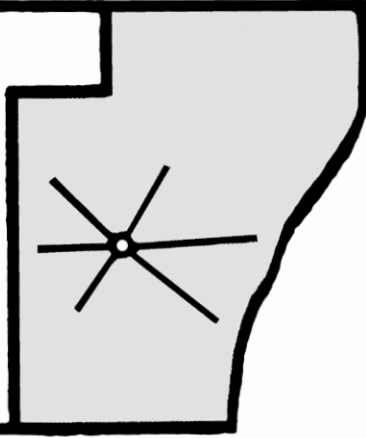


# the Valders Journal

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## Falcons return to state nests

Peregrine falcons are back to nest at Wisconsin Public Service and We Energies power plants, marking the 30th year the utilities are helping to restore the population in Wisconsin. Live nest box cameras are available for viewing, and updates are posted on Twitter and Facebook. Last year, the first eggs were laid in March, so hopefully later this spring, the young falcons will make their arrival.

## Valders set for end to fluoridation

By Todd S. Bergmann

Valders residents who want to keep fluoride in the water for their dental health may want to fill jugs and pitchers with water by March 31 for later drinking.

The Valders Village Board on Monday voted 5-0 to discontinue water fluoridation on April 1.

However, Marc Stephanie, public works director, said the water will continue to contain natural fluoridation, about one-seventh of the current amount.

During public comment on Monday, Valders resident Sue Druschke cited health reasons she's researched that call for the village to stop adding fluoride to drinking water, although some of the sources were not cited.

"Adults and children may be getting too much fluoride by adding it to our water," she said. "It is already in beverages and foods we are consuming."

"Too much fluoride will cause fluorosis, a defect in tooth enamel."

The Centers for Disease Control said 41% of areas have fluorosis, Druschke said.

Further, fluoride weakens skeletal health, she said.

See Fluoride p. 7



## Catching Air

Ashton Ripp of Valders enjoys a snowboarding run down the hill in Os-

chwald Park in St. Nazianz on Sunday, after a fresh layer of snow fell overnight Saturday. At left is Femina Fosmo of Manitowoc. Josh Korlesky of Manitowoc was also along for the fun.  
—Journal Photo

## Return to regular life might take some adjustment

By Todd S. Bergmann

Americans forced to adjust their work routines during the COVID-19 pandemic survived despite the discomfort, but they survived.

Now, more adjustment is causing more pain.

Two years ago, as the pandemic ramped up, many workers moved to working from home because of coronavirus. Soon, they may move their workstations back to the office, if they haven't already.

When people started to work at home, many encountered isolation and related stress and anxiety, said Brian Boomgarden, operations manager for Holy Family Memorial Behavioral Health in Manitowoc.

"Everybody has different ways to cope with stress," he said. "Some of them are not healthy."

"Because of isolation, people can feel lonely. They have a sense that things are not going well. We are social animals. To suddenly have it where you are not around other people on a regular basis can be stressing."

When people shifted to working at home in 2020, they faced a big challenge, said Lisa Tutskey, marriage and family therapist at Prevea Health.

Some had problems with grief and loss because they missed their routine and the camaraderie of coworkers, Tutskey said.

"They were trying to figure out how to manage working from home," she said. "It is a whole different routine to work from home. Many were trying to educate their

children at the same time."

After a big change in the beginning, people have become accustomed to working at home, Tutskey said.

People who work at home may also have to take care of children or pets during working hours.

Some people can be more productive at home while others wanted to be back in the office and have a sense of normality, Boomgarden said.

"It really depends on the individual," he said.

For workers in larger cities, Boomgarden said working at home relieves them of the stress of a long commute, traffic jams and late buses and trains.

People need to learn how to cope with the stress of a pandemic, Boomgarden said.

"Be careful about using alcohol and drugs," he said.

When people spend more time at home, Boomgarden said they may discontinue exercising.

In the process of coping with the pandemic, he said some people have not been getting enough sleep.

"It is mind, body and spirit," Boomgarden said. "Slow yourself down and slow your heart rate down through meditation, prayer or whatever your faith discipline might be."

But now, two years later, another change is on its way, Tutskey said.

"Being able to see people face to face... will be a positive," she said.

However, change can be hard, Tutskey said.

"Any adjustment or change can make anybody feel a little more anxious, maybe a little bit more agitated," she said. "You may notice some sleep disturbance or appetite disturbance or mood changes."

After three to four weeks, once people

See Return p. 16

## World events help push price past \$4 for a gallon of gasoline

By Todd S. Bergmann

Motorists were paying \$4.09 a gallon for regular unleaded gasoline last week in this area, an increase of \$3 a gallon in just under two years since it hit a modern low.

Gas last went over \$4 a gallon in June 2013 and gradually slid below \$2 in late 2018. The price increased again, before demand plummeted as the health pandemic began, sending the price below a dollar briefly in April 2020.

As just about everybody predicted, the price gradually settled at a more normal price between \$2 and \$2.50. But in recent weeks, the war in Ukraine sent the price higher, higher and higher.

Dennis Weber, president of Weber Oil in Kiel, which owns eight area BP stations, said the price has been volatile, primarily reacting to political noise.

"If there is talk about a possible ceasefire, then the market comes down," he said. "If you are talking about attacks on these other cities, then the market goes up."

"It is real erratic. It is not like a trend. What you are seeing now is up, down. There is really no logic behind it."

On Monday, the price went down because of Russian-Ukrainian peace talks, Weber said, which offset the price increase on Friday.

"It really is back to where it was last Thursday," he said.

In a day or two, Weber said the world situation and wholesale price could both change.

The retail price of oil follows about a week and a half behind the wholesale price, Weber said.

"The war is throwing a wrench into this whole thing," he said. "It is not a supply-

and-demand thing."

Logan Kelly, professor of economics at the University of Wisconsin-River Falls, said because of American financial market sanctions against Russia, that nation cannot get U.S. dollars for selling oil and, therefore, cannot easily sell oil on the world market.

"Making it as painful as possible now may well shorten the war in the Ukraine," he said.

Lowell Barrington, assistant professor of political science at Marquette University, while speaking in Manitowoc last week, said that the United States gets only 5% of its oil from Russia.

But, Kelly said Russia has a much bigger impact on the world oil market.

"Just because we get 5% from Russia does not mean that Russia provides 5% of the world supply," he said. "Where one country gets its oil is less important than the aggregate supply."

Unlike Weber, Kelly said supply and demand are pushing up gas and oil prices.

More specifically, he said the war, inflation in this country, supply chain disruptions related to coronavirus and pent-up demand have pushed up crude oil and gas prices.

"In general, it has been more difficult to move things around the world because of the pandemic," he said. "Now, we have a fairly major amount of political instability also causing supply chain disruptions."

When coronavirus concerns eased, Kelly said people started taking trips that they had postponed, which increased demand for gas.

Meanwhile, inflation has affected the American financial picture because of large stimulus spending last year and the post-

See Gas p. 13