

From: [The Vasbys](#)
To: [Bill & Shirley \(Black\) Hartley](#)
Subject: LINCOLN HIGH NEWSLETTER - 2/3/22
Date: Thursday, February 3, 2022 5:47:45 PM



Responses to previous topics:

Judy Brown - jbshells47@gmail.com

I am over covid. Other than the first few months when we were still trying to figure this out and thought we were all going to die. Once I saw the hypocrisy, I was done with it! I have been on airplanes multiple times over the last 2 years with no fear. I go anywhere I want to go without fear. If I go shopping and a business wants me to wear a mask, I will wear one but usually don't spend too much time in that store because I can't wait to take the mask off. Everyone can decide how much they are willing to give up for covid. And there is no such thing as common cold or flu anymore - it is all covid! Not sure now many years I have left so why shouldn't I enjoy them and not be afraid. My choice!!

Norm Arendt - normarendt@gmail.com

1. It is time to move on. From the sound of things from the medical doctors we will get a vaccine every year for Covid just like the seasonal flu. The pharma companies are working on a vaccine to address all variants of the virus. From what I hear we should not have as a world tried to vaccinate everyone right away but let it go for awhile to prevent mutations. Several virologists at the CDC are stating this. They said that would have prevented most mutations and would have given

the pharma time to get the vaccine right the first time. Food for thought.

2. Getting old annoys me. Why as we get older do we still think we are 18?
4. Golf I would say. At least exercise more and have time to enjoy the farm. See family etc..
5. Have serious side effects to all statins as well as gluten, lactose and corn. No fun particularly food allergies. At least with statins there are alternatives.
9. And all because of a blocked punt and a blocked field goal and a special teams unit that could not stop any run backs. Biggest question now is and will be what will Rogers and Adams do particularly since they have lost a couple good coaches.

Candace caylor - klorkatz@att.net

Thanks for mentioning the Magnolia TV program “Family Dinner with Andrew Zimmern— The Biegel Family”. I was able to record it and watch it later. It was great. Everyone looked so relaxed . Suzie, you were a natural, lol. By the end of the show my mouth was watering, I was starving and I probably put on weight just looking at the food.

I enjoy the news letter and all the comments. I want to add my thoughts on covid....I'm tired of it but believe in science. I wonder if the vast majority of the population had gotten the vaccine when it was first available, the virus would have been contained and not mutated? We will never know. Social media is responsible for the misinformation and out and out lies about it. Not to mention some of the news media and the politicians. Politicians; stick to politics and stop pretending you are doctors, scientists and medical researchers. Most of you aren't even good politicians either.

This week's topics:

1. Would love to hear anyone's ideas on dieting that has actually worked for them. I mean NOT including drug's, surgery, or simple starvation. Is there anything out there that actually works well for people?
2. Anybody traveled outside the US to exotic places like Antarctica, Kazakhstan,

Kerguelen Island, Brazil, Phuket, Madagascar, Siberia, China, India, Burma?

3. Memorable campfires, bonfires, fireplace fires. Who did them and who does them and who has the secret to starting a fire in the rain.
4. What is your favorite memory from your youth having to do with Snow.?
5. Is Jimmy Carter smiling a lot? If so, why?
6. Has your identity ever been stolen? When? How?
7. Does anyone have a metal detecting hobby? Any interesting finds?
8. Sleep issues: What are they and how do you handle them?
9. TV close captions - They help?
10. Favorite sweatshirt? Photo? Story?
11. Whatever else you'd care to write about.

and responses:

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

7. Got an expensive metal detector for Christmas but haven't used it much. Found some pull tabs & bottle caps on the beach in Destin but nothing of value. Tried to use it camping but not allowed on state, county and Corps of Engineers campgrounds in GA. Been enjoying Detectorists British comedy on Prime. I also enjoy the metal detector finds on Curse of Oak Island.

Norman Arendt - normarendt@gmail.com

Traveled to Hudson Bay as part of a UW venture to Churchill Canada to see polar bears and beluga whales. Quite the experience saw lots of other wildlife such as caribou. Took a dog sled ride and spent time at the multi national research center. We also traveled to the Bering Sea fishing, out on a crab boat and photography of glaciers, eagles and bears. Two great experiences.

I have sleep apnea and it is a challenge for me. I use an oral appliance designed at the UW for this. A lot better and easier to use than a cpap machine and just as effective.

Chuck Hiners - chuck@crgfinancialconsulting.com

11. Speeding tickets are a waste of time. We traveled to Wisconsin last week. Twin boys have a magnetic effect on grandparents. More on that later

After 1000 miles on the road we saw only four vehicles, all cars, getting tickets

So think about this:

Put chips in all new cars that communicate with cloud servers that calculate travel times.

Those who choose to drive under the speed limit would not be charged for exceeding the limit. People like me would pay a convenience charge to the state in which the speeding occurred. This would be debited from a bank or Venmo account and immediately communicated to the driver whenever the vehicle stopped. These funds which would be less than speeding tickets and would be used by the states for highway maintenance

Time wasted by traffic police writing tickets would be restored to focus on more important tasks. Overworked lawyers and courts would be freed up, perhaps reducing the size of state and local governments. Think of this as a more efficient form of user fees. The federal government would have no role in this and both state and local governments and their taxpayers would benefit

Oh twin grandsons have pulled us back to Wisconsin. Sold Louisville and bought Wisconsin all in the past 5 days!

Jean Kruchten - oceanveiw7@yahoo.com

In answer to question #1, I had a rude awakening at a doctor's app. 2 years ago. After lab work, my Dr said my 'numbers' were not looking so good and I needed to change my diet and start exercising. I was also about 30 pounds over my healthy weight. I love to cook and bake. After I retired I didn't pay much attention to what I was eating or the fact that I was not very active. His news made me mad at myself

because there was no one else to blame. I actually went through all my cookbooks the next day and started purging them. I came upon 2 diabetic cookbooks. I don't even know where I got them from. As I was looking through them I thought, 'this makes sense. There isn't anything you can't eat, it is a matter of paying attention to calories, fat, carbs, and serving size. That same day, I started walking. I walk year-round outside in the fresh air. I logged 700 miles that first year. This past year I logged 900 miles. I have maintained my weight. I have found that my favorite time of year to walk is in winter, on snow-covered trails.

My grocery cart is half full by the time I get through the produce department. Fresh fruits and veggies, low-fat cooking, and cooking from scratch as much as possible is my big thing now. If I buy anything prepackaged I pay close attention to the nutrition label. I don't deny myself anything, it is just a matter of moderation and good choices. If we go out to eat I treat myself and order whatever I want. It is my reward.

My first checkup was 6 months after that day when I was not so healthy. My numbers were back to a healthy normal and I had lost 35 pounds. I don't know who was more excited, me or my doctor. The diet change was easy. The exercise and the fresh air in my lungs every day have been good for my peace of mind. All without drugs, starvation, or surgery. It takes dedication and determination I feel great!

Cary Weingarden - caryw254@gmail.com

LHS Class of '65, 55th Reunion



Marcia (Rokus), Patty (Corwell)



Bill Wallner, Judy (Smith), Steve Harding

Robert Dent - ryedent46@gmail.com

1. Dieting ,the problem is so many types, promises, theories to choose from. We were taught in medicine that they all worked but were almost universally impossible to stay on.

I have a few observations. A low carb diet might be best for diabetes patients. A low fat diet has been taught without good data. Same for Vegan. The Mediterranean diet has the best supporting research data. The latest recommendation not supported by good data is a diet of no simple sugars and starches and avoiding all processed foods. My advice to my older patients was that they choose an age when they declare that they have survived long enough and have become a winner. Then they can eat whatever and as much as they want period. In other words a long life isn't good unless it's a happy one.

Roger Fritz LHS 1965 - fritzcat11@yahoo.com

#3: Campfires. I usually light two fires per day. One in my shop and one in the house living room. Both have "real" heat systems available, but I like making firewood and need a way to get rid of it. Secret to making a fire in the rain is dry materials. Start small and keep adding to it. The fire will need to be hot enough to overcome the rain

#4: Snow memory. (May have told this one already) We built a snow tunnel in the deep snow left by the snowplow. We were dam lucky that we were not in it when the plow came back later to widen the street.

#10: Favorite sweatshirt My daughter gave me a pullover fleece like thing with a short zipper at the neck. I've worn it with my pajamas for at least 20 years. It's nice and warm but getting a bit ratty. I love it except it's from the U of Illinois and I'm a U of Wisconsin fanatic.

Donald Wylie - donwylie2@gmail.com

I lost about 45 lbs. around 3 years ago. I didn't follow anyone's diet, but had the help of a "diet coach". The Well Wisconsin program the State offers all State and University employees, offers diet coaching along with other forms of health coaching. Their coaches work by phone and the conversation started with "what are you eating and your favorite foods?" I love bread, especially the craft breads that come in all kinds of nuts and flavors. "Breads are Carbs" was the reaction of my coach, "so let's work on cutting carbs." She also suggested that I increase my weekly exercising, which I also did. The target was to change my eating habits and keep a fairly high level of exercising. I use to easily shave weight by jogging, but my artificial knees restrict me to walking. This is working for me right now.

Campfires – I built a lot for the Outdoor program of Madison School Community Recreation. We had family nights in the woods where we start by having each child build their own fire in aluminum cooking trays. They had to scrounge up the material starting with dried grasses and leaves and followed by bigger fuel of dead twigs. The evening was followed by a short night hike in which I gave each child a flashlight with red colored cellophane over its lense, or a head lamp with a red LED. Red light doesn't take out your night vision. The hike ended at the big fire pit where the other leader had built a large fire and had marsh mellows ready for roasting. One thing people forget to look for is the wind direction – to avoid breathing smoke.

Gene Hafermann - genehafermann@charter.net

1. For me the key to losing weight is portion control and reduced sugar intake. When eating out, my wife and I often split a meal if they don't have a senior menu and order a takeout box up front (or remember to take in our own from the car). We

take home at least half a regular serving when the meal is something that is good left over. Cut out almost all sodas and drink more water. I also find it best to eat larger meal at lunch and very little in the evening (and almost never after 6 pm). Helps me sleep better, too. And not much if any alcohol (maybe ½ glass of wine once a month).

3. Memorable camp fires are over Labor Day when in high school where we sang with folks from other Wisconsin towns who camped at Roche a Cri state park. Now days the Winter Solstice bonfire near Mazomanie is fun. This picture is from Dec 21, 2021 near Black Earth Creek in Mazomanie.



4. Favorite snow memories in my youth were digging igloos into the snow dad piled up when plowing our long driveway. And one year when dad tried to plow of our front yard pond with his tractor and put the front end through the ice. After extracting the tractor, the ice froze in a bowl shape making crack the whip skating very fun.

9. We use close captions on shows like Abishola Loves Bob where it's hard to understand some of the Nigerians or other shows where they talk too fast. Otherwise we leave it off so as not to cover up the video.

Toni Weller Olsen - LHS '64 - tonicrafty@gmail.com

3 Campfires and bonfires - Include me out of both of those.

Camping never appealed to me, as I like my nice bed and having a shower nearby. About two weeks ago our hot water heater stopped working (it was installed about

1998 way before we bought the house). We had no hot water for 5 days, and that's the closest thing to camping I ever want to experience. When the plumbers installed the new hot water heater on Day 6, I felt like we had a new member of the family! No more heating water and taking sponge baths.

It was great to read so many responses to the newsletter last week!

Karen King - yayaec@ymail.com

Diets: I've tried numerous weight loss plans over the years, eaten diet candy appetite suppressants, (does anyone else remember boxes of "Ayds" candy?) fasted and ingested gallons of fat burning cabbage soup alternating weeks with grapefruit and hard boiled eggs, and I've come to believe the best method for me is mostly moderation, prohibiting nothing, but emphasizing fruit and vegetables plus lots of water.

Fires: I'll credit the Girl Scouts with teaching me about fires. There was summer camp and weekends in tents, where I learned the basics to build the necessary cooking fire and the leisurely fire ring where we bonded with stories then joining all our voices in imperfect harmony singing rounds, Kumbaya and Peace of the River. .

This skill was perfected over the years and tested during a week long canoe trip as a senior scout. While we didn't have to rub sticks together, we were forced to figure out how to coax whatever wood we could scavenge into a comforting heat. After paddling and portaging, sometimes in the rain, we needed that fire to dry off, warm up and to make pocket stew or hot dogs wrapped in biscuit dough and roasted on a stick.

While living in Alaska we lived in a tiny A-frame cabin with a youngster and a baby. A Ben Franklin stove was the center of the main room. The addition of a stack robber (never knew it's technical name but it's what we called it) helped enormously on bitter winter nights as it intercepted the heat from going up the chimney and forced it out of a flap in the pipe into room. I sometimes fashioned a clothesline from one side of the room to the other to hang clouds of cloth diapers to dry overnight. Once I stoked the fire and hung the baby items on the line, I'd take a few minutes to stand facing the blowing heat with the clothesline behind me and I'd pretend I was on a beach someplace in the summer.

Years later I lived in a drafty century farm house as caretaker for a bachelor farmer while he weathered the effects of Parkinson's disease .His wish was to die in the

house he was born in. The house rattled in the cold and water actually froze in a glass if left on the upstairs windowsills in the winter months. And of course it was heated with wood. While the basement was technically full of giant chunks of wood, the bulk of it that first winter was damp popple. Waste not want not was his motto. From his wheelchair he gave specific instructions as to how to best implement it to avoid the belching, smoking and frustration that inevitably came from erroneously loading the belly of that ancient beast.

Now my spouse and I are blessed with a yard full of vintage trees which routinely throw down their limbs and branches and thousands of twigs which end up in a bonfire in the way back yard. He is of the toss a flammable liquid on the top and strike a match school. I am of the burrow a tunnel to the middle and patiently fan the flicker to its maximum ability. This somehow satisfies my soul to see the flames patiently work their way up through the middle and to my mind also allows any critters hiding in the brush to escape.

Inside our home, we have a fireplace in what is the living room and also the main entry way. When we come in from shoveling or return from a day away and the chill greets us at the door, I always pipe up, "Let me get the fire started." But now I'm spoiled since all I have to do is flip a switch. The natural gas flames appear and the fan comes on. I'm always grateful for it but it pales in comparison to all the past fire building memories.