

# Silver Fox

FREE  
Senior  
Guide



## Information Included

- Senior Resources
- Area Events
- Area History
- Parks & Rec. Info
- Local Attractions
- Green Thumb Gardening
- Outdoor Recreation Trails



ADAMS &  
JUNEAU  
COUNTIES,  
WISCONSIN



Scan QR Code  
for Digital Copy



**Adams**  
COUNTY  
WISCONSIN  
Landfill &  
Recycling Center

1420 Hwy 21 - 1 1/2 miles west of  
State Roads 13 & 21 Intersection

OPEN TO ALL COUNTIES

Monday - Friday 7:00 a.m. to 3:00 p.m.  
(Saturdays Memorial-Labor 8:00 a.m. - 12:00 noon)  
**(608) 339-9178** <http://co.adams.wi.gov>  
RECYCLING IS MANDATORY IN WISCONSIN

**ACCEPTING**

CLEAR BAGS ONLY

Household/Business Trash &  
Construction/Demolition  
(\$10 minimum)  
Roll-off Container Rental Available  
Residential, Commercial & Business  
Service Available  
Recyclables - Clean & Sort  
Appliances  
Tires  
Brush (<6" diameter)

Trimmings - Grass, Leaves  
Scrap Metals  
Used Motor Oil / Filters  
Antifreeze  
Auto Batteries  
Computer Monitors & TV's  
All Other Electronics  
Fluorescent Light bulbs  
Sharps Disposal (Includes  
red box and disposal)

CLEAR BAGS ONLY

**NOT ACCEPTING • HAZARDOUS WASTE OR FREE LIQUID WASTE**

For more information or the location of your town drop-off site, call (608) 339-9178  
SAVE TAX DOLLARS BY SUPPORTING YOUR COUNTY LANDFILL  
All loads must be covered, enclosed or tied down.



**104 W. State Street  
Mauston, WI 53948  
Mobile: (608) 548-6900  
Fax: (608) 807-5151  
E-mail: [beata@tds.net](mailto:beata@tds.net)**

**Beata Zimon**  
Broker Associate

**[www.BeataZimon.com](http://www.BeataZimon.com)**

- Big Screen TV's
- Open Bowling
- Game Room
- Pool Tables
- Darts
- Wednesday Night  
Karaoke & Texas Hold'em
- Friday Night Fish Fry
- Prime Rib every Saturday
- Sunday Broasted Chicken
- Banquet Room -  
*Accommodates over 300*
- Open Tues.-Wed. 4 p.m.  
Thurs.-Sun. 11 a.m.  
Closed Monday Year-Round
- Closed Mon & Tues.  
Memorial Day thru Labor Day

**ANJERO'S**  
**SPORTS BAR & GRILL**  
BOWLING • ARCADE • BANQUETS  
HOMEMADE PIZZA

- Hand Cut Steaks
- Take & Bake Pizzas
- Homemade Pizzas & Sandwiches
- Great food in a casual atmosphere!

**Hwy. 82 E. • Mauston**  
*Just west of the interstate*

**608-847-4000**  
**[www.anjeros.com](http://www.anjeros.com)**



**Four Seasons Mini Mart**  
Spring Summer Fall Winter  
339-7894 2332 Hwy Z

Spring & Summer  
6 a.m. - 9 p.m. Sun-Th  
6 a.m. - 10 p.m. Fri&Sat

Fall & Winter  
6 a.m. - 7 p.m. Sun-Th  
6 a.m. - 8 p.m. Fri&Sat

**Hwy Z on the Bay of Beautiful Castle Rock Lake**

**We Sell Citgo Gas and a Full Line of Groceries**

**Bakery • Deli • Pizza by the Slice**  
*Or call ahead for a 16-inch Pizza with choice of topping*  
**Sub Express Subs Made to Order**  
**Fried Chicken and Fish**  
**On-line and Instant Lottery**



# Get Active!!!

Go Outside  
and Do  
**SOMETHING!**

- Yard Work
- Gardening
- Walk the Dog
- Bike Ride
- Swimming
- ANYTHING!!!

Anything to get your heart rate up,  
and your blood flowing...

## YOU'LL FEEL BETTER

and it's good for your health!

2-3	Local Area Events
4-5	Residential Services
6	Adams County History
7-8	Adams County Communities
9	Juneau County History
10-12	Juneau County Communities
14-15	Parks & Recreation
16-17	Local Area Attractions
18-19	Green Thumb Gardening Tips
20-21	Senior Resources
23	Wisconsin Fishing Seasons
30	Adams County Trails
31	Juneau County Trails

Scan the QR Codes to  
go to the individual  
county pages.

Adams County



Juneau County



This free publication is made possible by the advertisers and other local agencies and may not be reproduced. Please support the local advertisers on this publication. Comments and/or suggestions may be directed to: [info@lincolnmarketing.us](mailto:info@lincolnmarketing.us)

View this publication online at [www.LincolnMarketing.us](http://www.LincolnMarketing.us)

# LOCAL AREA EVENTS

## **JANUARY**

Coloma Area Chili Cook-Off  
Pink Ribbon Run | Dellwood  
Castle Rock Bassmasters Ice Fisheree | Friendship  
Polar Bear Jump | Nekoosa  
Lake Camelot Lodge Chili Contest | Nekoosa  
Turtle Dunk | New Lisbon  
SnoBandits Poker Run | Rome  
USSA Junior & Senior Ski Jump Meet | Rome  
Winter Wonders Free Family Day | Wisconsin Dells

## **FEBRUARY**

Antique & Vintage Snowmobile Show & Ride | Adams  
Coffee Klutch Gathering | Friendship  
Cabin Fever | Necedah  
Woodside Sled Competition | Wisconsin Dells  
Family Camp Winter Weekend | Wisconsin Dells

## **MARCH**

Relay for Life Survivor Spaghetti Luncheon | Adams  
Brunch, Auction & Diaper Drive | Mauston  
Easter Egg Hunt | Mauston  
Owl Prowl | Necedah  
Jr. Duck Judging | Necedah  
St. Patrick's Day Celebration | Wisconsin Dells  
Cabin Fever Days | Wonewoc

## **APRIL**

Chili Fiesta | Friendship  
Paws for Treasures | Friendship  
Easter Egg Hunt | Mauston  
H.A.N.D.S. for Autism 5K Run & Walk | Mauston  
Earth Day Celebration | Necedah  
Spring Wine Festival | New Lisbon  
Spring Vendor & Craft Event | Wisconsin Dells  
Polka Fest | Wisconsin Dells  
Easter Egg Hunt | Wonewoc  
Arbor Day Celebration | Wonewoc

## **MAY**

ACT Fundraiser | Adams  
Community Bike Ride | Adams  
Adams County Dairy Breakfast | Adams  
Adams-Friendship Alumni Banquet | Adams  
Wine, Etc. | Nekoosa  
Motorcycle Hill Climb | Rome  
Not Your Average Triathlon | Rome  
Healthy Family Fun Run & Walk | Wisconsin Dells

## **MAY (Cont)**

Wrestling Club Fish Boil | Wisconsin Dells  
Automotion | Wisconsin Dells  
Leopold Center Family Fun Day | Wisconsin Dells  
Memorial Flag Raising & Service | Wisconsin Dells

## **JUNE**

GRABAAWR | Adams  
Crime Stoppers Brat Fry | Adams  
Operation Lifesaver Ride for Safety | Adams  
Pie & Ice Cream Social | Adams  
Dairy Best Farm Tour | Camp Douglas  
Elroy Fair  
Brat Fry Fundraiser | Friendship  
Roche-A-Cri Park Open House | Friendship  
Rick Klein Memorial Fishing Tournament | Friendship  
Castle Rock Patriotic Days | Friendship  
Summer Smash | Mauston  
Monroe Prairie ATV Poker Run  
Monroe Prairie ATV Scavenger Hunt  
Lake Sherwood Lodge Craft Show | Nekoosa  
Rome Classic Car, Bike & Snowmobile Show  
Taste of Wisconsin Dells  
Dells River Triathlon | Wisconsin Dells  
Block the Sun Run & Walk | Wisconsin Dells  
Wisconsin Dells Waterslide-athon  
BBQ Blues Festival | Wisconsin Dells

## **JULY**

City of Adams Centennial Celebration  
Davis Corners Picnic & Reunion | Adams  
Arkdale Open Horseshoe Tournament  
Roche-A-Cri Lions Rec Days | Arkdale  
4th of July Parade | Friendship  
Adams County Humane Society Car Wash | Friendship  
American Cancer Society Relay for Life | Friendship  
Castle Rock Triathlon | Friendship  
Summer Smash | Mauston  
Relay for Life | Mauston  
Cancer Poker Run, Bike & Car Show | Mauston  
American Legion Car Show | New Lisbon  
Wa Du Shuda Days | New Lisbon  
Taste of Rome  
ATV Ride | Rome  
Poolside Party & Cookout | Wisconsin Dells  
Summer Festival of the Arts | Wisconsin Dells

## **AUGUST**

Crazy Days | Adams & Friendship  
Monroe Prairie ATV Poker Run | Arkdale  
Doubles Horseshoe Tournament | Arkdale  
Big Flats Fire Department Street Dance Fundraiser  
Adams County Historical Society Picnic | Friendship  
Adams County Fair | Friendship  
Rustic Ridge Bike, Boat & Car Show | Friendship  
Hustler Fest  
Venetian Lighted Boat Parade | Mauston  
Juneau County Fair | Mauston  
Prime Time Jimmy Kline Ride for Cancer | Mauston  
Necedah Street Fest  
Lake Camelot Frolic | Nekoosa  
Grand Marsh Corn-N-Tater Fest | New Chester  
Venetian Lights Boat Parade | New Lisbon  
Da Dells Dirtiest Dash | Wisconsin Dells  
Revolution3 Triathlon | Wisconsin Dells

## **SEPTEMBER**

Easton/White Creek Lions Day Celebration | Adams  
Fall Salad Luncheon | Adams  
An Affair to Remember | Adams  
Fire Department Pancake Breakfast | Friendship  
Sled Fest | Friendship  
ATV Bear-Coon Ride | Friendship  
Old Farmers Antique Club Fall Harvest Fest | Friendship  
Women's Night Out | Mauston  
Airport Fly-In | Mauston & New Lisbon  
Lake Arrowhead Craft Show | Nekoosa  
Lake Arrowhead Classic Auto Show | Nekoosa  
Fall HarborFest | New Lisbon  
Sportsmen Night | Rome  
Harescramble | Rome  
Wo-Zha-Wa Days Fall Festival | Wisconsin Dells  
Dash to the Dells Show | Wisconsin Dells

## **OCTOBER**

Monroe Prairie ATV Halloween Ride | Arkdale  
Cemetery Tour | Friendship  
Vintage Snowmobile Race & Show | Friendship  
Pumpkin Walk & Haunted Hayride | Friendship  
Coffee Klutch | Friendship  
Chili Fest, Crafts, Bakery & Rummage Sale | Nekoosa  
Halloween Dance & Costume Party | Nekoosa  
Rome Children's Halloween Party & Open House  
Haunted Halloween | Mauston  
Rendezvous of the River | Mauston  
Mauston Pumpkin Bash  
Snowmobile & ATV Drag Races | Mauston  
Quincy Fire Department Open House  
Dells Chili Cook-Off | Wisconsin Dells  
Autumn Harvest Fest | Wisconsin Dells  
Leopold Center Art Discovery Day | Wisconsin Dells

## **NOVEMBER**

HCE Harvest Festival | Adams  
Night in Bethlehem | Adams  
Women's Night Out | Friendship  
Christmas Craft Show | Friendship  
Deer Hunter's Dinner | Friendship  
Romemakers Holiday Fair | Rome  
Running Club Family Turkey Trot | Friendship  
Home for the Holidays Festival | Friendship  
Holiday Sleigh Rides | Mauston  
Veteran's Day Celebration | Rome  
A Vintage Christmas | Wisconsin Dells

## **DECEMBER**

Happenings Luncheon | Adams  
Holiday Appreciation Open House | Adams  
Salvation Army Christmas Dinner | Adams  
Holiday Potluck & Tree Trimming Party | Friendship  
New Year's Eve Party | Grand Marsh  
Holiday Sleigh Rides | Mauston  
Holiday Parade | Mauston  
Santa Visits | Mauston  
Lake Arrowhead New Year's Eve Party | Nekoosa  
Rome Tree Lighting  
A Vintage Christmas | Wisconsin Dells

## ADAMS COUNTY

Administrative Coordinator .....	(608) 339-4577
Child Support .....	339-4228
Clerk of Circuit Court .....	339-4208
Corporation Counsel .....	339-4267
County Clerk .....	339-4200
District Attorney .....	339-4217
Emergency Management .....	339-4248
Health & Human Services .....	339-4505
Highway Department .....	339-3355
Land & Water Conservation .....	339-4268
Maintenance .....	339-4282
Parks & Recreation .....	339-4230
Planning & Zoning .....	339-4504
Register in Probate .....	339-4213
Register of Deeds .....	339-4206
Sheriff .....	339-3304
Solid Waste & Recycling .....	339-9178
Surveyor .....	339-4222
Treasurer .....	339-4202
UW Extension .....	339-4237
Veterans Services .....	339-4221

## JUNEAU COUNTY

Administrative Coordinator .....	(608) 847-9310
Child Support .....	847-2400
Clerk of Circuit Court .....	847-9351
Corporation Counsel .....	847-9321
County Clerk .....	847-9356
District Attorney .....	847-9314
Emergency Management .....	847-9393
Health & Human Services .....	847-9373
Highway Department .....	847-5874
Land & Water Conservation .....	847-7221
Maintenance .....	847-9340
Parks & Recreation .....	847-9389
Planning & Zoning .....	847-9391
Register in Probate .....	847-9346
Register of Deeds .....	847-9325
Sheriff .....	847-5649
Solid Waste & Recycling .....	562-5233
Surveyor .....	847-9339
Treasurer .....	847-9308
UW Extension .....	847-9329
Veterans Services .....	847-9385



- Propane Bulk and Bottled
- Sales and Service of  
Water Heaters / Cookstoves / Furnaces

Main Office:  
(608) 339-6211  
P.O. Box 497 • 503 Main Street  
Adams, WI 53910

Emergency  
After Hours:  
(608) 253-7650  
(608) 339-7180

**LOCAL NEWS with**  
Tom Demmin Bruce Golla



**LOCAL WEATHER (forecasts generated locally)**



**LOCAL SPORTS with the Magnum Media**  
Sports Team





Originally home to American Indian tribes, Adams County was first settled in the 1830s as lumbercamps were established throughout the area. It was named in honor of President John Adams and Quincy was selected as the county seat until it was moved by voters to Friendship in 1858. Early residents raised crops, farmed livestock and harvested timber, and the area grew slowly until the development of the railroad. By 1900 its population had reached 9,141 and the area continued to grow. Today Adams County is home to approximately 20,088 residents.

## **CITIES:**

**ADAMS** – pop. 1,741

## **VILLAGES:**

**FRIENDSHIP (COUNTY SEAT)** – pop. 731

## **TOWNS:**

**ADAMS** – pop. 1,253

**BIG FLATS** – pop. 943

**COLBURN** – pop. 212

**DELL PRAIRIE** – pop. 1,526

**EASTON** – pop. 1,167

**JACKSON** – pop. 940

**LEOLA** – pop. 302

**LINCOLN** – pop. 316

**MONROE** – pop. 354

**NEW CHESTER** – pop. 2,182

**NEW HAVEN** – pop. 659

**PRESTON** – pop. 1,312

**QUINCY** – pop. 1,120

**RICHFIELD** – pop. 183

**ROME** – pop. 2,912

**SPRINGVILLE** – pop. 1,140

**STRONGS PRAIRIE** – pop. 1,075

*\*Populations are approximate.*

## **ADAMS**

Adams was organized in 1857 and was once part of Grand Marsh and Lincoln. The fertile soil provided the means necessary for raising grain and harvesting cranberries and many settlers arrived to farm the land. Land speculators offered the railroad company a lower price than nearby Friendship and rail lines were built through Adams, allowing for dramatic growth and development. Today Adams is home to approximately 1,741 residents.

## **DELL PRAIRIE**

Settlers were attracted to the fertile soil, ample timber and access to water of the Dell Prairie area. Its name was a combination of the Dalles found nearby and the lush prairie essential for grazing stock. By 1876 a church and school were established to meet the growing needs of the community and early businesses included blacksmith shops, a wagon shop, general store, trout pond, dance hall and specialty shops. Today Dell Prairie is home to approximately 1,526 residents.

## **EASTON**

Easton was originally part of New Chester until 1857 when the towns were divided. The nearby stream provided the power necessary for a flour mill as the soil was ideal for raising wheat, oats, grains and also cranberries. By 1880 a dam was constructed to harvest and breed trout, and the community housed a millinery shop, blacksmith shop, lumber mill and general store. Today Easton is home to approximately 1,167 residents.

## **FRIENDSHIP (COUNTY SEAT)**

Friendship was platted by Luther Stowell and William Burbank and named after their hometown in New York. Residents successfully petitioned the relocation of the county seat from Quincy to Friendship in 1858 and the area began to grow. By 1880 Friendship housed a variety of businesses including mills, general stores, grocery stores, hardware stores, feed and farming implements, blacksmith shops, law offices, a printing office and courthouse. Construction of the railroad through nearby Adams affected the area's growth and the community's population was subsequently affected. Today Friendship is home to approximately 731 residents.

## **NEW CHESTER**

New Chester was originally part of Easton until 1857 when the towns were divided. The first church was established in 1858 and early residents harvested timber, farmed crops, raised livestock and quarried limestone. As rail lines were constructed the area began to grow and schools were established to meet the needs of the community. Today New Chester is home to approximately 2,182 residents.

## PRESTON

Preston was organized as settlers were attracted to the fertile farmland, proximity to water and pristine landscape. Mills were established to harvest the water power and the area was known for its excellent cranberry production. It is home to the only state park in Adams County and the Roche-A-Cri Mound, a sandstone formation which attracts many visitors. Today Preston is home to approximately 1,312 residents.

## QUINCY

Quincy, one of the oldest towns in Adams County, was originally selected as the county seat. Settlers were attracted to the ample water supply of nearby Castle Rock Lake. Mills and a dam were established to harvest its power. The county seat was moved to Friendship in 1858 and the community continued to thrive. Early industry was dominated by agriculture as residents raised livestock and farmed crops. Today Quincy is home to approximately 1,120 residents.

## ROME

Rome was settled by pioneers who were drawn to the easy access to water, fertile soil and ample timber. Early residents farmed cranberries and harvested grain and many flour and timber mills were established. By 1880 a hotel, general store, grocery store, lumberyard, school and specialty shops were thriving. It is now widely known for its excellent recreational opportunities that attract many visitors each year. Today Rome is home to approximately 2,912 residents.

## SPRINGVILLE

Once home to an Indian camping ground known as Indian Spring, Springville was settled in the mid 1800s. Its name was derived from the abundant spring water streams found throughout the area which powered several flour mills and early industry was dominated by agriculture. By 1880 Springville housed a school and grocery store and the area continued to grow. Today Springville is home to approximately 1,140 residents.

## STRONGS PRAIRIE

Strongs Prairie, once the most populous community in Adams County, was settled in the 1850s as pioneers were attracted to the ample water supply and fertile farmland. The area grew dramatically as flour mills were established. By 1876 the area housed several grocery stores, general stores, a wagon shop, blacksmith shop, shoe shop and a church. Today Strongs Prairie is home to approximately 1,075 residents.



Originally home to American Indian tribes, Juneau County was first settled in the 1830s as trading posts were established throughout the area. It was organized from Adams County in 1857 and Mauston was selected as the county seat. Early residents raised wheat, tobacco, corn and cranberries, and ample timber supplied the sawmills that were established along the local rivers. Development of the railroad allowed for growth and by 1900 its population had reached 20,629. Today Juneau County is home to approximately 26,451 residents.

## **CITIES:**

**ELROY** – pop. 1,463

**MAUSTON (COUNTY SEAT)** – pop. 4,331

**NEW LISBON** – pop. 2,353

**WISCONSIN DELLS** – pop. 2,468

## **VILLAGES:**

**CAMP DOUGLAS** – pop. 557

**HUSTLER** – pop. 115

**LYNDON STATION** – pop. 449

**NECEDAH** – pop. 843

**UNION CENTER** – pop. 214

**WONEWOC** – pop. 758

## **TOWNS:**

**ARMENIA** – pop. 871

**CLEARFIELD** – pop. 760

**CUTLER** – pop. 316

**FINLEY** – pop. 79

**FOUNTAIN** – pop. 629

**GERMANTOWN** – pop. 1,315

**KILDARE** – pop. 580

**KINGSTON** – pop. 54

**LEMONWEIR** – pop. 1,801

**LINDINA** – pop. 715

**LISBON** – pop. 999

**LYNDON** – pop. 1,410

**MARION** – pop. 450

**NECEDAH** – pop. 2,274

**ORANGE** – pop. 556

**PLYMOUTH** – pop. 639

**SEVEN MILE CREEK** – pop. 480

**SUMMIT** – pop. 717

**WONEWOC** – pop. 723

*\*Populations are approximate.*

## **CAMP DOUGLAS**

Camp Douglas was established as the Milwaukee Road was established through Juneau County in the 1850s. The area was first known as Douglas Camp Junction in honor of James Douglas who founded a fueling camp for the local railroad. In 1889 a rifle range was constructed for the Wisconsin National Guard which is now Volk Field Air National Guard Base that currently employs many of its residents. Today Camp Douglas is home to approximately 557 residents.

## **ELROY**

Elroy was settled in the 1850s and the first post office was established in 1857. Streets were platted the following year and mills and a dam were constructed to harvest the local water power. Railroad development allowed for dramatic growth and in 1879 Elroy was incorporated. The area is now known for the 32 mile Elroy-Sparta Trail which attracts many recreational enthusiasts each year. Today Elroy is home to approximately 1,463 residents.

## **HUSTLER**

Hustler was settled in the 1870s as rail lines were constructed through the area. Streets were platted in 1894 and by 1914 the community housed an opera house, lumberyard, meat market, bank and an array of specialty shops. The area grew slowly but remains a tight-knit community, celebrating its Hustler Fest each year. Today Hustler is home to approximately 115 residents.

## **LYNDON STATION**

The community was organized in 1857 as it grew from a logging camp in 1838 and its name was suggested by James Cope after his hometown of Lindon, Vermont. The first school was established in 1877 and John Dixon served as the area's first postmaster. Railroad construction allowed for growth and early industry was dominated by lumbering and agriculture. Today Lyndon Station is home to approximately 449 residents.

## **MAUSTON (COUNTY SEAT)**

Mauston, first known as Maughs Mills, was settled in the 1850s and its name was derived from Milton Maughs who platted streets in 1854. The area grew quickly as settlers were attracted to the fertile soil, ample water supply and heavy timber. Mauston was incorporated in 1860 and by 1869 businesses included harness shops, general stores, a barber shop, shoe shop, pharmacy, bank, lumberyard and specialty shops. Mauston was selected as the county seat and the area continued to develop. In 1876 the Boorman House was constructed which now houses the Juneau County Historical Society Museum. Today Mauston is home to approximately 4,331 residents.

## **NECEDAH**

Necedah, an American Indian word for yellow waters, was organized in 1853. The first post office was established in 1854 with Judge E.S. Miner serving as the area's first postmaster. As the community was once the most densely forested area in Juneau County, lumber mills were constructed and the area grew dramatically. Necedah developed as a commercial and manufacturing center and by 1890 businesses included a livery stable, hotel, hardware store and early residents farmed cherries, apples and pears. Today Necedah is home to approximately 2,274 residents.

## **NEW LISBON**

New Lisbon was first settled in 1845 and its name was derived from Lisbon, Ohio, from where many pioneers originated. The community was organized in 1853 and developed quickly upon construction of the railroad. By 1900 New Lisbon housed a brewery, hotel, shoe shop, general store, flour mill and specialty shops. The Gee's Slough Group of Indian Mounds found in the area attracts many visitors each year and is now on the National Register of Historic Places. Today New Lisbon is home to approximately 2,353 residents.



# JUNEAU COUNTY COMMUNITIES

## WISCONSIN DELLS

Wisconsin Dells, originally a famous reference point for traders and explorers, was founded in 1857 upon the arrival of the railroad. The community was first known as Kilbourn and is one of the oldest resort areas in all of Wisconsin. The natural beauty of the area attracted tourists from across the country, many of whom became permanent residents. By 1900 businesses were thriving and the community continued to grow. Today Wisconsin Dells is home to approximately 2,468 residents.

## WONEWOC

Originally part of Sauk County, Wonewoc was settled in 1842 as pioneers were attracted to the fertile soil and ample water supply. By 1857 a hotel and post office were established and the area grew dramatically as rail lines were constructed. By 1800 Wonewoc housed a physician's office, law office, church, school and the area continued to thrive. It is now known for its vast recreational opportunities that draw many visitors annually. Today Wonewoc is home to approximately 758 residents.

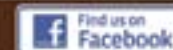


*Visit us today for all of your  
Archery Needs as well as  
Taxidermy Services.  
If we don't have it, we can get it!*

FRIENDSHIP, WISCONSIN • 715-228-5451

**Some of our Archery Brands Include:  
PSE • Bow Tech • Obsession Archery • Stryker**

woodsedge1967@yahoo.com



Healing your Pain...  
Changing your Life.

## Laser Therapy Center

Safe & Effective Treatment For  
Chronic Pain, Sports Injuries, Wounds, Burns & Addictions

Now offering Laser Therapy for Weight Loss  
(Metabolic tune up) & Smoking Cessation  
(Very high Success Rate, no withdrawal,  
drug & pain free)

WISCONSIN DELLS  
1000 State Hwy 13 Suite #15 • Wisconsin Dells, WI 53965  
[www.lasertherapycenterllc.com](http://www.lasertherapycenterllc.com)  
608-697-0355

FRESH & FROZEN  
OPEN YEAR  
ROUND

# KOZY'S PIZZA™

608-847-5111

**\$2.00 OFF  
Any Size  
Fresh Pizza!**

HWY G - MAUSTON  
MILE WEST OF CASTLE ROCK PARK

## ADAMS COUNTY CASTLE ROCK PARK

2397 Hwy. Z, Rt. 2 | Friendship  
(608) 339-7713

Located on 141 acres southwest of Friendship, Adams County Castle Rock County Park features a boat launch, fishing opportunities, swimming beach, playground equipment, recreational trails and picnic areas and is open year-round.

## BUCKHORN STATE PARK

Buckhorn Park Ave. | Necedah  
(608) 847-9389

Located on 4,500 acres near Castle Rock Lake, Buckhorn State Park features a primitive campground, handicap accessible cabin, boat launch, fishing opportunities, swimming beach, waterfowl hunting blinds, picnic areas and recreational trails.

## JUNEAU COUNTY CASTLE ROCK PARK

650 Prairie St. | Mauston | (608) 847-7089

Located on 160 acres in the heart of Mauston, Juneau County Castle Rock Park features a modern campground, boat launch, fishing opportunities, swimming beach, playground equipment, picnic areas, concessions and is open year-round.

## KENNEDY COUNTY PARK

Co. Rd. M | New Lisbon | (608) 847-9389

Located on 200 acres near the Lemonweir River, Kennedy County Park features a primitive campground, boat launch, fishing opportunities, playground equipment, picnic areas and recreational trails.

## PETENWELL COUNTY PARK

2004 Bighorn Dr. | Arkdale  
(608) 564-7513

Located on 431 acres northwest of Friendship, Petenwell County Park features a modern campground, boat launch, fishing opportunities, swimming beach, playground equipment, game room, recreational trails, picnic areas and is open year-round.

## WILDERNESS COUNTY PARK

N14054 N 21st Ave. | Necedah  
(608) 565-7285

Located on 80 acres near the Petenwell Dam, Wilderness County Park features a modern campground, boat launch, fishing opportunities, swimming beach, playground equipment, recreational trails, picnic areas, concessions and is open year-round.

*\*For more information on parks throughout Adams County, call (608) 339-4230 or for more information on parks throughout Juneau County, call (608) 847-9389.*

*\*\*Seasonal boat slip reservations are accepted on a first-come basis after January 1st. Monthly, weekly and daily boat slip rentals are only accepted at the time of use.*

*\*\*\*Camping reservations can be made by calling (888) 947-2757 or online at [www.wiparks.net](http://www.wiparks.net).*



**Snazzle Dazzle Pet Grooming**  
**-----Tina Matrick-----**  
671 Washington St. • Grand Marsh, WI 53935  
Home: 608.472.6141 • Cell: 608.432.1457  
Call For Appointments



**WOUNDED WARRIORS**  
GUIDE SERVICE

WOUNDED WARRIORS GUIDE SERVICE  
is a cost free guide service founded by veterans for veterans. We here at WOUNDED WARRIORS GUIDE SERVICE provide waterfowl hunting and fishing opportunities for our vets that have been wounded serving our great nation. At WOUNDED WARRIORS GUIDE SERVICE we are always preparing for the seasons and decided that we want to share our great experiences with those who have sacrificed greatly for our country

  **218-209-1230**

Donations Accepted @ [www.woundedwarriorsguide.com](http://www.woundedwarriorsguide.com)



# AREA ATTRACTIONS

## ADAMS COUNTY HISTORICAL SOCIETY

507 Main St. | Friendship  
(608) 339-7732  
www.adamshistory.com

## BOORMAN HOUSE MUSEUM

211 N Union St. | Mauston  
(608) 847-2070

## BUCKLEY'S BRIDGE & MILL

Hwy. M | New Lisbon | (608) 462-5931

## BURR OAK WINERY

N5873 Hwy. 12 | New Lisbon  
(608) 562-5271  
www.burroakwinery.com

## CASTLE AT THE BAY

1844 20th Ave. | Arkdale  
(608) 339-2090  
www.castleatthebay.com

## DELLS ISLAND RESORT

655 N Frontage Rd. | Wisconsin Dells  
(608) 254-8306  
www.dellsislandresort.com

## DYRACUSE PARK

1047 Co. Rd. O | Nekoosa  
(715) 325-8014  
www.romewi.com

## ELROY MUSEUM & HISTORICAL SOCIETY

P.O. Box 35 | Elroy | (608) 462-8747  
www.elroyhistoricalmuseum.com

## ELROY THEATER

122 Main St. | Elroy | (608) 462-4990  
www.elroytheatre.elroychamber.com

## HARRY A. MORTENSON COLLECTION

115 W Park St. | New Lisbon  
(608) 562-3213

## H.H. BENNET STUDIO

215 Broadway St. | Wisconsin Dells  
(608) 253-3523  
www.hhbennettstudio.wisconsinhistory.org

## JUNEAU COUNTY COURTHOUSE

220 E State St. | Mauston  
(608) 847-9300  
www.juneau.wi.gov

## JUNEAU COUNTY HISTORICAL SOCIETY

P.O. Box 321 | Mauston  
(608) 462-5931

## MCGOWAN HOUSE

P.O. Box 264 | Friendship  
(608) 339-7732

## NECEDAH NATIONAL WILDLIFE REFUGE

W7996 W 20th St. | Necedah  
(608) 565-2551  
www.stateparks.com/necedah.html

## PETENWELL

**HYDROELECTRIC PLANT**  
11397 18th Ave. | Necedah  
(608) 565-2217

## QUAD D RANCH RIDING STABLE

1841 Deerborn Dr. | Friendship  
(608) 339-6436

## RED RIDGE RANCH

W4881 Hwy. 82 | Mauston  
(608) 847-2273  
www.redridgeranch.com

## RIPLEY'S BELIEVE IT OR NOT

115 Broadway St. | Wisconsin Dells  
(608) 253-7556  
www.ripleys.com

## WI NATIONAL GUARD MUSEUM

101 Independence Dr. | Camp Douglas  
(608) 427-1280  
www.wisconsin.gov

## WIZARD QUEST

105 Broadway St. | Wisconsin Dells  
(608) 254-2184  
www.wizardquest.org

## WOODSIDE RANCH RESORT

400 Hwy. 82 | Mauston  
(800) 626-4275  
www.woodsideranch.com



## Ponderosa Pines Pub

Eatery & Campground

8 miles west of Plainfield on Hwy 73

Friendly Service • Good Food  
Homemade Pizza • Daily Specials  
Friday Fish Fry • Saturday Prime Rib & Shrimp  
Serving Food 11:00 am 'till 10:00 pm daily

Volleyball • Horseshoes • Swimming Pond  
Gas Pumps Open 24 Hours  
Diesel/Unleaded

No Party is too small: Weddings,  
Birthdays, Meetings, Graduations, etc.

Sunday Breakfast 7:30-11:30 am

Come check out our campground  
Daily seasonal rates and ATV accessible  
Bula Family & Staff

**715-335-2267**

# 10 Tips for Green Thumb GARDENING

Don't like all the dirt in your fingernails while you work in the garden? Before you go out, run your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt cannot accumulate. Then, after you are all done gardening, use a toothpick or nailbrush to remove the soap and your nails will be sparkling clean.



Spray vegetable oil on your string trimmer to help prevent jamming or breaking (Treat before installing string in trimmer).



Make a convenient measuring tool out of a long handled garden tool by laying it on the ground next to a tape measure. Use a permanent marker to copy the inches and feet. Next time you are spacing plants you already have a dual-purpose measuring tool in your hand!

Write the names of your plants (With a permanent marker) on the flat parts of stones of any size and lay them in front of your plants for natural looking markers.



The next time you boil or steam vegetables, use the leftover water to water potted patio plants, and you'll be surprised at how the plants grow with "vege-soup."

You can use leftover tea and coffee grounds to help acidify the soil of acid-loving plants like azaleas, rhododendrons, camellias, gardenias and blueberries. A light sprinkle of about 1/4 of an inch applied once a month will help keep the pH of the soil on the acidic side.



You can use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add some tea to the soil around the soil of seedlings once a week for healthy plant.

Here is a really quick way to dry out your herbs: Just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and shut the car doors. Your herbs will be dry in no time!



Use your blender to grind up egg shells. Just like a mother bird chews up worms for the baby birds making the food easier to digest, grinding eggshells makes it easy for your garden to absorb the calcium egg shells retain.

Animals (cats especially) seem to think all of the hard work you've put into your garden looks like a huge litter box. To keep them from pooping on your basil and other plants, strategically place a few plastic forks around your plants to deter them from destroying your fresh herbs, fruits, and vegetables.



## ASSISTED LIVING / NURSING CARE

### **COTTAGE CARE CENTER**

204 Hall Street | Mauston  
(608) 847-7470

### **COTTAGE CARE CIRCLE**

320 Attewell St. | Mauston  
(608) 847-6248

### **CRESTVIEW NURSING HOME & CBRF ASSISTED LIVING**

621 View St. | New Lisbon  
(608) 562-3667

### **EVERGREEN MANOR INC.**

W5205 Buckeye Dr. | Necedah  
(608) 565-2522

### **FAIR VIEW NURSING HOME**

1050 Division Street | Mauston  
(608) 847-1290  
(800) 252-4377

### **NATIONAL CAREGIVER SUPPORT PROGRAM**

Juneau County Aging and Disability Resource Center  
(608) 847-9371

### **OAK GROVE ASSISTED CARE**

200 W 6th Street | Necedah  
(608) 565-3990

### **OAK RUN COMMUNITY BASED RESIDENTIAL FACILITY**

Mental illness and developmental Disabilities  
N9895 18th Ave., Necedah, WI 54646  
(608) 565-3700

### **WEBER HAUS ASSISTED LIVING**

312 Center St. | Wonewoc  
(608) 464-7688

### **OAK GROVE ASSISTED CARE**

200 W 6th St | Necedah  
(608) 565-3990

### **RETIREMENT COMMUNITY-NEKOOSA**

145 N Cedar St | Nekoosa  
(715) 886-5353

### **LIBERTY MANOR**

550 W Liberty St | Adams  
(608) 339-9444

### **OUR HOUSE SENIOR LIVING**

2941 16th St S | Wisconsin Rapids  
(715) 421-3060

### **GOLDEN LIVING CENTERS - WISCONSIN DELLS**

300 Race St | Wisconsin Dells  
(608) 254-2574

### **OUR HOUSE SENIOR LIVING**

1950 State Hwy 23 | Wisconsin Dells  
(608) 253-7901

### **RENAISSANCE ASSISTED LIVING**

1500 Pepper Ave | Wisconsin Rapids  
(715) 424-6500

### **DENTAL HEALTH SERVICES**

To find local dentist visit :  
[www.wda.org](http://www.wda.org)

### **JUNEAU COUNTY HEALTH DEPARTMENT**

220 East State Street, Rm. 104  
Mauston | (608) 847-9373 or  
(866) 735-9616  
[www.co.juneau.wi.gov](http://www.co.juneau.wi.gov)

### **MAUSTON DENTAL CENTER**

800 Herriot Drive | Mauston  
(608) 847-6700 or (800) 942-5330

### **HEALTH CARE SERVICES CAPITOL CONSORTIUM**

(888) 794-5556 (toll free)  
[www.access.wisconsin.gov](http://www.access.wisconsin.gov)

### **TRANSPORTATION SERVICES**

#### **JUNEAU COUNTY AGING**

220 East La Crosse St. | Mauston  
(608) 847-9371 Office/Adult Center

#### **SENIOR CITIZENS' BUS/VAN**

(866) 907-1493  
Monday-Friday 7:00 a.m.-6:00 p.m.  
for scheduling  
To schedule online pickup: [www.MTM-Inc.net/riders/members/WI](http://www.MTM-Inc.net/riders/members/WI)  
Free to Medicaid recipient-resident of Juneau County.

#### **MAUSTON CITY CAB CO.**

Mauston | (608) 847-3008

#### **THE SOUTHWEST WISCONSIN TRANSIT TEAM (SWTT)**

Transportation 24 hours a day-2 days notice  
(877) SWT-LIFT  
(877) 798-5438

**Shop. Dine. Play. Stay.**

**LOCALLY**

and help support businesses throughout your area.

## ADAMS COUNTY VETERANS SERVICES

108 E North St  
Friendship, WI 53934  
(608) 339-4221

## AMERICAN LEGION POSTS

Post #81  
1055 East State Street  
Mauston, WI 53948  
(608) 847-2407

Post #110  
110 Welch Prairie Rd.  
New Lisbon, WI 53950  
(608) 562-5442

Post # 115  
402 Franklin Street  
Elroy, WI 53929  
(608) 462-8610

Post #206  
108 Center Street  
Wonewoc, WI  
(608) 464-7722

Post #315  
101 Main Street  
Camp Douglas, WI 54618  
(608) 427-3224

## HOMELESS SERVICE FOR VETERANS AND THEIR FAMILIES

Peter Olk  
(715) 256-3254 (King facility)  
(608) 267-0783 (Madison)

## JUNEAU COUNTY WISCONSIN VETERANS SERVICE OFFICE

211 Hickory St. Rm. 201  
Mauston, WI 53948  
(608) 847-9385

VETERANS MEMORIAL HALL  
501 E. 3rd Street  
Necedah, WI 54646  
(608) 565.3459

## Early inland trout

March 7 (5 a.m.) to April 26

## General inland trout

May 2 (5 a.m.) to Sept. 30

## General inland fishing

May 2 to March 6, 2016

## Largemouth bass northern zone

May 2 to March 6, 2016

## Smallmouth bass northern zone catch and release

May 2 to June 19

## Smallmouth bass northern zone harvest

June 20 to March 6, 2016

## Large and smallmouth bass southern zone

May 2 to March 6, 2016

## Musky - northern zone

May 23 to Nov. 30

## Musky - southern zone

May 2 to Dec. 31

## Northern pike

May 2 to March 6, 2016

## Walleye

May 2 to March 6, 2016

## Lake sturgeon

Sept. 5 to Sept. 30 (hook-and-line)

## Free fishing weekends

January 17-18, 2015 (winter)

June 6-7, 2015 (winter)

January 16-17, 2016 (winter)

- Commercial
- Residential
- New Construction
- Repairs
- Remodeling
- Septics
- Water Heaters
- Pumps



# MAUSTON PLUMBING

MP #225776 • Since 1946

Covering 4 Generations

## 608-847-6134

89 N. Union Street • Mauston, Wisconsin

## Operating Watercraft

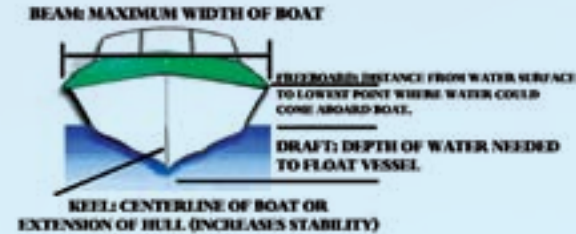
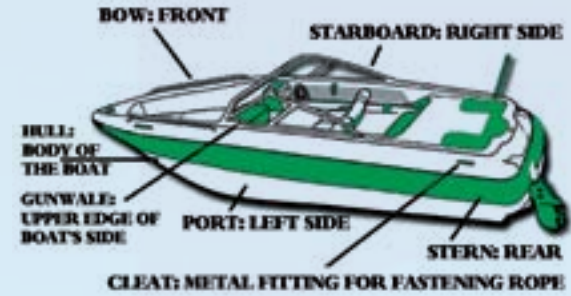
FOLLOW THESE GUIDELINES TO HELP PREVENT AND PREPARE FOR CAPSIZING, SWAMPING, OR SOMEONE FALLING OVERBOARD.

- MAKE SURE THAT YOU AND YOUR PASSENGERS ARE WEARING LIFE-JACKETS WHILE THE BOAT IS MOVING.
- ATTACH THE IGNITION SAFETY LANYARD TO YOUR WRIST, CLOTHES, OR LIFE JACKET.
- DON'T ALLOW ANYONE TO SIT ON THE GUN WALE, BOW, SEAT BACKS, MOTOR COVER, OR AREAS NOT DESIGNED FOR SEATING. ALSO, DON'T LET ANYONE SIT ON PEDESTAL SEATS WHEN CRAFT IS NOT IN IDLE.
- DON'T OVERLOAD YOUR BOAT. BALANCE THE LOAD OF PASSENGERS AND GEAR STORED ON-BOARD.
- KEEP YOUR CENTER OF GRAVITY LOW BY NOT ALLOWING PEOPLE TO STAND UP OR MOVE AROUND WHILE CRAFT IS IN MOTION.
- IN SMALL BOATS, DON'T ALLOW ANYONE TO LEAN BEYOND THE GUNWALE.
- TURN BOAT AT SLOW RATES OF SPEED.
- SECURE THE ANCHOR LINE TO THE BOW, NEVER TO THE STERN.
- DON'T RISK OPERATING WATER CRAFT IN ROUGH CONDITIONS OR BAD WEATHER.

## Who May Operate a Motorboat

(OTHER THAN A PERSONAL WATERCRAFT)

- **FOR ENGINES 25 HORSEPOWER OR LESS:**
  - THOSE UNDER AGE 12 MAY OPERATE WITHOUT RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER THROUGH 75 HORSEPOWER:**
  - THOSE UNDER AGE 12 MUST HAVE SOMEONE 21 YEARS OF AGE OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.
- **FOR ENGINES OVER 75 HORSEPOWER:**
  - NO CHILDREN UNDER AGE 12 MAY OPERATE, EVEN WITH AN ADULT ON BOARD.
  - OTHER RESTRICTIONS APPLY TO BOAT OPERATORS 12 TO 17 YEARS OLD:
    - OPERATORS FROM 12 TO 17 YEARS OF AGE MAY OPERATE ENGINES OF 25 HORSEPOWER OR LOWER WITH NO RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER:**
  - OPERATORS 12 TO 17 YEARS OF AGE MUST HAVE: A WATERCRAFT OPERATOR'S PERMIT, OR SOMEONE AGE 21 YEARS OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.



## All Watercraft Must Have...

- AT LEAST ONE COAST GUARD APPROVED TYPE 1, 2, 3 OR 5 FLOTATION DEVICE THAT IS THE PROPER SIZE FOR EACH PERSON ON BOARD OR BEING TOWED.
- ALL DEVICES MUST BE IN GOOD CONDITION AND EASILY ACCESSIBLE.
- CHILDREN UNDER AGE 10 MUST WEAR A DEVICE WHEN ON BOARD A BOAT THAT IS UNDERWAY UNLESS:
  - IN AN ENCLOSED CABIN OR BELOW DECK OR ON AN ANCHORED BOAT THAT IS BEING USED FOR SWIMMING OR DIVING OR PASSENGER CRAFT WITH A LICENSED CAPTAIN.
- ALONG WITH THE ABOVE AT LEAST ONE APPROVED TYPE 4 MUST BE ON BOARD BOATS 16 FT. OR LONGER (EXCEPT CANOES AND KAYAKS) AND IMMEDIATELY AVAILABLE.
- A COAST GUARD APPROVED TYPE 5 DEVICE MAY BE SUBSTITUTED FOR ANY OTHER COAST GUARD APPROVED DEVICE IF IT MEETS THE SAME REQUIREMENTS AND IS NOTED ON THE LABEL.
- ANYONE RIDING A JET SKI OR OTHER PERSONAL WATER CRAFT MUST WEAR AN APPROVED -NON INFLATING FLOTATION DEVICE, AS WELL AS ANYONE BEING TOWED BY A WATER CRAFT.



## D & J THRIFTY FOOD MART

Monday - Saturday  
9:00 am - 5:00 pm  
Closed Sundays



Join our Text Club: Text Jams2 to 36000

# 608-847-4664

520 LaCrosse Street, Downtown MAUSTON



## Jams 2 Discount Grocery

Monday - Saturday  
9:00 am - 6:00 pm  
Closed Sundays

# 608-524-6838

Join our Text Club: Text Jams2 to 36000

16 E Main St, Reedsburg, WI

# Karas DENTAL



1104 Academy St., Elroy • 608-462-8282  
1412 Wheelihan Ave., Necedah • 608-565-7173

Providers for Delta Dental Preferred, Cigna, WEA

### NEW PATIENTS WELCOME!

### SAME DAY CROWNS

CHRISTOPHER KARAS, D.D.S.

www.karasdentalgroup.com



# GENTLE YOGA FOR SENIORS

Yoga is good for adults of all ages, especially seniors. Studies have shown that yoga can be extremely helpful when it comes to combating stress, fatigue and pain. Some yoga poses increase core strength and balance, which reduces the risk of fall-related injuries. Other poses can alleviate senior-related health issues such as menopause. Above all, yoga is a form of exercise that can help seniors feel younger.

the One-legged Wind Releasing pose is a good, gentle stretch for the mid- to low back and hips because it stretches all of the muscles in those areas, which helps resolve low back pain.



## Here's How...

1. Lie down on your back with your knees bent and your feet on the floor.
2. Hug your right thigh to your chest, using a strap or belt to assist you, if necessary.
3. Straighten your left leg along the floor, keeping your foot flexed.
4. Keep your pelvis and right buttock on the floor (or, if you're unable, keep your left leg slightly bent).
5. Breathe deeply until you feel the muscles relax, and then stay a few breaths longer.
6. Repeat on the other side.

You may find that one side may take more or fewer breaths to relax, so pay attention to what your body's telling you.

Other poses aimed at reducing chronic back pain include relaxation pose, forward fold and seated forward bend in a chair.

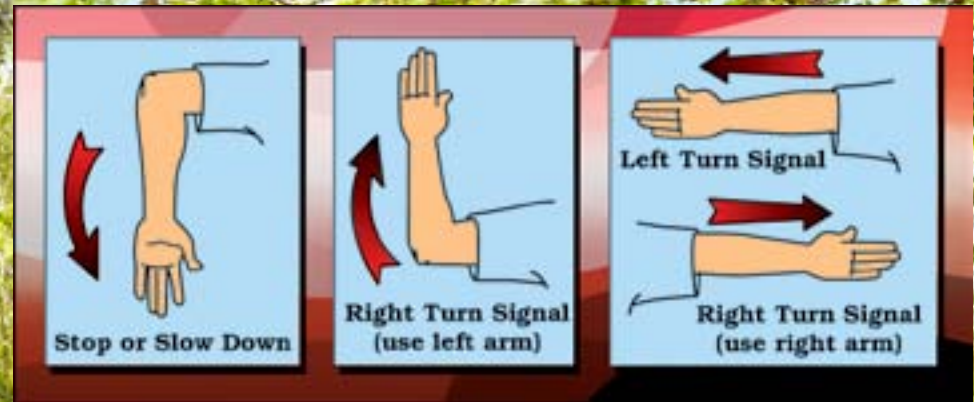
Seniors know that other aches and pains can also get in the way of an active life.



# Be Cautious of Other Bikers

- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic.
- Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.

## Drink lots of Water!

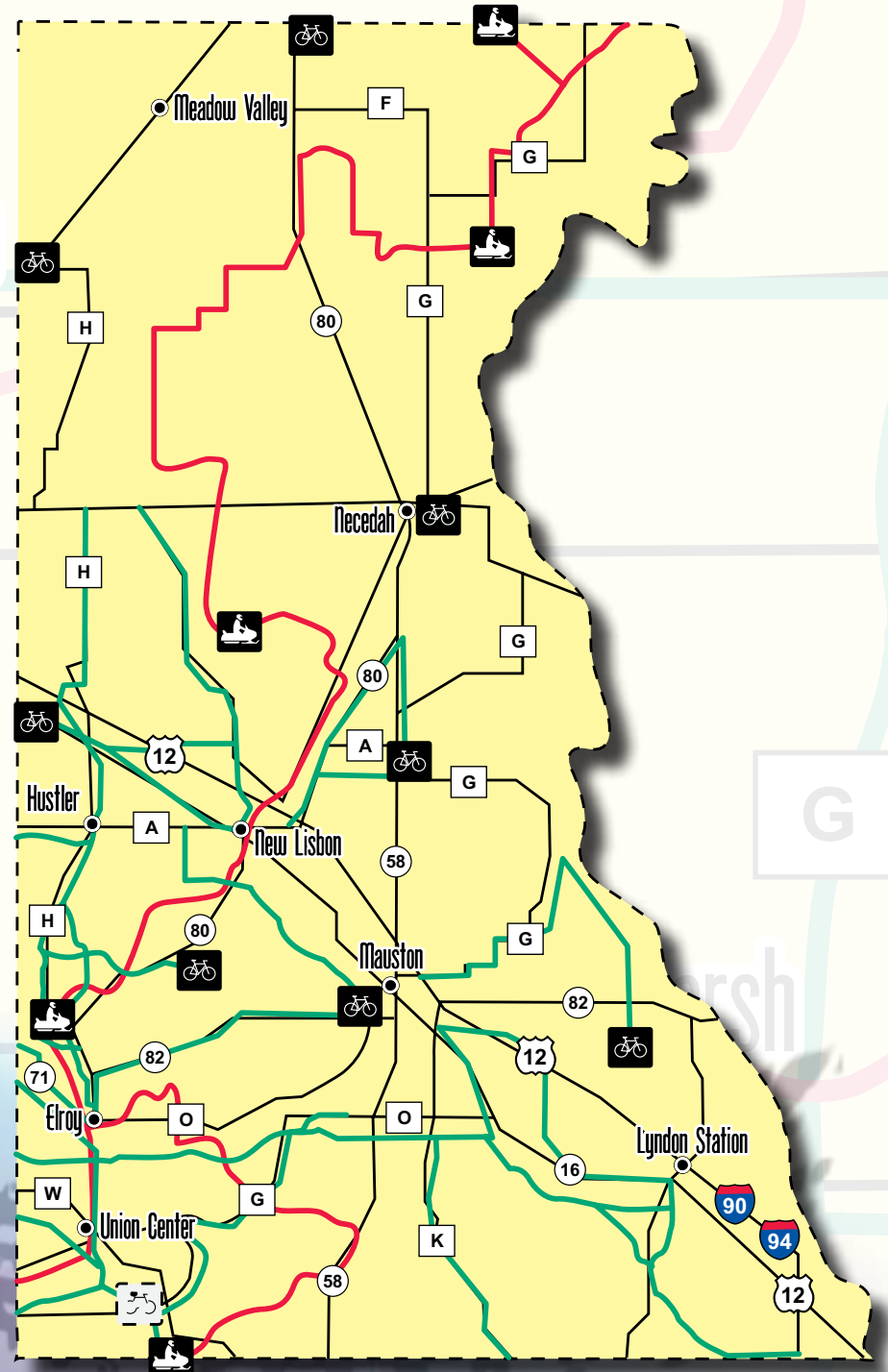
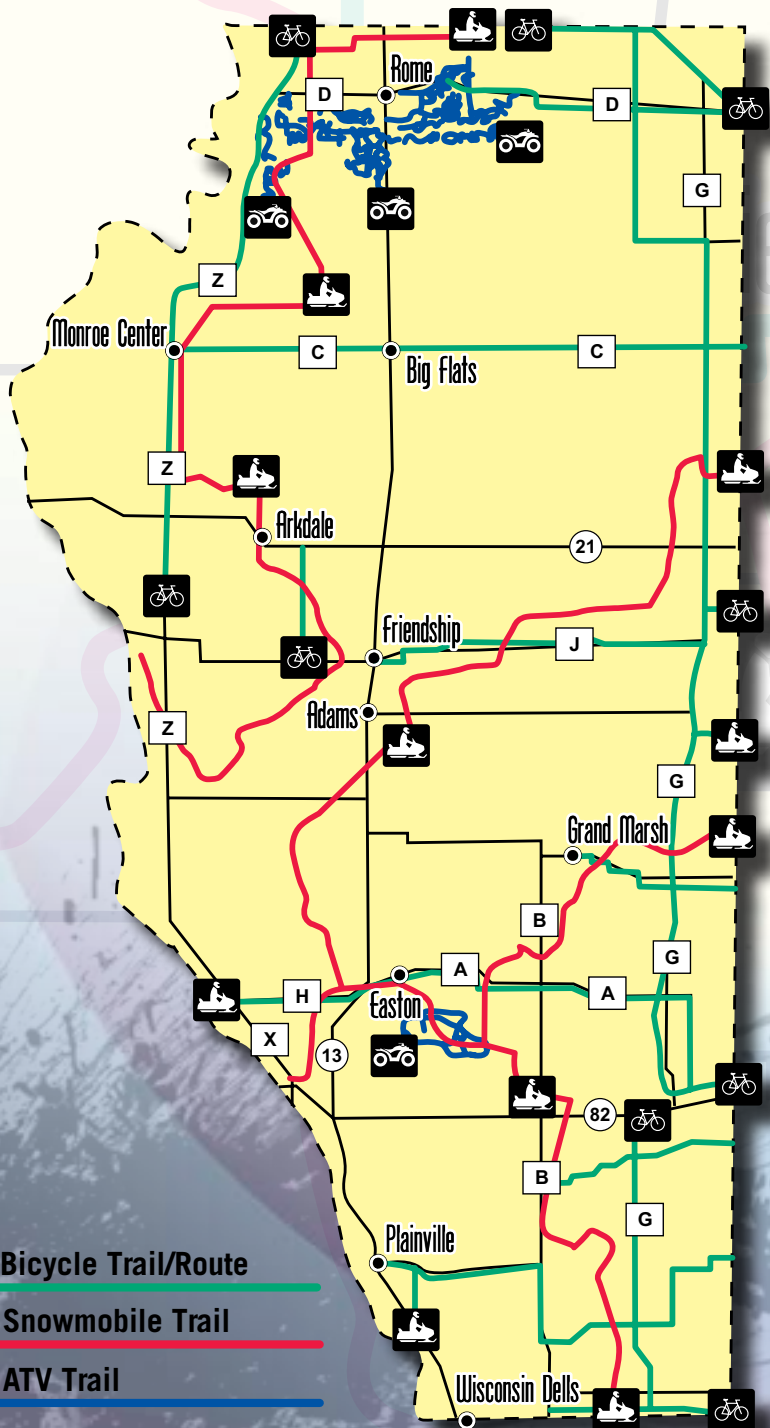





# Bicycle Hand Signals

- Always use bicycle hand signals to alert traffic of your changing direction.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.

# ADAMS COUNTY TRAILS

# JUNEAU COUNTY TRAILS



-  Bicycle Trail/Route
-  Snowmobile Trail
-  ATV Trail

# TIPS FOR VISION IMPAIRMENT

Here are some tips to make your life with vision impairment easier:

## Brushing teeth-

Use the most colorful toothpaste available in store. This way when you are squirting it on your tooth brush it's easier to see how much to apply.

## Using a cell phone-

Most Smart phones are voice activated. Ask your phone provider to set up your phone so it may be activated by voice commands.

## Marking dials on the stove-

Use tactile paint or puffy paint to mark levels on the knobs. (These can be found at fabric stores) Or use liquid white out if you have dark colored or black stove dials.

## Matching Socks-

Pin your socks together before putting them into the laundry. Use brass or stainless steel safety pins so they do not rust.

## Lighting-

Increase the amount of light and focus it directly over the task at hand. LED lights, natural light and natural daylight bulbs are recommended. Do not use fluorescent lights, as fluorescent light causes glare.

## Pouring liquids-

Pour coffee into a white mug; the contrast between the color of the mug and the coffee will make it easier to see how full the cup is. For cold liquids you can place your index finger inside the cup; you will feel when the liquid touches your finger.



**Recycle as much as you can.** Even simple everyday things, such as plastic bottles and aluminum cans, can make a huge difference.



**Switch your incandescent light bulbs to compact fluorescent ones.** Save money and energy.



**Bring your own reusable shopping bags with you to the supermarket or the mall.**



**Donate your unwanted clothing to a local charity.** Eyeglasses, household items, electronics and even vehicles can be accepted.



**Recycle your used ink and toner cartridges.** Most office supply stores accept used cartridges.



**Recycle your used batteries.** This prevents poisonous mercury from seeping into our water supplies and soil. Switch to rechargeable ones.



**Switch to unbleached toilet paper, paper towels and coffee filters.** Avoiding bleached products can help preserve our water supply and soil.



**Unplug any unused appliances.** Your cellphone charger uses electricity, even when your phone isn't charging - especially if you are not going to be home.



**Bring your own lunch.** You'll avoid using non-recyclable styrofoam to-go containers and unnecessary throw-away packaging.



**Start a compost bin in your yard.** There are even ones that you can store under your kitchen sink.



**Be crafty.** Let old items be an inspiration for a craft project and repurpose old items. Punch holes in tin cans to make candle luminaries or use empty yogurt containers to organize nuts and bolts.



**Have a green-cleaning product party.** Invite your friends over to make enough vinegar-based homemade cleaners to share.



**Run your washer/dryer/dishwasher after 5pm.** This is when less electricity is being used, especially in larger cities. In air-conditioned summer months this can help prevent blackouts.



# Reduce - Reuse - Recycle

## FALL PREVENTION SAFETY

1. Remove obstacles in the house that could cause tripping—everything from small floor rugs to objects on the floor like an oversized vase or magazine stand.
2. Install handrails and lights on staircases, with light switches at the top and bottom of the stairs.
3. Install shower and tub grab bars in the bathroom, around the toilet and the tub.
4. Place no-slip mats on the shower floor and bathtub.
5. Paint doorsills with a different, highlighting color to avoid tripping.
6. Put on hip pads if you're at high risk for falls.
7. Make home lighting brighter, but prevent glare.

## STAY HYDRATED

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

## PROTECT YOUR EYES

Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

## RUB ON SUNSCREEN AND WEAR HATS

Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.



## FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

### INSECT BITES/ANAPHYLAXIS

Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite with these symptoms:

### POISON PREVENTION

Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

**Lock up your poisons and medications.** Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

**Follow directions carefully.** Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

### Keep

**your pets safe from household chemicals, too.** Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any anti-freeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.



## FIRST AID FOR BURNS & CHOKING

### BURNS

**For minor 1st and 2nd degree burns smaller than 3" in diameter:** Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

#### **Bandage the burn with sterile gauze:**

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

#### **Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:**

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sun-screen outdoors. Avoid giving aspirin to children.

**For 3rd degree burns/all major burns - DIAL 911**

**DO NOT run cold water over large severe burns - this can cause shock.**

**DO NOT remove burnt clothing.**

**Check for signs of breathing/coughing/movement.**

**If there are no signs of breathing begin CPR.**

**Elevate burned areas above heart level, if possible.**

**Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.**

### CHOKING

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.



**IN AN EMERGENCY, DIAL 911**

# Shop • Dine • Play • Stay



# LOCALLY

...and support  
the community  
you live in!

you live in!  
the community  
you live in!