

Letters to the Editor



Paul Olbert is Misinformed

Dear Editor:
This letter is in response to Mr. Olbert's letter in the October 31 edition, to the Monroe County Herald. First, thank you for starting out your letter by recognizing the good the Sparta American Legion does for Veteran's and the community. We have participated with VFW 2112 in 22 military funeral honors, pledged \$4,000 in scholarships, donated over \$4,500 to local organizations and veteran programs and countless volunteer hours.

Mr. Olbert then stated that a "meet and greet" violated the American Legion Constitution. He claimed a partisan Facebook page used the Legion logo to promote their agenda. I've looked and could not find this. He also accused the leadership of "side stepping" the issue by not posting or advertising the event. Mr. Olbert, the Sparta American Legion does not advertise events unless it is a specific Legion function, such as the Back to School Block Party or the Community Christmas Dinner. It would be very costly to advertise every event that is booked here.

Secondly, The Sparta American Legion opens its facility to everyone. We are open to the public, and anyone can book the hall. The American Legion does not sponsor, nor endorse, any political candidate. Just a couple years ago, the democratic party had a dinner in our facility. Congressman Ron Kind had listening sessions in our facility, as has former Senator Lassa. So, Mr. Olbert, the Sparta Legion didn't violate our Constitution.

In our Preamble, we recite, "to uphold and defend the constitution of the United States of America." We also recite, "to foster and perpetuate 100% Americanism." To suggest the Sparta American Legion is one sided is false.

Thirdly, I'm disappointed that Mr. Olbert went and complained to another post and Department, then writing his letter without ever coming to the post to talk to me, or one of the other officers. We could have probably handled this much differently. In my 14 years of being active with the Sparta American Legion, I don't recall Mr. Olbert ever being at our monthly meeting.

Lastly, I invite all veteran's, sons of Veteran's and their Veteran spouse to join the Sparta American Legion and become active in what we do. We have a kiosk with information available. We meet on the third Wednesday of the month at 7 p.m.. I'm looking forward to seeing new faces and fresh ideas on how we can continue to serve our Veterans, their families and our community. Please call if you have any questions.

Tim Hyma
Commander Post #100
Sparta, WI

Health Matters

by April Anderson
Monroe County
Health & Well-Being/FoodWise
Educator



November is American Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on managing diabetes by building your health care team. According to the American Diabetes Association (ADA), 37 million Americans have diabetes and 1 in 5 don't know it. In addition, 96 million Americans have prediabetes, which is up from 88 million in 2019. Diabetes is also the leading cause of vision loss in people 18-64 years old and unfortunately there are no obvious signs or symptoms. The good news is that an annual eye exam can prevent 95% of vision loss caused by diabetes.

There are three main types of diabetes. Type 1 diabetes occurs at every age and in people of every race, size and shape. In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood glucose (blood sugar) that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body.

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. Some people can control their blood glucose levels with exercise and healthy eating while others may need insulin or medication to help manage it. Are you wondering if you're at risk for Type 2 Diabetes? You can take a 60-second risk test at diabetes.org by clicking on "Diabetes" at the top and then click "Take Our Risk Test."

The third type of diabetes is gestational diabetes. Almost 10 percent of pregnancies in the U.S. every year are affected by this form of diabetes. This doesn't mean that you had diabetes before you conceived, or that you will have diabetes after you give birth. The placenta supports the baby as it develops and sometimes these hormones also block the action of the mother's insulin to her body and it causes a problem called insulin resistance. This makes it hard for the mother's body to use insulin and she may need up to three times as much insulin to compensate.

As stated earlier millions of American have prediabetes, which means that blood sugar levels are higher than normal, but not high enough for a type 2 diabetes diagnosis. Prediabetes raises your risk for type 2 diabetes, heart disease and stroke. Early treatment, as well as moderate lifestyle changes, can return blood glucose levels to a normal range.

There are a variety of resources that can help manage diabetes. From the nutrition experts at the ADA, Diabetes Food Hub is the premier food and cooking destination for people living with diabetes and their families. There are a variety of different recipes and you have the option to create an account to keep track of your recipes, to plan meals, and to create grocery lists. There's even a "Healthy Eating Blog". Check out this resource at diabetesfoodhub.org. The ADA also has a consumer guide that includes vital information on products and tools to help you live well with diabetes at consumerguide.diabetes.org. If you or someone you know is struggling to pay for insulin the ADA has resources to help. Check out insulinhelp.org.

Source: diabetes.org

Southeast Monroe County News

by Myrna Fauska



The first week of November 2022 is history and we are looking forward to a busy week ahead. By the time you read this, the gubernatorial election will also be history and—depending on who you voted for—you are either rejoicing or disgruntled. If you voted you can only complain if your candidates didn't win and we all will have to live with the result until the next election. Whatever, time marches on.

Last Tuesday, I joined the Glendale Township election inspectors for the public test to get ready for the election. Thursday afternoon, I was busy setting up our women's ministries table at the Kendall Community Hall for the Holiday Fair with the help of Raye and Marie Walz and Christopher Young.

Friday and Saturday, I spent the days selling Rada Cutlery along with crafts and baked goods. Saturday, Jani Bolstad helped me and, at about noon, I was surprised when my niece Leanne La Valle and great-niece Alison Dorval of Racine showed up at our table. After packing up at 2:00, the gals and I headed for home and then went up to the Tabor Bar & Grill for supper. Sunday, after church, Christopher joined me as we went to Mauston to meet the nieces at Park Oases Family Restaurant for brunch before they had to head back home.

Tuesday, Debbie Parkhurst took her mom Mary over to Ontario to visit her sister Myrtle Melvin. Thursday morning, Debbie left for her home in Lexington,

Kentucky, and in the afternoon Rick Suhr of Mauston visited Mary for a couple of hours.

As we travel the highways and byways we've noticed that the fall harvest has been in full swing up until the rains this past weekend. Roland Koenig has been busy getting his corn and soybeans taken care of and hopes to be finished this week, weather permitting.

Lynette Vlasak and Sally Dana met with the Kendall Gathering Committee at the Library Wednesday and ordered pizza from Hidden Inn. Later Sally stayed to play mah jong with the usual crew. Thursday, Sally lunched at the Senior Dining Center and then attended the St. John's Ladies Aid at the church. Lynette joined the Hillsboro Retired Teachers for lunch at the Hillsboro Brewing Company and on Friday she had lunch at Flippy's in

Kendall with Pat Knoll of Dalton, Georgia and Louise Zirk. Sometime Thursday she and Sally managed to get their library table set up at the Holiday Fair. They had their library table next to mine.

On my Navigators calendar for the month of November is a quote from Jeremiah 17, verses 7 and 8 In the Old Testament, "Blessed are those who have made the Lord their hope and confidence. They are like trees planted near a stream with roots that reach deep into the water. They are not bothered by heat or drought. Their leaves stay green and they never stop producing fruit." As I read this each day I am reminded that God has planted me in this little corner of His creation to be a bearer of fruit and I pray for His guidance in my life. Amen.

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Thanks to my friend, Erika McTaggart for helping me with the names. Ollie Dierks and Paisley Katt, both aged 6, at a Spartan Football game. Keeping it simple and enjoying life. Herald photo by Benny Mailman.

Grateful for a great Fall

Greetings awesome humans of Monroe County and beyond. I am very happy that I get to write you today, after the election and before Veterans Day, although many of you will get this on Veterans Day. I have been on the job here, as editor, for four months now. Truthfully, it feel more like two years. The position can be quite a whirlwind at times, but I enjoy the lessons I am learning about government, policies, agendas and the Monroe County Spirit. There are great and amazing humans here.



Benny Mailman
Editor

I am a veteran, and I have such a place in my heart for those who have served. My father, Jim Arena, served in the Army for many years, my sister Melanie served in the Navy and I was a Marine. At one point, January of 1991, I was in the Philippines, Melanie was in Misawa, Japan and Dad was serving in Panama. I was always so proud of them. I had buddies that went to Iraq and Afghanistan, and while they made it back, some of their buddies did not. It is a harsh reality, the true cost of freedom. So, Happy Veterans day to all you vets out there, and thank you, truly, from the bottom of my heart.

My wife has a big birthday tomorrow, the 11th, as she will be greeting her 40s. Do not tell her I told you. I believe I will take her out and about over the weekend and buy her some cool items.

Tonight, we will have dinner at mom and dads, out in Cataract. It has been cool seeing her enjoy her first Fall, throwing leaves in the air and wearing heavy sweaters. I told her that it was futile for me to explain the actual harsh reality of the impending Wisconsin winter.

The Addams Family musical

is starting this weekend, and I am very excited to see it. When I interviewed Janna Martin and Josh Smith, the leads for production, I looped into their energy, reminding me about my days in improv and comedy. They have such an amazing journey ahead of them, and I wish them the absolute best in their adventures. Skyler Erickson, the director of the musical, was a blast to chat with, even though he was so busy. He has many irons in the fire and he masters them all, many times at the expense of sleep. He is an amazing person. I even got to run into Pat Olbert, a High School buddy of mine. He was working on creating the moon, with Skyler. He and his wife, Monica, painted the back drop. If you know Pat, it will come as no surprise that it looks quite similar to an Iron Maiden album cover.

I am including a photo today, one that I have wanted to put in for a while. Ollie Dierks and Paisley Katt, both 6, were sitting at a Spartan Football game, chatting it up. The simpleness of life; count me in.

I am also stoked for Cashton and Bangor, as their football teams head into the weekend with high hopes of victory and getting to the big game. Good luck gridiron warriors.

Enjoy the weekend Monroe County. I am grateful to be here and honored to be cut from the same cloth as you incredible souls.

Mike and Ruth Stump have recently sold the Best Western in Tomah and they would like to thank all their past patrons for their support.

They still remain very much a part of the community with the Hampton Inn and the newly constructed Holiday Inn Express and Suites.

For whatever reason, family or friends coming to visit, a weekend to unwind, or any other reason; we hope you would consider staying with us.

Thank you,
Mike and Ruth

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