From: The Vasbys
To: Bill & Shirley (Black) Hartley
Subject: Lincoln High Newsletter - 12/31/20
Date: Thursday, December 31, 2020 5:32:47 PM

This week's topics:

1. HOW do you plan to 'send out' 2020 and welcome in 2021?

2. Any New Year's resolutions?

3. Most memorable New Year celebration.

4. Celebrate New Year in Times square or another public place? When? Where?

5. What do you fear going into the new year?

6. Are you a pessimist or optimist? Why?

7. Global warming affecting you? How?

8. Getting more impatient as you age? Example?

9. Has anyone checked into a reverse mortgage? What happened?

10. Whatever else, maybe a topic for next week?

and responses:

Chuck Hinners - chuck@crgfinancialconsulting.com

Susan's birthday is December 31. She's probably stuck with my version of surf and turf this year. Maybe not if we can get in at Pat's Steak House - the best place in Louisville

In 2003 we visited Susan's son Doug and his wife Bianca in Rio de Janeiro . We went to a Churruscaria, the Brazilian version of a steakhouse. After dinner we were all given a bottle of champagne and led to the beach. Three barges in Ipanema Bay fired continuous fireworks for 55 minutes.Then turning to the street we saw fiery waterfalls cascading from atop 30 story buildings.
Nothing caught on fire. Imagine doing that in Madison?

After dessert at the Churruscaria we boarded a bus back to where Doug's car was parked. When we boarded the bus one "drunk" bumped into me as I was the last of the four of us to board. His non drunk accomplice's hand slid into my right hip pocket and came up empty and with a broken wrist. He probably found another line of work. Both drunk and accomplice turned tail and disembarked the bus.

Always been an optimist. Life gets better with each passing year

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Roger Fritz - fritzcat11@yahoo.com

#6: I'm a realist. I try to deal and think in facts and they are what they are. Optimism and pessimism are slants on the facts.

#8: More impatient based on the fact that I'm getting older and my time left is unknown. For example I always wanted to try growing a beard / mustache so I ignored all the folks advising me that it won't look good and tried it. It did not look good and it itched so now it is gone. Also I'm trying to let the nice people I've known (and can remember) what I thought of them. All of you out there that have known me, don't get worried if you don't hear from me. I probably don't have your contact info and/or the time to get to it. If you are a pessimist, maybe I just never liked you.

#7: Global warming is no problem for me. I have air conditioning. Real science could alter the Earth's climate but it would take a worldwide effort and should be prioritized to fix the biggest contributors first. Too many folks are not realistic and

accepting of the overall effort needed to do it.

Lenore Haferman - lenorehaferman@yahoo.com

1. We always have a New Years party at the curling club, but of course not this year. We are going to order out

2. No, because I would not keep it. food and set a pretty table, then play games.

6. I am an optimist.

7. It is not as cold in winter, and warm weather is lasting longer. If this keeps up people will be coming here for vacations.

Happy New Year Lenore

Chad Lewis - chad.a.lewis@comcast.net

Georgia snow

Edward Hasenohrl - ehasenoh@yahoo.com

I plan to send out 2020 and welcome in 2021, as been doing the last X years. I was working in a 24/7 operation all my life. Days COME and GO. I go to bed and hope to wake up in the morning as NOT fearing anything, as life has been good to me. My 2 sons are working and not in jail. My wife did do a excellent job. Global warming is here, BUT. The news media has pushed this issue. I am thinking Who is going to pay the road tax with electric cars ? I think that my impatience has been much less since retirement 2008, But what I see is another issue with people. A reverse mortgage is crazy as anyone who has normal thinking would not do this. Its Television and the News media again . Merry Christmas and Happy New year to ALL. Thanks you, Kent and Judy for the work you do to keep news letter going .

Donna Rehman - zakons@comcast.net

Great tips....Some I heard about, some are new. (We personally know of 2 families that came down with the virus.) Friends of ours, a family of 4, ages 8 & 3 and in their 40's.

One in his 40's had it twice. Once in March , way at the beginning of COVID. Then he got it again, milder the second time. Two were really sick, but received medication at home. One, had the pneumonia.

Our other friends, ex-neighbors, all 3 got the COVID. One is better, the other 2 are improving. It's been a month now they were sick.

Posted by a friend whom works in healthcare, she also said this is on some covid pages. Thought I would share if it could possibly help anyone...

(HOW TO FIGHT COVID AT HOME:)

No one ever talks about how to fight Covid at home. I came down with Covid in November. I went to the hospital, running a fever of 103, a rapid heart beat, and other common symptoms that come with Covid. While I was there they treated me for the high fever, dehydration and pneumonia.

The doctor sent me home to fight Covid with two prescriptions - Azithromycin 250mg & Dexamethason 6mg. When the nurse came in to discharge me, I asked her, "What can I do to help fight this at home?" She said, "Sleep on your stomach at all times with Covid. If you can't sleep on your stomach because of heath issues sleep on your side. Do not lay on your back no matter what because it smashes your lungs and that will allow fluid to set in.

Set your clock every two hours while sleeping on your stomach, then get out of bed and walk for 15-30 min, no matter how tired or weak that you are. Also move your arms around frequently, it helps to open your lungs. Breathe in thru your nose, and out thru your mouth. This will help build up your lungs, plus help get rid of the Pneumonia or other fluid you may have.

When sitting in a recliner, sit up straight - do not lay back in the recliner, again this will smash your lungs. While watching TV - get up and walk during every commercial.

Eat at least 1 - 2 eggs a day, plus bananas, avocado and asparagus.These are good for Potassium. Drink Pedialyte, Gatorade Zero, Powerade Zero & Water with Electrolytes to prevent you from becoming dehydrated
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Do not drink anything cold - have it at room temperature or warm it up. Water with

lemon, and little honey, peppermint tea, apple cider are good suggestions for getting in fluids. No milk products, or pork. Vitamin's D3, C, B, Zinc, Probiotic One-Day are good ideas. Tylenol for fever. Mucinex, or Mucinex DM for drainage, plus helps the cough. Pepcid helps for cramps in your legs. One baby aspirin everyday can help prevent getting a blood clot, which can occur from low activity. "

Drink a smoothie of blueberries, strawberries, bananas, honey, tea and a spoon or two of peanut butter.

We always hear of how Covid takes lives, but there isn't a lot of information out there regarding how to fight Covid. I hope this helps you or someone you know, just as it has helped me.

In Memoriam

Josile Reichert, age 74, formerly of Wisconsin Rapids and Port Edwards passed away Thursday December 24, 2020 at Edgewater Haven Nursing Home in Port Edwards.

No services or visitation will be held. Feldner/Ritchay Funeral Home is assisting the family.

Josile was born August 11, 1946 in Wisconsin Rapids to Joseph and Margaret (Wirtz) Reichert. She was a 1964 graduate of Assumption High School and a 1969 graduate of the University of Wisconsin - Madison School Of Pharmacy. She was employed as a pharmacist at pharmacies in Wisconsin and California.

Josile's life was spent with love of faith, of family, four legged furries, friends and football.

She is survived by her siblings Julie Allworden of Green Bay, Joan Meeteer of Cable and David (Sue) Reichert of Cable