

Sometimes a handful of
VOTES
will win an election.
Early voting runs from
Oct 20 thru Oct 30.
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Unified virus response backed

Government, business interests discuss issues

By Jack Tierney
OSHKOSH HERALD

As hospitals begin to reach maximum capacities, city stakeholders agreed to endorse a unified message to prevent the spread of the coronavirus, saying there has been too much misguided communi-

cation from too many people, resulting in the Oshkosh-Neenah area being the second most contagious area in the country based on positive case rates the past two weeks.

City Manager Mark Rohloff negotiated the endorsement idea and received buy-in from business, health and city representatives at a three-hour meeting called by first-year council member Michael Ford. Ford and council colleague Debra Allison-Aasby will begin drafting the message

Inside

Hospitals near capacity/ **Page 3**

after a recommendation from council member Matt Mugerauer.

Chamber of Commerce president John Casper and Tavern League president Pat Purtell agreed to endorse the message. University of Wisconsin Oshkosh Chan-

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Photo by Michael Cooney

Early on the water

Duck hunters head out to their blind at sunrise Saturday on Lake Winnebago. The first part of the season for the state's south zone that includes this area ended Sunday and resumes Saturday through Dec. 6.

Seniors face added isolation amid pandemic

Routines for some elderly become undone

By Samantha Strong
HERALD CONTRIBUTOR

It's almost impossible to discuss seniors in isolation without the shadow of COVID-19 looming over the issue. The pandemic changed everything. Not only is isolation still a serious health issue, but the heightened safety precautions prove an additional challenge when preventing isolation for seniors in the Oshkosh com-



Part 5 of a series

munity.

Before the global pandemic, Betty Messner, 88, didn't consider herself isolated since she had a regular routine that included friends and family, but since the threat of the virus became more serious, Messner said she has felt lonelier than ever

before.

"I have been able to visit with my children," Messner said, "but I miss the physical hugs. That's a major part of the isolation that I've felt."

Messner's typical week before COVID-19 consisted of breakfast with friends twice a week, movies and game nights. She had a couple of common interest activities including a recreational vehicle group and book club. Now, Messner said she often loses track of which day of the week it is.

"The nights are the hardest," Messner said. "I'm still active and can be outside,

but from 4 p.m. on it gets pretty lonesome. You lose track of the days now that everything's cut off."

She said at the beginning of the Safer at Home order there was a stretch of time where she wore the same clothes for three days.

"I got out of bed and thought: That's not a good thing," Messner said. "Those are the things I think are really easy to bypass and get in a rut, and eventually depressed."

Messner said she really didn't realize how much isolation was affecting her until

SEE **Isolation** ON PAGE 17

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www.oshkoshherald.com.

Commercial project variances advance

By Tom Ekvall
HERALD CONTRIBUTOR

The Plan Commission approved a general development plan and specific implementation plan at its Oct. 6 meeting that will enable construction of two commercial buildings at 1844 Oshkosh Ave.

The applicant, Vision Architecture LLC, had requested approval to facilitate development at the site, with changes focusing on landscaping requirements, increased signage from one to two signs, and reduced sign and permanent setbacks. Planning staff had recommended approval

of the plans, noting traffic entrance limitations will be required for safety purposes.

Discussion also centered on the types of material that would be used. Adam James with Vision Architecture said he hopes to move ahead with plans to construct the two commercial buildings.

The commission also recommended approval of an access control variance for the property.

In other action, the commission recommended:

- Approval of a city request to release a sanitary sewer interceptor easement on the west side of 2400 through 2700 blocks

of Clover Street north to the south side of West Fernau Avenue that will enable residents to make changes involving their properties.

- Approval of a public utility easement for the Wisconsin Public Service Commission for underground electrical work at the Oshkosh Convention Center parking lot at 201 Ceape Ave.

- Approval of residential design standards variance involving window closures and exterior materials at 603 Ceape Ave.

- Approval of subdivision variances for property at 615 Mount Vernon St.

City meetings transition to remote participation

Beginning this week all city government meetings will be held in virtual format due to a recent rise in COVID-19 activity in Winnebago County. There will not be an in-person option while remote participation continues to be in effect during the period of emergency as declared by the Common Council.

Those wishing to make comments at meetings will participate via telephone or videoconference platforms. Citizens may also submit written comments that can be sent through U.S. mail or email to the City Manager's office at citymgr@ci.oshkosh.wi.us, or placed in the secure drop box in front of City Hall at 215 Church Ave.

Remote participation is only intended for those wishing to make comments or for those who want to take part in a meeting that is not televised. All public comment will happen at the beginning of meetings.

For more information about remote participation, call 920-236-5002.

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City of Oshkosh

NOTICE OF CITY OF OSHKOSH 2020 FALL LEAF & YARD WASTE COLLECTIONS

Keep debris out of the street and stop it from reaching the storm sewer.
That means less pollution in Lake Winnebago and a clean and efficient storm sewer system.

Disposal Options

(1) LOOSE LEAF COLLECTION GUIDELINES:

- Leaves must be raked onto the terrace. **DO NOT RAKE LEAVES INTO THE STREET**, in the gutter line, on sidewalks, around parked cars, mailboxes, fire hydrants, power poles or other obstructions.
- Street Division crews complete several collection cycles for the whole city. Please see schedule below.
- Please DO NOT place yard waste, branches, or grass clippings into the same piles as the leaves. Rocks, branches, and other debris can injure employees or damage expensive equipment. Vacuum equipment crews will NOT pick up leaf piles that contain these materials.

****STARTING MONDAY, OCTOBER 19, 2020, THE PRIMARY DAY FOR LOOSE LEAF COLLECTION WILL BE THE DAY AFTER YOUR GARBAGE COLLECTION DAY. ****

FRIDAY GARBAGE = MONDAY LEAVES	10/19	10/26	11/02	11/09	11/16
MONDAY GARBAGE = TUESDAY LEAVES	10/20	10/27	11/03	11/10	11/17
TUESDAY GARBAGE = WEDNESDAY LEAVES	10/21	10/28	11/04	11/11	11/18
WEDNESDAY GARBAGE = THURSDAY LEAVES	10/22	10/29	11/05	11/12	11/19
THURSDAY GARBAGE = FRIDAY LEAVES	10/23	10/30	11/06	11/13	11/20

LOOSE LEAF COLLECTION MAY END EARLIER DUE TO WEATHER. SCHEDULED LOOSE LEAF COLLECTION WILL END THE WEEK OF NOVEMBER 16 THRU 20 ON YOUR SCHEDULED LEAF COLLECTION DATE.

(2) YARD WASTE IN PAPER BIODEGRADABLE BAGS:

- Sanitation Division crews will collect yard waste in **PAPER BIODEGRADABLE BAGS**. Bags will be picked up **on your regular garbage collection day** during the first full collection week in November and December. Please place leaves, flowers, garden waste, etc., only in **PAPER BIODEGRADABLE BAGS**. **Bags CANNOT exceed a weight of fifty (50) pounds. Grass clippings CANNOT be put out for collection and must not be mixed with the yard waste.**

(3) DROP-OFF CENTER:

- Another option is to take your leaves to the drop-off center located on W. 3rd Avenue between Idaho Street and Ohio Street. **THIS OPTION REQUIRES THE PURCHASE OF A DROP OFF PERMIT AT CITY HALL OR KITZ & PFEIL.** The hours of operation are 11:00 a.m. to 7:00 p.m., Monday through Friday, and 10:00 a.m. to 6:00 p.m. on Saturday and Sunday. The drop-off center is closed on holidays. Please empty your containers at the drop-off center. All yard waste being transported in trucks or trailers to the drop-off center must be properly secured with a tarp or tied.

*** LOOSE LEAF COLLECTION WILL END THE WEEK OF NOVEMBER 16 THRU 20 ON YOUR SCHEDULED LEAF COLLECTION DATE. LEAVES WILL ONLY BE COLLECTED AFTER THIS DATE IF THEY ARE PLACED IN PAPER BIO-DEGRADABLE BAGS TO BE PICKED UP DECEMBER 7 THRU 11 ON YOUR REGULAR SCHEDULED GARBAGE DAY.***

For more information, call 920-232-5380 or 920-232-5383, Monday through Friday, between 7:00 a.m. and 4:30 p.m.

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Hospitals warn of capacity issues with virus

By Joseph Schulz
HERALD CONTRIBUTOR

In a video that has now gone viral, Oblio's Lounge co-owner Mark Schultz lays in a hospital bed with oxygen tubes up to his nose.

As Schultz describes his battle against COVID-19 and shares his inner thoughts with the community, he gets emotional because he has a family at home.

"All I want to do is survive this so I can take care of my family; I got a 10-year-old boy and I love that little boy to death, and I got a fiancée that is just the greatest lady in the world," Schultz said, sobbing and wheezing from a hospital bed. "I'm going to fight this with every breath I've got."

"I've led a good life — this life owes me nothing — I'm just glad that I'm here by myself so I can't infect anyone else," he added, struggling to find breath. "The people working at this hospital have just been tremendous. I love all my friends; you have truly been blessings in my life."

Schultz is one of 138 people in Winnebago County hospitalized with COVID-19 as of Oct. 7, according to the county's Health Department. Thirteen were in the intensive-care unit (ICU).

As of Oct. 6, 87.2 percent of hospital beds in the Fox Valley region were in use, along with 89.5 percent of ICU beds, according to the state Department of Health Services.

Area hospitals are nearing capacity as COVID-19 hospitalizations are nine times higher than they were during the final week of August, when only 15 people were hospitalized countywide, data from WCHD shows.

Local officials warn that health care systems could be pushed to the brink if the coronavirus continues moving through the community unabated and hospitalizations continue increasing at an alarming rate.

"The extraordinarily high rates of cases have caused school closings, business closings and are challenging available hospital capacity; we need everyone to stay home when ill, mask and physically distance," WCHD said in its Oct. 8 COVID-19 report. "The number of new cases continues to accelerate upwards and has exceeded the ability of testing and case investigation to control the spread of illness."

Due to increased hospitalizations in the Fox Valley and COVID-19 surges throughout the state, Gov. Tony Evers announced last week that an alternate care facility at Wisconsin State Fair Park will begin accepting COVID-19 patients today (Wednesday).

"We hoped this day wouldn't come, but unfortunately, Wisconsin is in a much different, more dire place today and our health care systems are beginning to become overwhelmed by the surge of COVID-19 cases," Evers said, adding that the facility aims to take some pressure off hospitals.

While health care systems are getting creative amid record COVID-19 hospitalizations, the current surge can be traced back to Labor Day weekend, according to Tom Nichols, vice president of medical affairs at Ascension St. Elizabeth in Appleton.

Nichols is the COVID-19 surge chief for Ascension Wisconsin, responsible for allocating resources among all Ascension facilities in the state based on where out-

breaks are happening.

When Ascension first noticed an uptick in COVID-19 patients after Labor Day, Nichols reached out to neighboring facilities in the region, such as ThedaCare and Aurora, to see if they had witnessed a similar rise in patients.

"They hadn't yet, but then over the next couple of days we all started to see a dramatic change in the number of admissions we were seeing," Nichols said. "We weren't sure it was just a coincidence that we had more, but over the next few days it became clear that it wasn't a coincidence."

Since then, Nichols says hospitalizations in the region have "accelerated," which he attributed to a variety of factors, including school and business reopenings, people staying inside more as the weather cools down and people neglecting to follow social distancing guidelines.

"It has really created a constellation of conditions that have allowed the virus to really flourish," he said.

Because much of Wisconsin didn't see a massive coronavirus surge until after many coastal and Southern states, Nichols says much of our population remains very susceptible to infection.

"It's more important now than it was in March — when there wasn't much (coronavirus) in the area — to be really vigilant about avoiding crowds, avoiding being around people indoors without a mask on, washing your hands, staying home when you're sick (and) to really be doing those things we've been talking about for so long now," he said. "Now is the time where it's critically important for the Fox Valley to really make those efforts."

One of the main challenges Ascension

has seen during the recent surge in hospitalizations has been having adequate staffing.

Hospital employees are being quarantined after either contracting the virus or being exposed in the community, which is making it difficult for hospitals to meet all of patients' non-COVID needs, Nichols said.

"When sites down South were surging, because we're a national health care organization, we were able to pull from all over the country and send workers out to areas experiencing a crisis," he said. "We are getting staff sent to Wisconsin from Ascension hospitals around the country to help us meet health care needs, but it's getting harder to find places that have the ability to send extra help."

Additionally, Nichols says local health care workers are getting emotionally burnt out from seeing COVID-19 at work, on social media, on the news and at home.

"They are seeing patients that are sick and experiencing scary times," he said. "Our staff are really compassionate people and they really want to be there for our patients, so it definitely has an impact on our staff. The people working here are resilient and they're giving it all they have."

Nichols added that health care systems will continue trying to find ways to expand capacity, but it needs the community's help to stop the spread so hospitals don't have to activate emergency procedures.

"The more quickly we can contain it and decrease its prevalence, the better we'll be able to contain it," he said. "If you continue to let it spread unabated, it becomes more and more difficult to control with each passing week."

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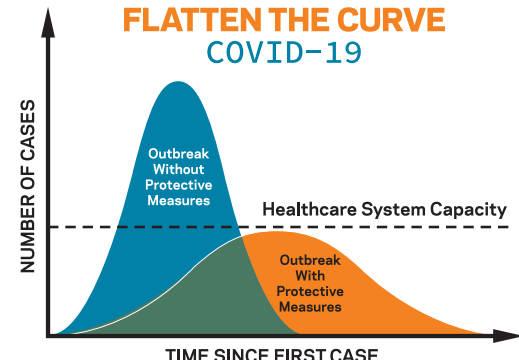
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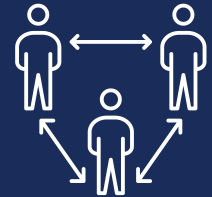
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Winnebago Catch-A-Ride tops 2,000 lifts

By Tricia Rathermel
GO-EDC DIRECTOR OF ECONOMIC DEVELOPMENT

The Winnebago Catch-A-Ride Program recently topped 2,000 rides this year to workers in the region. Now in its second year, the program continues to fill a workplace transportation gap for the county and is seeking more volunteers to help get people to work.

About 73 percent of employed Winnebago County residents work within the county. For most of those people the only challenge with a daily commute is how much traffic they will encounter. However, for the rest, the commute is the greatest hurdle to steady employment.

According to a 2017 Job Seeker Transportation Study, 81 percent of respondents have lost an employment opportunity due to transportation and 28 percent do not have a vehicle or their transportation is unreliable. On the flip side, the manufacturing industry has been reporting an 8 to 11 percent shortage in labor for several years. Unfortunately, public transportation cannot offer the geographical reach or 24-hour service to connect potential employees to these jobs.

That is where Winnebago Catch-A-Ride stepped in. The program connects low-income and underprivileged workers that do not have personal transportation or access to public transportation with volunteer drivers to provide employment transportation.

The program aims to ensure that a motivated individual would never have to turn down or leave a job due to transportation issues. Gainful employ-

ment can typically give that individual and their household the means to access shelter, food, and healthcare, reducing the demand on other support programs in our region and state.

Winnebago Catch-A-Ride provided just over 600 rides in its first year and topped 2,000 by the end of the third quarter this year.

"We were not sure what to expect with the onset of COVID-19," said Tricia Rathermel, program administrator for the Greater Oshkosh Economic Development Corp., "but there was only a small decrease in ridership during the Safer at Home Order and over the summer we recorded our highest demand to date."

The uninterrupted demand shows that many of the employees who use the program were considered "essential" coming from manufacturing, retail and health care industries.

As unemployment starts to decrease and people are getting new jobs or rehired, demand will continue to increase.

"We have some employers who advertise the program in job listings or during the interview process to overcome transportation challenges," Rathermel said.

Employers have also found that new hires who utilize the program have a better probability of staying employed past the first 30 days.

To meet the increased demand, partner organizations are recruiting more volunteer drivers. This opportunity is perfect for those who want to witness an immediate improvement in others' lives through the time they give. Volunteers have autonomy using their own vehicle and are supported with a mileage reimbursement to cover costs.

Winnebago Catch-A-Ride drivers are part of a team, a force for good that ushers people toward their best life. Driver schedules are flexible, with trips planned through a smartphone app, making it easy and convenient to respond to requests.

The program is possible with the participation of partners that include Greater Oshkosh EDC, East Central Wisconsin Regional Planning Commission, Lutheran Social Services of Wisconsin; Make the Ride Happen, Forward Service Corp. and Feonix — Mobility Rising.

To learn more call 920-225-1719 or visit winnebago.catcharide.com

City announces leaf collection schedule

Loose leaf collection in the city will be the day after residents' regular garbage collection day beginning Monday through the week of Nov. 16. For residents whose garbage is collected Fridays, leaf collection is on Mondays.

Only leaves should be piled loosely on the terrace, not in the street, for collection no later than 7 a.m. on the day after garbage day. For properties without terraces,

leaves should be raked as far out to the street without going into the curb line or the street, or obstructing the sidewalk.

Yard waste collection is scheduled during the week of Nov. 2 for small branches, garden debris or leaves put into paper biodegradable bags no later than 7 a.m. on garbage day. More information is at www.ci.oshkosh.wi.us/Sanitation.



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Biking trail group making natural connections

By Dan Roherty
OSHKOSH HERALD

Oshkosh has been holding up its end of the Wiouwash State Trail in recent years with the help of trail neighbors Bare Bones Brewery and the work of a recently formed conservation group that promotes area recreational biking.

Bago Tracks & Trails has been putting its fresh energy into connecting communities with the sporting hobby by keying on the Wiouwash through ride fundraisers and other events. Most recently an Oct. 3 fall ride offered either a 20-mile ride to Larsen and back or a 38-mile Hortonville option that raised money for the nonprofit group's trail efforts.

Group president Evan Freimuth joined while helping organize a biking-brewery tour through his Venture Wisconsin business, which promotes recreational activities throughout the region.



Freimuth

He said Bare Bones owner Dan Dringoli had the Bago group idea going with an online presence before he got on board as lead organizer.

"I promote things to do in northeast Wisconsin and my passion is environmental issues," Freimuth said, "and I've always been looking for ways to get involved in terms of helping the community in a way that gets people to pay attention to the outdoors and caring about the environment and their surroundings."

Soon after Bago Tracks & Trails got rolling the pandemic arrived to put the brakes



Photo from Evan Freimuth

The Bago Tracks & Trails group launches a ride from Bare Bones Brewery recently.

on three of the busiest months of the season and slowed some initial fundraising goals.

While the group works through current limitations on activities and financing like everyone else, Freimuth said the mission continues to be promoting public interest for government and private support of trail development. Winnebago County's bicycle and pedestrian plan approved in 2017 includes bike route upgrades among its general initiatives for improved transportation options.

"Essentially the county does a great job of taking care of the Wiouwash," Freimuth said, "which really allows us to stand on the shoulders of giants and move on to bigger projects. We're just trying to raise awareness and start to raise funds and get some momentum going."

Dringoli said his interest in the Wiouwash continues to grow in the five years he and his wife, Patti, have had the brewery. He envisions other adjacent businesses making connections to the trail's 21-mile southern stretch that will add visibility to the regional biking community.

Freimuth said the group's mission is part of a more general movement back to community life that supports local economies and the environment that surrounds them.

"Bare Bones is a great member of the board to have especially because they have a stake in the quality of the trail in front of their property," Freimuth said. "But it's about connecting people with their surroundings."

"Now people care about local businesses. Now let's get them connected to their water, their air, their farmland, their na-

Trail Report

Fox Cities Greenways is hosting an online event at 4 p.m. Oct. 27 that will include a report on the Fox Cities Trail Summit that lists a trail connection between the Fox Cities and Oshkosh as one of its highest priorities. Register at tinyurl.com/TrailSummit.

ture preserves."

In the longer term the group expects to work with the county on general trail upgrades, potential connections to other bike routes and adding a few amenities to the Wiouwash such as picnic waysides and small shelters.

The Winnebago County portion of the trail starts along the Fox River where it connects with the expanded city Riverwalk system and the nationally designated Tribal Heritage Crossing over Lake Butte des Morts. It runs north through Winnebago and Outagamie counties with links to the Friendship Trail near U.S. 10 on its way to Hortonville.

This southern section of the former railroad corridor is 21.8 miles; its northern portion goes another 24 miles from Split Rock to Aniwa. It gets its name from the four counties it comprises — Winnebago, Outagamie, Waupaca and Shawano — with sceneries of waterways, grassland prairies, woodlands and farmland.

Freimuth hopes the group continues to show momentum and traction while adding memberships before the next riding season, then draw public and private sponsors that can help move trail work forward.

Dr. Eric, What Is The Rotator Cuff And Why Is It A Big Deal With Shoulder Problems?

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Dr. Eric Koehler PT, DPT

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Dr. Eric Koehler is a Physical Therapist and owner of Physical Achievement Center. He has lived in Oshkosh since 1991 while raising three children. He is an expert in both in person and digital communication to deliver care where patients choose-in the safety & convenience of home or in the clinic. His goal is to help you achieve greater mobility and strength to stay independent without medications, injections, or surgery.

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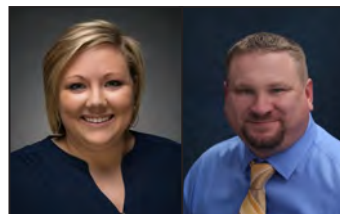
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UW Oshkosh staff under graduated furlough process

By Joseph Schulz
HERALD CONTRIBUTOR

This semester employees at the University of Wisconsin-Oshkosh are taking a pay cut to get the university through a tough financial period created by the coronavirus pandemic, low enrollment and a lack of state aid.

At a virtual town hall last month, Chancellor Andrew Leavitt said UW Oshkosh had roughly 6 to 7 percent fewer students than last year, which is less of a drop-off in enrollment than originally anticipated.

“We were very conservative in how we budgeted for this year, assuming a larger student drop, and a GPR (general purpose revenue) reduction as well,” Leavitt said. “If things work out, our first priority will be to move everybody off of furlough.”

Even so, employees will be on a “graduated furlough” from Sept. 1 to Dec. 31, meaning the higher-paid employees are required to take more unpaid time off than lower-paid employees.

For example, those making \$60,000 or more are required to take eight furlough days during that time, a monthly pay reduction of about 9 percent.

Employees making between \$46,000 and \$59,999 are required to take six furlough days, a monthly pay reduction of about 6.8 percent. And employees making between \$33,000 and \$45,999 are required to take four furlough days, a 4.5 percent reduction.

For faculty, the decision of which days — or partial days — to take off for furlough is left largely up to individuals, according to political science professor

and Faculty Senate president Druscilla Scribner.

“It’s relatively flexible when you take (furlough),” Scribner said. “We don’t take them when we’re teaching.”

Over the summer, UWO administration met with shared governance leaders from the Faculty Senate, Senate of Academic Staff, University Staff Senate and the Access Campuses before deciding to settle on the graduated furlough.

Political science professor David Siemers, who serves on the executive committee of the United Faculty and Staff of Oshkosh, said the graduated furloughs ensure “lower-paid teachers would experience a less severe financial hit.”

Still, he wishes more could have been done to protect the “middle income” professors, which make up “the vast majority of our teachers.”

In another potential round of furloughs, Siemers suggests the university “take a higher percentage from “the few people making more than \$100,000 per year, as they are the most financially fortunate.”

During the current round of furloughs, employees are expected to use their furlough time for non-work related activities. Faculty, however, may work on scholarship; and Scribner says many professors, including herself, work on scholarship and other projects during their furlough time.

Because academic staff are not hourly employees, Scribner explained that they often work more than 40 hours a week, so even with the furlough “you still end up doing the same amount of work.”

“Everybody’s really still doing their job,” she said.

However, Scribner noted the furlough does create an added “financial stress,” which is part of the reason the university went with a graduated furlough.

“That was a decision the chancellor made that, I think, is supportive of understanding that burden,” Scribner said. “It’s definitely a burden for everybody, but we’re in tough times and faculty recognize that.”

In order to prevent future furloughs, the state Legislature needs to make sup-

porting the UW System a priority, she added.

“We have elected a Legislature that is not particularly supportive of higher education over the long, and it shows,” Scribner said. “We’ve had declining support for a while. It’s not new.”

To see lasting change, she added: “It would take pressure on the Legislature, but it also might take new people in the Legislature, who are more supportive of higher education and recognize how important an investment in the UW System is for the health of the state.”

Foreign currency violations alleged

A civil enforcement action was filed in the U.S. District Court for the Eastern District of Wisconsin against an Oshkosh-based financial services company accused of improperly dealing in foreign currencies with its customers.

The Commodity Futures Trading Commission announced last Wednesday the filing of a complaint against Southwest Services and its sole managing member, Timothy A. Sack, charging it with failing to register as a retail foreign exchange dealer, failing to provide customers with a written risk disclosure statement and not keeping records as required.

The complaint also charges Sack with failing to register with the Commodity Futures Trading Commission as an associated person of a retail foreign exchange dealer. The company’s principal address is listed on bizapedia.com as 1637 Wisconsin St.

Financial experts have been warning consumers about investment strategies

involving the holding of currencies such as the Vietnamese dong and Iraqi dinar as a way to survive a global financial crisis, termed a “global reset” by conspiracy theorists. Advisers say it’s difficult for most people to receive the actual trade value of the currencies.

The complaint states that from about August 2016 through April 2018, Southwest Services entered into agreements and transactions in foreign currency derivatives with American customers who were not eligible to participate with Southwest as the counterparty to the transactions.

The defendants reportedly entered into transactions involving dong, dinar and other foreign currencies. The complaint alleges Southwest Services failed to provide necessary written risk disclosure statements every time it opened an account for a customer who engaged in retail foreign exchange transactions, and failed to keep and maintain the required transaction records.



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Mental health concerns rise with virus climate

By Miles Maguire
HERALD CONTRIBUTOR

Not too long ago, Mary Lord Janness was in the one-story building on Main Street where she works as executive director of NAMI Oshkosh, the local affiliate of the National Alliance on Mental Illness.

Looking out the window, she saw him, “a man on the outside ledge of a building” across the street. The man was apparently contemplating whether to take his own life.

“It really brings home to us how very, very difficult it is for people to get by in this circumstance,” Janness said.

“Fortunately, the emergency personnel, police and firefighters working together, handled things calmly and were able to get him back inside the building. He was taken for treatment by ambulance.”

Every day local, state and federal agencies provide an update on the impact that the COVID-19 pandemic is having on the physical health of Americans. Meanwhile the virus is also taking a toll on the mental health of Americans.

In Oshkosh one way the problem has shown up is in starkly higher drug abuse statistics. Overdoses have “skyrocketed,” said Police Chief Dean Smith. “We are triple where we were last year.” Through July of last year, he said there had been 13 overdoses and three deaths. This year, there have been 46 overdoses, eight of which were fatal.

For Winnebago County the Sheriff’s Office has recorded 21 confirmed overdose deaths this year, with six cases still undergoing review. This year’s fatalities already exceed the total of 20 from 2019.

The number of suicides locally this year

Help is available

If you or someone you know needs help, there are many resources available. These include:

- The National Suicide Hotline: 800-273-8255
- Iris Place (staffed by certified peer specialists): 920-815-3217
- HOPELINE (emotional support text line): text HOPELINE to 741741
- United Way 2-1-1
- Winnebago County Crisis Intervention Helpline: 920-233-7707
- NAMI Oshkosh: 920-651-1148 or info@namioshosh.org

has remained flat, 17 to date, although “we have seen an increase in suicide related behavior,” said Sarah Bassing-Sutton, community suicide prevention coordinator with the NEW Mental Health Connection.

She also noted that suicide numbers had already risen to a high level locally, having increased at a much faster rate than the national average from 2010 to 2018.

“We are getting a huge increase in the number of calls asking for help,” Janness said.

“Many people who have never had mental health issues are now, during the pandemic, experiencing them. Others who have lived with mental illness are seeing their symptoms increase.”

The pandemic is both increasing the overall level of anxiety in society and leading to specific conditions that cause mental health problems.

“Our world is off its axis. We need to tilt it back,” said Sheriff John Matz. COVID, protests, civil unrest and “a lot of things” are driving the situation, he said. “We somehow need to get back to normal.”

Individuals are facing many different circumstances that can damage their sense of well-being, including disruptions

in social support systems based on group health or church attendance.

Jennifer Skolaski, facilitator of the Winnebago County Overdose Fatality Review Team, cited these factors: job loss, delays and uncertainty in receiving unemployment checks, food insecurity, fear of eviction, limited childcare, virtual schooling, limited access to social and medical services, and social isolation.

“Alcohol sales have significantly increased since March, meaning people have more alcohol on hand in the home and are drinking at home more often,” said Samantha Hilker, coalition coordinator for a group formerly called the Winnebago County Drug and Alcohol Coalition. It has just adopted the name Breakwater: A Community Together.

“Alcohol to-go options have also cropped up with food delivery services making it all-around more accessible,” she said.

Some fear that extra government support payments may also be diverted to purchases that could pose a threat to safety, such as firearms and drugs.

Another factor that may have contributed to the rise in overdoses has been an increase in drug availability in response

to changes in law enforcement routines. “During the first months of COVID, we slowed down our drug investigations,” the Oshkosh police chief said.

At the same time, shortages have been reported both nationally and locally in overdose reversing medications.

“Lack of access to and utilization of Narcan/Naloxone ... has impacted the number of overdose deaths in Winnebago County,” said Stephanie Gyldenvand, community health strategist with the county. “Most overdose deaths occurred in a residence when the individual was alone and there was no access to Narcan/Naloxone.”

While the situation is a cause of great concern, community health advocates point to some positives. Local law enforcement has been putting more resources toward “crisis-informed training,” which helps to prepare first responders in dealing with mental health disorders.

“We don’t necessarily need more counselors and programs, because they’re already out there and have availability,” said Skolaski. “The way services are delivered may have changed when many treatment providers moved to telehealth, but counselors and programs exist for those who are struggling.”

“Getting that information out to the community is critical,” Bassing-Sutton said. “The way that services are delivered has changed, but it is available and effective.”

She noted there are “self-help opportunities that are happening via different video platforms like Zoom.”

SEE **Mental health** ON PAGE 9



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Mental health

FROM PAGE 8

“If you are concerned about your alcohol or other substance use, or if you are noticing a change or increase in a loved one’s habits, 211 is a great resource for finding services and programs,” Hilker said. “Reaching out to friends and others in recovery, like a sponsor (if a person has one), (is) also critical in this time.” The 211 program is a referral service sponsored by the United Way.

What’s happening today in Oshkosh and across the country was predictable, and was in fact predicted by three psychiatric researchers writing six months ago in JAMA Psychiatry, a journal of the American Medical Association.

They identified nine factors that suggested a “perfect storm” scenario for people with mental health problems during the pandemic. Those factors were economic stress, social isolation, decreased access to community and religious support, barriers to mental health treatment, illness and medical problems, news coverage, suicides among health professionals, firearm sales and seasonal trends.

While acknowledging that public health measures to deal with COVID would likely exacerbate mental health issues, the JAMA researchers did not think that easing mask mandates or social distancing guidelines would be the answer. Instead their article called for “a comprehensive approach that considers multiple U.S. public health priorities, including suicide prevention.”

They also pointed out that rising suicides are not a foregone conclusion even during the time of a national disaster. Suicides fell, in fact, after 9/11, possibly because of something called “the pulling-together effect.”

“Individuals undergoing a shared experience might support one another, thus strengthening social connectedness,” the report said.

“As community members, it’s more about creating a supportive community to help people when they’re struggling and continue to offer programs, events and opportunities that help support people in their recovery or who are struggling with addiction,” Skolaski said.

Miles Maguire is editor of the Oshkosh Examiner (www.oshkoshexaminer.com).

Parks Department offers Halloween events

The Oshkosh Parks Department has combined the Zooloween Boo and Touch a Truck events into one family Halloween event Saturday at Menominee Park.

The park will be lined with community-sponsored treat stations with volunteers bringing the candy to the vehicles. Attendees can cast their votes for the most creative stations.

Vehicles will enter the park from the entrance across from Webster Stanley Mid-

dle School. Tickets are limited with two time slots: 11 a.m. to noon, and noon to 1 p.m. Tickets cost \$10 per family and must be purchased at www.ci.oshkosh.wi.us/Parks. Call 920-236-5080 with questions.

The Parks Department is also holding virtual costume and jack-o-lantern contests on Facebook starting Saturday through Oct. 30 at www.Facebook.com/OshkoshParks.

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Fox Valley Industry Liaison Group hosts job training

As local unemployment numbers slowly improve, the Fox Valley Industry Liaison Group is promoting the need for employers to be creative in filling open roles and taking a look at all possible new hires, including the formerly incarcerated. The group has scheduled a virtual training seminar on the topic from 9 to 11 a.m. Oct. 22.

“Regionally, we saw a huge spike in unemployment due to COVID, but almost as quickly, some of our local counties are quickly reaching full employment just a few months later,” said Bobbi Miller, business solutions manager for the Fox Valley Workforce Development Board and a leader on the Fox Valley ILG. “This tight labor market will have many companies actively expanding their outreach to all available talent pools.”

Presenters include:

- Maria Flores, outreach and education manager, U.S. Equal Employment Opportunity Commission, who will review guidance on how employers should treat arrest and conviction records.
- Ray Woodruff, policy initiatives adviser with the state Department of Corrections, who will share information on the training of inmates before release and the incentives employers can receive for hiring individuals.
- Brent Sanderfoot and Dana Keas, from the Fox Valley Workforce Development Board who work with individuals being released from Oshkosh and Redgranite state correctional institutions, who will share how they prepare individuals to re-integrate into the job market.

The Fox Valley ILG was created to assist federal contractors to learn more about achieving and maintaining Department of Labor’s Office of Federal Contract Compliance; learn best practices from other companies and ask industry experts questions. The group is recognized by the Na-

tional Industry Liaison Group and is led by Lori Stewart, human resources compliance manager for Oshkosh Corp.

For more information, contact Miller at bmiller@fvwdb.com or 920-470-0837; or Stewart at lstewart@oshkoshcorp.com or 920-502-3686.

Humane Society’s shelter deals with pandemic impact

The Oshkosh Area Humane Society is experiencing staffing shortages as a result of the pandemic and is concentrating on maintaining core services for animals in the community.

“We’re working with a skeleton crew and we really hope everyone can do their part to slow the spread of the virus because it affects everyone, including the animals we serve,” executive director Joni Geiger said in a press release.

Geiger said the number of stray animals coming in hasn’t slowed and the shelter is seeing the usual number of stray cats and kittens, averaging almost 20 per week.

The society is going to appointment-only visits for dog adoptions due to the tighter quarters of the kennel areas and reducing the number of days open for cat and small mammal adoptions.

“We need to be smart about protecting people while still helping to get animals out of the shelter and into new homes,” she said. “It’s been a balancing act. We still have many animals waiting for homes and we hope our community will choose adoption if they’re looking for a pet to add to their family.”

Those interested in adopting can get information at www.oahs.org.

Main St. bike shop changes ownership

Winnebago Bicycle employee Sean Lynch will become the new owner of the business at 502 N. Main St., current owner Ben Rennert announced last Wednesday on the company’s Facebook page.

“I’ve enjoyed the past seven years, making a positive difference for cycling in Oshkosh and seeing more people get out on bikes each season. While the current situation we find ourselves in with the pan-

demie played a role in ownership change, my primary focus is to spend more time with my family,” Rennert said online.

Rennert said the shop will be closed starting Sunday and reopen in early November during the ownership transition. Check www.winnebagobicycle.com for details.

The shop sells new and used bikes, parts and accessories along with its service department.



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WITH CARD

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Silk Almond Milk
\$3.69
WITH CARD

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Dairy Pure Sour Cream
\$1.79
WITH CARD

Dean's
Orchard Pure Orange Juice
128-oz. \$3.99
WITH CARD

8-Pack
Yoplait GoGurt
\$1.89
WITH CARD

8-Count Package
Food Club Crescent Rolls
\$1.69
WITH CARD

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128-oz. 99¢
WITH CARD

2-Count Package
Pillsbury Refrigerated Pie Crust
\$2.49
WITH CARD

8-Count Package
Pillsbury Cherry Filled Crescents
\$2.69
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WITH CARD

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Food Club Frozen Pie Crusts
\$1.99
WITH CARD

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Philly Swirl Cups, Stix, or Icee Mix
\$2.29
WITH CARD

8.5-oz.
Blue Bunny Load'd Sundaes
2/5
WITH CARD

16 to 24-oz. Jar
Ragu Pasta Sauce
\$1.99
WITH CARD

2-lb. Package
Crystal Powdered or Brown Sugar
\$1.49
WITH CARD

10-oz. Package - Select
Pictsweet Vegetables
99¢
WITH CARD

10 to 32-oz. - Select Fruit Spread,
Smuckers Jam, Jelly, or Preserves
\$2.29
WITH CARD

15.3 to 15.4-oz. - Microwave Bowl or 10.75 to 11.10-oz.
Campbell's On the Go Soup
\$1.69
WITH CARD

16.2 to 16.3-oz. Can
Campbell's Yes Soup
\$2.49
WITH CARD

10-oz. Bottle
LaChoy Soy Sauce
\$1.99
WITH CARD

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\$2.79
WITH CARD

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Food Club Ice Cream
\$3.99
WITH CARD

7-oz. - Spaghetti or Elbow Macaroni
Creamette Pasta
59¢
WITH CARD

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LaPreferida Taco Seasoning Mix
59¢
WITH CARD

2.5-oz. Pouch
Chicken of the Sea Pink Salmon
\$1.19
WITH CARD

20-Count Package
Twinings Tea
2/7
WITH CARD

8-Count Package - Select
Swiss Miss Hot Cocoa Mix
\$1.99
WITH CARD

75-oz. Bottle
Xtra Laundry Detergent
\$1.99
WITH CARD

9.57 to 11.5-oz. Package - Select
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3/10
WITH CARD

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Western or Wishbone Salad Dressing
\$2.29
WITH CARD

32-oz. Bottle
Food Club Vegetable Oil
\$1.29
WITH CARD

32-oz. Bottle
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\$1.39
WITH CARD

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StarKist Chunk Light Tuna
4/5
WITH CARD

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2/5
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17-oz. Bottle - Full Circle
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1500 PIG POINTS
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CERTIFIED ANGUS BEEF
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CERTIFIED ANGUS BEEF
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Virus message

FROM PAGE 1

cellor Andrew Leavitt, county Health Department director Doug Gierny, Aurora Medical Center president John Newman, Oshkosh Convention & Visitors Bureau executive Amy Albright and council members who attended agreed as well.

Gierny continued to advocate for an enforceable ordinance, saying it is important because there have been no common guidelines from federal or state authorities to respond to the virus. In connection to Newman's statement that hospitals are near their breaking point on capacity limits, Gierny said the collective agreement will provide clarity to county residents about what is expected and why.

He advocated for stiff penalties to be

used when necessary, saying it is a solid path to returning to normal with schools teaching in-person and businesses operating without capacity limits.

Purtell said throughout the discussions that the tavern community is hurting. He said some owners have used personal savings to continue their operations, using medical and education funds.

Purtell said the league lent relief to his members early, offering personal protective equipment and disinfectant. He said multiple bars have closed since the beginning of the pandemic and worries that more will follow after the governor's re-established capacity limits.

Hundreds of thousands of dollars in local loan money is available to small business owners to mitigate financial stress through the Greater Oshkosh Economic Development Corp in addition to \$50

million in the second phase of the We're All In state grant program using additional federal CARES Act funding.

Casper said he has spent all of his time during the pandemic negotiating deals among businesses, "talking people off the ledge" and pushing guideline messages out to businesses. He said markets are not near where they were. He said people should have room to take responsibility for their actions, adding that people shouldn't be so quick to blame business owners for trying to sustain their livelihoods.

Leavitt commented ahead of last weekend's biannual campus bar crawl, saying he did not see strong interest from students. He said cases are down on campus, more than 8,000 students had been tested and all positive cases had been traced to off-campus locations or residence halls.

On the same day as the meeting, Gov. Tony Evers directed the state Department of Health Services to issue an emergency order limiting public gatherings to no more than 25 percent of a room or building's total occupancy through Nov. 6. Law enforcement agencies will seek voluntary compliance with businesses determining their maximum occupancy and monitoring capacity limits.

Police Chief Dean Smith said enforcing any mask, social distancing or large gathering mandates will be difficult to do on the spot. He said procedure will be followed and enforcement takes longer than simply telling a group of people to leave a property.

Newman said masks and social distancing fundamentally work to stop the spread of the virus, which he said would provide needed relief to medical staff who have been working with the coronavirus for more than seven months.


Winnebago County reported 5,319 total cases of residents testing positive for the virus, with 37 deaths, as of late Monday morning.

Dr. Matthew Downs at Aurora hospital posted online last week that half of Aurora's beds are occupied by COVID patients while they have opened areas of the hospital that were not meant for patients.

Gierny offered sobering messages at the meeting, saying community behavior has exacerbated the spread of the virus. He said that not controlling the situation will allow the virus to spread many more months.

"Frankly," he said, "we've got to fight the virus, and we're fighting each other. We've got to come together."

Back in the Day



Oshkosh history by the Winnebago County Historical & Archaeological Society

Oct. 5, 1918
Spanish Influenza Has Appeared Here – City Will Fight To Control It: Spanish Influenza has made its appearance in Oshkosh. Thus far about 10 cases of the disease have been reported. City Health Commissioner, Dr. Broche, says there are many with colds who say they have "the Grip," but encouraged them to get in touch with their doctor to confirm. He advises those that are ill to avoid contact

with family and friends and remain isolated as much as possible. All articles used by the patient should be thoroughly boiled. He strongly urged folks not to expectorate in the streets and other public places and stated measures would be taken to enforce the anti-spitting ordinance. Local movie theaters agreed to run a slide at each performance to "Use your handkerchief if compelled to cough or sneeze and stop influenza." Other recommendations included avoid crowded streetcars, stop shaking hands, and keep your hands away from your mouth (By the end of 1920, more than 500 million cases were reported worldwide with more than 50 million fatalities).

Source: Oshkosh Northwestern, Oct. 5, 1918




Josh Dukelow

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Scheduled breast cancer screening encouraged

ThedaCare Communications

In July, Jeanine Blank was living her life as normal as possible during the COVID-19 pandemic. She biked multiple miles a day and was looking forward to the time when it would be safe to travel again.

Then after a regularly scheduled mammogram, her world changed completely. She was diagnosed with breast cancer.

"I had absolutely no idea," Blank said. "If it was not for the mammogram I would never have known, maybe until it was too late."

The 70-year-old Darboy resident began treatment immediately with Dr. Nathan Munson, a radiation oncologist at the Regional Cancer Center. It was a significant moment that brought her back to a familiar place. Munson treated her mother for cancer as well. Her mother passed away last year.

"I loved all the team members when they cared for my mother," she said. "I just never would have thought I would need them one day."

Many of the team members remembered Blank.

"Every person welcomes you," she said. "They make you feel like you belong. We are so lucky to live in the Fox Valley. I believe we have the best health care – it's something about the doctors and nurses, everyone, they make treatment easier, if that is possible."

Blank went through surgery and an intense round of radiation, finishing treatment Aug. 28. She had the opportunity to ring the survivor bell, which is situated outside of the Regional Cancer Center.

"It was so special," she said. "Dr. Mun-



Submitted photo

Attending a regularly scheduled mammogram during the coronavirus helped Jeanine Blank, shown with her mother, spot and treat cancer early.

son told me to ring the bell twice – once for me and once for my mother."

Blank has advice for those who need a mammogram and might be concerned about scheduling one during a pandemic.

"The risk of missing breast cancer, or any cancer, is more significant than the risk of COVID," she said. "You cannot delay screenings because of the virus."

Munson agrees.

"It is vitally important that people follow through with regular cancer screenings," he said. "Those who are not having regular checkups or cancer screenings run the risk of missing the development of a new cancer at early stages, which may impact their health for years to come."

Experts recommend speaking with a provider about the risk for cancer and developing the best individual screening plan. The American Cancer Society offers these breast cancer screening recommendations:

- Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (X-rays of the breast) if they wish to do so.
- Women ages 45 to 54 should get mammograms every year.

- Women 55 and older should switch to mammograms every two years, or can continue yearly screening.

- Some women, because of their family history, a genetic tendency or certain other factors, should be screened with MRIs along with mammograms. (The number of women who fall into this category is small.)

- Talk with a health care provider about your risk for breast cancer and the best screening plan for you.

"I had always gotten mammograms and it was important for me to stay on top of any screenings I needed," Blank said. "I wouldn't let COVID stop me from doing that."

Munson noted that people should feel confident coming to ThedaCare clinics and hospitals. ThedaCare has worked to make facilities safe so it can provide care for patients and families, including:

- Requiring anyone who enters a ThedaCare facility to wear a mask.
- Asking patients to maintain 6 feet of distance from all other patients.
- Making sure physicians, nurses, caregivers, support staff and infectious disease experts continue to stay informed with the latest information and treatment protocols.

- Continuing to care for COVID-19 patients at respiratory care clinics.

- Asking patients a series of screening questions about any possible exposure to COVID-19 and if they have any symptoms – cough, fever, shortness of breath, loss of taste or smell or problems with vomiting or diarrhea. If those symptoms are present, the appointment should be rescheduled.

- Limiting visitors to minimize the risk of exposure.

"They are taking so many precautions when you are in the facilities," Blank said. "They made me feel comfortable in my choices, and I knew I was going to be OK. I'm grateful to be back to doing the things I love."

Small business loan program in second phase

The Wisconsin Economic Development Corp. is opening up a second phase of We're All In Small Business Grants, making available more than \$50 million of additional CARES Act funding to state businesses hard hit by the pandemic.

The second phase makes CARES Act funding available to small businesses that were unable to apply for the first phase of the program and makes additional funds available to companies that were awarded Phase 1 grants.

Phase 2 grants of \$5,000 will be awarded based upon the business's annual revenue. Businesses with less than \$1 million in annual revenues (gross receipts less returns and allowances) and one to 50 full-time equivalent employees (FTEs) in 2019 are eligible to apply. Priority will be given to applicants that did not receive earlier funding.

Applications will be accepted from 8 a.m. Monday to Nov. 2. Grants are not awarded on a first-come-first-served basis.

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Isolation

FROM PAGE 1

she had a change in her day and was going to ride in the car with her daughter to Milwaukee.

“That morning, I jumped out of bed, got ready and realized I was excited because I had something to do that day,” Messner said.

Aside from going to the grocery store and waving to her neighbors, Messner said she rarely leaves the house.

Messner has been living alone for almost six years, so she said she’s somewhat used to being by herself. But the pandemic’s social fallout has exacerbated her loneliness and she’s especially concerned for those seniors who don’t have a support system or knowledge of available technology.

Messner had been an Oshkosh resident since 1955 when she moved here with her husband, Robert. He taught orchestra in the Oshkosh Area School District and after the couple’s four children were in school, she went to work part time for an accounting firm. Both retired in 1989.

The couple had four children — Karen, Cynthia, Gail and Leann — seven grandchildren and eight great-grandchildren.

After Robert passed away in 2014 after fighting Parkinson’s disease for six years, Messner moved into a condo where she is still living today. She said she thinks about

moving into an assisted living center once in a while for the community component but has no intention of moving until she cannot take care of her home anymore.

“There’s never been any pressure from my kids, but now that I’m alone I have to admit I probably think about it for 30 seconds, but then I think, Why would I want to move? I’m comfortable where I’m at,” Messner said.

The family had always been active and after retirement, Betty and Robert did a lot of traveling in their RV. Messner no longer travels but still keeps in touch with some of their RV travel buddies.

Messner had experience with technology before COVID-19, which she recognized was an advantage and even allows her and her family some peace of mind. For example, she has an Apple watch she can use to alert her children or emergency services if she has an accident or needs help. She said if she was not connected to others through technology she’d likely be living with depression.

“People don’t realize how important friendship is,” Messner said. “I found that out when Robert passed away. I do think things will get better, but people who aren’t connected, I worry about them.”

This article is part five of a series exploring the issue of Oshkosh seniors in isolation, why it’s a problem and how the community can help. Prior week’s stories are available at oshkoshherald.com.



Submitted photo

Business boost

Nathan Kastein, business banker at Bank First, presents a check for \$5,000 to Dr. Jill Anderson of Dr. Jill’s Optical Shoppe in Oshkosh. Through a partnership with the Federal Home Loan Bank of Chicago, Bank First applied for grants on behalf of seven regional businesses and organizations to support relief efforts for populations hardest hit by COVID-19 and promote equity and opportunity for communities of color.



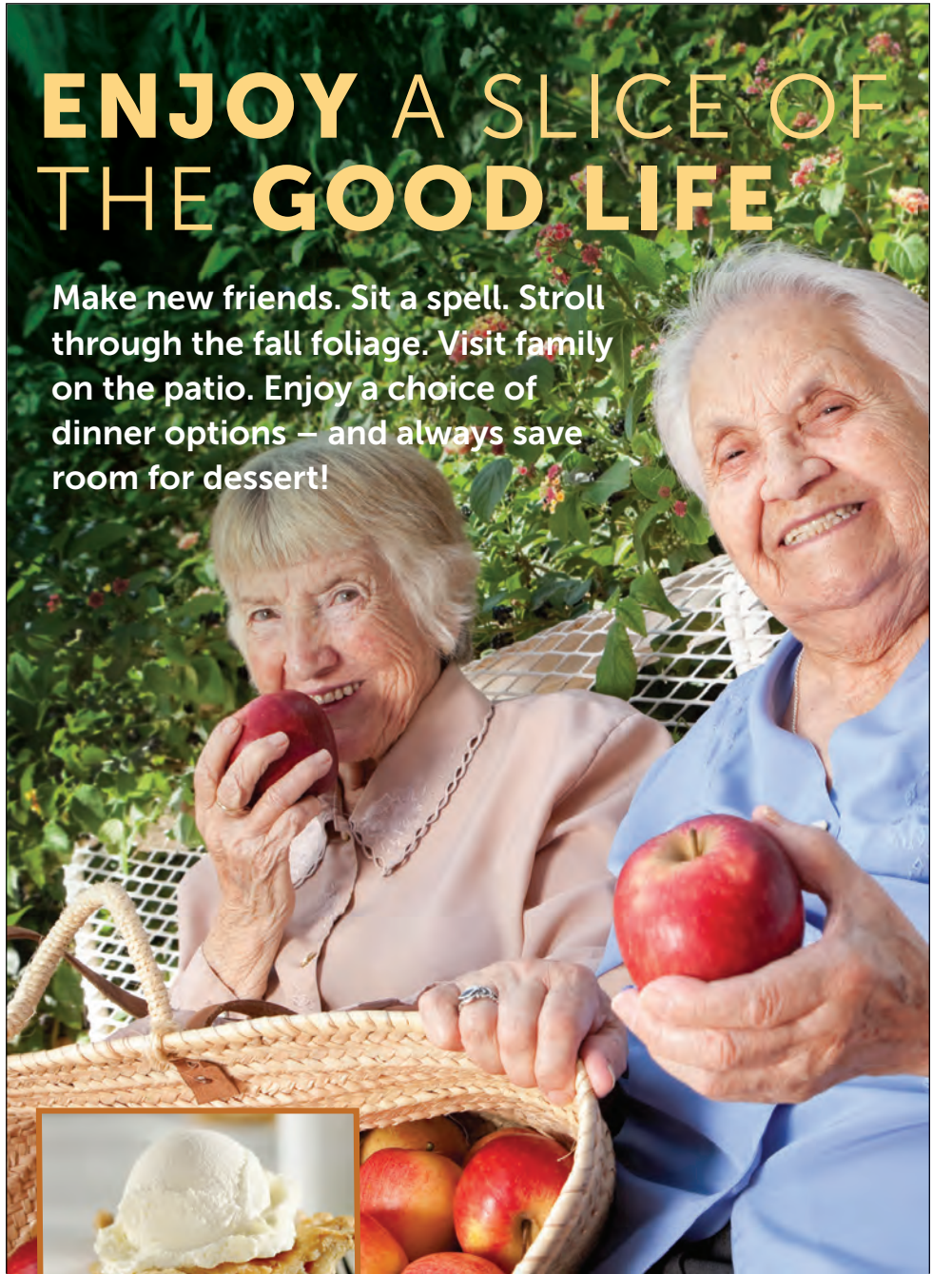
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Polio – the other virus that is almost eradicated

The older baby boomers among us — I was born in 1948 — remember the poliovirus outbreaks of the early 1950s. Growing up on a small dairy farm in western Wisconsin, I expected to spend my daytimes playing outside with my cousins. I don't think we called it "social distancing" but I distinctly remember my mother scurrying me back into the house whenever a neighbor unexpectedly came over.

The neighbor never came into the house and never stayed long. Winter is flu season. Summer was polio season. Before she passed away my mother told me that one of her only social activities during "polio season" was talking to the neighbors on the phone — we had a party line. That was her way of social distancing.

The means of contracting polio was poorly understood at that time. It is a highly contagious disease with flulike symptoms. But in some cases it affects the brain, the spinal cord or may result in paralysis, often leading to death of the



Ralph Gunderson
Oshkosh Rotary Club

patient.

Polio was a mysterious disease, perhaps due to its long incubation cycle. Sometimes symptoms do not appear until 30 days after initial exposure.

The American public displayed quite irrational behavior in its efforts to protect itself from polio. Some people feared that the virus was spread by flies during the summer, so fly traps were hung in backyards.

One case was cited where a traveler to San Angelo, Texas, refused to pump up a deflated tire with Texas air because of the possibility that the air in Texas contained particles of the virus. Other irrational fears included cats, dirt and Italian immigrants as possible sources of the poliovirus.

It is now understood that the poliovirus is contracted by consuming infected food or water that contains fecal matter. Or it can be spread by airborne particles in a manner similar to COVID-19. The disease most often attacks the gastrointestinal tract before it spreads to other parts of the body.

Some patients are asymptomatic. Less-fortunate sufferers become partially or totally paralyzed, in some cases for the rest of their lives. Some suffer a respiratory muscle paralysis that becomes so severe that they are not able to breathe on

their own.

The best therapy available in the 1950s was for them to lay inside a machine, an iron lung, with only their head exposed to the world. This terrible therapy only added to the public's fear of polio. While some children never developed any symptoms of having polio, others became partially or totally paralyzed. Afterward, some never recovered their lost muscle function.

Some sufferers became so weak they could no longer breathe on their own. Iron lungs gave them their breath at the cost of living inside the machine from the neck down. For others, even the iron lung's breathing assistance could not overcome the effects of respiratory muscle paralysis. Some recovered victims have experienced a reoccurrence of polio symptoms years after first experiencing the disease.

Of the communicable diseases, smallpox is the only human disease to be eradicated from the face of the earth. Polio immunizations in the late 1950s was the beginning of the end of polio. No new cases originating in the United States have been reported since 1979. However, polio still exists in the world.

Rotary International and its international partners have been working to eradicate polio for more than 30 years. Not only have Rotarians financially supported the initiative, but many have volunteered their time. The goal of ridding the world of this disease is closer than ever before. The campaign to eradicate polio suffers from the old "low-hanging fruit principle."

Initial benefits from worldwide vaccinations were achieved rather easily as most recipients of the vaccines quickly came forward as the medicine became available. But anti-vaccers — those who don't believe in the benefits of vaccinations provide — resist vaccination programs in some countries.

Consequently, people in remote regions of the world are more and more difficult to reach. Many of them live in regions where the virus flourishes in the environment. So vaccinating the remaining susceptible populations of the world is becoming increasingly difficult and costly.

If all eradication efforts stopped today, within 10 years polio could paralyze as many as 200,000 children every year. Today, this disease is found only in Afghanistan and Pakistan.

Rotary International and the Rotary Clubs of Oshkosh are raising funds and working to increase public awareness of polio during the month of October.

Rotary International has contributed more than \$1.8 billion toward eradicating this disease worldwide and has helped immunize more than 2.5 billion people in 122 countries.

Locally, Rotarians from the three clubs financially support the polio eradication efforts of Rotary International. It is crucial to continue working to keep other countries polio-free. Rotary International and its partners vaccinated 430 million children in 2017 in 39 countries.

Other partners include the Bill & Melinda Gates Foundation, the World Health Organization, the Global Polio Eradication Initiative, the Center for Global Health at the U.S. Centers for Disease Control and Prevention, and UNICEF.

If you would like to learn more about Rotary or how you can join the fight to combat this debilitating disease, contact us or visit the Rotary Booth at the Oshkosh Farmer's Market on Oct. 24. An iron lung will be on display for you to view how previous generations suffered from polio.

Ralph Gunderson is a retired economics professor at UW Oshkosh and has been a member of the Rotary Club of Oshkosh for 29 years.

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Big Brothers, Sisters set volunteer recruiting goal

Big Brothers Big Sisters of East Central Wisconsin is recruiting mentors for more than 100 youth looking for a "Big" in the Oshkosh, Fox Cities, Waupaca and Chilton areas.

The agency is spreading information this month about the need for adult, specifically male, volunteers. Boys ages 6-18 currently make up 66 percent of the children and teens waiting for a mentor. Big Brother Big Sisters focuses on a child's potential, and the role adults play in helping children achieve their best possible futures.

"Even in the best of times, our Littles (mentees) are facing adversity at a higher rate than the average young person in

America. We are innovating and adapting our programs to ensure kids stay virtually connected to their mentors during this isolating time. We just need the volunteers to match with those children and teens still waiting," said chief program officer Jaime Kriewaldt.

The organization is also recruiting partners and families who want to volunteer with other family members as either a Big Couple or as a Big Family Big Couples, and Big Families are matched with Little Brothers due to the large number of boys on the waiting list.

Visit www.bbbssecw.org or contact Kriewaldt at jkriewaldt@bbbssecw.org.

First Five Fox Valley names interim director

First Five Fox Valley has named Barb Tengesdal as its interim director, leading the organization's work in empowering families toward building a foundation for young children.

Tengesdal will be responsible for advancing the strategies, goals and initiatives of the organization's early childhood coalition in Winnebago, Outagamie and Calumet counties.

"Barb is a respected leader in the field of early childhood with a deep understanding of how to create resource equity for all families," executive director Judy Olson said.

First Five Fox Valley coordinates local initiatives such as the Welcome Baby project, Developmental Screening Expansion project and the Help Me Grow resource navigator with funding support from community partners.

National Chemistry Week offers poem contest

Pre-college students of all ages are invited to enter the National Chemistry Week Illustrated Poem Contest sponsored by the Northeast Wisconsin American Chemical Society. This year's theme is Sticking with Chemistry and will help students learn about glues and adhesives.

All submissions will be electronic; rules and submission forms are at <https://bit.ly/3iuyi19>. The local first-place winner in each grade category will advance to the national contest for a chance to win cash prizes. The deadline for submissions is Oct. 25.

UW Oshkosh faculty exhibit a treat for art enthusiasts

By Carter Usobar
ADVANCE-TITAN EDITOR-IN-CHIEF

The Allen Priebe Art Gallery in UW Oshkosh's Arts and Communication Center kicked off its year with its annual faculty exhibition.

The exhibition highlights the work of UW Oshkosh art department faculty, covering a range of mediums and styles, including photography, oil paintings and experimental mixed-media pieces.

The exhibition as a whole is punctuated with expert yet playful work. The walls are dominated by paintings with strong, meticulously placed brushstrokes and shading that blends seamlessly from tone to tone.

Tish Kopish's "Beach Scene" is a calming exhibit remnant from summer.

Emmet Sandberg's piece "iConstructors: Body Language" is a fascinating piece of mixed media and found objects, guiding the viewer's attention to various highlighted words or phrases through a selection of magnifying glasses.

"iConstructor's" placement against a background of mirrors reflects the artwork, expanding it and pushing the viewer to interact with it and consider the piece more deeply.

Trina Smith's "Quarantine: Dining Room 1" illustrates a beautiful yet distorted vision of a dining room. Chairs, once stable, reliable objects, bend and blend out of shape and dimension, perhaps representative of the fragile nature of reality exposed during a life-altering pandemic. The exhibit is on display until Oct. 29.



Photos by Carter Usobar

Top: Trina Smith's "Quarantine: Dining Room 1." Bottom: Emmet Sandberg's "iConstructors: Body Language."

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Lourdes routs Oconto Falls to stay unbeaten at 3-0

By Dustin Riese
HERALD CONTRIBUTOR

After another late cancellation put a hole in Lourdes' schedule, Oconto Falls agreed to play the Knights at the last minute. What would have been a home game against Coleman now turned into a road game against the Panthers as the Knights looked to remain unbeaten.

It was an impressive all-around showing as Josh Bauer continued to pace the offense – finishing the game with six total touchdowns – while the defense allowed next to nothing in a 40-8 win.

“Oconto Falls did a good job of punching us in the mouth,” Wopat said. “We had to face a little adversity with their size, but Tim Kaull got a key third-down sack to thwart their opening possession. After the opening possession their offense didn’t do anything until it was too late.”

After a defensive stop, a big pass from Josh Bauer to Preston Ruedinger set the offense up inside the redzone. A few plays later it looked as if the Panthers had Bau-



Photo by Andy Ratchman

Jack Huizenga goes up for a tipped ball that he secured and scored on in the first half.

er dead to rights, but the quarterback kept his legs moving and found Jack Huizenga in the corner for the 16-yard score and 7-0

lead.

With the second quarter just underway, Oconto Falls started to get pressure in the Lourdes backfield, taking Bauer down on countless occasions. That didn’t seem to matter as he found Ruedinger for a 33-yard touchdown on a fourth and short to make it 13-0.

In need of some points in a hurry, Tucker Bouche looked to get something going through the air, but it was Jack McKellips putting an end to that as his interception gave the ball right back to the offense. One play later it was Bauer going up top to Ruedinger again, this time for 43 yards as he was tackled inside the five. Bauer finished things off with a one-yard run and the Knights lead grew to 20-0 with 9:04 to go in the first half.

The Knights defense was just as good limiting the Panthers. Just when things couldn’t get any better, it was time for the Knights to flash some special team skills when Tim Kaull busted through the line to block a punt with Marshall Koch recovering for the Knights. Kaull then got in on the action offensively with a few nice runs with Bauer finding Ruedinger for five yards and another score.

With the first half ending, the Knights offense was on the field looking for the knockout blow. Once again Bauer found himself escaping pressure and using his legs to extend the play firing a pass downfield. What looked to be an incompleting turned into a great concentration catch by Huizenga as he tipped it to himself and raced 53 yards into the end zone to extend the lead 33-0.

Bauer was responsible for all five touchdowns in the half, and Wopat knows how

important the offense has been thus far.

“Offensively for us, our athletes were a tough matchup for them,” he said. “Having talented kids makes it easier on a coach with a schedule like this. Our varsity offense went 6-for-6 in scoring TDs. Most importantly, watching kids step up into new roles has been very impressive the past two weeks. We’re playing short-handed, but there are no excuses in our program. Next guy up has stepped up to get the job done.”

Kaull and the running game began to impose their will as they opened the third quarter pounding the ground. After Bauer found Kane for a first down, it was time to hook up with Ruedinger once again as the offense was inside the five. A few plays later, Bauer capped off his night with a perfectly executed read option for the two-yard score putting Lourdes up 40-0. That made six possessions and six scores.

Oconto Falls was able to put an end to the shutout bid with a long 42-yard touchdown run by Logan Joachin to make it 40-8.

The Knights return home to take on St. John Military Academy, which is new to the Trailways conference this season for football. The Lancers are led by the Austin brothers — Phillip and Donald — and Wopat knows they are tough to stop.

“We get to host St. John’s Military Academies next Friday (date change),” Wopat said. “Should be a great game. Their only losses last year were to D5 champ Lake Country Lutheran and defending D4 champ Racine St. (Catherine’s). They have twin brothers and run a lot of option principals. We will need our D to set the tone like they always do, keep our offense efficient, and continue to build and get better.”

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Prep sports roundup

CROSS-COUNTRY

Wade, Patterson win races for Warriors

The Valley Christian boys cross-country team finished second out of two teams at the Laconia Invitational on Tuesday, finishing with 37 points. Winnebago Lutheran won with 28 points while Rio/Fall River was third with 60.

Valley Christian's Elijah Wade won the invite with a time of 17 minutes, 51.89 seconds, finishing more than a minute better than the second-place finisher.

On the girls' side, the Warriors didn't have a complete team score but Leah Pat-

erson also won the girls race with a time of 20:36.73, finishing 56 seconds better than the second-place finisher.

VOLLEYBALL

Warriors lose match on road against Hilbert

The Valley Christian volleyball team was swept in a nonconference game played on the road, falling 3-0 (25-21, 25-14, 25-7) against Hilbert.

Stella Wright led the Warriors with three kills, had three digs while Camryn Hass had three aces and five digs. Grace Rolston added five digs while Katie Wallace had four digs and two aces.

BOYS SOCCER

Lourdes big first half not enough against St. Mary

The Lourdes/Valley Christian boys soccer team allowed three second half goals in a 3-2 loss against St. Mary Catholic on Saturday.

Lourdes led 2-0 after one half of play

thanks to goals from Michael Tushar and Isaiah Gutierrez before St. Mary Catholic scored three goals in the second half.

The Knights also faced St. Lawrence Seminary on Thursday and allowed three first half goals in a 5-0 loss.

The Knights are 2-6-1 on the season.

Compiled by Alex Wolf, Herald contributor

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Lourdes multisport athlete making best of senior year

By Tim Froberg
HERALD CONTRIBUTOR

Volleyball and soccer don't share many parallels.

Lauren Hamill, though, has a special skill that correlates to both sports. She doesn't let the ball get past her.



Hamill

Hamill is an accomplished multisport senior athlete at Lourdes Academy. She is one of the Knights' top girls' volleyball players — a talented middle blocker — and spends her spring months guarding the goalkeeper's box for the Lourdes/

Senior Spotlight

Valley Christian soccer team. Hamill also has basketball on her sports resume, playing on the Knights' varsity her freshman and sophomore seasons.

Volleyball, though, is Hamill's preferred sport, and she plays it well. Hamill was a first-team all-Trailways East selection as a junior after leading the Knights in block assists (40) and finishing second in blocks (10) and digs (134), third in assists (50), fourth in service aces (46) and fifth in attack kills (90).

"Lauren brings experience, drive and leadership to the court," said Lourdes coach Trudi Woods. "She's been a starter for us all four years and has grown each



Submitted photo

Honors student Lauren Hamill is a composed, coachable player who has improved her skills each year, coach Trudi Woods said.

year in her middle hitter position. She's one of our top blockers and plays with determination."

Woods calls Hamill a quiet leader and

considers her to be a high-effort, coachable and composed player.

"She's taken all the coachable points and corrected what she needs to improve on," Woods said. "She gives her best effort and doesn't let setbacks take her out of the game."

Hamill has been playing volleyball since the sixth grade.

"When I first started I wasn't very good," she said. "But then I joined a club team in eighth grade and started getting better. I really like playing middle blocker. Blocking is one of my stronger suits and that's where you get the most opportunities for blocks."

Lourdes was able to start the 2020 girls' volleyball season but had to shut down after six matches when a varsity player tested positive for the coronavirus, forcing the entire team to quarantine for two weeks.

"It's unfortunate and especially tough because it's my senior year," Hamill said. "But I don't know — that could have happened to anyone. I don't blame the person who tested positive. It could have been any of us. We were able to play some games this fall, and I'm thankful for that."

Hamill hopes to conclude her athletic career with the Lourdes/Valley Christian soccer team this spring, but that's no certainty. She received all-conference honorable mention as a freshman and finished the 2018 season with 104 goalie saves. Soccer wasn't played last spring due to the pandemic.

"I'm really looking forward to soccer, especially since we didn't play last year," Hamill said. "This whole year has been wild — totally out of the ordinary. But I've kind of accepted it at this point. There's just nothing you can do about it."

Hamill doesn't plan on playing sports at the next level but will be attending college next year. She's still undecided on her choice but the high honors student plans to major in biology.

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Surface water guidance sought

The state Department of Natural Resources is seeking public comment on guidance that helps water management specialists evaluate the status of the state's surface water quality.

The Wisconsin Consolidated Assessment and Listing Methodology (WisCALM) provides guidance to assess surface water quality and trends against standards set by the Clean Water Act, according to Ashley Beranek, DNR water resources management specialist. Guidance is being updated for the 2022 biennial cycle.

Assessing water bodies against water quality standards and identifying impaired waters that don't meet standards is

part of the overarching federal Clean Water Act framework for restoring impaired waters.

This year's updates include new E. coli assessment methods, total waters in the state, subcategories for the Healthy Waters List with supporting data, and reorganization based on assessment type.

Under the Clean Water Act, states are required to monitor and assess their waters to determine if they meet quality standards and support the uses they are intended to provide.

The comment period will be through Nov. 20. For more about the changes, visit dnr.wi.gov and refer to the WisCALM page.

Obituaries

Dorothy Gallinger

Dorothy Mae (Marsh) Gallinger went home to be with her Savior on Monday, October 5, 2020. She was born on March 2, 1935 in Oshkosh to the late Elmer and Mattie (Hitchcock) Marsh.



Survivors include her husband of 61 years, Bob; daughter Kathryn (Fred) Glander, son Mark, son Michael, and former daughter-in-law, Tamara; grandchildren — Nathan (Mariam Mian), Alissa

(Adam Streblov), Connor, and Kylee; three great-grandchildren — Arya, Adalyn, and Nadya; her niece and nephew Candice Marsh Luebke (Paul) and Randy Marsh (Cindy), along with their children; her caring brother-in-law, Charles Gallinger; and her beloved puppy, Gomer.

Due to the COVID-19 pandemic, a private family memorial service will be held at a later date. In lieu of flowers, the family requests that memorial gifts be sent to Park View Health Center-Resident Needs Fund, or New Pawsabilities Rescue in Oshkosh, in her name.

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Private party ads deadline is 4 p.m. Friday.
\$15 for first 20 words

Employment

DRIVERS: SEMI - HOME WEEKENDS for 550 Mi Radius Runs. Mainly WI. Park Truck at Home! Must Have 1 Yr Exp. Good Driving Record. Benefit Pkg Avail.
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OTR TRUCK DRIVERS FT/PT Competitive wages & full benefits. Mileage, Drop pay, Paid weekly Home weekends, NO east/west coast, 28 central states. Van & Hopper Division. Agriculture experience a plus. Fox Valley company since 1958
Call Frank 920-788-6242 or 920-858-0238. Van Groll Trucking, Kaukauna

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2001 Chev Prism
\$500
Call (920) 235-6704

27TH ANNUAL SUPER TOOL SALE Incl. 10% off Laguna! WoodworkersDepot.com, M-Sat 8-4. Oneida St, off 41, right at Subway, 2965 Ramada Way, Green Bay
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ABSOLUTE AUCTION SALE on the Real Estate & Personal Property of **MICHAEL BEGROW** 6841 9th Street Rd., Omro, WI **SATURDAY OCT 31, 10AM 4.5+/- Acre** Country Property plus personal. **OPEN HOUSE** on SUN OCT. 25, 2-4PM www.nolansales.com for details. Conducted by Nolan Sales LLC, Marion WI 715-754-5221 Lic WI Auctioneers #165 & #142 (WCAN)

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GUN SHOW CANCELLED DUE TO COVID19!! on Oct 17 & 18 at the **FOND DU LAC FAIRGROUNDS** centralwisconsinun.org (WCAN)

GUN SHOW TOMAH, WI Fairgrounds Oct 23, 24, 25 Fri 3-8pm, Sat 9-5pm, Sun 9-3pm Info 563-608-4401 Marv Kraus (WCAN)

USED MOBILES WANTED! Any size 1994 or newer, Single or Double wide. Fair prices! Fast closings! Call today 715-758-7500 North Country Homes 110 Brooke Ct. Bonduel WI 54107

Real Estate/Rental

CRANDON, WI FSBO. Total of 66 Acres! 40 Acres Fenced Hayfield/26 acres wooded pasture, 32x64 hay barn on gravel town road w/power. Good hunting land, will divide. L/C Avail. asking \$132,000. 715-493-6121 (WCAN)

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2 Bedroom Apartment. Convenient Location. Heat & Water Included. \$500 per Month. Mask Required. Call Gaslight Apartments 920-379 6761 or 920-235-3920.

REAL ESTATE AUCTION - LIVE & ONLINE!! For **PHILLIP & JENNIFER MILLER**, 11358 N Flat Rock Lane, Gillett, WI on **SATURDAY, OCT 24th** starting at Noon. 80 acre dairy in Oconto Co being offered in parcels. Online bidding at Proxibid.com See www.nolansales.com for details. Conducted by **NOLAN SALES LLC**, Marion WI 715-754-5221 Reg WI Auctioneers #165 & #142 (WCAN)

THANKSGIVING CONDO WEEK IN BRANSON RESORT OR OTHER LOCATIONS \$599-\$899, 1 bd or 2 bd w/kitchen, WTP Travel 920-682-0740 While Supply Lasts. WorshipThanksPraise.com (WCAN)



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Kid Scoop Together: Proof It!

Are you an eagle-eyed reader? Circle the seven errors in the article below. Then, rewrite it correctly.

Two Kinds of Energy: Renewable and Non-Renewable

There are two kinds of energy that create the electricity we use every day. One is **renewable** energy and the other in **non-renewable**.

This Energy is NOT Renewable

Oil and coal are **non-renewable** sources of energy. Non-renewable means NOT renewable. When it's gone, it's gone forever.

Think about it – when your family car uses up the gasoline in its tank, you have to get more gas. Gasoline is made from oil. Oil and coal are burned to make energy. Once they are burned, they are gone, and more is needed to make energy.



Renewable Energy

Renewable energy comes from sources that don't get used up in the process of making energy. The five main sources of renewable energy are:



- ✓ water or hydropower
- ✓ geothermal
- ✓ wind
- ✓ solar
- ✓ biomass (includes wood, methane, ethanol, biodiesel)

Energy: Which is Which?

Look at the picture of each kind of energy. List each kind of energy in the correct box.

Renewable Energy

Non-Renewable Energy

Water Wheels

mill or factory to do work such as grinding grains.

turning water wheel turns equipment inside a

with buckets or blades between the outside

in a river to make energy. They set up large wheels

blades, causing the water wheel to turn. The

wheel rims. The water pushes on the buckets or

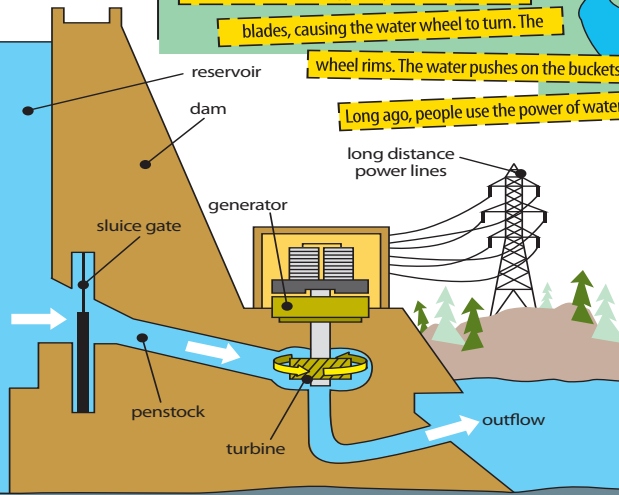
Long ago, people use the power of water rushing

Can you put this paragraph in order?

HYDROPOWER: A hydroelectric dam harnesses the energy produced by moving water. Hydropower is the least expensive form of renewable energy.

How it works:

- A dam is built on a river creating a **reservoir**.
- Water in the reservoir collects behind the dam wall. Dam operators control the flow of water with a **sluice gate**.
- When released, the water pushes through a pipe (called a **penstock**) beneath the water's surface.
- This turns a **turbine** that then rotates a **generator** to produce electricity.



Extra! Extra! Energy Scavenger Hunt

What things in our community need energy to work? Look through the newspaper for five things that need energy. Name the kind of energy each needs.

Standards Link: Research: Use the newspaper to locate information.

Kid Scoop Puzzler

A = ★ N = ■
C = ✧ O = ◆
E = ▲ P = ☼
G = □ R = ♣
F = ▼ S = ♥
I = ❄ T = ☼
L = ☼ V = ★
M = ● W = ☼

The refrigerator is one of the biggest electricity-guzzling appliances in your house. Use the code to thaw out the missing parts of the Frigid Fact.

Americans ◆▲■ their refrigerator an average of 24 times a day.

♥★▲ energy by making fewer ❄☼☼☼ to the fridge and by keeping the door ◆▲■ for only a few seconds.

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

- RENEWABLE
- GASOLINE
- BIOMASS
- ENERGY
- GRAINS
- WHEELS
- SOURCE
- WATER
- SOLAR
- POWER
- RIVER
- WIND
- COAL
- TURN
- OIL

Find the words in the puzzle. How many of them can you find on this page?

S	S	A	M	O	I	B	E	U	S
S	E	R	E	D	R	A	L	O	S
C	N	L	N	R	N	E	B	W	W
O	A	I	I	B	L	I	A	H	E
A	R	V	A	O	P	O	W	E	R
L	E	Y	G	R	E	N	E	E	E
R	T	U	R	N	G	N	N	L	E
G	A	S	O	L	I	N	E	S	R
G	W	Y	S	S	O	U	R	C	E

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

Standards Link: Spelling: Spell grade-level words correctly.

Write On! Energy Saving Tips

Energy Saving Tips

What tips do you have for kids on how to save energy?

ENERGY TIPS FROM



Why should we use LEDs?

LEDs have many advantages over incandescent bulbs including color quality, energy efficiency, durability and length of life. Compared to other lighting options, LEDs:

- Reveal colors more brightly
- Cost 80% less to operate
- Stay cool to the touch, reducing risk of burns
- Last 50 times longer

LED light bulb packaging contains helpful comparison charts to help your family make smart decisions when moving from incandescent to LED lighting.

Source: www.alliantenergykids.com

Find more energy savings tips at <https://tips.acehardware.com/blogs/5-easy-projects-to-save-energy/> See our ad on page 15.

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