throughout fall and winter it entails a night of original music with Driftless Area singer/songwriters, all on the stage together, sharing their music round robin style.

I guess we're looking to make a space that slows things down a bit. That doesn't have televisions demanding your attention, that gives you a little bit a silence while you think about getting up and walking over the stereo to flip the record. A place that reminds you that you have time in your life to relax. And, of course, a place with Guinness Stout on tap.

VS: With a name like Slowpoke, it should be no surprise that you're in your element during this slow time of year. What may be surprising is the sheer number of events you've been able to put on, as you said, from "time-to-time, when your burden needs active easing, we cabaret" — What inspires you to curate and put on events such as these, especially when the common perception seems to be that this is a time of social and meteorological hibernation?

MB: It's so easy to just snuggle up and hibernate in the winter. I do plenty of that. But I think we also crave a little contact. Especially in the winter, when Madison can feel so far away, we've found that something special close to home makes a big difference for a lot of us. Not just a chance to gather, but to share music and art together. I hope we're filling a void that would otherwise feel like empty streets for the winter doldrums.

VS: We love that Slowpoke serves multiple purposes, both lounge and cabaret, how do you think Slowpoke manages that balance so well?

MB: Most of the time, we're just lounge. There are times when we might have two events in a week, but they are usually pretty different. We're trying to strike the right balance by keeping it to one main event in a week, at the most, and hold back the rest of the time for the sort of casual relaxed nights so many of us need the rest of the time.

VS: Speaking of cabaret-ing, we attended our first Slowpoke

Songwriters Round last Thursday, a truly magical evening masterfully curated by Tim Eddy with several musicians sharing their work round robin. To some, it may seem counterintuitive to hold events this time of year or on Mondays, do you feel like your efforts — or perhaps your leap of faith and trust in the community to come out — have been rewarded? Or rather, do you think it's been successful and why? How does it bode for the future of events in the area?

MB: I'm so glad you mentioned the Slowpoke Songwriters Round. It's really at the heart of one of the things we are most interested in, which is making space for art and music. And Tim Eddy has made so many friends in the Midwest songwriter world, that we keep hosting these amazing shows. We keep hearing from songwriters and poets about work they would like to share, even if only to a small crowd. And after the events, they are always complimentary about the experience. The nice thing about Thursdays and Mondays for events like this or our poetry nights, is that the quieter performers don't have to fight to be heard over a rowdier weekend crowd. These have not been sellouts, but they're not intended to be. Overall, though, I think it bodes well for Spring Green.

VS: To some, it also may be counterintuitive to hold events like these during the ongoing COVID-19 pandemic. However, Slowpoke took initiative fairly early in requiring proof of COVID-19 vaccination during events, at the very beginning of our current spike, first fueled by the Delta variant and now Omicron. What went into that decision? Why was it important to you to hold events regardless of COVID, while providing a safe space to do so?

MB: Stacy and I have been deeply involved in the testing and vaccination

efforts here in Spring Green from the beginning of the pandemic. It's always been important to us to understand how to hold events safely, and to risk losing some customers who felt differently. Of course, cancelling events has always been an option, and we cancelled many in 2020 and 2021, but as vaccines became widely available, we felt that we could hold events safely, and get back to some sense of normalcy.

VS: Personally, during these mid-winter doldrums, do you prefer cozy hibernation or refocusing on being active? What's your favorite example of both in the area?

MB: I, too, like to hibernate. Hole up in my house and read, or watch something with Stacy. But soon enough I get the itch. Sometimes we just walk outside, visit with friends, watch a Packers game at the Shed, see whatever's playing the Gard, or even see a show in Madison. Homecoming has also been a great part of our lives, and a great way to start a night out.

VS: What are some things you wish you could do in the area this time of year?

MB: I miss theater, of course. I'm busy at APT prepping for the summer, but I miss Two Crows. Beyond that, I don't think a lot about what I'm missing in Spring Green, and try to focus on what's here. Get out for a hike or sledding. Dream about what's coming to the Shitty Barn this summer, and, of course, chill at Slowpoke.

VS: Feel free to add anything else.

MB: I guess I'd just like to encourage everyone to take a chance on something new. We have a lot of great shows coming up that may surprise you, and won't disappoint. We've got R&B, Jazz, Rock, Blues, Folk, and a lot more coming up, as well as the Songwriter, Trivia, and Spoken Word Nights. We've got a couple of fundraiser events for RV Arts and 4Pete'sSake coming up as well. And we're open on Valentine's Day for a night of dancing to the old jazz standards. It should be a lovely romantic evening!

DONATION DRIVE

Recently we received word from our press that costs for materials have risen over 19% in the past few months and that our printing cost will go up accordingly.

If we charged \$1 for each copy of Valley Sentinel, just half of the copies that are picked up each week would entirely cover our printing costs — however, we are committed to remaining a free

publication with an accessible, hybrid model that allows anyone that wants to read local news to have access to it. We do not believe financial ability should be a barrier to reading local news.

We may be a free paper, but unfortunately it's not free to print papers.

Valley Sentinel will stay a free and truly independent and accessible paper. Please frequent our local businesses and let them

know you read Valley Sentinel each week.

What does independent news mean to us? It means NOT influenced by corporations or government, NO big corporate backers, NO corporate umbrella organizations, NO big money investors, just a handful of people with a dream to build community.

Valley Sentinel is all-volunteer, independently owned and operated by its editors and is a majority woman-owned business. Community fueled and community focused. We only succeed if the community succeeds.

For more about Valley Sentinel and our model, visit us at valleysentinelnews.com/about

If you are able and enjoyed this week's edition, please consider donating \$1 today.

Scan to support local journalism!



REVIEW: LAKE LOUIE OFFERS A TASTE OF SUMMER WITH HARD KOMBUCHA

Local favorite Lake Louie Brewing, formerly of Arena and now part of Wisconsin Brewing Company in Verona, recently sent over a couple cases of their newest product — hard kombucha!

The tea is sourced from Rishi Tea, of Milwaukee, and the kombucha is brewed at Forage in Fitchburg before finding its way to Wisconsin Brewing Company for finishing.

"A unique Wisconsin-made beverage that sets itself apart," says Ellen Weiler, sales manager at Wisconsin Brewing Company.

After assisting development and retiring this past summer, Lake Louie founder Tom Porter is leaving this new product in capable hands.

Already making waves, the Wild Tropic flavor took gold and the Berry flavor took bronze in the 2021 U.S. Open Hard Kombucha Championships.

Review

I must admit, I wasn't excited to try the Lake Louie Hard Kombucha. Kombucha is seriously just one thing I can't get behind, to me, it's basically carbonated apple cider vinegar dressed up with fruity flavors. However, I was pleasantly surprised by this refreshing, not too

kombucha-y hard drink.

We tried both the Berry and Wild Tropic flavors, the latter was my favorite out of the two. Berry one has heavier flavor notes and resembles a regular batch of kombucha more than Wild Tropic. Wild Tropic has really forward notes of pineapple, with after notes similar to a pina colada, I almost forgot it was a kombucha, and felt more like I was drinking an extra flavorful hard seltzer. It also scored bonus points for instantly making me nostalgic for a float down the Wisconsin River with the sun shining and the temperature 80+, not 80 below like it has been recently (okay, not really, but basically).

Honestly, both are good options. If you're kombucha-adverse like me, try Wild Tropic to start. I think my favorite part of these (besides the instant summer vibes) are that these are kind of good for any occasion. They don't have too much alcohol, about 4.5% per can, so they're good for a casual drink, or longevity if you're spending the day at a summer barbecue or a day by the pool. But they're also beer-y enough that they're a good option to accompany pizza or a sports event. They're good for any event, really, even a cozy and relaxing bath.

Bonus points for how light these guys are, again not too strong and they don't weigh you down like beer or cider can.

I'm surprised, but really, the hard kombuchas are kind of always the vibe. I will definitely purchase them and have them in my rotation this summer!

—Nicole Aimone, *Editor-in-Chief*

...

In case you haven't guessed yet, I'm the one that loves kombucha. However, this was my first time drinking hard kombucha.

I started with Berry, and then moved on to Wild Tropic. You crack it open expecting a



Photo contributed by Wisconsin Brewing Company

Lake Louie Brewing Wild Tropic and Berry Kombucha, reminding us of warmer times.

hiss similar to a hard seltzer, but it's lighter — setting the tone for the entire experience.

You take the obligatory olfactory whiff before your first taste and you're surprised by a sweet earthy, fruity and slightly yeasty scent that is reminiscent of a mix of light beer and kombucha itself.

The Berry is full bodied, and then smooths out. The Wild Tropic is subtle. Both are sweet and easier to drink than hard seltzer and certainly less carbonated.

I agree, despite the bitterly cold temperatures outside, you immediately feel a summery vibe and imagine yourself floating on the river.

I literally, and very naturally, started online shopping for kayaks before finishing my first can. I'm not joking.

Trying to cut beer, but too manly to drink seltzer? This may be the right option. The sweetness reminds you of a shandy and

while the pleasant yeastiness reinforces the feeling.

—Taylor Scott, *Managing Editor*

...

Lake Louie Hard Kombucha is available locally at the Crappie Shop (300 Dalogasa Dr, Arena) and Arcadia Books/Paper Crane Coffeehouse (102 E Jefferson St, Spring Green).

Jenn Jensen, owner of The Paper Crane Coffeehouse, says: "We think this is a perfect mix for our customers. Lake Louie makes great beers and we love supporting other local businesses. People like the health benefits of kombucha so when we were told about this unique drink, we knew we wanted to carry it."

JOIN US FOR

\$5

For game participation button -
General admission is free

Winter Carnival 2022
Saturday, Feb. 5 9 a.m. - 9 p.m.
at Christmas Mountain Village

Wisconsin Dells

Fireworks at 7 on the mountain



Cardboard Box Derby

PRIZES

1st Place: Trophy, \$25 gift certificate, one free lift or tubing ticket
2nd Place: Free tubing or lift ticket
3rd place \$25 gift certificate

Beer Ski
(hold a beer while skiing down the mountain)

9 p.m. Karaoke and drink specials at Mulligan's



Buttons come with a free drink at Mulligan's



S944 Christmas Mountain Rd. Wisconsin Dells, Wisconsin Exit 89 off I-90

Sing along with Campfire Kevin at Mulligan's fire garden



WINTER WONDERLAND
Special Section

Thursday January 27, 2022

VS

Page 3

Southwest Wisconsin WINTER ACTIVITIES

Check out Wisconsin State Park properties in the southwest corner of the state! Properties provide winter activities such as hiking, skiing and sledding. Find the right trail or activity for your next adventure here!

PROPERTIES

- 1 Black River State Forest
- 2 Blue Mound State Park
- 3 Buckhorn State Park
- 4 Devil's Lake State Park
- 5 Governor Dodge State Park
- 6 Governor Nelson State Park
- 7 Lake Kegonsa
- 8 Mirror Lake State Park
- 9 Nelson Dewey State Park
- 10 New Glarus Woods State Park
- 11 Perrot State Park
- 12 Roche-A-Cri State Park
- 13 Wildcat Mountain State Park
- 14 Wyalusing State Park
- 15 Yellowstone Lake State Park

Best Winter Hike

ONE MILE

- 1 Smrekar Parking Short Loop
- 2 All Trails
- 3 Central Sands Nature Trail
- 4 East Bluff Woods Trail
- 5 Pine Cliff Trail
- 7 Snowshoe Trail
- 8 Echo Lake Trail
- 9 Mound Point Trail
- 10 Bison Nature Trail
- 11 Great River Trail
- 12 Eagle Ridge Trail
- 14 Prairie Trail

THREE MILE

- 1 Ridge Trail
- 2 All Trails
- 3 Glacial Lake Trail
- 4 Steinke Basin Trail
- 5 Uplands Trail
- 6 Morningside Trail
- 9 Sandstone Trail
- 10 Great River Trail
- 13 Old Settler's Trail
- 14 Turkey Hollow Trail

FIVE MILE

- 2 All Trails
- 3 Glacial Lake Trail
- 4 Upland Trail
- 10 Havenridge Nature Trail
- 11 Great River Trail
- 14 Mississippi Ridge Trail

Best Headlamp Hike

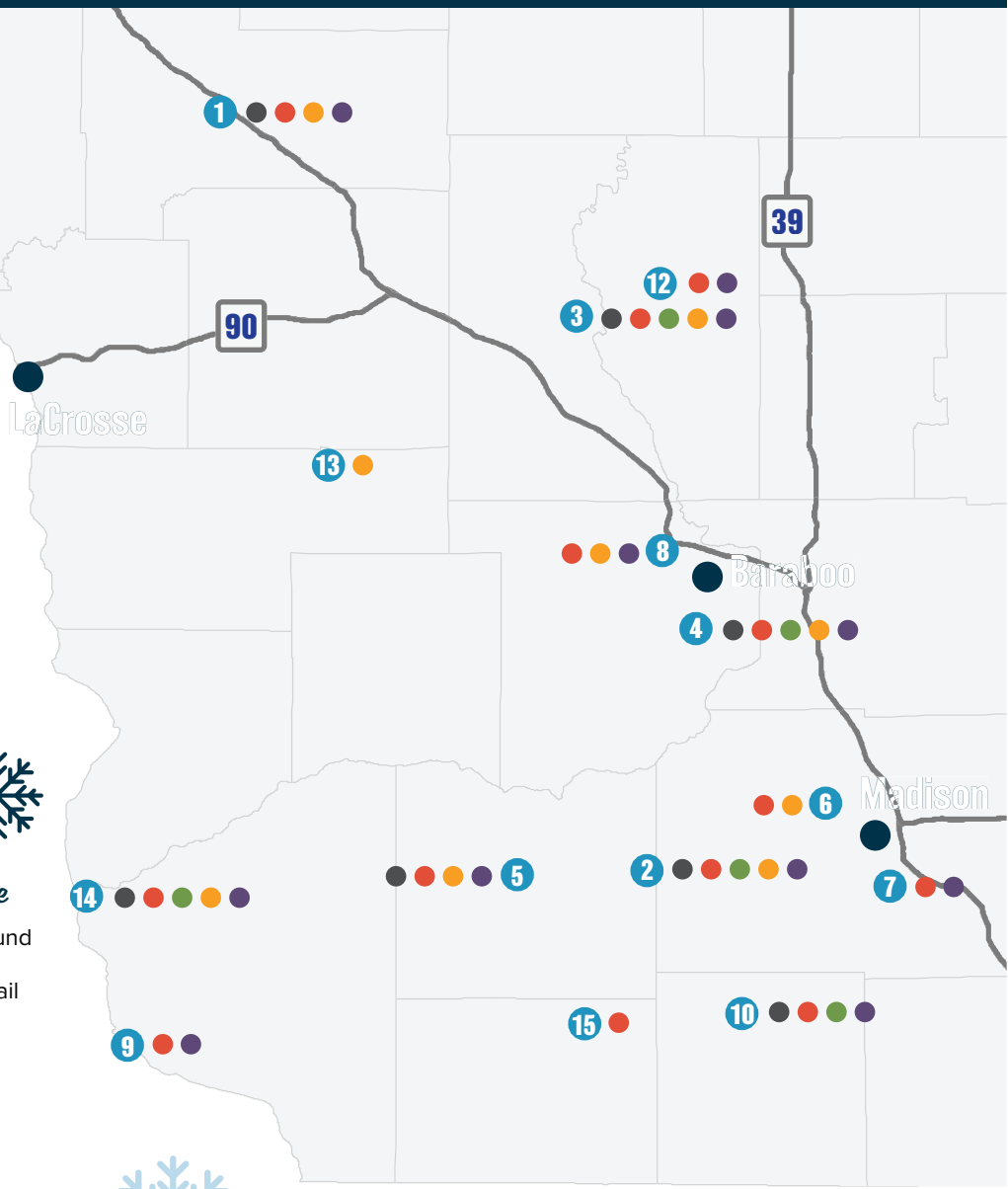
- 1 Pigeon Creek Campground
- 2 Weeping Rock Trail
- 3 Central Sands Nature Trail
- 4 Tumbled Rock's Trail
- 5 Uplands Trail
- 6 Morningside Trail
- 7 Snowshoe Trail
- 8 Yellow Trail
- 9 Oakwood Trail
- 10 Bison Nature Trail
- 12 Prairie/Acorn/Eagle Ridge Trails
- 14 Whitetail Trail
- 15 Timber Trail

Campfire Locations

- 1 Pigeon Creek Area
- 2 Nature Center Fire Pit
- 3 Amphitheater
- 4 North Shore
- 5 Enee Point Picnic Area
- 10 Day Use Area Fire Ring
- 14 Peterson Shelter & Point Lookout

Sledding Hills

- 5 Governor Dodge State Park
- 7 Lake Kegonsa State Park



Cross Country Ski (GROOMED TRAILS)

- 1 Black River State Forest
- 2 Blue Mound State Park
- 3 Buckhorn State Park
- 5 Governor Dodge State Park
- 6 Governor Nelson State Park
- 7 Lake Kegonsa State Park
- 8 Mirror Lake State Park
- 11 Perrot State Park
- 13 Wildcat Mountain State Park
- 14 Wyalusing State Park
- 15 Yellowstone Lake State Park

For more information visit:

DNR.WI.GOV



OutWiGo SNOW!

Winter Bucket List

Make hot
chocolate



Make a
soup dinner



Bake
cookies



Movie
marathon



Ice
skating



Set some
new goals



COVID-19 DASHBOARD

1,305,977 POSITIVE CASES

+66,883 from 1/19

4,045,184 NEGATIVE TEST RESULTS

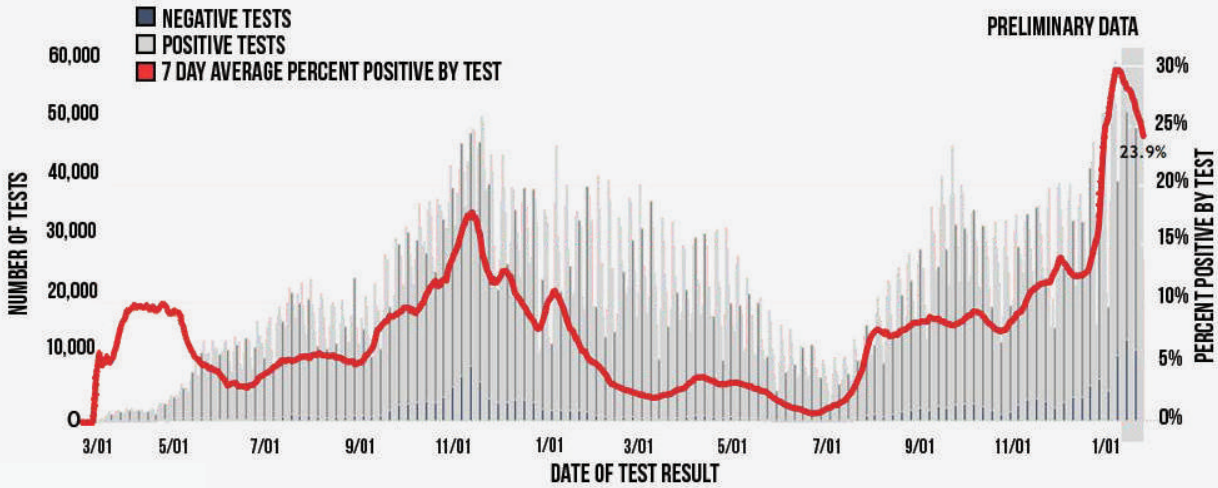
+62,860 from 1/19

10,950 DEATHS

+302 from 1/19

WISCONSIN SUMMARY

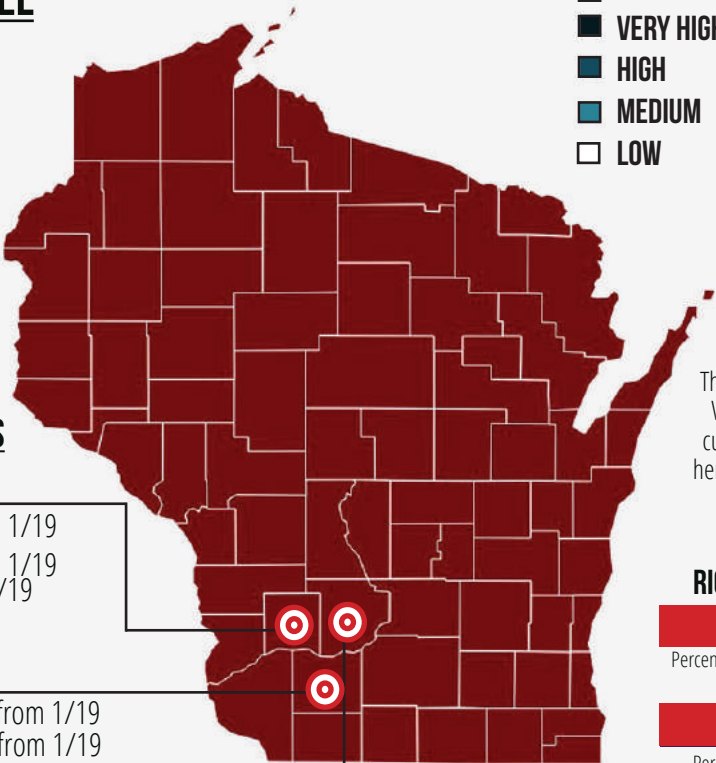
Cases as of 1/26/2022



Updated: 1/26/2022

COVID CASE ACTIVITY LEVEL

This graph shows information on case burden and trajectory. Burden (case rate) is the total number of COVID-19 cases per 100,000 Wisconsin residents in the last two weeks. Trajectory is the percent case change from the previous to the current week. These are different from Community Transmission Level, which is the total confirmed cases per 100,000 persons reported in the past 7 days. Case activity is a combination of burden and trajectory over the prior two weeks.



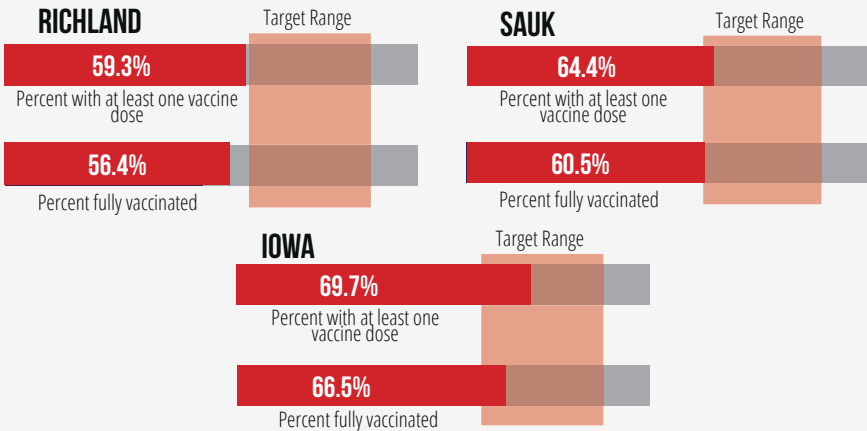
VACCINE SUMMARY STATISTICS

Updated: 1/26/2022

8,977,940	5,196,241	3,442,790	338,909
Total doses administered	Pfizer doses administered	Moderna doses administered	Johnson & Johnson doses administered
1,841,394	1,010,107	807,410	23,877
Total boosters administered	Pfizer doses administered	Moderna doses administered	Johnson & Johnson doses administered

VACCINE DATA

These two core measures are measures of herd immunity in Richland, Sauk and Iowa County. We do not yet know what level of vaccination leads to herd immunity for COVID-19, or how current or future variants might affect herd immunity. We know based on other diseases that herd immunity is likely at least 60%, and if more transmissible variants become more common, that threshold may become higher, so the current target range is 60-90%. -Adapted from Madison Public Health and Dane County



COUNTY LEVEL WEEKLY STATISTICS

RICHLAND COUNTY

3,491 Positive Cases
10,723 Negative Tests
39 Deaths

+240 from 1/19
+172 from 1/19
+1 from 1/19

IOWA COUNTY

4,680 Positive Cases
15,763 Negative Tests
24 Deaths

+276 from 1/19
+264 from 1/19
+0 from 1/19

SAUK COUNTY

14,758 Positive Cases
47,027 Negative Tests
91 Deaths

+870 from 1/19
+652 from 1/19
+3 from 1/19

Updated: 1/26/2022

PERCENT OF WISCONSIN RESIDENTS AGES 5-11 WHO HAVE RECEIVED AT LEAST ONE DOSE BY COUNTY

Updated: 1/26/2022

Lower Higher %

RICHLAND COUNTY

Ages 5-11

16.9%

IOWA COUNTY

Ages 5-11

29.6%

SAUK COUNTY

Ages 5-11

23.4%

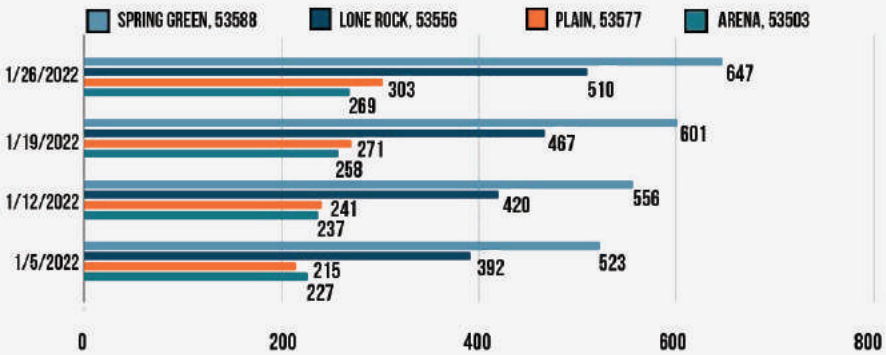
DANE COUNTY

Ages 5-11

54.1%

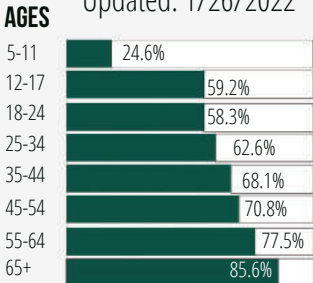
CASES PER ZIP CODE

Cases as of 1/26/2022



PERCENT OF WISCONSIN RESIDENTS WHO HAVE RECEIVED AT LEAST ONE DOSE

Updated: 1/26/2022



The Sauk County Gardener: Prepare now to be ready for Spring

Jeanne Manis, Wisconsin Certified Master Gardener

“Every gardener knows that under the cloak of winter lies a miracle.”
— Luther Burbank

It’s hard to believe it but February is right around the corner. Although the yard is covered in snow, there are some tasks to complete this month to be ready to go once spring arrives.

First up is prepping to start your seeds, bulbs, tubers, and rhizomes. For any pot, container, or tray you plan to reuse, clean and disinfect them before planting in them. This will help minimize the chance of disease. Remove any accumulated soil and mineral deposits and then disinfect them in a simple solution of 1 part bleach to 9 parts water for about 10 minutes.

If you start seeds, now is the time to set up your seed starting station. I created a station last year that has five shelves with grow lights and heat mats that I can now easily roll out of storage when I’m ready

to use it. I’ll have to check the bulbs to make sure they still work – nothing like having them not work when you need them. I also use a timer, so I don’t have to remember to turn lights on or off. If you only have a few seeds to start, you can use a small light stand and heat mat or simply set up a location in front of a sunny window. Also check to make sure you have enough sterile seed starter mix to use to help prevent damping-off disease and well-draining potting mix for your bulbs and tubers.

Plant petunias, impatiens, pansies, and geraniums from seed in February so they will be big enough to plant outside when the weather is warm. You can also start onions and leeks from seed around week two. Determine what other flower or vegetables you plan to start from seed this year and check your seed stash first before purchasing. If you have some leftover seed from prior years, conduct a viability test. If the germination rate

is low, purchase the seeds now while selection is good.

Pot up your stored (or recently purchased begonia tubers) and caladium as they take longer to grow. While you’re getting out your stored begonias and caladiums to plant, take the time to inspect your other stored bulbs and tubers for rot or desiccation. Toss any that have gone bad.

It might not seem like it, but February is also a great time to prune dormant trees, fruit trees, and summer-flowering shrubs. With the colder, drier weather, there is less of a chance to spread disease-spreading organisms when pruning.

Visit <https://hort.extension.wisc.edu/2021/02/03/february-2021-bypassing-plant-pathogens-promoting-tree-and-shrub-health-through-proper-pruning/> to learn more.

If you’re not sure if your shrub is a summer-bloomer, visit <https://hort.extension.wisc.edu/articles/summer-flowering-trees-shrubs-and-vines/>.

With apple trees, the air temp should be above freezing, and it shouldn’t be snowy or wet weather. You can always wait to prune until March or early April before bud break. Remove and destroy galls, egg clusters or mummified fruit. If you discover fire blight cankers, it can’t be cured but its spread can be limited by dormant season pruning.

If you forced bulbs indoors and they are now done blooming, continue to water and care for them until spring. Then you can plant them outside so they can potentially bloom again. Paperwhites are the exception, simply compost these as they won’t rebloom.

If you have any gardening questions, please contact the Extension Sauk County by emailing to trripp@wisc.edu or calling the University of Wisconsin Madison Division of Extension Sauk County office at 608-355-3250.

Birding Report: Prepare your feeders for an influx of feathered friends

Ryan Brady, DNR Natural Heritage Conservation Program Biologist

Bird activity has been good this month in most areas. Feeder watchers are reporting excellent numbers of finches statewide, including American goldfinches, purple finches, pine siskins and common redpolls. Goldfinches are unusually abundant in the northern part of the state, while redpolls have dipped atypically far south to the Illinois border and beyond. Expect numbers at feeders to increase throughout February and March as natural food supplies dwindle.

Black oil sunflower seed is the single best seed to offer at feeders. Consider dehulled hearts (or chips) for small finches. Nyjer (thistle) seed is also highly preferred but spoils quickly (sometimes on the shelf before purchased) and can cause it to go untouched.

Often overlooked, consider using a heated water feature as it’s popular among finches and attracts a variety of other species. As always, clean feeders every 1-2 weeks, refresh the water every 1-2 days, and watch for signs of disease among these high concentrations of birds. Learn more within the “Birdfeeder Tips” tab of this webpage.

Once your feeders are ready to go, mark your calendars for the next Great Backyard Bird Count taking place Feb. 18- 21, 2022 where people watch, learn about, count and celebrate birds. Anyone can participate from across the world with as little as 15 minutes of time.

Away from feeders, it’s a good winter, even in southern Wisconsin, to find white-winged crossbills at small-coned conifers such as spruce and hemlock. Fruit sources are hosting fair to good numbers of pine grosbeaks and Bohemian waxwings in the northern half of the state south to Appleton. Cedar waxwings are prevalent statewide, along with smaller numbers of American robins in the south.

Snowy owls are being spotted in good numbers, along with some short-eared owls. Have you been hearing the back-and-forth hooting of great horned owls? It’s peak courtship season now and a few pairs in the south could lay eggs at anytime. Barred owls and Eastern screech-owls nest later but will increase calling activity soon.

Small numbers of warmer-weather species linger, particularly in far southern counties, including sandhill



Photo by Ryan Brady
Common redpolls have begun to visit feeders statewide, including southern counties that infrequently host this small finch from the far north.

crane, great blue heron, white-throated sparrow, yellow-bellied sapsucker, yellow-rumped warbler, red-winged blackbird and common grackle. Extensive ice cover has pushed out a majority of waterfowl, with some notable exceptions along the Mississippi River and central and northern Lake Michigan, where some goldeneye, mergansers, mallards and swans might be found.

Some recent rare finds include varied

thrushes in Door, Marathon, and Trempealeau counties, two purple sandpipers in Milwaukee, Townsend’s solitaires in Bayfield, Brown, and Columbia, harlequin ducks in Door and Sheboygan, spotted towhee in Brown, California gull in Jefferson, and both Cape May and orange-crowned warblers in Dane.

Report your observations of rare and common birds alike at www.ebird.org/wi. Enjoy the birds!

Village of Lone Rock Caucus Results

The Village of Lone Rock held their caucus for the spring election on Jan. 18, with 15 residents present to caucus. Eight residents were nominated for trustee: Adam Reno (with nine votes at caucus), JR Marshall (an incumbent, with eight votes at caucus), Corey Ewers (with eight votes at caucus), Chris Conner (with six votes at caucus), Steve Morgenson (an incumbent, with five votes at caucus), Justin Wahl (with two votes at caucus), Theresa Jensen (with one vote at caucus) and Dan McGuire (with one vote at caucus).

Out of the top six vote-getters at caucus for the two trustee positions up for election, Ewers and Wahl declined their nominations. This leaves Reno, Marshall, Conner and Morgenson on the ballot in April, with the top two vote-getters earning trustee positions on the village board.

Three residents were nominated for village municipal judge: Dawn Rogers (with nine votes at caucus), Patrick Reno (with four votes at caucus) and LaVonne "Tootie" Pulvermacher (with one vote at caucus).

Out of the top two vote-getters that would normally be placed on the ballot, Patrick Reno failed to file paperwork by the Jan. 24 deadline, leaving Rogers as the sole candidate on the ballot. The spring election will be held April 5.

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Requirements:

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Valley Sentinel launches Impulse Initiative

Valley Sentinel lends platform in print and online to foster community ideas

Taylor Scott, *Managing Editor*

We are pleased to announce the (soft) launch of Valley Sentinel's Impulse Initiative. It has always been our goal to build community and over the past year plus we've been talking to area residents every day about their wants, hopes and dreams for the community. We've asked many times in print what ideas you had for the community and how we go about doing them. This initiative is a culmination of those things.

Derived from ideas had for community ties mixers to foster community innovation during my time on the non-profit board of the (now dissolved) River Valley Community Learning Foundation and refined by experiences with other communities and other publications such as Eau Claire's Volume One, soon we hope the Impulse Initiative will be a comprehensive platform dedicated to ideas in progress as they go from impulse to reality.

An impulse is an idea, an idea then finds support, the support gets the idea off the ground, the community supports the idea and it leads to more impulses — more ideas — which drives a positive feedback loop.

What's a feedback loop? Find out here: volumeone.org/feedbackloop After talking to area residents, the far and away impulse we've heard most often is a village ice rink and other related winter activities.

This is what we wrote last year: "It's hard to tell how much is lack of socializing during the pandemic and how much is a healthy appreciation for this greater community and the potential it has, but we've run into dozens of people over the course of this winter that all agree that we need more to do for winter activities. From bonfires, to sledding, to cross country skiing, to ice skating, to winter after dark opportunities to support our local businesses and maybe get a cup of hot cocoa, hot toddy or a bottle of mulled wine, and more, Valley residents seem to want more to do when it gets cold. We write this in the waning days of winter not because we're going to miss the cold sub-zero days, but because this means we have a year to figure out how to weather winter better next year. More likely than not, things will be tough next winter, we can't expect any one village or organization alone to build and maintain an ice rink, clear and designate a sledding hill, mark out cross country skiing trails, bring the wood and light a bonfire — it's going to

take all of us coming together to make it happen." So that's where we're starting, let's bring people, organizations, businesses and resources together to undertake a Winter After Dark collection of activities. What does this look like? We're not sure yet, that's up to you. But, Volume One has a good example here as well: volumeone.org/winter The idea is to take otherwise boring winter evenings, otherwise empty downtown streets and get people to come out and have fun! We're not asking for financial resources right now for any impulses, just commitments. For example, let's lay out some initial thoughts on what would be needed to make this happen, as a hypothetical:

Valley Sentinel lends its platform to this impulse, people that are interested sign up and meet to figure out what's needed to get the idea off the ground, a major sponsor is secured that wants to build and foster our community, a location is secured (in this hypothetical let's say the Spring Green Municipal Golf Course and maybe South Park, with their clubhouse, sledding hill, cross country skiing paths, shallow ponds for ice skating, etc.). Then donations are solicited for lighting, for hot cocoa to sell, for sleds and skis and skates and snowshoes to rent. Parking is secured and so is a shuttle from downtown Spring Green. Businesses sign up to stay open until 7pm or later to serve the community — and so on.

It's also important to hold public forums to solicit new impulses at regular intervals as well. We are happy to offer our platform to help create an umbrella for these impulses and ideas that benefit the community.

We chose Winter After Dark as our first impulse because an ice rink isn't just an ice rink, it's an idea, an impulse the community can get behind. The question is, can we come together to support it and jumpstart that feedback loop?

Please reach out with your ideas and support — and let's build community together.

If you're interested in being involved in Winter After Dark, the Impulse Initiative project or have other ideas that you think would benefit the community, please email us: editor@valleysentinelnews.com or call us at 608-588-6694.

"The community stagnates without the impulse of the individual. The impulse dies away without the interest of the community."
—William James

VS.

PRESENTS

IMPULSE INITIATIVE

WINTER AFTER DARK

ICE SKATING

SLEDDING

SKIING

LET'S BRING THE COMMUNITY TOGETHER THROUGH WINTER ACTIVITIES

WHAT WE NEED

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LOCATION

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AND MORE, LET US KNOW

WHAT ELSE IT'LL TAKE

NEXT STEPS

FIND VOLUNTEERS AND CHARGE COMMITTEE

GET SUPPORT AND COMMITMENTS

HOLD REGULAR PUBLIC FORUMS AND MIXERS TO FOSTER FEEDBACK LOOP

valleysentinelnews.com/impulse-initiative

Advertising Alerts

UPCOMING MARKETING OPPORTUNITIES WITH VALLEY SENTINEL

ROMANTIC RESOURCES

Valentine's Day Special Section

Romance is in the air and we're doing a special section to highlight local and regional offerings to specifically call to action or raise top of mind awareness for area businesses and resources this Valentine's Day.

From date ideas, to flowers and chocolate, don't forget to stock up on wine for that regional Valentine's getaway and so many more romantic ideas, we're hoping to inspire the community this Valentine's.

In the next month we'll be establishing an editorial calendar for special sections and edition themes to give business partners more time to work with us in engaging the community. We're open to ideas for special sections and themes that we should highlight.

PROMOTIONAL OPPORTUNITIES FOR BUSINESSES:

Sponsorship of the Section

Featured Business/Promotional Articles

Advertising Spots

Event Listings

DATE OUT: February 10 | SPACE DEADLINE: February 7

Readers & Businesses :

Have a favorite romantic activity or date spot in the Valley? Know a business that is your go-to when you need to pick up a bottle of wine or go out for date night? Businesses, why are you the perfect getaway or resource? Let us know what you love to do — and how you share it with those you love — this Valentine's Day: editor@valleysentinelnews.com

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Duties:

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- Prepare and manage detailed schematic budgeting and estimating
- Coordinate subcontractor bids

Requirements:

- 5+ years of Commercial Project Manager/Estimator experience
- Bachelor's degree in Construction Management or Civil Engineering
- Understanding of our self-performed trades
- Familiar with estimating software, have strong client service orientation, and demonstrate outstanding communication and organization skills

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Duties:

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An Outdoorsman's Journal

Mark Walters, Columnist

Winter on the Ice

Hello friends,

This past week I fished and winter camped on backwaters of the Mississippi River near Prairie Du Chien. My good buddy Gary Howe, former long term owner (I think four generations) of the Courier Press and a few other papers, spent each day on the ice with me and as usual we had a very good time.

Wednesday, January 12th
High 30 low 24

This would be my first trip of the year where I would use my Polaris 550 Classic snowmobile. I love this rig and it lets me go wherever I need to and rocks when I hit the throttle. There would be one slight problem and it was entirely my fault. Last year on the last trip of the year the choke switch broke on it and I just remembered that problem. To start the machine if the engine is cold, I have to use a jackknife to work the broken choke out and then attach a vise grips to it.

Anyways, I am super excited, Gary is already on the ice, and I meet him and am pulling two fully loaded Otter Sleds with gear and have to return to the truck

for two more.
I mistakenly thought that this was a northern pike/pan fishing trip but would soon find out it was pretty much a pan fishing trip and so some rerigging would take place.
As soon as I reached Gary, I spoke with Jackson Finney and his brother Cal Bunders who were fishing and catching some beautiful perch.
Long story short, for the next three days Jackson would be at my camp long before daylight and I watched a very die-hard fisherman who almost exclusively fishes with I Fish Pro 2.0s, which is similar to a tip up/spinning rod combo, that is very efficient and a relaxing way to fish.

Thursday, January 13th
High 37, low 28

Today was a great day on the ice across all of the northern tier states. No wind, pleasant temperatures and a few fish were biting. By no way was it easy, but slowly they added up and one of my first fish of the day was a 13.5-inch crappie that I caught on a glow and lime green "Demon" tipped with two spikes.
I cooked bacon and eggs for my crew



Photo by Mark Walters, Columnist
(left to right) Al O'Brien and Jim Barbian enjoying their day on the Mississippi River near Prairie Du Chien.



Photo by Mark Walters, Columnist
This Wilcraft machine would be pretty cool to own.



Photo by Mark Walters, Columnist
Jackson Finney has pretty good success using the I Fish Pro 2.0.

in the morning and in the afternoon, it was homemade chili and, as usual, Gary and I laughed a lot. For well over 20 years, we have been competitive when together and we love giving each other a hard time. Thankfully, today Gary could not catch a cold if it was injected into his nose, so he was quiet. Generally speaking, he totally kicks my butt.
There were a lot of people on the ice, and everyone was pleasant and gave each other space.
I spoke a couple of times with a couple of local guys, Al O'Brien and Jim Barbian, and these fellas knew how to catch fish. They had quite the mess of large crappie, perch, bass and bluegill and I watched Jim catch a dandy northern pike with a jig pole.
At night it was just Ruby and myself and I really enjoy my time on the ice in my Eskimo "Fatshack". I put a layer of carpet that is made for ice shacks on the floor, ran a propane light, set up a kitchen and listened to the radio.
So far this year my trips have made for a very wet floor as the ice is melting in my shack, as I believe, until this trip anyway, the ice has not been real hard.
The last morning, Jackson was at camp

long before daylight and Gary arrived soon after. We had our best fishing of the trip in what would be a four-inch snowfall. Gary found an area with hungry bluegill and I joined him and we kicked some butt. Jackson caught some sumo crappie on his I Fish Pros and the snow kept falling.
The wind makes breaking camp a bit less fun and, let me tell ya, the drive back to Necedah was a challenge between the snow on the road and black ice. Gary Howe says he has not caught as many perch in the last five years combined as he has this winter. I dropped the sled off to get fixed and I truly am hoping that we have good ice until the end of March.
Have you noticed that the sun is hanging around longer?

—Sunset

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www.outdoorsmansjournal.com

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