



Family members benefiting from Ava Jo Skarda's fundraising efforts include, from left, Nolan and Heidi Tameling, Skarda, and Nicole, Nate, Hank and Hadley Hoelzel. Each family received \$1,500 to help cover bills and necessities. —Contributed Photos

## 11-year-old Ava Jo Skarda raises \$3,000 for two friends' families battling cancer

By CHRIS OATMAN  
NEWS CORRESPONDENT

Eleven-year-old Ava Jo Skarda is a standout goalie in the Eagle River Recreation Association (ERRA) youth hockey program. She plays on a co-ed team and a girls team. But what she did during the ERRA Ice Masters Classic 3-on-3 tournament March 17-19 is the subject of this story.

"Two of her best buddies on her team, Hank Hoelzel and Nolan Tameling, have a parent who was recently diagnosed with cancer," said Ava Jo's mother, Heide Skarda. "She kept asking me 'how can I help them?' I said we could try raising some money for them and she came up with the idea of having people pledge money for each save she made.

"She said she was going to fight so hard for them that she was going to raise a lot of money. This didn't surprise me at all because she is just such a caring little girl. When she decided to do it, my hus-



Ava Jo presents the autographed "Hockey Fights Cancer" Windigo jersey to the winning boy.

band Jason and I just looked at each other like 'of course she would,'" Heide said. Ava Jo said she felt really

bad that those two families were diagnosed with cancer, and wanted to do something about it.

"They (Hank and Nolan) are my best friends. They play hockey with me, and they are really funny. They're really nice to me and if I need something they help me," Ava Jo said.

The game of 3-on-3 hockey is a very fast half-ice game, like half-court basketball. There is only one goalie who plays for both teams.

People pledged anywhere from \$1 to \$10 for every save Ava Jo made in the three games she played, which included 27 in the first, 25 in the second, and 16 in the third, for a total of 68 saves.

When the save pledges were totaled, \$1,700 dollars had been raised. But that wasn't all. Ava Jo had also acquired two hockey jerseys to raffle off.

One was a Wisconsin Windigo (Eagle River's North American Hockey League team) "Stick it to Cancer" jersey, signed by goalie Gavin Moffat. The other was a "Hockey Fights Cancer" jersey signed by the entire Win-

To CANCER, Pg. 2B

## Rehearsals to start in June for return of Vacationland Voices

Vacationland Voices ecumenical group will once again be rehearsing to prepare a concert for summer.

The committee of Jean Meyer, Kathy Mackin, Karen Stanton, Ann Eno, Shele Fawcett, and Norma Yaeger are all working together to bring back this fun and rewarding event.

"Mrs. Kate Janssen, the Northland Pines High School and Middle School Choir Director, is preparing an uplifting, energetic and appealing repertoire," said Yaeger.

The first rehearsal is scheduled for June 21 in the North-

land Pines auditorium from 6 to 8 p.m. Additional tentative rehearsal dates are June 28, in addition to July 12, 19, and 26, with a dress rehearsal July 31.

Singers of all ages, experiences and voice types are encouraged to participate.

The program will once again be held under the auspices of the Headwaters Council for the Performing Arts and all donations will be tax deductible, according to Yaeger.

Interested individuals should contact Meyer by Saturday, April 15, at jmmeyer51@gmail.com.

## Tickets still available for April 1 HCPA show

Tickets are still available for the Headwaters Council for the Performing Arts (HCPA) Forever Simon & Garfunkel program as part of its 2022-'23 season Saturday, April 1, at 7:30 p.m.

The performance will take place in the Northland Pines High School auditorium.

Award-winning singer-songwriters Sean Altman and Jack Skuller will celebrate the best-selling duo in rock 'n roll history with an evening of music.

Altman, of "Rockapella" fame, and Skuller, winner of the Songwriters Hall of Fame Buddy Holly Prize, first met on stage in 2010 when they were paired to perform the song "Mrs. Robinson" at a variety show. The audience found their performance enchanting and mesmerizing.

Since 2016, the duo has toured as The Everly Set, celebrating the hits of The Everly Brothers. They formed For-

To HCPA, Pg. 3B

## Open enrollment begins for Christ Lutheran School

Open enrollment for 3K through eighth grade at Christ Lutheran School in Eagle River began last week and applications for admission are now available online.

Information on tuition is also online and Christ Lutheran School has a tuition assistance program. Tuition is affordable, and payments can be made on a monthly basis, according to school officials.

Also coming in the 2023-'24 school year is an expanded preschool option. Parents with 3 or 4 year olds can choose three half days or five half days per week (8:20 a.m. to 11:45 a.m.).

"Christ Lutheran wants to share the message of God's saving grace," said Ethan Doble, principal at Christ

Lutheran School. "Expanding our preschool program to offer five days a week in the morning allows us to do this more often, while also working towards better meeting the community's needs."

Christ Lutheran School has provided Christian education since 1955. Students and families do not need to be members of Christ Lutheran Church in order to attend the school.

Those who are looking for a different and affordable option that focuses on individualized attention, low student-to-teacher ratio, and dedicated and highly trained teachers showing Christian love and care may contact Nicole Kube at 715-479-8284 or visit ctleagleriver.org.

## Not that you asked, but...

By Eric Johnson



## Spinning 'round again

"SITTING IN A ROOM, alone, listening to a CD is to be lonely. Sitting in a room alone with an LP crackling away, or sitting next to the turntable listening to a song at a time via 7-inch single, is enjoying the sublime state of solitude."

— Singer-songwriter Henry Rollins (1961-)

As it was sagely noted by wise King Solomon in the biblical Book of Ecclesiastes around 935 B.C. or so, "What has been will be again, what has been done will be done again; there is nothing new under the sun."

Such was the thought running through my mind the other day when I read the heartening news on my smartphone newsfeed that classic old school vinyl LP (long play) record albums and their pure heart-and-soul sound — long thought to be headed to extinction and antique shop curiosity status with the digital progression from compact discs (CDs) to ubiquitous online MP3 downloads — have staged an unlikely but welcome underdog resurgence.

In short, old-fashioned analog high-fidelity vinyl, with all its tonal warmth, infinitely rich depth of sound

To JOHNSON, Pg. 2B

## Eagle Waters to provide free Easter dinner to community

Northwoods Share is celebrating Easter this Tuesday, April 4, with a free Easter dinner at Eagle Waters restaurant.

The meal will be hosted in the dining room at Eagle Waters instead of the usual community dinner site at The Rock Mission Center.

"This is truly our 'dinner of the year' as we celebrate Jesus' resurrection," said Northwoods Share volunteer Pam Zaugg. "You must come and enjoy sharing the celebration with your neighbors. We are excited to move the location for this dinner and make it really special for everyone who attends."

Doors open at 4:30 p.m., with dinner served at 5:30 p.m., along with a short Easter message by Pastor Josh Reese.

Attendees can choose between three entrees: beef bourguignon dinner with duchess potatoes, penne bolognese dinner with garlic cheese toast, or chicken cordon bleu



Northwoods Share's community dinner is slated this Tuesday, April 4, at a new location. Usually held at The Rock Mission Center, Eagle Waters

is hosting this special free dinner to celebrate Easter with members of the community.

The restaurant is located at 3958 Eagle Waters Road. Head east on Hwy 70, turning left on Range Line Rd, following it to the left, until it dead ends at the restaurant. For more information,

is hosting this special free dinner to celebrate Easter with members of the community.

—Contributed Photo

call Zaugg at 715-479-3388. Community members also are invited to stop by the Northwoods Share Needs Ministry any Wednesday from 9 a.m. to 4 p.m. to see other outreach ministries offered.

# LIFESTYLE



Vinyl LP record albums have staged a comeback in recent years, now outselling compact discs for the first time since 1987 as people discover anew — or for the first time — the joys of large-format cover art, readable liner notes, and the warm and pure heart-and-soul sound of old school vinyl albums. —Photo By Eric Johnson

## Johnson FROM PAGE 1B

sound and character-defining pops and hisses, is cool again.

As Huey Lewis sang with The News on vinyl in the medium's then-waning heydays back in 1986, "It's hip to be square." Or, in this case, it's hip to be grooved and round.

Indeed, as Bard of Stratford-on-Avon William Shakespeare wrote in Act 5, Scene 3 of his 1606 play "King Lear" — "The wheel is come full circle."

Like the revolving record player turntable, the resurgent 33-1/3 r.p.m. vinyl album has spun around full circle again as the nation's most popular physical music format, outliving eight-track tapes and cassettes and eclipsing the once-usurping CD.

On the rise for 18 consecutive years, vinyl albums outsold CDs in 2022 for the first time since 1987 according to the Recording Industry Association of America — 41 million vinyl albums totaling \$1.2 billion versus 33 million CDs totaling \$483 million.

Admittedly streaming is still king, making up 84% of recorded music sales, but vinyl has seen a remarkable niche renaissance, up 17% last year as the joys of vinyl albums — their unique and unduplicated sound, the colorful and creative aesthetics of their large format 12-1/4 inch square cover art, and their detailed and insightful liner notes — have been rediscovered by nostalgic vinyl fans, as well as discovered for the first time by newer generations of music lovers.

My daughter, who at the age of four once wondered about all the curious "black CD's" decorating the walls and dangling from the ceiling in a fifties- and sixties-themed diner, today at age 26 plays Frank Sinatra vinyl LPs on her record player.

It turns out that CD's, while indeed compact and free of the inherent snap, crackle and pop of vinyl, were, as we audiophiles long argued, a perennial disappointment, from the shrunken 4-3/4-inch jewel case art and

microscopic liner notes to the flat, sterile sound of the compressed digital format that lacked the warmth, depth and lush richness of vinyl.

There's satisfaction in being vindicated and not the crazy, cranky old coot crabbing about things being better in the old days.

The sound of Karen Carpenter singing on vinyl and Karen Carpenter singing on CD or MP3 are totally different listening experiences.

As Detroit-born singer, songwriter and musician Jack White noted, "Vinyl is the real deal. I've always felt like, until you buy the vinyl record, you don't really own the album."

A purist at heart, I've tenaciously held onto my turntable and stereophonic vinyl 45s and LPs through countless moves across the Midwest from paper to paper over the years.

I come by my love of high-fidelity vinyl honesty.

Back in my commercial radio disk jockey days in the then-waning halcyon days of vinyl in the mid-to-late 1980s, station owner "Papa Joe" and the rest of us at the "LUV Shack" in Loves Park-Rockford, Ill. were still spinning black vinyl 45s and LPs on the old Gates turntables at Country Stereo WLUV, even as our competitors in town were giving vinyl the wholesale dumpster heave-ho in favor of shiny, wafer-thin CDs.

When Papa Joe passed away at 98 in 2020, WLUV's studio walls were still lined floor to ceiling with vinyl that spun daily on those same turntables.

Now a retro hipster, I still spin vinyl ranging from the Carpenters to Ronnie Milsap to Cheap Trick to Louis Armstrong to classical violinist Jascha Heifetz on my retro rewind hi-fi turntable, in addition to a few sentimental favorites culled from the old WLUV music library, including a singer-personalized album offering "thanks to all of you great people at WLUV ... for all you've done for me."

After all, it's hip to be square — and have round vinyl.

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## Cancer FROM PAGE 1B

igo team.

The raffles for the two jerseys raised another \$1,300, bringing the total raised by Ava Jo up to \$3,000.

Each family will receive \$1,500 of the proceeds.

Nolan Tameling's family also includes his father, Brian, mother, Heidi, and brother, Hunter. Heidi Tameling was diagnosed with breast cancer last August.

"Everybody knows Ava Jo is the kindest, sweetest little girl, but it blows my mind that she would want to help our family in any way she could," Heidi said. "She is one of the most determined girls that I know. I am very thankful for her thinking about us, and I just can't believe she was able to raise that much money."

Hank Hoelzel's family also includes his father, Nate, mother, Nicole, and sister, Hadley. Just before Christmas last year, Nate Hoelzel was diagnosed with colorectal cancer that has spread to his liver.

"When we first heard what Ava Jo was doing, we were just in awe," said Nicole



Mariya Kleffman was the winner of the Windigo "Stick to Cancer" jersey. She was presented her prize by goalie Ava Jo. —Contributed Photo

Hoelzel. "Knowing she was going to do that at our 3-on-3 tournament really touched us. But she is always thinking of others."

"We have a huge insurance deductible so that is really going to help. It's kind of daunting to sit and think about medical bills. But knowing we have that sup-

port to put towards it is just huge," Nicole added.

Along with looking out for others, Ava Jo looked ahead to what the sport of hockey holds for her.

"I just enjoy having fun, going to hockey camps, making new friends and being a family with my team," Ava Jo said. "I'm very excited about

making it to high school hockey and would like to be able to go to college to play hockey."

Ava Jo Skarda said she looks up to Northland Pines High School hockey player Jenna Uhrine because "she's very good at goalie."

Here's looking up to you, Ava Jo.

## Alzheimer's Association report shines light on caregiver burden, workforce shortages

The Alzheimer's Association recently unveiled its 2023 Alzheimer's Disease Facts and Figures report, emphasizing the prevalence, caregiver burden, and direct care workforce shortages.

According to the report, nearly 191,000 family caregivers in Wisconsin provided care for more than 120,000 people living with dementia.

Dave Grams, executive director of the Alzheimer's Association Wisconsin Chapter, highlighted the significance of the report, stating, "Alzheimer's disease and other dementias continue to be a significant burden for too many Wisconsin families. It's critical to continue to work toward advancing new treatments that can stop or slow the progression of Alzheimer's, while also continuing to provide care and support services to help all those affected."

The 2023 report states in Wisconsin, 120,000 residents aged 65 and older, are living with Alzheimer's, with an estimated 130,000 residents expected to live with the disease by 2025. About 191,000 Wisconsin residents serve as unpaid family caregivers, providing 213,000,000 hours of unpaid care valued at \$3.97 billion.

The report also highlights a looming shortage of direct

care workers in Wisconsin and across the country. Direct care workers, including nurse aides, nursing assistants, home health aides, and personal care aides, play a vital role in caring for people living with Alzheimer's and other dementias. The report estimates that 1.2 million additional direct care workers will be needed between 2020 and 2030, more new workers than in any other single occupation in the United States.

The shortage of dementia care specialists hinders timely and accurate diagnoses causing delays in treatments, care delivery, and supportive services.

About 55% of primary care physicians caring for people living with Alzheimer's report an insufficient number of dementia care specialists in their communities to meet patient demands. The aging U.S. population, expected to grow from 58 million people aged 65 and older in 2021 to 88 million by 2050, underscores the challenge of shortages in geriatricians and neurologists necessary for care.

By 2050, 13 million Americans are projected to live with Alzheimer's disease. In Wisconsin there are only 83 geriatricians, and to meet the demand by 2050, that number would need to increase by 228.9%.

The 2023 report estimates that 6.7 million Americans aged 65 and older are living with Alzheimer's dementia, up from 6.5 million in the 2022 report. About 10.8% of people



aged 65 and older have Alzheimer's dementia.

The death rate due to Alzheimer's disease increased between 2000 and 2019 by 33% for people aged 65 to 74, 51% for people aged 75 to 84, and 78% for people aged 85 and older. One in three seniors dies with Alzheimer's disease or another dementia.

Statistics also show that in 2022, more than 11 million caregivers of people with Alzheimer's disease or other dementias provided an estimated 18 billion hours of unpaid care, valued at more than \$339.5 billion. About 59% of unpaid caregivers reported emotional stress, while 38% reported physical stress due to caregiving.

Depression prevalence is higher among dementia caregivers (30%-40%) compared to caregivers for other conditions such as schizophrenia (20%) or stroke (19%). Dementia caregivers also report higher rates of chronic conditions, including stroke, heart disease, diabetes, and cancer, compared to caregivers of people without dementia or noncaregivers.

### About the association

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Its mission is to lead the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

For more information, visit [alz.org](http://alz.org) or call 800-272-3900.

## Egg hunt set for April 1

The Boulder Junction Lions Club will host the 22nd annual Easter Bunny Breakfast and Egg Hunt Saturday, April 1.

The event opens at 9 a.m. at the Boulder Junction Community Center located at 5392 Park St. Crafts, games, and festivities will be hosted by the Boulder Junction Public Library, featuring also a visit from the Easter Bunny.

All North Lakeland area "bunny believers" ages eight

and younger and their families are invited. Games and crafts begin at 9 a.m., alongside breakfast for the whole family that runs until 10 a.m.

The outdoor egg hunt will begin at 10 a.m. Attendees should dress for the weather and bring their own Easter baskets.

For more information on this free family event, contact Lion Eileen Wahlgren at 815-440-4068 or Lion Wendi Neupert at 715-574-3850.

For more info call 715-545-3800 or visit [www.phelpswi.us](http://www.phelpswi.us)

**PHELPS MAPLE SYRUP FEST**

**April 1, 2023**  
9am - 3pm  
Phelps School, 4451 Old School Rd.

- Hands-on tree tapping demos
- Face painting and kids activities
- Self-guided sugarbush tours
- Make taffy on the snow
- Tasty treats at the Maple Café
- Arts & Crafts Fair
- Maple syrup judging contest
- Cooking demo with The Tippy Housewife
- More classes and demos including honey, beekeeping and more!

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