

A SAFE, LOVING ENVIRONMENT



Jennifer Eisenbart

Wisconsin business COR Wellness teamed up with Operation Horses and Heroes this past weekend, bringing U.S. military veterans to the 2K Horse and Cattle Company in Helenville. The program, free to the veterans thanks to local sponsors, gave the vets a chance to receive a hands-on experience to learn new skills and behavior changing techniques. Shown above are the three veterans — one each from Michigan, Wisconsin and Georgia — working with the horses at the ranch along with a therapist. In addition to working with the horses (there was no riding involved), the vets got a chance to receive Equine Assisted Psychotherapy (EAP), plus other medical care. The program was started by Jerry Paulsen, a veteran himself, and is open to not only veterans, but active service members and families as well. Shown below are the owners of the ranch, Dave and Tracey Kamber, from left, with their son Rowdy in the middle, as well as the sign greeting visitors from the road.



Simple Swaps: Eat your colors in veggies

By Tom Dembski
Fort Healthy



Eating your colors is a healthy eating practice. You may have heard of this practice amidst the noise of the diet crazes but why is this important and is this just another craze?

Eating fresh fruits and vegetables is always a good idea, but sometimes we get stuck in the same routine, sticking to the basic, easy-to-eat varieties (salad, carrots, apples). Expanding to include the colorful varieties of fruits and veggies offered at local grocery stores, adds a variety of vitamins and minerals for optimal health and is necessary for your body to properly function.

As the nutrition director

for the School District of Fort Atkinson, I feel that this is an important practice and try to encourage students to start this practice early.

At both the middle and high school, I made an easy simple swap in our offerings by including a "Rainbow Bar" daily. The "Rainbow Bar" offers a variety of fruits and vegetables that represents each color of the rainbow. Students are encouraged to eat as many types of fruits and vegetables as they want.

Our simple swap of providing a rainbow of colors has been a great success and a fun way to engage our students!

Program extended at Dwight Foster Public Library

The Dwight Foster Public Library in Fort Atkinson is extending its "Bike to the Library" week through this week due to last week's rain.

The library also announced its hours for the Fourth of July holiday. The library will close at 5 p.m. July 3 and reopen at 8 a.m. July 5.

LOTTERY

Powerball Saturday: 16-29-43-45-56. Powerball: 25. Power Play: 2X	Saturday: 1-12-22-25-27 Sunday: 3-12-14-26-29 Pick 4
MegaMillions Friday: 2-6-11-27-44. MegaBall: 20. Megaplier: 2X	Friday: 0-5-5-4 Saturday: 6-6-9-8 Sunday: 9-0-3-3 Pick 3
Mega Bucks Saturday: 12-22-35-39-41-46	Friday: 2-2-0 Saturday: 3-5-6 Sunday: 3-4-6 5 Card Cash
SuperCash! Friday: 5-10-14-30-31-39. Doubler: N	Friday: 5-spade, 3-heart, 10-diamond, 9-heart, 8-heart
Saturday: 2-5-25-27-28-36. Doubler: N	Saturday: 9-heart, K-diamond, 8-heart, 10-club, Q-heart
Sunday: 1-15-17-21-26-38. Doubler: N	Sunday: 9-diamond, Q-heart, A-heart, A-spade, 6-spade
Badger 5 Friday: 4-20-22-24-28	

CALENDAR

Monday, June 25

10 a.m. to 6 p.m., Wacky Monday at Jefferson Public Library, 321 S. Main St., Jefferson. Weekly themes vary, not held fifth Mondays (if there is one).

12:10 p.m., Fort Atkinson Rotary Club meets at the Fort Atkinson Club, 211 S. Water St. E., Fort Atkinson.

1 to 4 p.m., Jefferson Food Pantry is open at 164 W. Garland St., Jefferson.

3 to 5:30 p.m., Fort Atkinson Food Pantry open at 715 Jones Ave.

4:15 to 5:30 p.m., TOPS Chapter 881 weigh-in at Living Savior Church in Fort Atkinson. Meeting at 5:45. For more information call Tina at (920) 563-7235.

5:30 p.m., Weight Watchers meeting at St. Patrick's Catholic Church in Whitewater (weigh in at 5 p.m.).

6 p.m., Fort Atkinson Kiwanis Club meets at Salamone's Italian Pizzeria, 1245 Madison Ave., Fort Atkinson.

6:30 p.m., Rock River Duplicate Bridge Club meets at First Congregational Church, 31 W. Milwaukee St. in Fort Atkinson. Use the Grant Street entrance. Call Jake Gerlach at (262) 473-6781 for more information.

7 p.m., Narcotics Anonymous for men and women at the Dave Gallup Foundation, 314 Madison Ave. in Fort Atkinson. Back house entrance.

7 p.m., Alcoholics Anonymous Edgerton meeting at the

Central Lutheran Church, 100 West Rollin St. in Edgerton. Use side door off the parking lot. Anonymity enforced. For more information call (608) 289-9627.

7 p.m., Alcoholics Anonymous meeting at St. Luke's Church in Whitewater.

7 p.m., Rock River Alcoholics Anonymous group meets at St. John's Catholic Parish Center, 324 E. North St., Jefferson.

7 p.m., Alanon meeting at Immanuel United Methodist Church at the corner of Center and Racine streets in Jefferson.

Tuesday, June 26

5 to 7 a.m., Adult lap swim at Jefferson High School. Supervisor and certified lifeguard on duty. Cost is \$2. Locker rooms (with hairdryers) and showers available.

9 to 11 a.m., Job Seekers Network Group meets at the Jefferson County Workforce Development Center, Room 12. No registration required. Bring resume and job-search related materials. For more information contact the Workforce Development Center at (920) 675-4617.

10 a.m., Toddler Time Storytime at the Dwight Foster Public Library in Fort Atkinson. To register, call (920) 563-7790.

10:30 to 11 a.m., Storytime in the Park, Johnson Creek. Join staff at the gazebo in Veteran's Memorial Park—right next to the library!—for stories, rhymes, songs, and activities. For ages 0 to 5.

Noon to 12:30 p.m., Prayer gathering in the Puerner Room at the Fort Community Credit Union in Jefferson.

3:30 p.m. to 7:30 p.m., Whitewater City Market. Evening farmers market, 301 W. Whitewater St., Whitewater.

6 to 6:30 p.m., Preschool storytime for children ages 3 to 6 at the Dwight Foster Public Library, 209 Merchants Ave. in Fort Atkinson.

6:30 p.m., Celebrate Recovery at CrossPointe Community Church, 250 W. Wisconsin Drive, Jefferson.

7 p.m., Alcoholics Anonymous meeting at Trinity Lutheran Church, 314 Barrie St. in Fort Atkinson.

8 p.m., Narcotics Anonymous meeting at Congregational United Church of Christ, 133 S. Franklin St., Whitewater.

Wednesday, June 27

9 a.m. to noon, Whitewater area Food Pantry open at old armory in Whitewater.

9:30 a.m., Alcoholics Anonymous closed meeting at St. Peter's Church, 302 Merchants Ave., Fort Atkinson (handicap accessible).

9:30 to 11:30 a.m., Drop-In & Play at the Irvin L. Young Memorial Library, 431 W. Center St., Whitewater. No registration is required. The librarian will not be present.

10 a.m., Storytime at Jefferson Public Library, 321 S. Main St., Jefferson.

10 to 10:30 a.m., Storytime for children ages 3 to 6 at the

Dwight Foster Public Library, 209 Merchants Ave., in Fort Atkinson.

10 a.m. to noon, Jefferson Historical Museum is open in Jefferson City Hall basement.

11 a.m., Storytime at Powers Memorial Library in Palmyra.
2 to 3:30 p.m., Kids' Movie, Johnson Creek Public Library. Enjoy a different kid-friendly movie every week. Bring your own pillow or blanket and the library will provide the snacks. For ages 5 to 12.

5:30 p.m., Weight Watchers meetings at Watertown Senior Community Center, 514 S. First St., Watertown.

5:30 p.m., Open beginners' Alcoholics Anonymous meeting, second floor of old building, Fort Memorial Hospital.

6 p.m., Weight Watchers meeting at Whitewater Aquatic and Fitness Center at 580 S. Elizabeth St. in Whitewater.

7:30 p.m., Alcoholics Anonymous meeting at Lake Mills Moravian Church.

Monthly meeting notices

• The Fort Atkinson Breast Cancer support group meets every second Tuesday of the month at Fort Memorial Hospital's Java Junction. Meeting time is from 6:30 to 8 p.m.

• The Vietnam Veterans of America Blackhawk Chapter 409 meets at 5:30 p.m. on the third Sunday of every month. The meetings are at the VFW Clubhouse, Vets Lane, Fort Atkinson. All Vietnam-era veterans — Feb. 28, 1961 to May 7,

1975 — whether they served in country or not are welcome.

• Paul Frank Florine American Legion Post 166 and Auxiliary meet on the first Wednesday of each month at Post End Memorial Hall, 201 S. Water St. East, Fort Atkinson at 7 p.m. There are no meetings in January and July.

• Friends of Rose Lake, Dorothy Carnes Park. Third Tuesday of each month at 6 p.m. at the Carol Liddle Pavilion at the park starting in May.

• Fort Atkinson Alzheimer Care Giver Support Group meets every third Monday at Reflections Adult Day Care, 511 Madison Ave., Fort Atkinson. The meeting runs from 6:30 to 8 p.m., and discussion varies from month to month. For more information, call Jane at (920) 650-3561.

• Unity Project, first Thursday of every month at Dwight

Foster Public Library at 7 p.m.

• American Legion Post 304, Palmyra, monthly all-you-can-eat breakfast, last Sunday of every month from 7 a.m. to noon. Small meal \$4 and all-you-can-eat for \$7. Children under 6 eat free. Coffee, tea, milk included plus one glass juice. Legion Hall, 115 N. Third Street, Palmyra.

• Busy Fingers Crafting Club, second and fourth Wednesday of every month, Johnson Creek Public Library, 1 to 2 p.m. If you knit, crochet, scrapbook, or have any other craft you are working on, this program is for you!

• Bring your project and socialize with other crafters.

• Adult Coloring, second and fourth Thursdays of every month, Johnson Creek Public Library, 1 to 2 p.m. Bring your own materials or use library materials.