

**From:** [Kent Vasby](#)  
**To:** [Darlene & John \(Zuege\) Estlund](#); [Dave Ferk](#); [Ron & Elray \(Moberg\) Feutz](#); [Gary Flaminio](#); [Jill \(Fletcher\) Studinski](#); [Michael Foley](#); [Fred Foster](#); [Roger Fritz](#); [Richard Frost](#); [Kathleen \(Gash\) Clark](#); [Mary \(Giese\) Matthews](#); [Anita Godin](#); [Karen \(Goetzke\) Winegarden](#); [Chris Gorski](#); [Capt. Roger Gray](#); [Ron Grunden](#); [Ron Guernsey](#); [Gene Hafermann](#); [Candy \(Hagen\) Koch](#); [Kathryn \(Hahn\) McKinney](#); [Bob Hall](#); [Judy \(Hanneman\) Vasby](#); [Steve Harding](#); [Paul Harshner](#); [Cheryl Hasenohrl](#); [Terry Hebble](#); [Sande \(Herzberg\) Boyles](#); [Charles Hetze](#); [Evelyn \(Hill\) Shrednik](#); [chuck](#); [Paul Holberg](#); [Thomas Hornig](#); [John & Julie \(Cwiklo\) Huisheere](#); [Linda \(Jackson\) Leder](#); [Judy \(Jezwinski\) Monarski](#); [Jerry Johnson](#); [Mary \(Johnson\) McKeel](#); [Shirley \(Joling\) Engelsman](#); [Ron Karnatz](#); [Shirlee Kath](#); [Gary Kegler](#); [Judy \(Kirchhoefer\) Lagerbloom](#); [Sue \(Klevene\) Atwood](#); [Joan \(Koch\) Fisher](#); [Ursula \(Kochanowski\) Nogic](#); [Jill \(Kohnen\) Morman](#); [Patricia \(Koop\) Gregory](#); [Doug Kopelke](#); [Howard Korslin](#)  
**Subject:** LHS Newsletter - 3/25/04  
**Date:** Thursday, March 25, 2004 6:24:11 PM

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## *Lincoln High Newsletter*

**New readers:**

**Marilyn (Slinkman) Smits (64) - [msmits@wi.rr.com](mailto:msmits@wi.rr.com)**

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**E-mail address changes:**

**Chris Mattheis (65) - [webgolfn@charter.net](mailto:webgolfn@charter.net)**

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**Editor's note - CIA threat analysis for 2004! Forewarned is better than the alternative!**

[http://www.cia.gov/cia/public\\_affairs/speeches/2004/dci\\_speech\\_02142004.html](http://www.cia.gov/cia/public_affairs/speeches/2004/dci_speech_02142004.html)

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**Jill Worm (65) [JillW1@msn.com](mailto:JillW1@msn.com) writes:**

Hi Everyone,

I can't believe our 40th reunion is fast approaching. (I don't even feel like 40 so how can that be happening?)

I am still living and working in Chicago although I left the corporate world a few years ago and am enjoying the freedom of being an independent consultant: working less and traveling more. Spent February in New Zealand where I hiked the famed Milford track (35 miles up and down a mountain) and that gave me the confidence for my next venture and the reason that I am writing to you. **Editor's note: Milford track is quite a "hike"! - see: [http://www.vic.com/new\\_zealand/milford/](http://www.vic.com/new_zealand/milford/)**

I have just signed up for the Avon walk for Breast Cancer that is taking place this June in Chicago. Many of you may remember that I lost my mother to cancer when I was in high school. While I can't do anything about the past--I am determined to try to make a difference in the future. That is why on June 5-6 I'll spend the weekend walking along with thousands of other people. I will walk the distance of a marathon and a half (that's nearly 40 miles).

Maybe you've never personally known anyone touched by breast cancer. If that's the case, you also know that you are very fortunate and that it's likely that one day that will change. A staggering 1 in 8 women in the U.S. will develop breast cancer. Breast cancer is the second leading cause of death for women. Every woman is at risk because we don't know how to prevent it. So now you know why I am walking---to give others the chance to live longer. The Avon Crusade funding encompasses the whole picture: cause, cure, care and support. If I can help just one person, it will be worth it.

I'm required to raise at least \$1,800 to participate, but I'm planning to raise at least \$3,000. I'm going to need the support from many people to achieve this I am hoping I can count on you to be part of my support team.

There are 2 ways you can donate to this cause and support my efforts. You can go to

[www.avonwalk.org](http://www.avonwalk.org), click on "Sponsor a Walker" , click on Chicago, then enter my name and it will lead you to a page where you can pledge online by credit or debit card. If you are out of breath just reading this, you can also just mail a check made out to the "Avon Walk for Breast Cancer" directly to me and let me do all the ugly paperwork for you Either way your gift will be appreciated more than I can possibly tell you.

If you would like me to walk in honor/memory of anyone close to you who has battled breast cancer, please send me a note in with your pledge. I hope you will share this adventure with me by supporting my fundraising efforts. I will keep you apprised of my progress in reaching my goal as well as my training for the walk.

Every dollar raised is a step closer to finding a cure. Together we can make a difference!

Thank you for taking the time to read this letter and thank you in advance for your support.

Sincerely,  
Jill Worm  
1316 West School St.  
Chicago, IL 60657  
(773) 281-4265

**Editor's note:** Not to belittle the "Avon Walk", but wish someone would give "equal time" to the issue of prostate cancer in males! Definitely not as "glamorous" but equally deadly!

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Sun, Mar 7, 2004

## Fresh-baked bread keeps Rapids restaurant in the pink

**By Deb Cleworth**

*Central Wisconsin Sunday (from the Wis Rapids Trib)*

For the past 40 years, Helen Ponczoch has gotten up at 3 a.m. five days a week to bake bread. The bread has become somewhat of a legend at the Little Pink Restaurant in Wisconsin Rapids.

It all began in 1964, when Helen Ponczoch and her husband, Melvin, opened a restaurant on the edge of town. It was called the Fine Lunch Cafe, and it catered to workers from a nearby paper mill.

Forty years later, an expressway runs near the business, and the area has changed. But the Ponczoachs, now married 61 years, still open the doors of their restaurant five mornings a week, greeting customers with smiles. But now the restaurant is called Little Pink Restaurant, named for Helen's love of the color.

Norb and Phyllis Koopman of Marshfield were in the area recently, and they said the Heart of Wisconsin Business and Economic Alliance in Wisconsin Rapids recommended Little Pink for lunch. Just about every seat was filled.

"We wanted something that was home-cooked," Norb Koopman said, his eyes lighting up when a waitress suggested Cranberry Custard pie for dessert.

### Little Pink Restaurant

Address: 910 Dura Beauty Lane,  
Wisconsin Rapids

Service: home-style restaurant

Number of employees: three

Owner: Helen and Melvin Ponczoch

Ponczoach, 79, bakes 24 loaves of bread a day, down from the 42 loaves she used to make. That's in addition to the 50 pounds of potatoes she peels daily. Breakfast is big at Little Pink - Ponczoach uses 10 to 12 loaves of bread just for toast.

"When they were building the Kraft Mill (now part of Stora Enso North America), I used to bake 42 loaves twice a day," she said.

The demand from mill workers has decreased somewhat, but the hot beef and hot pork plates remain a best seller, Ponczoach said.

"I always said I didn't want people to go hungry when they leave here," she said. The couple wanted to make the food affordable for everyone, and they still hold that philosophy. A full hot beef plate - which holds a huge slice of Ponczoach's bread, smothered in hot beef, goes for \$6.25.

"No one ever complained that there wasn't enough meat on it," Ponczoach said.

"You can make a lot of new dishes, but they'll always come back for (the hot beef)," she said.

Homemade and a homey atmosphere are key words at Little Pink. From main dishes to desserts, almost everything is made from scratch.

"Cinnamon rolls are baked fresh every Friday," Ponczoach said. Helen began her restaurant career when she worked for the Red Ball Cafe, in Wisconsin Rapids, many years ago. When the restaurant was available for sale, the couple bought it.

"But the owner wanted it back, so we built our own," she said.

The restaurant, originally was called the Fine Lunch Cafe, and business wasn't always easy.

"We had a hard time getting the money to open up," Ponczoach said. "We just started little by little."

With the help of Thorp Finance, and a lot of hard work from the family, the business prospered and grew pinker.

"It was a little pink, but not as much as it is now," Ponczoach said. "I always did like pink, so we painted it pink." Her first dress, which she had as a toddler and hangs near the restaurant's door, was pink, and the couple's house also is pink. The more than 30 chairs and counter seats in the restaurant all feature pink upholstery. An anniversary photo of the couple graces the pink menu.

Helen and Melvin, who do the bookwork for the business, plan to keep going until one of them can't continue. Helen Ponczoach said they won't operate the restaurant without being together.

"You enjoy the people that come in," she said. "It's always nice to see. They always seem happy when they leave."

Until then, the bread will be baked every morning, and so will the cinnamon rolls - but only on Friday.

Hours: 6 a.m. to 2 p.m. Monday through Friday

Phone: 421-1210

History: Melvin and Helen are lifetime residents of the Wisconsin Rapids area. From 1960 to 1963, they owned and operated the Red Ball Cafe in Wisconsin Rapids. In 1964, the couple built the Fine Lunch Cafe and eventually changed the name to Little Pink Restaurant.

**Editor's note and restaurant review:** Well, the above article article piqued my interest!  
I had never even heard of the "Little Pink" before! Sooo, Judy and I ventured forth to the "Little Pink" for lunch yesterday.

It is little and it is pink! And Helen was very much in the kitchen even though she is 79 years old. Great to see someone her age still very much involved in life & work! Probably "keeps her young!"

The menu is printed on the **pink** placemats at your table. The menu is "somewhat limited" and the specialties of the house are roast pork and roast beef. I had the 1/4 hot pork sandwich and Judy had the roast beef sandwich. Both were good, coming on slabs (literally) of home-made bread. There is a good assortment of home-made pies for dessert and Judy and I shared a slice of raisin-custard. Very good. You might want to visit the place for breakfast or lunch some day.

**How to get there!** Go north on the Hwy 34 expressway from intersection with W. Grand and turn left at first intersection. Double back to the south and turn right on Dura Beauty (how the heck did a street get that name?) and you'll find it a block and a half west.

