



CHAMBER NEWS

Greater Mauston Area Chamber of Commerce
November/December Volume 16 Issue 6



Located at
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President

Christine Weymouth
School District of Mauston

Vice-President

Sarah Messer
Rudig-Jensen

Treasurer

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Portofino Bay

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Woodside Ranch &
Woodside Sports Complex

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Hofmeister Insurance

Mary Radl
Alliant Energy

Nancy Santroch
Oak School Amlsh Shop

Seth Tully
Northwoods Orchard

Executive Director
Mary Hudack

Try to find the number of
hidden Gingerbread
Men (including this one)
Email the chamber your
answer and receive a
black/white quarter page
FREE



If you have some news you would like to share with the Community. Please call the Chamber Office at 608-847-4142 or email chamber@mauston.com



You're Invited....

Free Community Soup Supper

December 3, 2016

(Saturday)

5:00 to 7:00 (or until gone)



We are located on the intersection of Division and Oak. We are on the Holiday Parade route (6:30pm). Come grab supper while waiting for the parade.

**Peace Presbyterian Church
217 Oak Street, Mauston**

With God's help, we make a difference by following Jesus' example, nurturing spiritual growth, and reaching out to others.



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CALENDAR FOR BUSINESS AFTER 5

NOVEMBER 17th - Cell Plus/US Cellular Agent

DECEMBER 15th - Woodside

JANUARY 19th - TBD

FEBRUARY 16th - Emerald Lounge

MARCH 16th ~ Randall's Uptown Bar

APRIL 20th - Castle Rock Golf Course

MAY 19th - Northwoods Orchard

JUNE 16th - The Dirty Turtle

JULY 21st - Portofino Bay

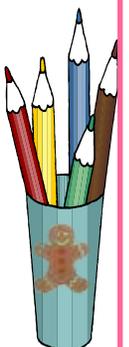
AUGUST 18th - At the Fair

SEPTEMBER 21st - Shipwreck Bar & Grill

OCTOBER 19th - Chamber Office / Block Party

Co-Sponsors are still welcome at anytime.

Networking and Fun!



Paint the Town Blue!



Please help *Oakdale Credit Union* paint the town **BLUE** in honor of our local **POLICE OFFICERS** by wearing **BLUE** on Friday, November 18th, 2016.



Post pictures at <https://www.facebook.com/events/1522816514412078/>



Book your **HOLIDAY PARTIES**

Bring in your own food or cater in.

Dates filling up fast.

CALL 608-479-1329



"The Fun Place to Be!"
 1006 State Road 82 E, Mauston
 Located in the Best Western Park Oasis





Hatch Public Library
 111 W. State St • Mauston, WI 53948
 (608) 847-4454
 www.hatchpubliclibrary.org

November



The library will be closed on
Thursday, November 24th



Book Club
 Wednesday, Nov 30, 1PM
All The Light We Cannot See
 By: Anthony Doer

Winner of the 2015 Pulitzer Prize for Fiction and the 2015 Andrew Carnegie Medal for Excellence in Fiction, *All The Light We Cannot See* is a story of two teenagers during World War II, who's paths eventually cross. Marie-Laure LeBlanc a blind girl in Nazi-occupied France, and the other Werner Pfennig a German orphan boy pressed into service by the Nazi army.

Free Screening
 of the new documentary, **Wisconsin Postcards; Then Vs. Now**
 Thursday, November 10, 7PM



Join Mauston's own photographer and producer Eric Greenia for a free screening of his visual documentary; *Wisconsin Postcards; Then Vs. Now*.
 At Hatch Public Library

QPR
Free community event
 Monday, November 14,
 5:30 - 7 PM
Question, Persuade Refer Training

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us.
 With trainer
 Will Hutter Psy.d., LMFT
We can all save lives.
 Hosted by
Hatch Public Library

Youth Services

Toddler Time
 Mondays 10 AM
 Ages 2-4



Hatchlings
 Tuesdays 10 AM
 Ages 0-23 Months



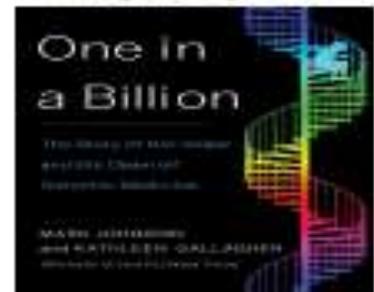
LEGO Night
 Thursday, Nov 3
 3:30-4:15 PM



Game Night
 Thursday, Nov 10
 4-5PM



Hatch.ED
The Story Of Nic Volker And The Dawn Of Genomic Medicine
 Wed, Nov 2, 1PM



Special Guests Mark Johnson and Kathleen Gallagher will describe the challenges they faced while producing their Pulitzer Prize winning story of a transformational moment in medical history when every gene of a ill young boy was sequenced by doctors at Children's Hospital of Wisconsin.



Afternoon movie
 Friday, Nov 25, 1PM



At Hatch Public Library

Toys for Joy 2016

We are asking for new toys, monetary donations and volunteers to help!

If we can help with toys for your children this year, please register at the Hatch Public Library or the Community Sharing Pantry. If you know a family needing help, please encourage them to sign up.

(Children must live in the Mauston School District and attend our schools to qualify.)

Registration begins on Tuesday- November 1st, 2016

Deadline: Monday, December 5th.

Toys may be dropped off at the Juneau County Star Times, Hatch Public Library, Mauston Chamber of Commerce, Mauston City Hall or any church.

Monetary donations may be mailed to:

Toys for Joy, PO Box 346, Mauston, WI 53948

We NEED Volunteers!

We need volunteers for set up-
Monday Dec. 5th, anytime after 3:30pm.

(We should be finished by 9:00pm.)

And Volunteers to help distribute the toys on

Thursday Dec 8th 5:30pm-8:00pm.

If you would like to volunteer or have
questions, please call:

Cindy Gruen (608) 547-8986



Thank you for your support and Happy Holidays!

In the Spotlight

In the spotlight: Mary, Annette, Susan thanked for volunteer service

by Travis Baumgarten



The staff of Mile Bluff Medical Center would like to recognize and thank Mary Schultz, Annette Baumgarten and Susan Ballayan for their volunteer service at Fair View Nursing & Rehabilitation Center in Mauston.

Mary and her niece, Annette, began performing for the residents at Fair View earlier this year. Mary plays the piano while Annette sings along and even dances with the residents. "We mainly do country and gospel, but we do take requests," stated Annette. "Amazing Grace and The Star Spangled Banner are usually the most requested; and the residents love to dance the polka."

During one of their performances, Susan was in attendance visiting with the residents. She enjoyed singing along so much that Mary invited her to be a part of the group. Now the musical trio tries to perform once a month. "The residents really enjoy dancing and moving around," commented Susan. "They love having the physical contact."

The three musicians enjoy performing together, but they especially look forward to the time they get to visit and interact with the residents. "Everyone needs human connection," stated Mary. "Sometimes taking time to do something for others helps take our minds off of our own daily troubles."

"I think the time I spend with the residents benefits me just as much as it does them," added Susan. "I just recently retired, so it's nice having something to do and people to see."

"When my grandmother was a resident at Fair View, I enjoyed going to visit her," said Annette. "Now that she is gone, it's nice to still stop by and get to know the others that are there."

If you would like to volunteer at Fair View Nursing & Rehabilitation Center in Mauston, call Amy Cass at 608-847-1290. For opportunities at Crest View Nursing & Rehabilitation Center in New Lisbon, contact Lorraine Anderson at 608-562-3667. If you would like to donate some time at Mile Bluff Clinic, Mile Bluff Medical Center or Terrace Heights Retirement Community in Mauston, contact Reverend Fairchild at 608-847-1285.

There are opportunities available for individuals and groups of all ages.

HAPPY THANKSGIVING!

APPLE PIE	N	S	T	U	F	F	I	N	G	I	R	L	U	N	Y
BEANS	F	G	K	D	A	E	R	B	V	G	C	A	D	Q	E
BREAD	A	B	E	A	N	S	I	L	S	O	R	Q	G	S	K
CORN	O	G	K	E	I	P	E	L	P	P	A	P	A	E	R
CRANBERRY SAUCE	N	R	O	C	M	L	W	U	Q	D	N	G	O	O	U
GRAVY	U	E	J	L	X	E	S	M	S	Y	B	Z	O	T	T
HAM	Z	P	U	M	P	K	I	N	P	I	E	V	N	A	Z
MASHED POTATOES	H	B	O	J	I	L	C	F	A	G	R	Y	F	T	V
MILK	N	E	M	Y	K	U	S	L	L	O	R	Q	K	O	X
PUMPKIN PIE	K	S	A	B	Y	Q	T	Z	H	W	Y	P	S	P	K
ROLLS	T	G	H	S	A	U	Q	S	O	R	S	J	L	T	A
SQUASH	G	M	A	S	H	E	D	P	O	T	A	T	O	E	S
STUFFING	Z	D	L	U	C	W	F	Z	L	M	U	K	S	E	K
SWEET POTATOES	C	A	K	C	G	T	H	T	T	I	C	R	N	W	B
TURKEY	G	J	X	S	G	R	A	V	Y	I	E	Q	I	S	T

Chicken Scratch NY

Happy Thanksgiving

Happy Thanksgiving

Please Welcome Our Newest Chamber Members. Welcome Aboard.



Krus
Fire & Security
P.O. Box 148
Lyndon Station, WI
608-666-2888



Romano's Pizza
Tim Hill
W4488 Hwy 82 E
Mauston, WI
608-547-4455



Smoke House
Specialties & Catering
Tim Hill
W4488 Hwy 82 E
Mauston, WI
608-547-4455



UW Health
University of Wisconsin
Hospital and Clinics
UW Health
Specialty Clinic
1040 Division St
Mauston, WI
608-847-7355

Recruitment

Recruit a new member and receive a \$25.00 towards your Membership or E-newsletter Ad.

Call the Chamber office for more information at
608-847-4142

"Alone we can do so little; together we can do so much." - Helen Keller




Soul Soothing
Oils
Mauston, WI
608-548-4362



Asbel
Chiropractic
N3540 State Hwy 58
Mauston, WI
608-847-1888

Welcome to the "Greater" Mauston Area Chamber of Commerce

The Purple Plunge

(formerly the Turtle Dunk)

January 1st, 2017

Starts at 11am

Jump at 2pm

(Day of Registration beginning at 11am)

Activities for Everyone

Silent Auction, Basket

Raffle and Bingo



For more information
contact: Wendy Staven
715-459-1878
Wendy.staven@cancer.org



The human side of real estate.

2016 Christmas Events in Mauston

December 3th, 6:30pm, Christmas Parade

Starts at Mauston High School and ends at the Courthouse.

This year's theme is "A Gingerbread Christmas"

Donations for the Food Pantry would be much appreciated

Following the Christmas Parade come visit Santa at Santa's House for free beverages & cookies until 8:00pm Sponsored by "Friends of the Library"

December 7th, 4:15pm, Holiday Train Division Street RR Crossing Downtown Mauston Free 1/2 hour Holiday Concert by

Kelly Prescott and Colin James

benefiting the Mauston

Community Sharing Pantry

The Mauston Chamber of
Commerce will be serving you a

FREE hot beverage in exchange for your donation.



December 13th, 1-3pm, Santa's House

Free pictures w/Santa, Goodie Bags for Children at Hatch Public Library

December 14th, 3pm,

Movie at Two Sister Event Center

Two Sister Event Center is located at
234 W. State St.

Movie will be "The BFG" Disney Movie

Bring **TWO** Non-perishable food items for Entrance. Benefitting the Mauston Food Panty
Concessions available for a small fees. Bring Blankets, Beanbag Chairs or Comfy Chair



THIS HOLIDAY SEASON, SHOP YOUR LOCAL MAUSTON MERCHANTS!

All events sponsored by The Greater Mauston Area Chamber of Commerce.
For More Information call 608-847-4142 or www.mauston.com/chamber



It's time to start thinking about Christmas!!

Mauston Christmas Parade Entry Form **Saturday, December 3rd, 6:30 p.m.**

(Line up at 6:00p.m. at Olson Middle School / Mauston High School Parking Lot)

Sponsored by The Greater Mauston Area Chamber of Commerce

THEME: "A Gingerbread Christmas"

Name: _____

Address / City: _____

Phone: _____ Cell: _____

Contact Person: _____

E-mail: _____

Type of Unit, Description, & Approx Length of Entry _____

Please circle if you will have the following in your parade entry : Music Horses

Deadline for Entry is Wednesday, November 30, 2016

Please return to:

Greater Mauston Area Chamber of Commerce

PO Box 171, Mauston, WI 53948

Phone: 847-4142

Fax: 747-2042

E-mail: Chamber@mauston.com

651 N Union Street

CATEGORIES

(Winners awarded Chamber Bucks)

Most Effective Use of Lights

Best Youth Entry

Best Use of Theme

Crowd's Favorite

Donations for the Food Pantry will be much appreciated. The collection box is located under the Middle School awning.

Please note: For the safety of the spectators, do not throw anything from your vehicle or float. Please have walkers with your entry to hand out candy or goodies along the route.

Santa will be in the parade. No other "Santas" will be allowed.

Parade Route: Starts at Mauston Middle School and proceeds down Division St. Turn right on State Street ending at Boberg's Gas N Go

Following the parade, Santa will be visiting the Hatch Public Library where the Friends of the Library will be serving hot chocolate and homemade cookies until 8pm.

News Flash!

Free, discounted health screenings at Mile Bluff Necedah Family Medical Center

In order to lead a healthy lifestyle, it's important to take control of your health. Knowing your specific risks for developing heart disease and diabetes can help you be proactive in making healthier life choices. Knowing your levels of cholesterol and blood pressure, and keeping those under control, may even help to add a few more years to your life.

If you would like to learn some steps you can take to better control your wellness, be sure to attend the upcoming health fair at Mile Bluff – Necedah Family Medical Center. The event will be held on Thursday, November 17 from 7 to 11 am.

Free blood pressure and blood sugar screenings will be available, along with the opportunity to discuss specific risks for developing diabetes and heart disease with Mile Bluff's healthcare professionals. You will also have the opportunity to enjoy refreshments and win door prizes.

If you would like to have a total cholesterol test performed with no fasting required, you may do so for \$10. You also have the option to have a lipid profile worked up for only \$20; this test requires 12 hours of fasting.

Once your tests are completed, Mile Bluff's healthcare professionals will review your results with you, and will provide tips on how to reduce your risks for developing diabetes and heart disease. If areas of concern are found through these screenings, resources will be provided to help you with your needs, and all results will be sent to your primary care provider.

Insurance is not needed to take advantage of the benefits these health screenings have to offer. The information you receive from these tests, along with the educational tools you will be given, are important steps in positively impacting your health. Appointments are required for all services, so call 608-565-2000 to reserve your spot today!



Support group being held at Mile Bluff to help those affected by autism

Autism is defined as 'a complex, developmental disability that typically appears during the first three years of life, and impacts a person's ability to communicate and interact with others.' It is considered a spectrum disorder, meaning that it affects individuals in different ways and to varying degrees. With the prevalence of autism in the United States, healthcare organizations are stepping up to offer support to families of children living with the disorder.

On Tuesday, November 15, Reverend Jeff Fairchild will lead a support group designed to assist families of children who live with autism. The meeting will take place at Mile Bluff Medical Center in Mauston, beginning at 7 pm. During the meeting there will be opportunities for participants to network with others who are dealing with situations similar to theirs, and discussion time to learn from others about recognizing and preparing for challenges that may arise.



Attend the upcoming autism support group at Mile Bluff Medical Center on Tuesday, November 15 at 7 pm, and learn what you can do to help that special child in your life. For more information, call 608-847-1285.

NEW ~ Email ADVERTISING RATES

- Full page.....\$35
- Full page w/color.....\$60
- One half page.....\$25
- One half page w/color.....\$40
- One quarter page.....\$15
- One quarter page w/color.....\$20
- Business Card Size.....\$5
- Picture/Classified Listing.....\$5

Must be ready artwork as pdf or jpeg.

Call or e-mail the Chamber office if you're interested

847-4142

Sizes

- Full Page 7.5" x 9"
- 1/2 Page 7.5" x 4.5"
- 1/4 Page 3.75" x 4.5"





HEAD FOR THE TRAILS WITH SNOWSHOES

Necedah National Wildlife Refuge Visitor Center

Monday - Saturday
9:00am - 3:30pm



Check-Out at Front Desk




Did you know you can donate your deer hide to the Mauston Lions Club?

Drop off location is Northside Mobil.... Look for the Lion's Trailer during Gun Deer Season



You're Invited

Business After Five, November 17th.

Join us in our new location at the entrance to downtown!

- Tasty food catered by Dough Boyz Pizza
- Win a Jabra Bluetooth Speaker, Motorola Headset, or a \$50 Cell.Plus Cash Card
- Learn about amazing Holiday Deals



Mauston - 414 E. State St.
608-847-6080



Greater Mauston Area Events

To list your event **FREE** email it to chamber@mauston.com

November

Nov 4 & 5 ~ Kendall Craft Fair
 Nov 6 ~ DAYLIGHT SAVING TIME ENDS
 Nov 8 ~ ELECTION DAY
 Nov 11 ~ VETERANS DAY
 Nov 11-13 ~ Community Musical "Beauty and the Beast"
 Nov 12 ~ Holiday Craft Fair at MHS
 Nov 17 ~ Mauston's BA5 at Cell Plus
 Nov 20 ~ Movie at Two Sisters Event Center
 Nov 24 ~ HAPPY THANKSGIVING
 Nov 24 ~ Moose Lodge Thanksgiving Dinner
 Nov 25 ~ BLACK FRIDAY
 Nov 26 ~ SMALL BUSINESS SATURDAY
 Nov 26 ~ Elroy Craft Fair
 Nov 26 & 27 ~ Christmas at the Boorman House

December

Dec 1 ~ Eat, Drink & Be Merry at Boorman House
 Dec 3 ~ New Lisbon Craft Show
 Dec 3 ~ Holiday Parade
 Dec 3 & 4 ~ Christmas at the Boorman House
 Dec 7 ~ PERARL HARBOR REMEMBRANCE DAY
 Dec 8 ~ Mauston/Lyndon Station Sharing Supper
 Dec 8 ~ Toys for Joy distribution
 Dec 10 ~ Santa's House
 Dec 11 ~ Movie at Two Sisters Event Center
 Dec 15 ~ Mauston's BA5 at TBD
 Dec 21 ~ WINTER BEGINS
 Dec 24 ~ CHRISTMAS EVE
 Dec 25 ~ CHRISTMAS DAY
 Dec 31 ~ NEW YEARS EVE

January

Jan 1 ~ NEW YEARS DAY
 Jan 1 ~ Polar Plunge
 Jan 15 ~ Movie at Two Sisters Event Center
 Jan 16 ~ MARTIN LUTHER KING JR DAY
 Jan 19 ~ Mauston's BA5 at TBD
 Jan 26 ~ Mauston/Lyndon Station

February

Feb 2 ~ GOUNDHOG DAY
 Feb 5 ~ Stylin 2017
 Feb 5 ~ SUPER BOWL
 Feb 14 ~ VALENTINE'S DAY
 Feb 16 ~ Mauston's BA5 at Emerald Lounge
 Feb 18 ~ Castle Rock Radar Runs
 Feb 19 ~ Movie at Two Sister Event Center
 Feb 20 ~ PRESIDENTS DAY
 Feb 23 ~ Mauston/Lyndon Station Sharing Supper

March

Mar 1 ~ ASH WEDNESDAY
 Mar 11 ~ Muskie Matters Bowling Tourney
 Mar 12 ~ DAYLIGHT SAVING TIME BEGINS
 Mar 16 ~ Mauston's BA5 at Randall's
 Mar 17 ~ ST PATRICKS DAY
 Mar 20 ~ FIRST DAY OF SPRING
 Mar 19 ~ Movie at Two Sister Event Center
 Mar 30 ~ Mauston/Lyndon Station Sharing Supper

April

Apr 9 ~ PALM SUNDAY
 Apr 9 ~ Movie at Two Sister Event Center
 Apr 14 ~ GOOD FRIDAY
 Apr 14 ~ Easter Egg Hunt
 Apr 15 ~ Spring Fling Craft & Gift Show
 Apr 16 ~ EASTER SUNDAY
 Apr 20 ~ Mauston's BA5 at Castle Rock Golf Course
 Apr 22 ~ EARTH DAY
 Apr 26 ~ ADMINISTRATIVE PROFESSIONALS DAY
 Apr 7 ~ Mauston/Lyndon Station Sharing Supper

Got Time?

Check out the Greater Mauston Community Calendar on Mauston.org/Events or Mauston.com

Newsletter deadlines

January/February 2017

December 21, 2016

March/April 2017

February 15, 2017

May/June 2017

April 19, 2017

July/August 2017

June 21, 2017

Sharing Supper at Mauston High School Commons Area



No November	February 23rd
December 8th	March 30th
January 26th	April 27th

Doors open at 4:30pm
 Serving begins at 5:00pm



Sharing Supper Mission:
 "To provide a dining experience free of social or economic barriers to build community relationships while nourishing the soul".



Check out the New Organization in Mauston.

Great Classes!

Great Camps!

Great Ideas for Parent Involvement.

Learn More by Calling
 Bryanna Moravek-Miller at 608-548-0991

234 State Street, Mauston

Spring Fling Craft & Gift Show

April 15th, 2017
9am to 3pm

Olson Middle School
 508 Grayside Avenue

608-847-4142

Toll Free 866-516-1646



Holiday Craft & Gift Show

November 12th ~ 9am-3pm

Mauston High School, 800 Grayside Ave



*** Art * Crafts * Gifts * Bake Goods**

*** Book Authors and More * Lunch Stand**

*** Over 100 Booths**

Sponsored by the Greater Mauston Area Chamber of Commerce

651 N Union Street #3, PO Box 171

Mauston, WI 53948

608-847-4142 www.mauston.com/chamber



For more information call the chamber office, space still available

November 20th, 3pm, Movie at Two Sister Event Center

Movie will be

"Alice Through the Looking Glass"

Walt Disney Production

Bring **TWO** Non-perishable food items for Entrance. Benefitting the Mauston Food Panty

Concessions available for a small fees.

Bring Blankets, Beanbag Chairs or Comfy Chair



Two Sister Event Center
is located at
234 W. State St.

Toddler Time

Mondays, 10– 10:30 AM,

for children 2-5 years

Hatchlings Baby Play Group

Tuesdays, 10– 11 AM,

for babies, 0– 23 months

Hatch Public Library, 111 W State St,

Mauston, 608.847.4454





SUPPORT GROUPS

AL-ANON GROUP - *For more information, call 608-562-5611.* Mondays, 7 pm, at Mile Bluff Medical Center in Mauston

PARKINSON'S SUPPORT GROUP - *If interested in group meetings, call Arlene at 608-847-6893.*

GRIEF SUPPORT GROUP - *For more information, call 608-847-1285.* This group offers support services to families and individuals who are coping with the death of a loved one. The group meets at 7 pm at Mile Bluff Medical Center in Mauston. Every other Thursday, November 3 - December 15

AUTISM SUPPORT GROUP - *For more information, call 608-847-1285.* This group offers support services to families of children with autism. Tuesday, November 15, 7 pm, Mile Bluff Medical Center in Mauston

SPECIAL EVENTS & SCREENINGS

LOOK GOOD... FEEL BETTER® - *For more information and to register, call 608-847-9877.* Ladies currently receiving cancer treatments at any medical facility are invited to attend this free session to learn beauty techniques to help combat appearance-related side effects of treatments. Tuesday, November 1, 9-11 am, Mile Bluff Medical Center in Mauston

FREE DIABETES AWARENESS EVENT - *Call 608-847-1846 to RSVP.* Learn about the importance of maintaining your eye health at this free event featuring Dr. Yao Liu and Mile Bluff's Diabetes Education Team! Thursday, November 3, Mile Bluff Medical Center in Mauston; 1:30 pm

HEALTH FAIRS - *Appointments are required for all tests.*
 -FREE blood sugar and blood pressure screenings
 -Total cholesterol tests (no fasting) for \$10, or lipid profile tests (12-hour fasting) for \$20
 -Heart disease and diabetes risk assessments
 Thursday, November 17, 7 - 11 am, Necedah Family Medical Center. *Call 608-565-2000 for appointments.*
 Thursday, December 8, 7 - 11 am, Mile Bluff Medical Center in Mauston. *Call 608-847-1845 for appointments.*
 (Hearing screenings 8 - 11 am)

LOVE LIGHT TREE CEREMONY - *For more information, call 608-374-0250.* Honor the memory of your loved one this holiday season with a Love Light. The event includes inspirational recitations, comforting songs and the reading of names of those who have passed and are being honored with a light. Sunday, November 27, 6:30 pm, Mile Bluff Medical Center in Mauston

PASSPORT TO HEALTHIER LIVING WITH DIABETES - *Call 608-847-1846 for more information.* Receive tips on how to better manage your diabetes through diet, medication management, glucose monitoring, and stress management. This free session will be held at 1 pm at Mile Bluff Medical Center in Mauston. Thursday, December 1

COMMUNITY BLOOD DRIVE - *For more information and to register, call the Blood Center of Wisconsin at 1-877-232-4376.* Tuesday, December 20, 9 am - 2 pm, Mile Bluff Medical Center in Mauston

PROGRAMS FOR PARENTS

HAND-IN-HAND PARENTING PROGRAM - *For information and to register, call 608-847-1013.* Education and support for parents **during the first year of their babies' lives** – held at Mile Bluff Medical Center in Mauston. Thursday, December 8, 4:30 pm
Topic – Creating memories

BIRTHING FACILITY TOUR - *For more information and to register, call 608-847-1013.* Groups meet at 6 pm in the lobby at Mile Bluff Medical Center in Mauston. Thursdays: November 10; December 8

OB CLASSES - *For more information and to register, call 608-847-1013.* Expecting parents will learn about prepared childbirth, feeding babies and what to expect after delivery. The cost is \$15.

Three-session programs - Classes meet for three consecutive weeks, 6:30 - 9:15 pm.

Mile Bluff - Necedah Family Medical Center: Mondays, starting November 7

Mile Bluff - Delton Family Medical Center, Lake Delton: Mondays, starting November 28

Mile Bluff Medical Center, Mauston: Thursdays, starting December 1

One-day program - Class is held one full day, 8:30 am - 4 pm Mile Bluff Medical Center, Mauston

Saturday, November 12



Holiday depression, anxiety, and stress facts Medical Author: Melissa Conrad Stöppler, MD

Many factors, including unrealistic expectations, financial pressures, and excessive commitments can cause stress and anxiety at holiday time. Certain people may feel anxious or depressed around the winter holidays due to seasonal affective disorder (SAD), sometimes referred to as seasonal depression. Headaches, excessive drinking, overeating, and insomnia are some of the possible consequences of poorly managed holiday stress. Those suffering from any type of holiday anxiety, depression, or stress can benefit from increased social support during this time of year. Counseling or support groups can also be beneficial.

In addition to being an important step in preventing the symptoms of seasonal affective disorder, regular exposure to light that is bright, particularly fluorescent lights, significantly improves depression in people with SAD during the fall and winter. Setting realistic goals and expectations, reaching out to friends, sharing tasks with family members, finding inexpensive ways to enjoy yourself, and helping others are all ways to help beat holiday stress.

The winter holiday season, with celebrations such as Christmas, Hanukkah, and Thanksgiving, for most people is a fun time of the year filled with parties and social gatherings with family and friends. But for many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety.

Sadness is a truly personal feeling. What makes one person feel sad may not affect another person. Typical sources of holiday sadness include: stress, unrealistic expectations, over **commercialization, financial stress, the inability to be with one's family and friends, and in addition to sadness, many people** feel holiday anxiety or stress, particularly when they feel unable to cope with the demands upon them.

Is the environment and reduced daylight a factor in wintertime sadness?

Nonhuman animals react to the changing season with changes in mood and behavior. People change behaviors, as well, when there is less sunlight. Most people find they eat and sleep slightly more in wintertime and dislike the dark mornings and short days. For some, however, other symptoms are severe enough to disrupt their lives and cause considerable distress. Sadness or depression at holiday time can be a reaction to the stresses and demands of the season. In other cases, people may feel depressed around the winter holidays due to a condition known as seasonal affective disorder (SAD), sometimes referred to as seasonal depression. This is a type of depression that tends to occur (and recur) as the days grow shorter in the fall and winter. It is believed that affected people react to the decreasing amounts of sunlight and the colder temperatures as the fall and winter progress, resulting in feelings of depression. Although this disorder usually occurs in the fall and winter, there are those who suffer from this condition during the summer instead of, or in addition to, during the fall or winter. The incidence of seasonal affective disorder increases in people who are living farther away from the equator.

What are risk factors for holiday depression, anxiety, and stress?

Risk factors for depression, anxiety, and stress during the holidays include having a mood disorder or experiencing depression at other times during the year and a lack of adequate social support systems. Other risk factors can include recent trauma, life changes, excessive alcohol intake, or concurrent illness. Having financial troubles may increase one's susceptibility to anxiety or stress during the holidays. Stressful family situations and illness in the family are also predisposing factors. Essentially, any factor that can cause depression, stress, or anxiety in an individual can worsen these conditions at holiday time.

What are symptoms and signs of holiday depression, anxiety, and stress?

Balancing the demands of shopping, parties, family obligations, and house guests may contribute to feelings of being overwhelmed and increased tension. People who do not view themselves as depressed may develop stress responses and may experience a number of physical and emotional symptoms including: headaches, excessive drinking, overeating and insomnia. Others may experience post-holiday sadness after New Year's/Jan. 1. This can result from built-up expectations and disappointments from the previous year, coupled with stress and fatigue.

In the case of seasonal affective disorder or a true depressive disorder, symptoms may persist beyond the holidays or may be more severe. The symptoms of seasonal affective disorder include tiredness, fatigue, depression, crying spells and mood swings, irritability, trouble concentrating, body aches, loss of sex drive, insomnia, decreased activity level, and overeating (especially of carbohydrates) with associated weight gain.

How is holiday anxiety, stress, and depression diagnosed?

A simple history and physical exam may be all that is needed to diagnose a case of the holiday blues. Your health-care professional may perform lab tests or other tests to rule out any medical conditions that may be causing your symptoms. Likewise, a full history of your symptoms is likely to provide clues that can help distinguish a mild case of the holiday blues from SAD or a more serious and chronic depressive disorder.

What kinds of specialists treat holiday depression, anxiety, and stress?

Anxiety, depression, and stress can be treated by a variety of medical and mental-health professionals. Medical doctors, including family medicine physicians and internists, treat holiday depression. Psychiatrists are medical doctors who have special training in treating mental and emotional conditions. There are many other types of mental-health professionals who may treat these conditions. These include psychologists, social workers, mental-health counselors, marital and family therapists, nurse psychotherapists, psychiatric or mental-health nurse practitioners, and others.

What is the treatment for holiday depression, anxiety, and stress?

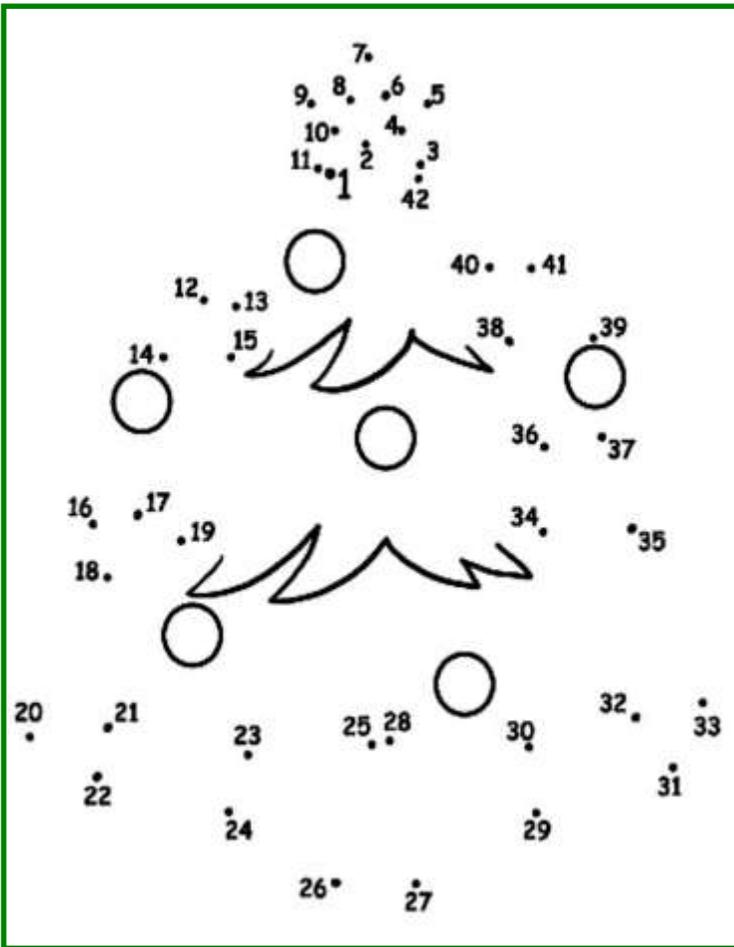
Those suffering from any type of holiday depression or stress may benefit from increased social support during this time of year. For uncomplicated holiday blues, improvement may be found by finding ways to reduce the stresses associated with the holiday, either by limiting commitments and outside activities, making arrangements to share family responsibilities such as gift shopping and meal preparation, agreeing upon financial limits for purchases, or taking extra time to rest and rejuvenate.

Counseling or support groups are another way to relieve some of the burdens of holiday stress or sadness. Knowing that others feel the same way and sharing your thoughts and experiences can help you manage your troubling feelings. Support groups also provide a further layer of social support during this vulnerable time period.

In addition to being an important step in preventing the symptoms of seasonal affective disorder, regular exposure to light that is bright, particularly fluorescent lights, significantly improves depression in people with SAD during the fall and winter. Phototherapy is commercially available in the form of light boxes, which are used for approximately 30 minutes daily. The light required must be of sufficient brightness, approximately 25 times as bright as a normal living room light. The light treatment is used daily in the morning and evening for best results.

Visiting other areas of the world that are characterized by more bright light (such as the Caribbean) can also improve the symptoms of SAD.





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Winter Indoor Walking Areas

Mauston High School

800 Grayside Avenue, Mauston
 Use the main front doors.
 6:30-7:30 a.m. & 3:45 -5:00 p.m.



Olson Middle School

508 Grayside Avenue, Mauston
 Enter at west parking lot, door #1.
 Access to certain areas will be restricted on game nights.
 4:00-6:00 p.m.

West Side Elementary School

708 Loomis Drive, Mauston
 4:00-7:00 p.m.

New Lisbon Schools

500 South Forest Street, New Lisbon
 Use the multi-purpose room entrance, door #1.
 6:00-7:30 a.m. & 4:00-6:00 p.m.

Necedah Schools

1801 South Main Street, Necedah
 Use the main entrance at the front of the school.
 6:00-7:30 a.m. & 6:30-8:30 p.m.



Wonewoc-Center School

101 School Road, Wonewoc
 Use the entrance by the flag pole.
 3:30-5:30 p.m. (Monday - Thursday)

Royall High School Hallways

1501 Academy Street, Elroy
 Enter at the front door.
 6:00-7:30 a.m.

Adams-Friendship High School

1109 East North Street, Adams
 Enter at the front door.
 6:30-7:30 a.m. (Mondays)
 6:00-7:30 a.m. (Tuesday - Friday)
 4:00-9:00 p.m. (Monday - Friday)



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Fall is the perfect time to help your customers **SAVE** up to 15%* on their heating and cooling costs by air-sealing and insulating with Atticat® Blown-in Insulation.

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MAUSTON GOLDEN EAGLES BLEACHER ENGRAVING ORDER FORM

Your \$150 donation will support the Mauston Golden Eagles outdoor community fields projects, and entitles you to an engraving on the new athletic field stadium bleachers.

Become a permanent part of Mauston's new stadium seating by completing the form below! Your tax-deductible donation of \$150 per seat will entitle you to have your name or the commemorative name(s) of your choice engraved on an 18" section of bleacher seating.

PLEASE PRINT THE NAME(s) you would like engraved.

LIMIT PER SEAT is 22 characters, including spaces; and all in capital letters.

SEAT ONE:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
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SEAT TWO:

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Characters include: letters, numbers, spaces, apostrophes, asterisks, slashes, dashes, parentheses, commas
Periods, quotation marks and the ampersand sign (&).

CONTRIBUTOR NAME: _____

ADDRESS: _____

E-MAIL ADDRESS: _____

TELEPHONE NUMBER: _____

PAYMENT OPTIONS

CHECKS:

Make checks payable to: School District of Mauston

Mail to: School District of Mauston, Attn: Bleacher Engraving, 510 Grayside Ave., Mauston WI 53948

CASH:

Deliver in person with form to the Mauston School District Office
at the above address (located in the Grayside Elementary Building)

TERMS AND CONDITIONS:

This purchase constitutes a binding agreement to donate \$150 to the School District of Mauston in exchange for one (1) or two engravings with up to 22-characters per seat (¼ inch tall letters with "block style" capital lettering).

Engraving orders are subject to the following terms:

- Engraving requests will include proper names of companies or people. No offensive names will be permitted.
- Engravings may be made "in memory of" or "in honor of" an individual.
- Engraving orders will not be accepted from gaming or tobacco affiliated companies.
- Neither the donation nor the engraving will confer, entitle or indicate individual ownership of the seat.
- Engravings will remain for the life of the bench plank.
- Donors cannot specify the precise location of the engraved bench seat.
- The School District of Mauston does not provide make-good engravings for misspelled words provided by the purchaser.

Gifts for everyone on your list!

Call us for ideas for your customer & employee appreciation needs

Great Christmas Gifts!



SCHOOL LOGO APPAREL

- T-shirts
- Performance Wear
- Hoodies / Jackets
- Sweatshirts / Fleece
- Hats / Gloves
- Blankets
- Tote Bags
- Coolers

Time to Order
2017
Calendars



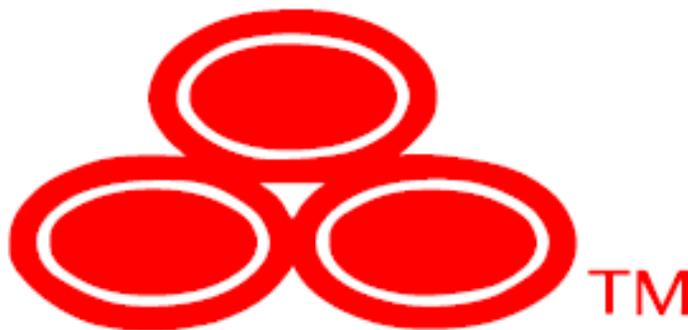
Check us out on Facebook for the latest styles/designs

Letterman Jackets



Call us today at 608-847-2240
N4488 Powers Ave, Mauston

State Farm



Leroy Holthaus, Agent

221 E. State St., Mauston

608-847-6094

Stop in, Call in, or Click in
Leroy@SFMauston.com



A Benefit of Chamber Membership



A benefit of Chamber Membership is the introduction of Chamber Bucks. Chamber Bucks come in \$5, \$10, \$25 & \$50 denominations and can be bought at the Chamber office. They can only be redeemed at the businesses of chamber members. They should be handled just like a check – deposit them directly into your business bank account. There is no cost to you, the merchant, and the chamber makes no money on this, it is strictly a benefit.

Anyone can purchase Chamber Bucks, and will receive a list of places they can be redeemed. They are perfect for hard to buy for friends, family and co-workers; and are great for any occasion because they can be redeemed at a number of different places (retail, restaurants, etc.)

How Customers Use Chamber Bucks Chamber Bucks come in \$5, \$10, \$25, & \$50 denominations and can be used at any of the following chamber businesses. Simply fill in the “Pay to” and present to the business of your choice.



**Chamber Bucks make a great Stocking Stuffer or last minute gift.
Call Mauston Chamber at 608-847-4142 to Purchase yours.**



Mauston Lion Christmas Wreath Sale



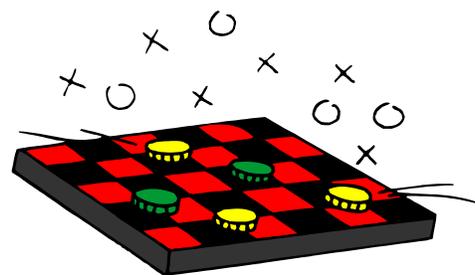
begins November 21st
at Mauston Lions Park



GAMING NIGHT HATCH LIBRARY

Starting in October

2nd Thursday of each month,
4:00pm – 6:00pm



Enjoy a night of variety
with XBOX360 video games
and a mixture of
different board games for



Necedah National Wildlife Refuge

VISIT US!

Visitor Center Hours

Monday – Saturday
Year-Round
9:00am – 4:00pm
Closed Federal Holidays,
Christmas Eve, and New
Year's Eve.

Trails & Grounds

Year-Round
Dawn to Dusk
Trail maps are located at
informational kiosks
throughout the Refuge. For
more information, stop at the
Visitor Center.

Volunteer at Necedah NWR

Refuge volunteers are vital to the Necedah National Wildlife Refuge mission. Volunteers contribute hundreds of hours each year to help meet this mission through monitoring bird populations, leading school groups, maintaining trails, taking photos, helping in the office and repairing equipment and facilities. No special skills are needed to be a Refuge volunteer. If you have a desire to help, we need you. We hope you'll join us! The best way to find out about current volunteer opportunities is to contact the Refuge.

To become a volunteer email Necedah@fws.gov or call 608-565-2551.



Activity Abounds

Year-Round
9:00am – 3:30pm
The following items can be checked out any time the Visitor Center is open: youth & adult snowshoes, binoculars, field guides, and activity backpacks.

Crane Viewing

March - November
Dawn to Dusk
Whooping cranes and sandhill cranes nest and rear their young on the Refuge. Stop at the Visitor Center for recent sightings and driving directions.

Necedah National Wildlife Refuge
N11385 Headquarters Rd, Necedah
608-565-2551



Mauston LASERWASH

Touch Free Automatic or Self Serve
Next to Null's Quik Lube - Hwy. 82E

Buy 5 Washes
at the
Park Oasis Shell
and Get
ONE FREE.



- Credit/Debit Cards accepted
- Shampoo Vacuum
- Self Serve Bay
- Touch Free Automatic Wash
- Pet Wash

Car Washes make great
Holiday Gifts
or Stocking Stuffers.



Save on Car Washes with Fuel or Lube purchase at these local Business.

Business After 5 At Woodside Ranch



A Christmas at Woodside December 15, 2016

Great Food ~ Door Prizes ~ Networking

Bring a Friend or 2 Door Prized Drawing at 6:15pm Bring your business card

50/50 Raffle. All proceeds go to Mauston Food Pantry

Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland



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Custom Greeting Cards

Custom greeting cards are the perfect way to personalize your message and artwork. Use them to announce your new location, as a thank you to your clients, or to celebrate a milestone.

Holiday Cards

This holiday season make sure your card stands out, and expresses your company's image and emotion!



Card Packages

Card Pricing for 4/1 or 4/4 cards, 3 sizes available!

Ask your rep about machine insertable options and pricing.

Each package includes:

- Artwork scan or stock photo and design layout
- Choice of size:
 - A2: 5.5" x 8.5" (open)
 - A6: 6.25" x 9" (open)
 - A8: 7.875" x 10.5" (open)
- Printed in full color both sides or full color with black inside
- White envelopes with black ink return address on back flap.



Quantity	A2 size	A6 size	A8 size
250 (4/1)	1.36 each	1.47 each	1.53 each
250 (4/4)	1.52 each	1.68 each	1.73 each
500 (4/1)	0.80 each	0.91 each	0.95 each
500 (4/4)	0.90 each	1.06 each	1.09 each
1,000 (4/1)	0.51 each	0.59 each	0.63 each
1,000 (4/4)	0.59 each	0.70 each	0.73 each
2,500 (4/1)	0.33 each	0.40 each	0.43 each
2,500 (4/4)	0.38 each	0.48 each	0.51 each

Custom Calendars

Custom calendars are a great way to keep your brand visible year round. Your customers will appreciate the practicality and personalized touch, while you'll enjoy the benefits of continuous brand exposure.

The Traditional

The perfect calendar for wall hanging—customized with your photos!

- You provide all 13 digital photos.
- Your logo and information block on every month.
- Traditional size—folded to 8.5" x 11" finished size.
- Saddle stitched and drilled for wall hanging.
- Please call your customer service rep for an estimate.

More Options Available:

- The Poster
- The Card
- The Planner

To get started call: Lori Buesing 608-253-8419 or email lorib@econoprint.com



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November 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																												
		1 Lyndon Station Elem PICTURE RETAKE DAY ** Last Day for FFA Fruit Cheese and Sausage Sale	2 7 PM - Athletic Booster Club Mtg	3	4 3:30 PM - FFA Rollerblading ** Last Day of 1st Qtr for Gr 5-12 ** ACT Registration Deadline	5 9 AM - FFA Leaf Raking for the Elderly																																																																												
				WAAA STATE GIRLS VOLLEYBALL and BOYS SOCCER																																																																														
6	7 5:30 PM - Lyndon St PTC Mtg ** GIRLS BASKETBALL BEGINS	8	9	10	11 10:00 AM - MHS Veterans Day Program with MHS Jazz Band Performance	12																																																																												
				WAAA PS Soccer & Football																																																																														
13 3 PM - MHS Community Musical - "Beauty and the Beast"	14 SCC Honors Band Day ** WR and BOYS BB BEGIN ** 6 PM - GSWS PTC Mtg @ WS LMC	15 Gr 5 "Math 24" @ Tomah ** 3:15 - 5:30 PM - OMS Band Fund Raiser Pickup ** 7 PM - Band Boosters Mtg	16 9 AM - 2 PM - STUDENT COUNCIL BLOOD DRIVE @ MHS Small Gym	17	18 NO SCHOOL FOR STUDENTS - TEACHER WORK DAY	19 FFA BIG BUCK CONTEST																																																																												
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20	21 3:30 PM - FFA Mtg ** 7 PM - Gr 5 Band Concert @ OMS ** 7 PM - Reg School Bd Mtg	22	23 EARLY DISMISSAL DAY - Students dismissed at 12:45 PM	24	25	26																																																																												
				NO SCHOOL - THANKSGIVING BREAK																																																																														
27	28	29 Girls BB @ Necedah	30 Last Day of 1st Trimester for Gr. 4K-5	<table border="1" style="display: inline-table; margin-right: 20px;"> <caption>Dec 2016</caption> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table> <table border="1" style="display: inline-table;"> <caption>Dec 2015</caption> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>		S	M	T	W	T	F	S	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						S	M	T	W	T	F	S	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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December 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 4-7 PM - Parent/Tchr Conf @ Lyndon St, West Side and Grayside ** WR vs Tomah here	2 1 PM - Grayside Holiday Program @ MHS ** Boys BB vs Westfield here ** Girls BB @ Westfield ** 4-6 PM - FFA Sand + Salt Mix Giveaway	3 8 AM-Noon - FFA Salt + Sand Mix Giveaway ** Girls BB and Boys BB vs Lake Mills at JAG (Wis Dells) ** 6 PM - Mauston Holiday Parade
4	5 5:30 PM - Lyndon Station PTC Mtg ** 5:30 ILEAD Gov Council	6 4-7 PM - Parent/Tchr Conf @ Lyndon Station, West Side and Grayside ** Girls BB @ Viroqua ** Boys BB vs Sparta here	7 8 AM - ASVAB @ MHS ** 4-5 PM - Parent/Tchr Conf @ OMS ** 4:30-6:30 PM - Parent/Tchr Conf @ MHS ** 7 PM - Athletic Booster Club Mtg	8	9 1 PM - West Side Holiday Program @ MHS ** 3:30 PM - FFA Shopping Trip to Madison ** WR Invite @ Adams-Fr ** Girls BB vs Nekoosa here ** Boys BB @ Nekoosa	10 ACT Test @ MHS ** Vane WR @ Tomah ** Girls BB vs Belleville here ** Boys BB @ Belleville
11	12 6 PM - GSWS PTC Mtg @ WS LMC ** 5:30 PM - Chili Supper @ MHS ** 7 PM - MHS and OMS Bands Holiday Concert @ MHS	13 Boys BB @ Holmen ** Girls BB vs New Lisbon here	14	15 1 PM - Lyndon Station Holiday Program ** 7 PM - OMS Choral Holiday Concert ** FFA Fruit, Cheese and Sausage Delivery ** SHARING SUPPER ** Boys BB vs Wis Dells here	16 Girls BB @ Wis Dells ** WR @ Westfield	17
18	19 7 PM - MHS Choral Holiday Concert ** 7 PM - Regular School Bd Mtg	20 Boys BB @ Tomah ** Girls BB vs Tomah here ** WR @ Reedsburg ** 7 PM - Band Boosters Mtg	21	22 Boys BB vs Black River Falls here	23	24
25 Christmas Day 	NO SCHOOL FOR STUDENTS ** WINTER BREAK					31 Varsity Bi-State Wrestling @ LaCrosse Center