

continued on page 3

Annual Dahlia Gawk is Sept. 13 in Daleyville



Are you wondering what to do on Saturday, September 13 from 1 to 5 in the afternoon? Well, take a short drive or walk to Monique’s Dahlia Garden for our 11th Annual Dahlia Gawk. We are located at 1167 State Road 78, Mount Horeb (Daleyville). Hopefully you will be able to see some of the most beautiful dahlias. You should be able to see pompons, up to the large AA size which can get up to 12 inches in diameter. Bring your camera, to take photos so you can remember what you might like to put in your garden next spring. They will again be collecting for the local food pantry.

Sept. 11 ceremony will honor those lost in terror attacks



Community members are invited to a commemorative 9/11 program at the Public Safety Building, 400 Blue Mounds St, on Thursday, September 11 at 7 p.m. Words of reflection will be offered, followed by Honor Guard duties performed by the Mount Horeb American Legion.

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Little Woodland Preschool celebrates with ribbon cutting and open house

The Mount Horeb Area Chamber of Commerce is pleased to welcome Little Woodland Preschool to the Mount Horeb community with a special Ribbon Cutting Ceremony and Open House. The celebration took place on August 13 at their new location, where families, Chamber members, and community leaders gathered to officially welcome the preschool (pictured above). Guests enjoyed light refreshments, cookies, and the opportunity to tour the facility, meet the staff, and learn more about the programs offered. Parents and children toured the new facility, met with staff, and learned about the school’s wide range of offerings designed to support families at all stages of early childhood. Little Woodland Preschool serves children from infancy through age 12 and provides wrap-around care to accommodate the needs of working parents. Their programs are designed to foster learning, creativity, and social development in a safe and nurturing environment. The Chamber of Commerce welcomes Little Woodland Preschool as a new member and is excited to support their role in strengthening the local early childhood education landscape. For more information about Little Woodland Preschool, visit www.littlewoodlandpreschool.com.



Revelations Barbershop holds ribbon cutting and grand opening

The Mount Horeb Area Chamber of Commerce was proud to welcome Revelations Barbershop with an official ribbon-cutting ceremony this July. Located inside the hallway of shops at 209 E Main Street, Revelations is already earning praise for its warm atmosphere and high-quality services, according to the chamber of commerce. Owned and operated by Theresa Rowe, Revelations Barbershop offers a full range of services, including haircuts, beard trims, shampooing, and conditioning treatments. With a background in marketing and HR—and a lifelong passion for hair—Rowe “brings a thoughtful and personal touch to every appointment.” The ribbon cutting marked the shop’s grand opening and its commitment to serving the Mount Horeb area. Chamber staff, community members, and friends gathered to celebrate and show their support for this exciting new addition to downtown. The Mount Horeb Chamber said it is “thrilled to welcome Revelations Barbershop to the local business community and looks forward to supporting its continued success.”

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Local Government

Springdale looks at solar rules

By STEVE MATYAS
Mount Horeb Mail

The Springdale Town Board, meeting on August 19, looked into a possible change of language in the ordinance governing commercial solar structures. The proposed change, presented by town clerk Jackie Arthur, would replace the use of collector size to determine if a structure is to be ruled commercial with the determination of potential kilowatt hours to be generated. Board member Kellt Altschul objected to the pro-

posal, stating that it would lead to confusion and potential abuse, as well as to selling of unused energy back to the power grid. At one point, Altschul cautioned to not “talk about it if you don’t know what it means.” Arthur replied that safety issues were the sole focus of the ordinance. Board chair John Rosenbaum, who has solar units on his property and routinely sells back to the grid, called for the need to regulate usage in a “reasonable way” and the issue was

tabled pending further study into how kilowatt hours are determined and measured. Arthur also proposed setting the commercial solar use fee at \$1,000 and the board approved the measure. She also sought and gained permission to discuss liquor licensing questions with town attorney Chris Hughes, saying she was uncomfortable making such decisions on her own, reported that the state’s general transportation aids will increase in each of the next two years, and informed the

board that the state requires the town’s voting machines need to be replaced by the end of this year. Patrolman Devin Dahlk addressed the board on the purchase of a new truck which should be available next summer and the sale of the old truck. He also talked about construction on Klevenville-Riley Road and the possible need to replace the cones currently being used with something more substantial the removal of a sign saying “loose gravel” and the placement of one saying

“bump” The road was paved last week. Reporting on the trimming of trees along the town’s roads Dahlk stated that he is waiting for insurance approval to continue the work. Chair Rosenbaum spoke to the need to increase funding for such projects in next year’s budget and said the town “needs to step up its game.” A proposal to extend a driveway on Kolluth Road was examined. The need to re-route a waterway on the property involved raised concerns, with

Chair Rosenbaum asking whether the county needs to be involved in the decision and any approval being dependent on something in writing rather than the current verbal agreements. Board member Altschul addressed the ventilation system update, saying the building inspector had been contacted and a response should be forthcoming. Two new alternate board of review members were proposed and confirmed.

Letters to the Editor

Apartments could improve downtown Mt. Horeb

Regarding the article in the August 28 Mt. Horeb Mail about new apartments downtown: My wife and I aged out of our home here in Mt Horeb and moved in to a mediocre yet expensive apartment here in town. We love the apartment and don’t regret the move. I don’t have a dog in the fight but I have a couple of observations. Some say the JG apartment building will take away from the downtown aesthetic, but frankly the buildings being replaced aren’t very attractive or useful. The apartments will probably improve the attractiveness of the block. The MHTC building is an eye sore but I don’t think anything can be done about that. Second, perhaps adding apartments and senior living will increase competi-

tion and keep rent increases under control. Third, downtown businesses should benefit from increased foot traffic. Fourth, enrollment in our schools is declining. Maybe families with kids will move in and help reduce our decline. Someone said in the article that kids will be in danger crossing Main Street to get to school, but years ago when we lived on Oak Street, all the kids north of Main Street were bussed to school for that very reason. Has that changed? I know change can be jarring for some, but maybe these projects will actually improve the appearance of downtown and encourage renovation of older buildings that are in very poor condition. The Duluth building is five stories high and is a very nice-looking building. I think the comments in the article regarding parking are germane and need to be addressed.

Mike Badger
Mount Horeb

Info about new visitor management in schools

The Mount Horeb Area School District (MHASD) is taking another important step in school safety by introducing a new visitor management system called Visitor Aware. Beginning in the 2025–2026 school year, this system will be used across all District schools—including 4K partner sites—to help ensure that every visit to school buildings is even more efficient, safer, and welcoming for families, volunteers, and community members. Visitor Aware is a secure, digital check-in system that verifies each visitor’s identity, screens for potential safety concerns, and records who is in the building during school hours. By using facial recognition technology and ID verification, the system enhances existing safety procedures while making the visitor experience more streamlined. When arriving at a school during regular hours, visitors will begin by checking in at the main office. A valid government-issued photo ID, such

as a driver’s license, will be scanned at a self-service kiosk. The system will take a live photo and compare it to the ID or a previously saved image to confirm identity. Visitor Aware will then screen the visitor’s information against national sex offender registries, government watchlists, and District-maintained lists, such as banned individuals or approved student pick-up contacts. Once cleared, the system will print a visitor badge to be worn while in the building. Those who plan their visits in advance may also take advantage of an optional online pre-registration process to save time upon arrival. This may be done by going to this website: <https://tinyurl.com/MHASDAdvanceCheckIn>. Will your visit include the potential of having one-on-one student contact during the school day?” If the answer is yes—for example, if someone is visiting a classroom, chaperoning a field trip, or joining a student for lunch—then both a background check and check-in through Visitor Aware are required. The background check is completed only once per school year and is valid from July 1 through June 30. This process is not new to our families, as the District has been doing this since 2019. Optimally, it would be helpful for

these visitors to complete the following link at least 72 hours in advance: <https://tinyurl.com/MHASDCBCform>. Not every visit requires the use of Visitor Aware. For instance, those attending evening or weekend events such as concerts, athletic games, or school plays do not need to check in. Additionally, some events that occur during the school day but are held in areas separated from the student population—such as performances in the high school auditorium—may also be exempt. The District will aim to notify families in advance if any background checks or visitor screening will be required. This allows guests, including grandparents and family friends, to prepare accordingly. Visitor Aware will also be implemented at the District’s 4K partner sites at least during the first three years of the program. Since these partners operate independently, families should reach out to their specific program leaders to learn how and when the system will be used at those locations. The District understands that any use of technology involving personal information raises questions about privacy. All data collected through Visitor Aware is encrypted and securely stored in the cloud. No

data remains on the check-in devices themselves. The facial recognition feature is used solely for identity verification during check-in and is not used for ongoing monitoring. The system’s use fully complies with all applicable state and federal data privacy laws. MHASD welcomes questions and feedback from the community. Anyone needing help or more information is encouraged to contact the District at visitoraware@mounthorebschools.org. Additional resources, including FAQs, guides, and a decision-making overview, are also available on the District website. Simply type: “visit school” in the search bar. The Mount Horeb Area School District is grateful for the community’s continued support in making schools safe, inclusive, and student-centered. While there may be some adjustments during the early stages of this new system, the District is committed to making the process as smooth and welcoming as possible. By working together, schools and the community can ensure that every visit—whether for learning, volunteering, or celebration—is secure, respectful, and positive for all. Aubree Hanks
MHASD

BAND

continued from page 1
music with their friends and classmates while also serving the community with their musical talents. Marching band also provides a way for students to develop their leadership skills. Student leaders are involved in most aspects of the planning process; they help teach younger students during the fall marching camp, help plan the marching shows, and help select the tunes for performance. In addition,

student leaders help fit uniforms for the nearly 200 students who perform each week. This year is extra special, as the season serves as practice and preparation for the band’s performance at the 2026 New Year’s Day Parade on January 1, 2026 in downtown London. For senior Kait Green, her role as Band Board President gives her a unique perspective on the group as a whole. “Marching band has always been a key part of

This year’s performances will include:
In Memoriam (Sly Stone, Quincy Jones, Brian Wilson, etc.)
International Rock Icons (Led Zeppelin, Black Keys, Queen, etc.)
UW Marching Band Tribute featuring Dr. Corey Pompey, director of the UW Marching Band
The band is scheduled to perform at home football games on September 12, September 26, October 10, and October 24. The band performs a pre-game parade and pep rally, then performs on the field for halftime.

building community not only within the band, but also within our town as a whole! Whether it be through seniors introducing themselves to terrified freshmen and breaking that seal of fear, or the parents making new friends chatting away in the bleachers during the pre-game, everyone will unite with one another in their own way!”
This school year is the

band’s fourth under the leadership of Kellen Dornier, Dominic Leising, and Alyssa Thuli. Prior to that time, director Will Janssen led the band for 36 years until his retirement in 2022. Janssen styled the uniforms, marching moves, and school spirit aspect of the group after the UW Marching Band, of which he was a member and still runs the UW alum band. “Marching band is definitely our most visible thing of the year, and it’s one of our most exciting as well! Audiences love the sound

and style we bring, and it’s admittedly a rush to stand in front of a ‘wall of sound’ created by almost 200 enthusiastic high school musicians!” says Dornier.

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Police Report

JULY MONTHLY SUMMARY

911 Disconnect – 25
911 Open Line Count – 2

Accidents – 6
Accident – 5
Accident w/ Injuries – 1
Adult Arrest – 2
A traffic stop was conducted on a vehicle driving without headlights. When conducting a data check of the driver, it was found that there was an active warrant out of Iowa County for his arrest. The driver was arrested and transferred to Iowa County’s custody without incident.

While conducting a DOT record check of a vehicle, it was found that the driver had a warrant out for his arrest. The subject was arrested and transported to the Dane County Jail without incident.

Alarm – 3
Animal Complaint Disturbance - 1
Animal Complaint Stray – 8
Assist Citizen – 19
Assist Citizen – Vehicle Unlock - 1
Assist DCSO – 16
Assist Fire/Police – 11
Assist Other Agency - 1
Check Person - 13
Check Property – 15
Citizen Fraud – No Loss – 1

A resident came to the police department to report an attempted scam on her computer. At the time of this report, no money was lost and the victim is working with a company to help avoid these types of scams.

Civil Dispute – 1
A resident called to report that her ex took a dog that they shared in common. After getting all of the details, the reporting party was advised that this was a civil matter.

Damage Property Complaint – 1
A resident called to report that while at home she heard a loud bang. The caller advised that when she went outside, she observed that a package was delivered and there was damage to her garage door. The caller was advised to contact the delivery company and report the damage.

Disabled Vehicle - 4
Disturbance Call – 4
Officers were dispatched to a residence for the report of a disturbance between a mother and her two sons. All parties were separated and statements were obtained. Based on the information that was obtained, no arrests were made.

Police were dispatched to a residential facility for the report of a verbal altercation between two residents. Contact was made with both parties and administrative staff. Nothing physical had occurred and the disturbance would be handled within the facility.

A security guard at the Country Music Faire reported being assaulted. Contact was made with the male subject who denied the assault. The victim was not hurt, but requested that the subject be asked to leave the area.

Officers were dispatched to a report of a disturbance between family members. All recounts of the nights events did match. It was decided that all parties would be separated for the night.

Domestic/Family Trouble – 4
Officers were dispatched to a residence for the report of two brothers fighting. Citations were issued to both brothers for Disorderly Conduct.

Police were dispatched back to a residence for another disturbance call. Contact was made with all

parties involved who all agreed to separate for the night. A short time later, Police were dispatched back to the same residence for another disturbance regarding a gaming system. The parent asked that police take the gaming system for safe keeping until the parent picked it up.

Multiple officers were dispatched to a residence for the report of a family disturbance involving a weapon. All parties were separated and interviewed. One arrest was made and charges were referred to the Dane County District Attorney’s Office for their review.

Officers responded to the report of a disturbance at a residence. Call notes stated that the female in the home was yelling and throwing items. Contact was made and all parties were interviewed. The primary aggressor was arrested for Disorderly Conduct and transported to the Dane County Jail. During contact at the residence, another family member created a disturbance and was cited for Disorderly Conduct.

Drug Offense – 2
During a traffic stop for equipment violations and while in contact with the driver and passenger, the officer noted the odor of marijuana emitting from the vehicle. A probable cause search was conducted which yielded multiple items of THC and drug paraphernalia. Both the driver and passenger were cited for possession. The driver was also warned for the equipment violation.

Officer observed a registration violation and conducted a traffic stop. A K-9 was requested which alerted to narcotics. Drugs and drug paraphernalia were located in the vehicle. The driver was arrested and transported to the Dane County Jail.

EMS Assist – 62
Fingerprints – 1
Follow Up - 8
Foot Patrol/Check Property -8
Found Property – 7

Information – 21
Local Ordinance Violation – 1
Lost Property - 3
Missing Adult – 1
Officers were dispatched to the report of a missing person from a residential facility. It was found that a family friend had signed the individual out of the facility to watch fireworks. The missing adult was accounted for.

Noise Complaint – 3
OMVWI Arrest / Intoxicated Driver – 2
While on patrol, an officer observed a car parked partially in the lane of travel, and the driver appeared to be sleeping. Contact was made with the driver who showed signs of intoxication. While attempting field sobriety test, the subject struggled to keep his balance. The subject then declined to perform field sobriety tests. A search of the vehicle yielded multiple bottles of alcohol. The driver was ultimately arrested for Operating While Under the Influence (3rd), Operating with a PAC (3rd), and Operating W/O a Valid License.

Officers responded to a traffic accident, and while in contact with the driver, the officer noted the odor of intoxicants emitting from the him. Field Sobriety Test were completed and the driver was arrested for Operating While Under the Influence (3rd) and Failure to Keep Vehicle Under Control.

On Street Parking Complaint – 1
Parking Tickets – 21
Phone Call – 17
Preserve the Peace –1
Officers assisted with a preserve the peace at a residence. No issues were observed.

Private Property Parking Complaint – 2
Safety Hazard – 3
Special Events/Community Relations – 1
Officers assisted with traffic control at an organized march that took place in the village.

Suspicious Person - 2
Suspicious Vehicle – 1
Theft – 5
The report of a theft of a flag from a residence was called in to the police department. The reporting party checked with the neighbors to see if their cameras capture anyone taking the flag, which they did not. There are no suspects in this case.

Officers were dispatched to the report of a theft of alcohol from their business. Contact was made with the suspect who denied stealing the alcohol. Video footage was obtained from the business that did show the subject stealing the alcohol. A citation for theft was issued.

A business owner reported a theft of a sign from their front porch. Contact was made with the possible suspect, who was not in possession of the missing sign.

Officers were dispatched to the library for the report of a theft of an electric scooter. Video footage was obtained which identified who had taken the scooter. Contact was made at the residence and a parent and juvenile were interviewed regarding the scooter. The juvenile admitted to taking the scooter, but stated that the scooter was left outside of the library for days. The scooter was turned over to police and then returned to the owner.

A resident requested police respond to an alarm at her residence. When officers arrived, a male was located in the garage. Upon contact it was found that he had been living in the residence but the reporting party did not want him there. The male was allowed to gather items from the home. Later, the reporting party found that her designer purses were no longer in the home. The reporting party made contact with the male who ultimately returned the purses and she did not want to press charges.

Threats Complaint – 2
A school employee reported receiving a private message from a former student that was threatening. Contact was made with the former student and parent. Charges were referred to the Dane County District Attorney for their review.

Officers responded to the report of a threats complaint at a care facility. The reporting party stated that the resident was threatening staff and other residents. Due to the declining mental health of the resident, no charges were issued.

Towed Vehicle - 1
Traffic Arrests – 21
Traffic Complaint - 7
Traffic Incident – 2
Traffic Incident/Road Rage - 1
Traffic Warning – 95

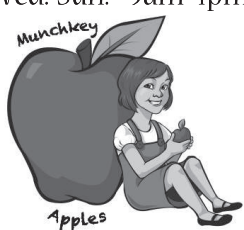
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News & Notes

Learn all about cheese at special Historium event



Featured speaker Paul Vassalotti is a Mount Horeb Area Historical Society volunteer, and previous volunteer archivist and manager of Monroe’s National Historic Cheesemaking Center Museum. He recently started taking his expertise on the road, sharing region-specific presentations five times in the last year alone.

On Thursday, September 18 at 6 p.m., Mount Horeb’s downtown Driftless Historium (100 S 2nd St) will host historian, cheese enthusiast and milk bottle collector extraordinaire Paul Vassalotti. Paul will share his vast research into the history of cheesemaking in Dane County, Wisconsin—while guests nibble cheese curd samples!

Cheese production has played a major role in the economy and culture of Dane County since the 19th century. With rich soils and a topography on which cattle thrived, the dairy industry was a logical fit for the Driftless region. At its peak period in the early 1900s, there were more than 116 factories in just over 200 square miles of southwestern Dane county (MHAHS’s core service area). By the 1920s, this area had the heaviest concentration of cheese factories anywhere in Wisconsin. Who ran them? What where they producing? Where did all that cheese go??

Post-retirement, featured speaker Paul Vassalotti has been actively and intently researching Wisconsin cheese factories and cheesemaking history. Paul also has an extensive collection of Wisconsin milk bottles. Prior to his deep dive into cheese factories, he published a book on known dairies and their milk bottles.

Do you have Dane County cheesemaking family roots? Do you live in one of Wisconsin’s former Driftless area cheese factories, or own locally-used vintage equipment or milk bottles? Join us on September 18; and if you can’t make it, feel free to reach out with your stories.

This educational program is free and family-friendly; reservations are not required. For more information, call the Mount Horeb Area Historical Society at 608-437-6486 or email mthorebahs@gmail.com.

Community-wide read book giveaway and octopus program at the library

The Mt. Horeb Public Library will give away books for their annual community wide read soon. Each year the library selects books they encourage everyone to read and talk about. Called the Big, Middle and Little Reads, this multi-faceted programming series is a great way to connect with people and topics. Thanks to the Friends of the Mt. Horeb Public Library, copies of the books will be given away Saturday, September 13 beginning at 9am. Large print copies of the Big Read title are available. Quantities are limited. One book per person. Arriving early is recommended.

The Big Read Kickoff Event is also September 13 beginning at 9:30. The octopus as tech: exploring the science, art, and technological potential of nature’s most spectacular color change artist. This all-ages program features Roger Hanlon, a senior Scientist at Marine Biological Laboratory at the Woods Hole Oceanic Institution. Joining us virtually, Hanlon discusses the amazing camouflage of octopus, squids and cuttlefish. These cephalopods exhibit the fastest color changes known on Earth, a capability made possible by direct control of their skin’s color, pattern, and 3-D texture. Enjoy a diving extravaganza, showcasing the beauty of ocean habitats. What a great start to two months of water wonders!

For more information about this programing series, visit www.mhpl.org.

The Mt. Horeb Public Library is giving away books for their annual community wide read on Saturday, September 14 beginning at 9am. Each year the library selects books they encourage everyone to read and talk about. Called the Big, Middle and Little Reads, this multi-faceted programming series is a great way to connect with people and topics. The 202 titles are:. These books, generously donated by the Friends of the Library, go quickly and you are encouraged to arrive early. One book per person. Large Print copies of Wise Gals are available. Limited quantities of all titles. Can’t make it on giveaway day? You may call the library beginning at 9 am, Sept 14, to ask for a copy to be held for you. Complete details about the Big Read: www.mhpl.org/big-read-2024. All invited to participate.

Artist Ms. G will present ‘Wayfinders’

Mount Horeb’s downtown Driftless Historium (100 S 2nd St) presents “Wayfinders,” an exhibition by artist and educator Laura Pahlas. Pahlas, a former Mount Horeb elementary art teacher—you might remember her as “Ms. G”—returns to the Trollway with an oil painting installation, now showing in the Kalscheur Family Foundation Community Gallery through November 4, 2025 during regular museum hours (Friday through Tuesday, 10:00 a.m. to 4:00 p.m.).

And join us on Saturday, September 13, 2025, from 4:00 to 6:00 p.m. to welcome Laura back, or perhaps meet her for the first time! No reservations are necessary and all are welcome for this free artist reception. Light refreshments will be served, and a selection of the artist’s work will be available for purchase.

Pahlas earned a Bachelor of Fine Arts degree in Painting from the University of Wisconsin-Oshkosh and holds a second degree in Art Education. A fourth-generation painter, art educator, and mother, Pahlas uses creativity as a way of connecting with others while trying to make sense of the world. She believes “art-making is a powerful act of connection that bridges the gaps between us and reminds us of our shared humanity.” The artist invites you into the worlds she creates; often working in series or collections because it allows her creative practice to flow freely without being limited by one process or medium.

Pahlas works out of Heartwork Studios in Ripon, Wisconsin, which she co-owns and operates with fellow artist Carissa Sorensen. Heartwork Studios offers process-based workshops, classes, and events that are open to the community.

For more information, call 608-437-6486 or email mthorebahs@gmail.com.

Compiling history about Main Street building

Isaac’s Antiques is the current occupant of 132 E. Main Street, Mt. Horeb, but the building has been many different things in its 100+ year old history and we are looking to collect personal memories. The building has served as a movie theatre, an auto garage, barber shop, temporary church, candy shop and more. As the current owners gear up to celebrate 50 years of this building being used as an antique store (30 of those years as Isaac’s Antiques), they are collecting all memories. Do you remember watching a movie at the Strand Theater as a child? Did you buy the candy sticks for a nickel? What do you know about our building that we don’t know? Please contact Janelle at Isaac’s Antiques to share your memories and photographs. Cell number is 608-575-6994 or email isaacsantiquesshop@gmail.com.

PFLAG returns with speaker Scott Rippe

After a summer break, PFLAG Mt. Horeb starts up monthly meetings at the Mount Horeb Public Library meeting room on September 8 from 6:00-8:00. The speaker is Scott Rippe, who is new to Mount Horeb along with his husband of 29 years. He is the weather enthusiast behind Rippeology, a Facebook community page with nearly 43,000

followers in southern Wisconsin. Scott spent the first 37 years of his career in media, advertising and marketing, but now follows his childhood weather passion full-time with forecasts, weather education and occasional adult humor at Rippeology.

From the perspective of a shy kid who came out to his mother in 1982 - a different environment for the LGBTQIA+ community - Scott will share a bit of his own story of self-awareness and the family support systems that allowed him to “be himself” as he entered adulthood. He will talk about some of the lessons he has learned about the best and most appreciated ways to support and understand loved ones. And naturally, he’ll chat a bit about the heavy gay presence in the meteorological community.

This is not a library sponsored event.

EcoGardening Committee of Mound Vue Garden Club

“Planning your Own Native Garden” with Wade Moder, Natural Resources Educator at UW-Madison Extension September 4, 2025, 6:30PM, Mt Horeb Public Library Meeting Room

Want to plant a pollinator garden or rain garden, but not sure where or when to start? Fall is a great time for plants to establish roots before winter and come back strong in the spring. Learn what factors to consider when planning your garden. Best of all, come and learn how to use our interactive 3D modeling kits to bring your garden plan to life! No prior experience necessary!

Wade Moder is a graduate of UW Green Bay, in Environmental Policy and Planning. He was former Executive Director of the Upper Sugar River Watershed Association for nine years.



Moder

Stanford Neuroscientist Dr. David Eagleman to speak at local library

Because of brain plasticity, much of our behavior and thinking becomes automatized: from driving to speaking to responding to situations. But a healthy, flexible brain requires a constant challenge via novelty. Join Stanford Neuroscientist Dr. David Eagleman at the Mt. Horeb Public Library Thursday, September 11 at 1pm to discover what you can do to help your brain stay flexible. This free afternoon program takes you on a tour of the subconscious to answer some of the deepest questions of who we are, and then resurfaces into the conscious mind to explain why seeking novelty is so critical to brain health, particularly as we age. (Dr. Eagleman joins virtually, participants will meet in person at the library.)

David Eagleman is a neuroscientist at Stanford University, an internationally bestselling author, and a Guggenheim Fellow. Dr. Eagleman is the author of many books, including *Livewired*, *The Runaway Species*, *The Brain*, *Incognito*, and *Wednesday is Indigo Blue*. He writes for the *Atlantic*, *New York Times*, *Economist*, *Time*, *Discover*, *Slate*, *Wired*, and *New Scientist*, and appears regularly on National Public Radio and BBC to discuss both science and literature. He has been a TED speaker, a guest on the *Colbert Report*, and profiled in the *New Yorker* magazine. He has spun several companies out of his lab, including *Neosensory*, a company which uses haptics for sensory substitution and addition. He runs the top ranking science podcast *Inner Cosmos* (which Melissa loves!) and is the writer and presenter of *The Brain*, an Emmy-nominated television series on PBS and BBC.

For more information about the library, visit www.mhpl.org or call 608-437-5021.



Eagleman

Gleanings

By **BARR JOHNSON**
Mount Horeb Mail

140 Years Ago- Sept. 2, 1885

Miss Carrie Dusterud has resumed her former position in the millinery business in town.

G.E. Mickelson met with a fall last Saturday which somewhat stiffened up the gentleman. It was a fall of nine feet from Ole Sundom’s tobacco shed.

On account of lack of time in the office of the publishers, a very fine article written by “Pioneer”, of Perry, has had to be omitted. The State Fair coming on causes business to be pushed.

The street running east and west between the railroad company’s land and the village, is in a fine state of affairs as parties are claiming ownership of lots situated right in the street and have enclosed their property with delicate wire fence. This to our notion, is very closely connected with immense danger, if a team should happen to stray in that direction after dark.

130 Years Ago- Sept. 5, 1895

Barney Burns has disposed of his farm having made a trade with Thos. Lingard for one of his dwelling houses on the south side. Mr. Burns has leased the build-

ing to Albert Paulson for a year. Andrew Paulson now occupies the house recently vacated by Robert Martin.

A large number of friends of Mr. and Mrs. Hans Haakens, Jr., gave them a pleasant surprise last Sunday presenting Mrs. H with an elegant set of silver knives and forks. The ladies of the surprising party brought well-filled baskets and spread an elegant table out under the blue canvas in the cooling shade. There are moments when a person enjoys himself; this was one of them. Which personal participation justifies us to testify.

It seems to be nip and tuck who will be the potato king, Vallef Brattlie of Perry or Ole Swenson of Moscow.

A new saloon has started at Middleton Junction.

120 Years Ago- Aug. 31, 1905

Lodi has a population of 1096, a gain of 8 in five years.

Calicos, just the thing for quilts are sold for 4-1/2 and 5 cents at Dahle Bros.

Ole Grinde has secured a position with Gollmar Bros. advertising car No. 1.

J.C. Ward has purchased a 50-horse gasoline engine to furnish power for the electric light plant. Work has commenced in making preparation for the installation of the big machine,

which is furnished through the machine firm of Benson & Lee.

We will give a prize to the lady reader who first sends us a complete sentence containing the least letters and using all the letters of the alphabet. The prize is a McClure’s Magazine one year.

The telephone booth located on Main street near Hoff’s store has been moved, and will now be found in front of the Times office, where this handy contrivance will always be found open for the convenience of all wishing to communicate with people near by or far away. All that is needed is the right change.

Dear Gus-I have solved the mother-in-law problem, just give her regularly Hollister’s Rocky Mountain Tea. It will make her healthy, happy and docile as a lamb. 35 cents tea or tablets. Dr. Bancroft.

110 Years Ago- Sept. 3, 1915

The 15-month old daughter of Mr. and Mrs. Fred Zimmerman of the Mickelson factory in the Town of Vermont, was drowned Monday evening when she fell into the creek near the factory.

A. F. Gramm was elected chairman of the County Board of Education at Madison last week.

John Hustad is the owner of a new Overland touring car.

David Hefte of Springdale has employment for a man with family, should there be any one among our readers wish a place of this kind will do well to see Mr. Hefte at once. If parties interested wish to write him address

him at Riley R.F.D.

Ford dealers have been unable to obtain shipment of cars from the factory since last June. It is believed that the output of the shops is sent abroad where better price is obtained. This is no joke.

Miss Celia Daelen left Monday to enter on her work as teacher in stenography at the college at Madison after a 4 weeks vacation at home.

We are thankful to those who ring us up and give us local items for publication.

Mr. Hersig of the Farmers store here made a deal with a real estate firm this week disposing of the old and out of date goods that has accumulated. Two large truckloads left here yesterday. Mr. Heisig goes to Chicago today to buy a large supply of new and up-to-date goods to take the place of the goods cleaned out. And hereafter nothin but new and up-to-date goods will be handled in the store.

A.F. Gramm was elected chairman of the County board of education at Madison last Monday at the meeting of the board, three members now constitute the board in place of five as before.

The “Do what we can society” will meet with Mrs. Hageset tomorrow at 2 o’clock.

100 Years Ago- Sept. 1, 1925

The wrestling fans of this vicinity are anxiously awaiting the arrival of Tuesday evening, Sept. 8th, when the controversy between Dan Brown, Milwaukee and Earl Jewell, Mt. Horeb, will be definitely settled and the best man picked.

The special election for United States Senator to fill the unexpired term of the late Senator R. M. LaFollette will be held Sept. 29. Governor Blaine issued the call on Thursday.

A.P. Sletto went to Milwaukee the past week and drove home a new Hudson coach.

Take the phone right now and order your coal. It will be only a few short weeks before fires must be started—so prepare, order your coal today. Phone 110R4.

70 Years Ago- Sept. 1, 1955

Laura Zweifel, seven-year-old daughter of Mr. and Ms. Wilbert Zweifel, Mount Horeb, had a narrow escape on Monday, Aug. 22, when she fell into a cistern almost full of water at their home. Mrs. Clarence Syverud, who heard the youngster’s cry for help, ran across the street and managed to reach down far enough to pull Laura out.

Miss Myrtle Nace received the Century Farm Award at the State Fair in Milwaukee on Tuesday of last week. The farm has been in the Nace family since 1854, being owned by George Beaty, the great-grandfather of Miss Nace.

Voters of the Mount Horeb School District, Friday approved a Citizens’ Committee recommendation for the construction of a new school bus garage at a cost of \$33,212. The vote was 101 to 36.

50 Years Ago- Sept. 4, 1975

Sylvester Sutter of rural Mount Horeb was named as

the Dane County Soil and Water Conservation District’s Outstanding Cooperator for 1975.

Jane Lenherr, Mount Horeb, and Richard Weber exchanged nuptial vows on Saturday, Aug. 16.

A Mount Horeb Ambulance Fund benefit dance is scheduled for Friday, Sept. 12 at Club 18. Phil Espeseth, Club 18 owner, will provide the Alpine Brass for the dance.

30 Years Ago- Sept. 7, 1995

Bill Garfoot, 39, of the Town of Springdale was injured last Friday when a hot water heater he was working on exploded. He was MedFlighted from Mount Vernon to University of Wisconsin Hospital.

Madeline H. Henze, 91, died on Aug. 31, 1995 at Winter Park, FL. She and her husband, Alvin, were owners of the Henze Cheese Company, Mount Horeb.

The new Landmark Sire Directory has a local flavor this fall. Found inside the back cover is a full page of pictures and a testimonial of Tara Opsal, Blue Mounds regarding her cow ‘Opsal Eagle Jonquil.’

20 Years Ago- Sept. 8, 2005

Garret Powell of Blue Mounds hooked a 44+ inch musky in the Eagle River area in July just before his thirteenth birthday.

Irma Marie Naujeck, 77, of Mount Horeb died on Friday, Sept. 2, 2005 from an automobile accident. She was born in the Czech Republic and came to the United States in 1956.

CHURCH NOTES

Good News Lutheran Church - WELS
NEW LOCATION:
9975 Pepper Dr
Pastor Jonathan Bauer
Sunday Worship: 9:00 am
(in person and online)
Sunday School and Bible Study 10:15 am
608-437-4646 visit
GoodNewsLC.org/location for details & directions

Immanuel Lutheran- ELCA
310 W. Main St. Mount Horeb
608-437-8733
10am Sunday Worship
www.immanuelmh.org/
1st Steps Childcare
608-218-4425

Mt. Horeb United Methodist
Corner of Hwy. S & Hwy. 78
Sunday Worship: 9am online and in person
umcmh.org
Celebrating God’s Inclusive Love

West Blue Mounds Lutheran Church
2962 Church St., Blue Mounds
608-437-3493
Vicar: James Ranney
Worship: Every 2nd & 4th
Sunday of the month, 10:00 am

St. Michael The Archangel Parish
Rev. Robert Butz- Parish Administrator
St. Ignatius Catholic Church
109 S. Sixth St., Mount Horeb
608-437-5348
Mass: Sunday 10:30 am
Tuesday thru Friday - 8:00 am
Sat. 5:00 pm
Holy Redeemer Catholic Church
10070 Spring Valley Dr., Mount Horeb
Mass: Sunday 8:00 am

New Hope Evangelical Free Church
639 S. Eighth St., Mt. Horeb
Phone: 608-437-3273
www.newhopeefc.org
Sunday 10:00 a.m. Worship Service

Perry Lutheran Church ELCA
1057 Hwy 78 S, Mt. Horeb
608-437-5294
Sunday Worship 9:00 am
www.perrylutheranchurchelca.org

Springdale Lutheran Church
2752 Town Hall Rd. 608-437-3493
Vicar: James Ranney
Worship: 1st, 3rd & 5th
Sundays of the month at 10am
twosteeple.org

Mt. Horeb Evangelical Lutheran Church – ELCA
315 E. Main St. 608-437-5012
www.elcmthoreb.org
5 pm Saturday Worship
9 am Sunday Worship

Vermont Lutheran Church- ELCA
9886 Vermont Church Road
Black Earth, WI 53515
www.vermontlutheran.org
608-767-3312 (office)
Sunday Worship 9:30 a.m.
Sunday School 9:30 a.m.

Mt Vernon United Church of Christ
1693 Washington St. Verona
608-832-6677
Sunday Worship, in-person and on Facebook Live, 10:15 am
Bible Study 9am-10am
We are an Open and Affirming Congregation

*April 23, 1965 -
August 23, 2025*



MOUNT HOREB — Robyn Marie Gondek, age 60, of Mount Horeb, passed away on Saturday, August 23, 2025, at UW Hospital

and Clinics. She was born on April 23, 1965, in Plainville, Conn., the daughter of Robert Gondek Sr. and Donna (Royce) Lumbra.

Robyn was a dedicated bus driver who worked for the Verona Area School District, First Student, and also while living in Connecticut. She had a passion for what she did.

Robyn had a deep love for animals and shared her life with many — from parrots to farm animals to dogs. She especially enjoyed training her Australian Shepherds to be great companions. Robyn was also known for her de-

votion to family and moved to Wisconsin to care for her mother. She attended many sporting and performing arts events and made it a priority to be present and supportive in the lives of those she loved. Loyal and dependable, Robyn could always be counted on to show up for others in every way she could.

Robyn is survived by her parents, Donna and Robert; sister, Charlene Royce; nieces, Krystal (Andrew) Lonsdale, Keana (Trevor) Gondek and Tiffany Wheeler; nephew, Zachary Gondek; great-nephews,

Donovan Lonsdale, Julien Dreher and Landon Byers; and great-nieces, Bridget Lonsdale, Remmiah Gondek and Londyn Byers. She was preceded in death by her stepfather, James Lumbra; brother, Robert Gondek Jr.; cousins, Michael St. Pierre and Byron Treado; and great-niece, Ruby Byers.

Memorial services will be held at a later date. Online condolences may be made at www.gundersonfh.com.

Gunderson Camacho Mount Horeb Funeral & Cremation Care
500 N. Eighth St.
(608) 437-5077

Obituary

Robyn Marie Gondek

GEIGER

Counter

by Matt Geiger, Editor

Fight of his life

There are many turning points in every life, but few are as obvious as the day New Glarus resident Clayton Strang walked into the doctor’s office and heard these words: “You need to do something or you’re going to die.”

As it turned out, Strang had more fight in him, both metaphorically and literally, than anyone realized at the time. Spurred on by his love for his family, he did “do something.” He took up boxing.

This middle-aged funeral director shed 100 pounds, forged close bonds with new friends and mentors, and found a new way to bond with his daughter. At 45-years-old today, he’s the healthiest he’s ever been, and he recently returned from a trip to Oklahoma with Wisconsin’s Golden Gloves team, which has become like a second family to him.

“I am a reasonably recent boxer,” Strang said. “I came late in the game.”

“I was pretty unhealthy,” he continued. “I had a whole host of medical issues and problems that were, to some extent, debilitating. Obesity, heart disease, pre-diabetic,

all kinds of things.” His triglycerides were so high the lab had trouble even getting an accurate count.

When Strang went in for that physical, he was in his early 40s but merely three or four years from the age when his mother had her first stroke.

He went home and told his wife about the grim reality he faced. She bought him a heavy bag, and that simple act changed the trajectory of his life forever.

“I’m not a sports guy,” Strang said. “I’m not that guy. But I did grow up camping and backpacking a lot.”

Yet there was something about boxing that drew him in. Strang Googled, “Where can I learn to box?”

“I chose Ford’s gym [in Madison] because it was the only place with Google reviews not written either by the owner or someone with the same last name as the owner,” he laughed.

Walking into a gym, especially one filled with weightlifters and fighters, can be daunting for anyone, especially someone who has never boxed and feels woefully out of shape. Nevertheless, Strang summoned the courage to step into the ring. But first, he had to walk through the front door. He spoke with the gym’s owner and namesake, Ford Sheri-

dan, who genially informed him that anyone who bullied him would be kicked out and banned. Ford’s was for everyone, from beginners to experienced athletes, he said.

Strang breathed a sigh of relief and began taking intro to boxing classes with his 15-year-old daughter, Gwen. Side-by-side, they learned the fundamentals of the sweet science. They learned how to throw jabs, how to keep up their guard, how to move their feet.

Gwen loved it, and so did Clayton, but they didn’t realize just how far their new hobby would take them.

“At the beginning I think it was simply a means to an end,” he explained. Initially, he liked boxing because it was a sport you can practice on your own. But over the ensuing three years, he was surprised how many friendships he forged in the ring and in the gym.

“I ended up connecting with so many people,” he explained. “That, too, was perhaps part of the holistic way of getting healthy.”

One of Strang’s primary guides on the journey was Andrea Nelson, a former professional boxer, current boxing coach, author, mentor and much, much more.

Nelson has taught the sport for decades and in 2014 took over the reins of the renowned Bob Lynch Boxing Foundation. Nelson first came to boxing after six years of training, teaching and competing in martial arts during the 1990s, winning multiple state championships and four full contact fights in kickboxing.

She holds a second-degree black belt in Okinawan Shorin Ryu and a black belt in Okinawan weaponry. Nelson began competing as an amateur boxer in 1998 under Lynch’s guidance, then quickly moved on to her professional career. After retiring, she transitioned to teaching. She is renowned in Wisconsin for her ability to combine toughness and tenderness, sometimes simultaneously, and she is the driving force behind the state’s amateur boxing program.

“I’ve never met anyone like Andrea,” Strang marveled. “She’s both immensely intimidating and incredibly comforting at the exact same time.”

As a mentor, she employed “an incredible mix of carrot and stick,” he said.

“She’s someone I feel really, really safe learning from,” he said. “With her, there is just never any sense of affectation.”

Obviously, safety is a

relative term in the world of combat sports. Boxing isn’t all about safety or comfort. Strang learned one reality early on: “You are going to get hit and it’s going to hurt.”

In that way, the inside of the ring is very much like the outside world.

“Life *is* discomfort,” Strang mused. “If I want to be a better dad, if I want to be a better husband, I need to feel some discomfort.”

First, he started shedding weight and building muscle. In time, Strang was even able to stop taking many of the medications he had thought he would be on for life.

He got better, both physically and mentally. He spent time with his daughter, and with his friends, serving as driver, cook and all-around helper for the Wisconsin Golden Gloves team’s trip to the championships in Tulsa earlier this year.

Strang has been a professional funeral director for

the past 20 years, so he is no stranger to big questions about life and death.

“You see all the worst things a human can do to another human and to themselves,” he said. “And you see what natural processes can do to us.” There are reasons people call it “the dismal trade.”

But with those realities about the brevity of each person’s time here come important questions worth mulling. “Where do we come from?” he said. “Where are we going?”

For Strang, he knows where he’s been, and he knows he is headed somewhere better. He knows life will throw some punches as he travels this path, and the ones he doesn’t block or slip will inevitably hurt. He knows he can take them, and even give some back.

It’s made him a better husband, a better father, a better friend and a better boxer. It’s made him a better person.

Community Calendar

THURSDAY, SEPTEMBER 4		
Caregiver Dementia Support Group a safe space for discussion, education, support and sharing of ideas & resources, 1:00pm, Senior Center	and Clothes Closet open 10:00-11:30am.	Men’s Group - Join us to socialize. If you wish to have lunch (11:15) Make reservations by Friday, Sept. 5 at 608-437-6902. Senior Center.
Farmers Market, ELC lawn - 300 block East Main Street, 3:00-6:30pm	MONDAY, SEPTEMBER 8	WEDNESDAY, SEPTEMBER 10
“Wayfinders”, a series. of oil paintings by Laura Paulas, at Kalscheur Family Community Gallery, Driftless Historium, 100 S. 2nd St., thru Nov. 4, 2025. FREE!	Table Tennis, all levels, casual and friendly atmosphere for playing. 10:00 am Senior Center	Fink’s Cafe serving “My Meal My Way” for seniors from 11:00-1:00pm. No RSVP needed. \$5 suggested minimum donation.
FRIDAY, SEPTEMBER 5	Military Ridge Trail meeting, 5:30pm, Ridge-way Railroad Depot	Euchre, Senior Center, 12:30pm
Mt. Horeb Food Pantry and Clothes Closet open 9:00-10:30am and 3:00-4:30pm.	PFLAG Mt. Horeb Monthly Meeting, 6:00-8:00pm, Mt. Horeb Public Library Meeting Room, Speaker: Scott Rippe, weather enthusiast (Rippeology). This is not a library sponsored event.	<i>LITTLE FREE PANTRIES available at: New Hope Evangelical Free Church, 639 S. 8th St., Mt. Horeb; Immanuel Lutheran Church, 310 W. Main St., Mt. Horeb; Zwingli UCC, Hwy. 92, Mt. Vernon. Nonperishable food and other necessities available 24 hours a day. ”Take what you need, share what you can.”</i>
SATURDAY, SEPTEMBER 6	Learn to play Euchre! 6-8pm. Driftless Historium, 100 S. Second St. Free! Registration required at www.mthorebhistory.org/ events or call 608-437-6486	
Mt. Horeb Food Pantry	TUESDAY, SEPTEMBER 9	

INVESTED IN OUR COMMUNITY



Joe’s Utilities. Carol’s Water & Light. Sound strange? Maybe, but that’s who we are. Mount Horeb Utilities belongs to everyone in our community. We’re locally staffed, and give back, because we’re not only committed to our customers, but also to our entire community. You can see us supporting quality local jobs, hanging up holiday lights downtown, volunteering at hometown events and providing student scholarships. Frankly, there’s no place we’d rather be.



mounthorebutilities.com • (608) 437-3084

At Mount Horeb Utilities, we join forces with other local, not-for-profit utilities through WPPI Energy to share resources and lower costs.

SHARED STRENGTH THROUGH @WPPI ENERGY

Supervisor Downing weighs in on dog breeder resolution

District 30 Dane County Board Supervisor Patrick Downing, who represents Blue Mounds and other parts of rural Mount Horeb, presented to the county board on the proposed resolution calling on the Wisconsin Department of Agriculture, Trade, and Consumer Protection (DATCP) to revoke Ridglan Farms' commercial dog breeder license. The resolution, which was sponsored by Dane County Board supervisors David Boetcher and Dan Blazewicz, both of whom represent districts located near Madison, also asks that the dogs living at Ridglan Farms be confiscated and placed "in custodial care during [the] ongoing investigation."

The county has no legal authority over the state agency that oversees Ridglan Farms, so the resolution is purely advisory and would have no direct statutory impact on the facility.

"This Resolution is based on a 'probable cause' determination made after a court hearing at which Ridglan Farms was not allowed to participate," said Downing. "Ridglan asserts that they exceed the Animal Welfare Act standards of the United States Department of Agriculture."

"Our District Attorney Ismael Ozanne did not prosecute Ridglan for animal mistreatment," Downing continued. "He did file a complaint against the 2017 Ridglan Farm intruders. He later dismissed that upon Ridglan's request, its reason being concern for the welfare of their employees and business. Meanwhile, Ridglan has now filed suit against several activists alleging they've caused financial damage to its business."

"A Special Prosecutor, Tim Gruenke, District At-

torney of LaCrosse County, has been appointed and is working on the mistreatment case," Downing continued. "While this legal process is proceeding, I believe we should allow it to function. If there is a valid reason to restrict Ridglan operations, it will happen."

"Here's what the local folks have had to say," Downing concluded. "In the November 6, 2018 General Election Mount Horeb included, as a binding referendum, a question to declare by ordinance that an operation such as Ridglan is a public nuisance, offending public morals and decency. After vigorous campaigning by all sides of the issue, 59 percent of the Village electorate rejected it. It appears to me that when people are fully informed about the situation, they support animal medical research."

Dane County Debuts First Edge of Field Monitoring Stations at Dane Demo Farms

Dane County Executive Melissa Agard recently joined the Dane County Land & Water Resources Department (LWRD) and community partners to cut the ribbon on the county's first edge of field monitoring stations. The new research tool, installed at Dane Demo Farms, will help track how farming practices impact soil health and local water quality.

The monitoring stations capture water runoff from farm fields to study how conservation practices reduce soil erosion and protect water resources. As part of the event, the public also viewed a rainfall simulator demonstration to see how different farming methods respond to rainfall.

"This is exciting and timely research on the im-

pacts of rainfall on farmland," said County Executive Melissa Agard. "The Land & Water Resources Department continues to lead with innovation and expertise. By learning how conservation practices perform on real working farms, we are strengthening the connection between agriculture and water quality, ensuring that Dane County remains both a farming leader and a clean water leader."

The event highlighted the county's ongoing investment in farmer-led research and education. Dane Demo Farms brings farmers together with county staff, researchers, and conservation partners to provide science-based, locally relevant data about conservation practices.

"Dane County is fortunate to have a nationally recognized Land & Water Resources Department that partners directly with farmers to protect our natural resources," Agard said. "Their work shows that when we invest in collaboration and innovation, we create solutions that benefit our farmers, our land, and our future generations."

Dane Demo Farms is a collaboration between local farmers, USDA Natural Resources Conservation Service, Dane County Land & Water Resources Department, and the University of Wisconsin-Madison Division of Extension. It provides opportunities for farmers to direct local research on the impacts of conservation practices to improve soil health and water quality. It is an outlet for peer-to-peer education and outreach to farmers across Dane County.



Dane County Executive Melissa Agard (second from right) joined the Dane County Land & Water Resources Department (LWRD) and community partners to cut the ribbon on the county's first edge of field monitoring stations.

More than 100 people attended school movie night

Community Members Attend Memorable Outdoor Scoreboard Movie at the High School

It was a night of laughter, lawn chairs, and lovable yellow mischief-makers as more than 100 community members gathered under the stars for Mount Horeb's Scoreboard Movie Night, held late last month at the High School Stadium.

The featured film, Minions, lit up the giant scoreboard screen and the faces of children and adults alike, creating an evening of shared joy and commu-

nity spirit. Families arrived early, spreading out blankets and setting up chairs on the football field as the sun set and excitement grew.

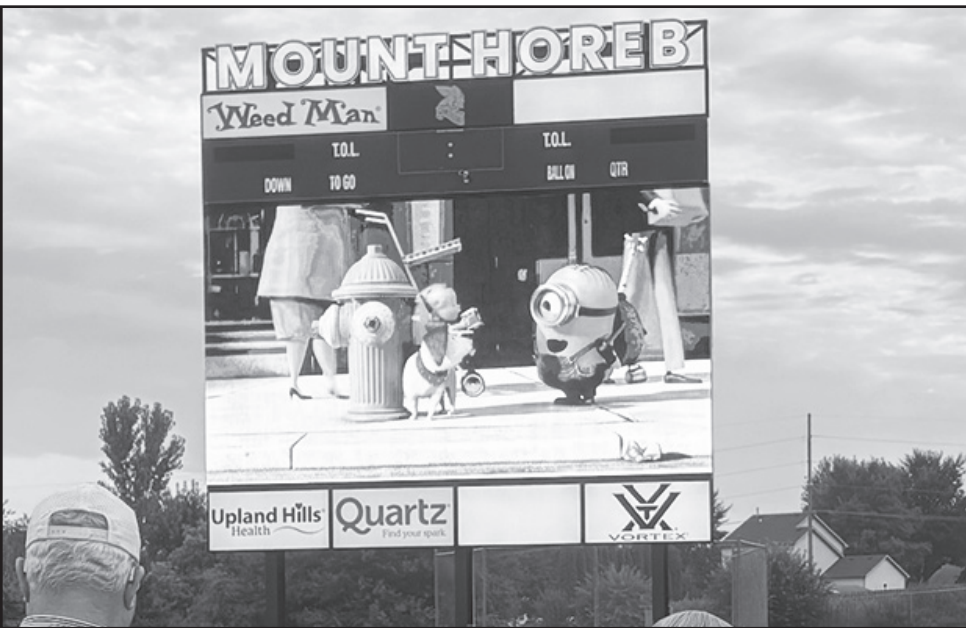
Hosted by Mount Horeb High School, the event was more than just a night of animated mayhem. Donations collected during the evening supported the school's music department as it prepares for a once-in-a-lifetime performance opportunity: the London New Year's Day Parade.

"This event was a wonderful reminder of what makes our community special," said Amy Kellesvig, Director of Agape Christian Preschool. "It brought

together families, students, and neighbors to enjoy a fun evening while supporting a great cause."

Organizers expressed gratitude for the strong turnout and the stadium scoreboard sponsors, including Weed Man Lawn Care, Upland Hills Health, Vortex Optics, Quartz Health Solutions, First Choice Dental, and Loger Construction.

With popcorn in hand and smiles all around, Thursday's Scoreboard Movie Night proved to be a glowing success. If you missed this year's movie fun, stay tuned for more opportunities!



Minions lit up the giant scoreboard at Mount Horeb High School.

ZONING

continued from page 1

specific facts to do a rezone without a more concrete proposal," Best said.

Tichenor said she had not done a survey yet because she was waiting for approvals to invest money in that.

And other plan commission members were hesitant to change the zoning for one

residential building.

Village President Ryan Czyzewski said he was open to renovating her building to allow for renters, he just wasn't sure how to go about it.

The commission decided to go back to the zoning code and come back to Tichenor's request at a later date.

Although it wasn't on the agenda, residents still spoke

against the Grundahl development on Main Street during public comment.

Diane Hirsch asked the commission to listen to the community's concerns, and how many residents want to keep the historic feel about downtown Mount Horeb.

"I would hope that you do listen to the constituents of your community and know that the concern is very

real," Hirsch said.

And Ellen Meyer said she thinks the village should pause development and evaluate how much Mount Horeb should grow. Meyer argued the village should "limit" development because Main Street can't handle more traffic.

"Many of us like the small-town charm of Mount Horeb and want to be away

from the bustle of the city," Meyer said.

Meyer also said the Grundahl Main Street development is a "bad idea."

Some residents have spoken against the development since its introduction, while others have touted it as beneficial in-fill development.

The proposal was a four-story apartment building with 66 units on 214-220 E

Main Street. And residents have attended several plan commission meetings this summer to object to the size and location of the development.

The plan commission heard a concept presentation from developers at last month's meeting, so have yet to make any decisions on the development.



SENIOR

A valuable resource guide for local Seniors and caregivers looking for services and opportunities to enhance the health, wellness and lifestyle for our senior community!



Life



A Real Life-Saver

Wisconsin Walk-In Showers Help Keep Seniors Safe

By Matt Geiger
Finger Publishing

Steve Kirschbaum was walking out of a customer’s house one day when she stopped him to say something.

“Thank you,” she said. “You saved my life.”

She wasn’t joking. He really is keeping people safe and saving them money in the process. Kirschbaum founded Wisconsin Walk-In Showers out of his Verona home eight-and-a-half years ago, and since that time he has converted countless tubs to make them safer for older residents to get in and out of.

He has even earned the nickname “Safety Steve” for his efforts, and it’s a moniker he’s proud of.

“I had no idea when I started the stories people would tell me,” he said. “Everyone has a story, and it’s usually a bad one, about a fall that’s already happened and the recovery they’ve had to go through.”

Kirschbaum is now 64 years old, still fairly young and spry, but with his graying beard he is starting to feel even more kinship with his older clientele.

“I’ve been in construction my whole life,” he said. “A

do-it-yourselfer. And when a friend showed me they had these conversion kits that could go in people’s tubs, I figured I would give it a shot.”

Kirschbaum likes customers to call him on his phone so he can introduce himself personally and answer any questions they have. He’s the guy who shows up to do the job, and he wants to make sure people get what they want when he does. He arrives, installs the conversion kit, cleans up and is usually on his way within four to six hours, so it’s not much of an inconvenience, unlike major remodeling projects.

“There are literally hundreds of kinds of tubs, and I’ve cut them all,” he said.

“If the tub is skinny, I have a kit for that. If it’s fat, I have one for that. There used to be some I couldn’t do, but not anymore. I can do pretty much anything.”

He said he founded the company to serve a need for people with age- or medical-related mobility issues. They way he saw it, they didn’t need to buy a whole new shower in order to enter safely to bathe at home. He said it’s a safe and relatively inexpensive way to make sure people can stay independent in their own houses for longer.

“I really am saving people money and I really am helping them,” he said. “People at this age don’t want to spend \$20,000 to remodel their bathrooms.” He said

by offering to convert their existing tubs for much less than that, he is helping keep people safe without breaking the bank. In fact, he can work so quickly that people don’t even have to wait long to use their facilities again.

When he started the business, he didn’t realize just how many people would need his services. Only recently he drove all way to the eastern outskirts of Minneapolis to do a job for a couple there. But he also didn’t know how appreciative people would be.

“I get Christmas cards,” he said. “I meet the nicest people.”

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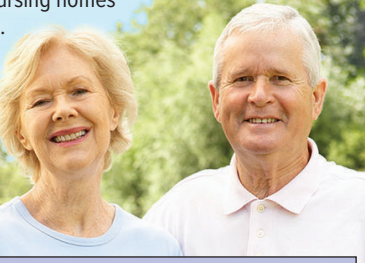
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Daily Dietary Habits that can Benefits Seniors Over the Long Haul

Food fuels the body throughout the day, ideally providing the energy people need to make the most of each day. But the foods people eat are more than just fuel. Indeed, a delicious meal is hard to forget, and that underscores how significant a variable flavor can be when people choose the foods they eat.

Flavor is certainly important when choosing and preparing meals, but it cannot be the only variable that determines what people eat. That's true for everyone, and especially notable for seniors. Age-related changes to the body should affect seniors' approach to diet. The National Council on Aging notes that metabolism slows

as bodies grow older, which means seniors require fewer calories to fuel their daily activities than they needed when they were younger. That's just one of the many notable things seniors should consider when designing their daily diets.

- Plan a well-rounded diet. School children learn the basic food groups as youngsters, and it's good for seniors to keep those long-ago lessons in mind when planning their daily diets. The American Heart Association notes the importance of incorporating fruits, vegetables, whole grains, dairy, and proteins into daily diets. In regard to dairy, the AHA advises consuming the equivalent of

three cups of low-fat (1 percent) or fat-free dairy each day. When picking a protein source, the AHA identifies eggs, fish, lean meat, legumes, nuts, and poultry as healthy and protein-rich foods. Even polyunsaturated and monounsaturated oils like olive oil and peanut oil can be healthy.

- Resolve to read more labels. Aging adults need not study nutrition to identify what they're putting into their bodies each time they take a bite. The NCOA notes that food labels are useful sources of information that can indicate how much fat, sodium and added sugars are in a given item. Seniors should be especially vigilant when trying



to avoid foods that contain a lot of added sugars, which can contribute to weight gain. That's notable given seniors' naturally slower metabolisms.

- Practice portion control. It's not necessarily the foods seniors eat but how much they eat that can derail their efforts to maintain their overall health. Seniors' recommended daily calorie intake varies by both gender and activity

levels. Guidelines from the U.S. Department of Health and Human Services notes women 61 and over who are moderately physically active should consume roughly 1,800 calories per day, while those living an active lifestyle are advised to eat around 2,000 calories per day. Moderately active men age 66 and older are advised to eat 2,400 calories per day, while active men between the ages of 61 and

75 should aim for 2,600 calories per day. When reading food labels, pay attention to calories per serving, as that can act as a useful guide to control portions. The National Institute on Aging recognizes it can be hard to control portion sizes when dining out, and recommends seniors share an entrée or order from the appetizers menu when picking their main course.

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SENIOR LIFE

A Senior’s Guide to Exercising Safely

Exercise is an important component of a healthy lifestyle for people of any age, including the over-50 crowd. Seniors may have been told by their physicians that exercise promotes heart health and is essential to maintaining bone and muscle strength as well as balance and flexibility. Joining an exercise class or a gym also can be a social activity that promotes interaction with others of similar ages and with shared goals.

Exercise is undoubtedly beneficial for seniors, but it is important for older adults to exercise caution when starting a workout regimen. Prioritizing safety can circumvent injuries that could waylay progress. Temple Health says that seniors can suffer overuse injuries, torn ligaments or cartilage, broken bones, and other physical problems if they do not embrace safe exercising strategies. Most injuries can be avoided when following these healthy habits and guidelines.

- Find an activity you like. Engaging in regular exercise helps you maintain a higher level of fitness compared to those who are sedentary. Maintaining a

consistent exercise regimen ensures you won’t be starting over each time you stop exercising and have to build up again to your previous fitness level.

- Start slowly and then increase gradually. People hear “exercise” and they may think that translates to hours at the gym and high-intensity workouts. But general guidelines state older adults need about 2.5 hours of aerobic activity per week, not each day. So exercising does not have to take as much time or be as intense as one might think. Combine aerobic exercise with activities that strengthen muscles.
- Warm up before activity. It’s important to get the body acclimated to exercise before each workout. Walking in place, doing arm circles and engaging in some gentle squats or lunges can prepare the body for what is to come. Stretch afterwards when ligaments and tendons are warmed up.
- Remember to stay hydrated. Touro LCMC Health says that older adults are at greater risk for dehydration because they naturally have less water in their bodies or take medications

that increase risk of dehydration. Drinking enough water during exercise is key.

- Know your limits and adapt. A workout that is fine for a 30-year-old may not be the same for someone who is 60. You might need to embrace walking instead of running, or even swap lifting weights with using resistance bands or doing body weight exercises.
- Focus on some balance activities. Balance issues can cause seniors to fall and risk serious injury. Working on your balance may help to lower your risk of these types of injuries, and can be as simple as standing on one foot or marching in place.



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SENIOR LIFE

Breaking the Silence: How Hearing Loss Affects Seniors — and How Help Can Change Everything

By Alec Finger
Finger Publishing

When seniors begin to lose their hearing, the impact often extends far beyond missing a few words in conversation. According to Tracy Diehm, a certified occupational hearing conservationist with Badger Hearing, hearing loss can quietly unravel social lives,

relationships, and even health if left unaddressed. “It usually starts at home,” Diehm explained. “Someone begins pulling back from conversations, and pretty soon they’re skipping coffee with friends because it’s too hard to keep up in noisy environments. That withdrawal can lead to loneliness and depression.”

Hearing loss, Diehm

noted, isn’t always about loudness—it’s often about clarity. Many seniors lose their ability to pick up high-frequency sounds, which help distinguish speech in busy places like restaurants. Without that clarity, voices blur together into noise.

Research has also shown a troubling connection between untreated hearing loss and cognitive decline, including dementia and Alzheimer’s disease. “We don’t know if it’s causation or correlation,” Diehm said, “but we do know that keeping people engaged socially and mentally can help keep them healthier.”

The ripple effect of hearing loss can be felt inside families. Spouses often grow frustrated by repeated “Whats?” or by having to raise their voices—sometimes creating tension that feels more like anger than communication.

“I joke that I end up being a therapist some days,”



Diehm said. “When partners don’t feel heard, resentment builds. Misunderstandings pile up. But I’ve had couples tell me their relationships improved dramatically after one of them finally got hearing help.”

For many, the change after trying hearing aids is immediate. Clients often leave her office “bouncing,” Diehm said, and later call back wondering why they waited so long.

“Men especially tend to put it off for years,” she explained. “Then they’ll come back saying, ‘I didn’t know it could be like this.’ They hear their grandkids clearly again, they engage at family dinners, they laugh at jokes they used to miss. Their whole world opens back up.”

While seniors are the most visible group struggling with hearing loss, Diehm said younger people are showing up at her office more often too. “Headphones and earbuds at loud volumes

are catching up with them sooner than they realize,” she warned. “We’re seeing first-time hearing aid users at younger and younger ages.”

Beyond conversation, hearing plays a crucial role in safety. Missing a fire alarm, a car horn, or even a voice calling from another room can put people at risk. Badger Hearing also recommends adaptive equipment, such as flashing light alarms or vibrating bed pads, for those with significant loss.

Sometimes, Diehm said, her work stretches beyond hearing aids. “I’ve had patients come in for hearing tests and I end up spotting other health issues. I can’t diagnose, but I can encourage them to see a doctor. Sometimes I’m the first professional to notice something’s wrong.”

The hearing aid market has advanced dramatically in recent years. New models are discreet, rechargeable, and Bluetooth-enabled, letting users stream phone calls, music, or audiobooks directly to their devices. Artificial intelligence now helps hearing aids automatically adjust to different sound environments.

“They used to look like big bananas hanging off your ear and whistling all the time,” Diehm said with

a laugh. “Now, they’re sleek, customizable, and a whole lot easier to wear. The stigma is often more in people’s heads than in reality.”

For those who are reluctant to seek help, Diehm takes a no-pressure approach. She often sends clients home with demo hearing aids for a week. “Take them to your favorite bar, sit down at dinner with your spouse, talk to your son on the phone,” she said. “See for yourself. If you don’t like them, bring them back.”

Trial periods, often backed by insurance, allow people to adjust without commitment. And sometimes, Diehm added, just scheduling a baseline hearing test—without talk of buying aids—is enough to get someone in the door.

Diehm stressed that hearing health is lifelong. “What we do at 20 will affect us at 60,” she said. “I can’t even convince my own son not to crank his earbuds for 12 hours a day.”

For now, Diehm finds joy in the moments when patients rediscover the sounds they’ve been missing. “I’ve had tears, hugs, even people dancing out of the office,” she said. “That’s why we do this. It’s not just about hearing—it’s about living fully again.”

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MOUNT HOREB-BARNEVELD 26, MONROE 6

Vikings get back on track

MH-B takes care of Monroe

by ADAM MERTZ
Sports Reporter

There were a lot of challenges being thrown down this week around the Mount Horeb-Barneveld football program after a disappointing season opener that put the Vikings on the wrong side of a licking for the first time in several years.

The final challenge was issued in the locker room at halftime of their home opener last Friday — a game they’d been dominating everywhere except on the scoreboard, where they clung to a one-score lead over Monroe.

“I challenged them. This next drive can dictate the season. I really meant that,” MHB coach Bret St. Arnault said. “If we go three-and-out, what? If you go right down their throat, that’s going to tell me a lot.”

The first and final plays of that drive spoke volumes and propelled the Vikings to a 26-6 victory over the Cheesemakers, their third

straight victory in this series against their old Badger Conference rivals.

On that first play of the third quarter, bruising two-way threat Jack Wilson took one of his 23 carries around the right side, picking up five hard-earned yards behind a pancake block from Gavin Reynolds that doubtlessly earned the sophomore right guard some oohs and aahs in film review this week.

Seven plays later, Wilson evaded a pair of defenders coming from each edge and rode a tidal surge by the Vikings’ young, but promising offensive line to slash through the heart of the Monroe defense for a 29-yard score and a 20-6 lead.

That show of force not only put to bed any upset ambitions for Monroe (0-2), it affirmed that MHB (1-1) is capable of setting aside the disappointment of a Week 1 setback against fellow powerhouse Grafton and focusing on the type of week-to-week improve

continued on page 19



Mount Horeb-Barneveld football coach Bret St. Arnault leads the Vikings onto the field for their home opener against Monroe last Friday. Photo courtesy of Mary Langenfeld

MoHo spikers win Monroe Invite

by ROB REISCHEL
Sports Editor

Mount Horeb’s girls volleyball team went 4-1 and won the championship at the Monroe Invite last Saturday.

The Vikings defeated Luther Prep, 25-15, 25-20, in the title match.

“We had a great start to the season,” Mount Horeb coach Josh Smelzer said. “The second set of the Championship match was close throughout. There was plenty of opportunity for the girls to get nervous and get tight, but they stayed focused and aggressive.”

“The girls leaned on each other. They did a great job in serve receive. They also did a great job defensively getting seven blocks and

22 digs. They hit big shots in big moments. It was a true team victory.”

Outside hitter Finley Moore, setter/hitter Laila Rasmussen and libero Courtney Monroe were all named to the all-tournament team.

Ella Kahl had a team-best 27 kills during the tournament, while Rasmussen had 24 kills and Moore added 15. Lizzy Mesenberg had 11 aces, while Kahl and Rasmussen both had six.

Rasmussen had 42 assists, while Trinity Alexander had 27 and Claire Casey added eight.

Moore had 10 blocks, while Katrina Meinholz had 3.5 and Kahl added three.

And Monroe had 32 digs, while Kahl added 17

and Rasmussen had 10.

Here’s a recap of the Vikings’ day.

• **Mount Horeb 2, Darlington 0** — Kahl had nine aces and Rasmussen had 11 assists and five kills as the Vikings downed the Redbirds, 25-16, 25-7.

Moore chipped in with four kills, while Aliyah Thompson had three kills and Mesenberg had two kills. Rasmussen had three aces, while Mesenberg, Kahl and Moore all added two aces.

Monroe had eight digs and Mesenberg added four digs. And Casey and Alexander both had four assists, while Monroe added two assists.

“We stayed focused and the girls kept forcing the issue in the second set,”

continued on page 18



Lizzy Mesenberg and Mount Horeb’s girls volleyball team won the Monroe Invite last Saturday. Photo courtesy of Mary Langenfeld



Great expectations for girls XC team

State title is within Mount Horeb's grasp

by **ROB REISCHEL**
Sports Editor

Dave Chancellor doesn't want to put the cart before the horse.

He knows there's a lot to be done between now and November.

But Chancellor, Mount Horeb's girls cross country coach, understands his Vikings could be poised for a special season.

Mount Horeb finished third last season at the WIAA Division 2 state meet. And with six of the Vikings' top seven runners back from that state team — plus a handful of runners anxious to make their mark — Mount Horeb knows even bigger things could await this fall.

"In cross country the top five runners score points for the team, but what a lot of people may not realize is that the fourth and fifth runners have an especially large impact on team scores," Chancellor said. "Right now, we have around 10 girls who are running as fast, or faster than our fourth and fifth runners were last year.

"There's plenty of running to do between now and the beginning of November, but if we do our work,

take care of each other, and stay humble over these next two months, this will be a tough team to beat."

That's for sure.

Leading the way will be junior Willa Vigliotta, who finished ninth at state last year (among team participants) and 10th in 2023. Vigliotta also won the Badger Small Conference and was third at sectionals.

"Willa has just missed out on the podium the last two years at state and I think she has a real shot at first team all-state," Chancellor said.

Junior Julia Straka is also coming off a sensational sophomore season in which she finished 14th individually at state. As a freshman Straka was 24th at state.

Sophomore Mia Caygill had a terrific first season in the program, finishing second at the conference meet and 15th at state.

"Mia and Julia both come into the season healthy," Chancellor said. "They're right with Willa in our key workouts and should be able to improve upon their performances at last year's state meet. Any of the three of them could win the conference meet individually."

Juniors Maeve True and Lily Wahl, along with soph-



Clockwise from top left, Willa Vigliotta, Mia Caygill and Julia Straka will lead Mount Horeb's girls cross country team this season. Photos courtesy of Mary Langenfeld

omore Emily Wittenwyler are all back from the state team, as well.

"Lily Wahl is going to surprise a lot of people this season," Chancellor said. "She quietly made some huge jumps in track and is going to be a key part of what we aim to do this year.

Emily and Maeve are both coming into the season running ahead of where they were last year and putting in some really solid work."

Others such as seniors Kajsa Peterson and Lily Nelson, along with sophomores Kira Buttner, Adara Millar, and Zea Noltner-

wyss were the core of the Vikings' extremely solid JV team last year. All are battling to be part of Mount Horeb's top seven.

"Kira was part of our state 4x800 in track in the spring and is dangerous in any race she's in," Chancellor said. "Kajsa, Adara, Lily, and Zea all have a lot of upside and could slot into our varsity group throughout the season."

Senior Molly McCue and sophomore Mia Barcheski came out for cross country for the first time, and Chancellor said both are challenging for varsity spots.

Freshmen such as Isla Odgers, Marie Hutchins, Annelise Staskowski, Bronte Bethel, Lucy Rosemeyer and Abigail Marshaus all have a lot of potential, as well.

"Isla looks like she'll have the most immediate impact on our varsity group," Chancellor said. "She's been comfortably up with our top girls runners in practice and I suspect that she'll be a fixture in our top five this season. Our girls have a lot of new runners who will make an impact now or in the near future."

Mount Horeb has won the last two Badger Small Conference titles, and will be overwhelming favorites again. McFarland, Sauk Prairie and Fort Atkinson could be the greatest chal-

lengers to the Vikings.

"The Badger Small has a lot of well-coached, solid teams and it will be interesting to see what their squads look like this season," Chancellor said. "Our girls are in good position to take a shot at their third conference title in a row."

Mount Horeb will travel to Wisconsin Rapids for sectionals, where Assumption and West Salem appear to be the biggest threats.

"It's a very different sectional for us this year," Chancellor said. "The WIAA seems to be working to balance out the sectionals more than we've seen in the last couple of seasons, so we will be traveling a couple hours north. I think our girls should be able to run well with anyone there."

The Vikings appear to have the pieces in place to run with anybody in the state. And if things go according to plan, Mount Horeb figures to be in contention for its first state title since 1995.

"Our goals stay pretty consistent from year to year," Chancellor said. "We want this team to be fun and a place where everyone feels like they can make a difference.

"Our girls are pretty good this year ... and it should be really fun to see how they do."

Vikings’ boys XC team should be improved

Vikings welcome back gifted group and add talented newcomers

by **ROB REISCHEL**
Sports Editor

The group is extremely large.

There’s young talent to mix with some gifted upperclassmen.

And Mount Horeb’s boys cross country team hopes to surprise this fall.

The Vikings finished eighth at sectionals last year and sixth at the Badger Small Conference meet.

But Vikings’ coach Dave Chancellor believes his team could be poised to make a jump this season.

“Our boys are a little bit of a wildcard,” Chancellor said. “I think that if they work up to their potential, they could mix it up with (the top) teams.”

Junior Sam Wyse was the Vikings’ No. 1 runner last year, and according to Chancellor, “had a great summer of training.

“I think we’ll be seeing him near the front pack in a lot more races this season,” Chancellor said.

Juniors Nicholai Solodin-Braun and Jaxon Hughes were part of the Vikings’ top seven last year, while fellow junior Nate Sherven has impressed.

“This group is near and dear to me and I’ve been coaching most of them since they were in middle school,” Chancellor said. “I think their upside will really determine how much we can do this season.

“Sam has established himself as a frontrunner on the team. Jaxon, Nate, and Nicholai have all had a few struggles coming into the season — running is tough sometimes — but these guys are smart, talented, and coming into their own as leaders on the team. I’m excited to see what they can do together.”

Seniors Desmond Kelley, Marc Stoddard and Tim Kruse have all made substantial gains since last season ended and appear poised for big years.

“They are all coming into the season in great shape and are strong leaders for us,” Chancellor said. “Marc and Tim are relatively new to varsity, but are looking like solid contributors at this point.”

The sophomore class, led by Gavin Beglinger, Blake Losenegger, Isaiah Drews and Laszlo Kelley has also made improvements.

“One of the really cool

things we saw over the summer was some major growth out of a group of incoming sophomore boys,” Chancellor said. “If you saw some high school-aged boys running around town this summer, there’s a good chance it was one of these guys.”

Chancellor also has a gifted class of freshmen he can’t wait to work with. That group includes Liam Crolla, Julien Moreira, Nolan Chancellor, Jackson Ballew, Robert Leduc, Royce Sutter, Gabe Wisner, Cole Rindy, Anthony DeLucia and Morgan Ramos.

“I’m excited about what these guys should be able to do down the line,” Chancellor said. “All are all off to strong starts and I think at least a couple of these guys may earn their way on to our varsity lineup before too long. I hope these guys stick together because I think they have the work ethic and talent to grow into something special in the next couple of years.”

Chancellor believes McFarland, Stoughton, and Fort Atkinson will be the favorites in the Badger Small Conference.

“But I don’t see an obvious frontrunner yet,” he said.

Chancellor also believes Mauston will be a heavy favorite at sectionals, with Dodge Point also being a team to watch.

“I do think that on a good day that our boys might be able to put the pieces together to compete near the top of this sectional,” Chancellor said. “Ask me in a month?”

What Chancellor does know is his large team has lofty goals. And his gifted coaching staff will be integral in helping the 2025 Vikings chase their dreams.

“With this being an especially large team, I just want to emphasize how grateful I am for the group of coaches that help me make this whole thing work,” Chancellor said. “Alexa Richardson brings a ton of running experience and knowledge, Kevin McGivern leads our strength training efforts and makes the team more fun, and Lee Gibbs, Dakota Dorn, and Zach Nelson do so much to keep us all together when we’re out running around town.”



Sam Wyse (top) and Jaxon Hughes (above) will be two key cogs for Mount Horeb’s boys cross country team this season. Photos courtesy of Mary Langenfeld

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MoHo golfers enjoy another big week

Vikings perform well at three events

by **ROB REISCHEL**
Sports Editor

Mount Horeb's girls golf team had another busy — and highly successful week.

The Vikings finished fifth at the 15-team Baraboo Invite on Aug. 26 and were second at a Badger Small Conference mini-meet on Aug. 27. Mount Horeb then placed sixth at the 21-team Adams-Friendship Invite on Aug. 28.

"We have had a very busy stretch of golf to begin the year with eight events in the first three weeks, but have shown great improvement so far and are definitely capable as a team of breaking 400 on a regular basis," Mount Horeb coach Nolan Krentz said.

Here's a recap of the Vikings' week.

BARABOO INVITE

The Vikings finished with a team score of 402 and placed fifth out of 15 teams in a tournament held at the Baraboo Country Club.

DeForest claimed the team title with a 335, followed by Wisconsin Dells with a 357 and host Baraboo with a 390.

Mount Horeb senior Delaina Nicewander led the Vikings with an 88 that was good for eighth place individually in the 70-player field. Nicewander birdied the par-four, fourth hole and recorded seven pars during her round.

Sophomore Ella Baber made three pars and posted a 97 that was good for 20th place individually. Senior Sonja Schreiber carded

a 108 and junior Jadyn Schellpfeffer added a 109.

"It was a solid start to the week for us," Krentz said. "Baraboo Country Club is a challenging course with water and trees coming into play on many of the holes, but I thought we did a pretty good job navigating it and keeping the ball in play during our round."

BADGER SMALL CONFERENCE MINI-MEET

Mount Horeb shot an impressive 183 and finished second to Edgewood (178) on the West Course at Yahara Hills in Madison.

The duo of Nicewander and Baber led the Vikings with 43s and both finished in a tie for third individually in the 35-player field.

Nicewander parred No. 13, 15 and 16, while Baber parred No. 10, 12, 15 and 16.

Schellpfeffer finished in 10th place individually with a 46 that included one par, and Harper Birkeland shot a 51 and finished 16th individually.

"It was a really good performance for our entire team at Yahara Hills," Krentz said. "The conditions were nearly perfect for scoring and we were able to take advantage."

"Both Jadyn and Harper posted their best ever nine-hole scores, which helped us finish with our best nine-hole score of the season so far. We also were much more competitive with Edgewood than our first mini-meet, finishing only five strokes behind their total, something we hopefully can continue to improve upon moving forward."

ADAMS-FRIENDSHIP INVITE

The Vikings shot with a 394 and placed sixth in the 21-team field at Northern Bay Golf Course. Wisconsin Dells claimed the team title with a 356, followed by Tomah (358) and Onalaska (379).

Nicewander led the Vikings with a 92, finishing in a tie for 18th place individually in the 101-player field. Nicewander birdied the par-five, 11th hole and added pars on No. 2, 6, 10, 13, 17 and 18.

Schellpfeffer had a career-low 18-hole round of 96, coming home in a tie for 27th place.

Schellpfeffer birdied the par-three, 17th hole and had pars on No. 5, 10, 11 and 15 on her way to a 45 on the back nine. That was one shot better than her nine-hole, career-low.

Schreiber posted a career-low round as well, finishing with a 101 after making pars on No. 6, 13 and 17.

Baber added a 105 that included birdies at No. 10 and 16, and two pars, as well.

"It was a fun way to cap off our week at Northern Bay," Krentz said. "Playing there is a terrific experience for our players with several replica holes from some of the best golf courses in the world such as August National, Oakmont, and TPC Sawgrass."

"Our goal coming into the week was to break 400 in one of our 18-hole meets and we were able to do just that."

• **On deck:** Mount Horeb was at the Stoughton Invite Tuesday, then hosts



Ella Baber and Mount Horeb's girls golf team had another impressive week. Photo courtesy of Mary Langenfeld

a Badger Small Conference mini-meet Thursday at 3:30 p.m. at Norsk Golf Club.

The Vikings then head to another conference meet at Reedsburg Country Club Sept. 9 at 1 p.m.

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ADAMS FRIENDSHIP TIMES-REPORTER:
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POST MESSENGER RECORDER:
11 am Thursday, the week prior to publication

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Noon Thursday, the week prior to publication

MOUNT HOREB MAIL:
1 pm Thursday, the week prior to publication

TIMES-TRIBUNE:
Now covering Middleton, Cross Plains, Black Earth & Mazomanie
2 pm Thursday, the week prior to publication

MARQUETTE COUNTY TRIBUNE:
10 am Friday, the week prior to publication

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Preston Reed (left), Nolan Beadle (above) and Mount Horeb’s boys soccer team dropped a pair of games last week. Photos courtesy of Mary Langenfeld

Soccer Vikings drop first two games

by **ROB REISCHEL**
Sports Editor

It wasn’t the start they were hoping for. But there were some positive signs. Mount Horeb’s boys soccer team dropped their first two games of the season last week. Delavan-Darien defeated the Vikings, 2-1, on Aug. 26. Platteville/Lancaster then topped Mount Horeb, 2-0, on Aug. 28. Still, Vikings coach Rick Gage wasn’t discouraged after a tough start to the new season. “The week showed some promising play from our team and many learning opportunities,” Gage said. “We played two good teams and had many moments of good soccer in the two games. “Injuries and missing players have been a huge part of our team so far. In our first game we only had 14 of 19 players on our roster available, and in the second game 15 of 19. As a result we have been playing a bunch of players with limited varsity experience. “As can be expected there have been moments where we have played really well and moments where we have shown some inexperience. I am confident that as we get healthy that the play-

ing time that our younger players have received will pay off as we get later into the season.” Here’s a recap of the Vikings’ week: • **Delavan-Darien 2, Mount Horeb 1** — Ro Gilles scored for the Vikings on a terrific pass from Mason Williams, but it wasn’t enough. Mount Horeb dug itself a 2-0 hole before Gilles scored. “Even though we lost the game, I liked the way we fought back in the game against a good team,” Gage said. Mount Horeb had several chances early chances, but couldn’t convert. “We were able to move the ball well, we were patient in our attack build up and created a lot of good scoring chances,” Gage said. “As we started to tire, Delavan started to get the better of the play.” In the 29th minute Delavan-Darien was able to connect on a through ball and converted to take a 1-0 lead. “As we started to tire, Delavan started to play a much more direct attack,” Gage said. “Delavan has a lot of speed and they started to play long balls out of the back putting a lot of stress on our back line. We did a good job of stopping them,

but their long balls were forcing us to make a lot of long runs back on defense, which was tiring us out.” Just three minutes into the second half, the Comets struck again when they got onto the end of another through ball and took a 2-0 lead. “They continued pressuring us for a bit, but we slowly worked our way back into the game,” Gage said. In the 46th minute, Ethan Gage sent a good through ball to Gilles, but the Comets’ keeper made a great save to deny the Vikings. “We continued to pressure them,” Gage said. “Around the 60th minute we started to figure things out more and started to create more opportunities.” Finally in the 78th minute, Williams beat his defender down the right side of the field and sent a terrific cross to Gilles, who finished to pull the Vikings within

2-1. But that was as close as Mount Horeb would get. “We knew that this would be a challenging game as they were a state semifinalist last year,” Gage said. “Unfortunately we just ran out of time to make the comeback complete.” • **Platteville/Lancaster 2, Mount Horeb 0** — The host Hillmen scored twice in the first five minutes and made those goals hold up. “We felt that Platteville was a team that could compete with, but we did not match their intensity early in the game,” Gage said. “I made a few changes to our lineup a few minutes later and you could see us begin to slowly start to calm down and start playing our game.” Still, the rough start was too much for Mount Horeb to overcome. In the first minute Platteville/Lancaster was able to capitalize on a turnover in the Mount Horeb midfield, then snuck a player behind

the Vikings’ back line and scored. “We were a little rattled and struggled settling in,” Gage said. “This is one of those moments where you wish soccer had timeouts.” That’s for sure, especially after the Hillmen scored again just four minutes later. “You could visibly see the team was flustered and shocked,” Gage said. Mount Horeb eventually settled in and played well the last 75 minutes. The Vikings couldn’t create enough scoring opportunities, though, to overcome the rough start. “Unfortunately in this game some of our inexperience showed early,” Gage said. “For the last 50 minutes I felt that we played good to very good at times.

We started to slow the game down and found more passes through our midfield. We struggled to create enough scoring chances as Platteville was able to play more conservative holding onto a two-goal lead. “Again, like the first game, I like the way that we recovered from early adversity and played better soccer as the game went along. Players are starting to learn how to play as a team and how to show the intensity needed to win at the varsity level.” • **On deck:** The Vikings hosted Portage/Poynette Tuesday, are at Edgerton Thursday at 7 p.m. and host Evansville Saturday at noon.

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Finley Moore (left), Courtney Monroe (above) and Mount Horeb’s girls volleyball team are off to a flying start. Photos courtesy of Mary Langenfeld

VB
continued from page 13

Smelzer said.

• **Luther Prep 2, Mount Horeb 1** — The Phoenix edged the Vikings, 21-25, 25-17, 16-14.

Rasmussen finished with eight kills and 10 assists, while Thompson, Kahl and Moore all had five kills.

Kahl had three aces and Moore had two blocks. Monroe had 13 digs, while Mesenberg, Alexander and Kahl all added six kills and Rasmussen chipped in with five.

Alexander also had five assists, Casey had four and Monroe added three.

“The Luther Prep match was a very good test early in the season,” Smelzer said. “The girls would have a chance to respond later in the day.”

• **Mount Horeb 2, Mon-**

roe 0 — The Vikings rolled past the host Cheesemakers, 25-17, 25-19.

Kahl had six kills, while Rasmussen had four, both Alexander and Mesenberg added three and Moore and Meinholz both had two.

Mesenberg had five aces, while Rasmussen had three and both Harper Hendrickson and Thompson had two.

Vera Pernot had seven digs, while Kahl had four and both and both Hendrickson and Monroe added three.

Rasmussen also had 12 assists, while Alexander had six.

• **Mount Horeb 2, Luther Prep 0** — The Vikings defeated the Phoenix, 25-15, 25-20, in the tournament’s champion-

ship match.

Rasmussen and Kahl both had seven kills, while Mesenberg and Moore both added four kills and Thompson had three.

Mesenberg had three aces and Thompson added two, while Moore had two blocks.

Monroe had eight digs, while Kahl added five, Mesenberg had three and Rasmussen, Thompson and Moore all had two.

MOUNT HOREB 3, DODGEVILLE 0

The Vikings defeated the Dodgers, 25-9, 25-9, 25-14, on Aug. 28.

Ella Kahl had nine kills and four digs, and Laila Rasmussen added 14 assists, five kills and three aces as the Vikings de-

feated the Dodgers, 25-9, 25-9, 25-14.

Aliyah Thompson had six kills, while Lizzy Mesenberg and Katrina Meinholz added four kills each and Finley Moore had three kills.

Courtney Monroe and Moore both had four aces, while Mesenberg had three aces. Monroe had seven digs, while Rasmussen had five digs and Trinity Alexander chipped in seven assists.

And Alexander had 12 assists, while Rasmussen added nine and Moore chipped in with two.

• **On deck:** Mount Horeb hosts McFarland Thursday at 7 p.m., then is at Sauk Prairie Tuesday at 7 p.m.

TOWN OF VERMONT BOARD MEETING

September 8, 2025
Vermont Town Hall
4017 County Rd JJ,
Black Earth WI 53515
7:00 P.M.

See townofvermontwi.gov for meeting agenda
To Join the meeting by phone: +1 347-896-0991
PIN: 481 262 925#

Publish: 9/4/25 **WNAXLP**

VILLAGE OF BLUE MOUNDS NOTICE

PUBLIC NOTICE IS HEREBY GIVEN that the Village of Blue Mounds Village Board will hold a Public Hearing on Wednesday, September 10, 2025, at 6:30 p.m. at the Village of Blue Mounds Hall, located at 11011 Brigham Avenue, Blue Mounds, WI 53517. The purpose of the hearing is to review the recommended zoning change to: from C-1 to R-3 for property located at 10979 South Street.

The zoning request involves a lot currently zoned **C-1 Commercial District – Central Business to R- 3 Residential District – Multi Family**. Detailed documents are available in the Clerk’s Office.

Mary Jo Michek
Village of Blue Mounds
Clerk/Treasurer

Publish: 8/28/25, 9/4/25 **WNAXLP**

TOWN OF PRIMROSE NOTICE

The Town of Primrose Board of Supervisors meeting for September, 2025, will be held on Monday, September 8th, 2025, at 8468 County Road A, Verona, WI beginning at 7:30pm. The agenda for this meeting will be posted at the Town Hall, Mount Vernon Auto, Primrose Church, and on the Town website. A summary of the agenda will be available on the voice message system at 608-832-6660.

Publish: 9/4/25 **WNAXLP**

TOWN OF PERRY TOWN BOARD MEETING AGENDA
Tuesday, September 9, 2025
Perry Town Hall, 10084 County Highway A
Teleconference - 425-585-6272 access - 394-722-206 #
7:30 PM

1. Call to order. Pledge of Allegiance.
2. Announcements.
3. Comments by Town residents – non-agenda items.
4. Community meeting with elected representatives update.
5. Land Use:
 - a. Martin Witt, 9647 Overland Rd – review and consider deed restrictions.
 - b. James Gibson, 123 Drammen Valley Rd – zoning and boundary changes for 3-acre residential lot.
6. Roads, Equipment, Facilities –
 - a. Sale of Western Star truck update.
 - b. Dane Co. Bridge Aid program update.
7. Dane Co. Urban County Consortium Agreement and Resolution.
8. Recycling Center.
9. Mount Horeb Fire Dept. 2026 budget hearing and authorizations.
10. 2025-2026 Snowplowing contracts – Perry Luth. & Holy Redeemer churches.
11. Treasurer’s Report. WI Deferred Compensation update.
12. 2025 Board of Review – appoint Alternates, review Open Book & Board of Review sessions.
13. Friends of the Parks of Perry report.
14. Parks and Open Space Committee –
 - a. WI DNR grant application update.
 - b. Hauge Historic District Park joint easement agreement update.
15. Dane Co. Towns Association and Wisconsin Towns Association discussions.
16. Minutes of Previous Meetings – August 12 and August 19, 2025.
17. Pay Bills due.
18. Closed Session. Dane Co. Circuit Court case 15CV0065 DSG; Hauge Historic District Park easement negotiations: convene a closed session under WI § 19.85(1)(g) to confer with legal counsel concerning strategy and WI §19.85(1)(b) and (c) personnel.
19. Adjournment.

Action might be taken on any agenda item shown above. Public comment might be invited on any agenda item presented.

Mary L. Price, Town Clerk
www.perry-wi.gov

Posted: September 4, 2025 – Town Hall, Town Garage, Daleyville Sign Post, Town website, and Mt. Horeb Mail

Publish: 9/4/25 **WNAXLP**

FOOTBALL

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ment necessary for them to challenge for a fifth straight league title.

“At Grafton, we came out really slowly, so we knew we needed to flip things around,” senior offensive lineman Graben Valcheff said. “This week at practice, we came out extra hard and really emphasized getting in contact and exploding, so we can create some open space for Jack.

“This is reassuring. Now we’ve got to keep this attitude and keep going.”

The Vikings face another stiff test this Friday, when they travel to Beaver Dam (1-1) for their final non-conference matchup. The Golden Beavers, who are coming off a 22-20 loss to Division 1 foe Menomonee Falls, lost just once in the regular season last year — a 13-9 setback at MHB that marked their lowest scoring output of the year.

Beaver Dam runs the Single Wing offense with a big, hard-hitting roster that will pose a tough mental and physical test for the Vikings.

“It’s going to be very downhill behind some big boys,” St. Arnauld said. “We’ll see how we respond. It’s going to be a heavy-weight match. I told them to get ready for a slugfest — strap the chinstrap on nice and tight.”

Against Monroe, Wilson finished with an impressive 194 yards on the ground and his backfield counterpart Eli Maier added two short-yardage touchdowns. Sophomore receiver Django Christian also hauled in his first varsity touchdown.

Senior Colin Haag contributed two highlights — a key kickoff return to spark MHB’s second touchdown drive and a show of supreme concentration on a third-quarter deflected pass turned 17-yard gain that paved the way for the final touchdown.

It wasn’t all sunshine and rainbows for the Vikings, who had two first-quarter drives flame out deep in Monroe territory on fourth-down incompletions from the Cheesemakers’ 3- and 24-yard lines. They also racked up nine penalties for 90 yards, although that included an unsportsmanlike conduct flag on St. Arnauld for sharing his perspective with the officiating crew about a pair of marginal second-half calls.

But MHB overcame a slow start on defense to put the clamps on Monroe’s deceptive Wing T sets, limiting the Cheesemakers to 144 total yards and allowing just a 1-yard, second quarter touchdown after an MHB play-call miscommunication led to a costly fumble deep in its own end.

MHB’s passing game

also started to find its stride after replacing most of its top threats from a year ago, including all-state receiver Chris Kiel. Senior tight end Hayden Anderson (5 catches, 32 yards) is stepping up as a consistent target underneath for quarterback and North Dakota recruit Brooks Hendrickson (14 for 20, 179 yards and a score) to complement Haag and Christian as downfield threats.

The stars of the show on offense, though, were Wilson and the resurgent line, which on Friday featured three juniors (Michael Powell, Kyle Kasubaski, Evan Leibfried) and a sophomore (Reynolds) along with just one senior (Valcheff).

“They were amazing tonight. They were being super vocal, they were coming off the ball fast, getting into the defensive line, working into the second level,” said Wilson, a North Dakota State recruit, who was held to just five rushing yards against Grafton. “It’s such a blessing to run behind a line like that where you’re not getting touched for four or five yards. They took a big step up this week. Huge props because without them, none of this would be possible.”

MHB came into the game expecting to go with a more balanced attack, but the early success on the ground convinced offensive coordinator Chris Balbach to continue feeding Wilson the ball.

“We had success because our line was getting such a push, and really beating them up front, big-time. When that happens, you have to feed the hot hand,” St. Arnauld said. “We didn’t pick up the stunting and blitzing well last week. Different story this week. We were mashing some dudes. If you can’t stop it, just keep handing off.”

That’s usually the Monroe approach — and it was working for the Cheesemakers on the first drive of the game, with seven rushes and one pass taking them to the MHB 37 as the Vikings struggled to get into proper pre-snap alignment and read the shell game that is the Wing T. But an errant pitch on third-and-7 stymied that Monroe drive, with senior linebacker Harrison Walker recovering the fumble.

The Vikings drove the field to set up first-and-goal, but holding and offsides penalties backed them up to the 21. Hendrickson connected with Christian for 18 yards on third down, but overshot Anderson in the corner of the end zone on fourth down.

MHB bounced back by forcing a fumble six plays into the ensuing drive, with Wilson recovering at the



11-yard line after what appeared to be a punch-out by Aden Knight. That set up Maier for a 5-yard touchdown up the middle where he got ankle-tackled at the line of scrimmage, but managed to break free and dance into the end zone.

The two-point conversion gave MHB an 8-0 lead with 40 seconds left in the first quarter.

“It’s one thing to see it on film, it’s another thing to see it in person,” Wilson said of the Monroe offense. “They were throwing some stuff at us that we hadn’t seen on film before for the past several years, so it took some time to get accustomed to it.

“The main thing was flying around to the football and getting a lot of hats to the ball. When you’re doing that, it’s hard for teams to break tackles and make big plays.”

Monroe was stopped on its next possession, but capitalized on the aforementioned MHB miscue, with Maier and Hendrickson getting signals crossed on a handoff. Tristen Anderson’s 1-yard score drew the Cheesemakers within 8-6 with 9:04 left in the second quarter.

Haag promptly returned the kickoff to the Monroe 30 after a fake reverse, finally forced out of bounds by Cheesemakers kicker Brock Brandli. Wilson picked up 11 yards on a nice cutback and bruising carry, and then Hendrickson connected with Christian for a 19-yard touchdown.

Lining up inside Haag just outside the right tackle, Christian dragged across the field, going completely uncovered on a play-action bootleg by Hendrickson, who rolled left and had an easy toss to Christian for the touchdown and a 14-6 lead with 8:06 left in the half.



Jack Wilson (top) ran for 194 yards and Django Christian (above) caught a touchdown pass in Mount Horeb’s win over Monroe on Aug. 29. Photos courtesy of Mary Langenfeld

“We were in a condensed formation, and had been showing outside zone run from that formation, and everyone bit,” Hendrickson said. “He just got lost in that defense, nobody really there. That was awesome. I’m really happy for him.”

Christian made a habit this summer of borrowing St. Arnauld’s key to the football shed, where he would take out the JUGS machine that churns out passes so he could fine-tune his receiving ability.

“He’s seeing the fruits of his labor, and I love that,” St. Arnauld said of Christian. “He’s got all the shake, he’s got all the wiggle, and he’s able to catch the ball.”

The Vikings continued to feed Wilson throughout the second half, starting with

that pivotal drive out of the gates. It was quite the bounce-back performance in just his second game as the featured back for MHB, while still managing to be a force on defense as a three-year starter at middle line-backer.

Wilson prepared heavily for this two-way role in the offseason. Beyond daily weightlifting sessions with the team, he focused on boosting his endurance and speed by running track for Mount Horeb and training at Total Athlete Performance in Verona and with Skipp Benzing at CrossFit Madison.

“He never let me take it easy, and that paid off,” Wilson said. “Going two ways can be exhausting – training for endurance and putting in

the work makes it all worth it.”

Aug. 29	
Monroe	0 6 0 0 — 6
MHB	8 6 6 6 — 26

TEAM STATS

Passing (comp-att-yds-td-int): M 2-5-20-0-0, MHB 14-20-147-1-0. Rushing (att-yds-td): 45-124-1, MHB 34-222-3. First downs: M 9, MHB 20. Penalties: M 7-65, MHB 9-90. Fumbles-recovered: M 2-0, MHB 1-0.

INDIVIDUAL LEADERS

Passing (comp-att-yds-td-int): M — Ryan Roelli 2-5-20-0-0, MHB Brooks Hendrickson 14-20-147-1-0. Rushing (att-yds-td): M — Tristen Anderson 21-72-1, MHB — Jack Wilson 23-194-1, Eli Maier 4-19-2, Hendrickson 7-11-0. Receiving (rec-yds-td): M Tristen Anderson 2-20-0, MHB Django Christian 3-59-1, Hayden Anderson 5-32-0, Colin Haag 3-32-0, Cullen Olson 2-16-0, Cal Odgers 1-8-0.

Swimmers 7th at Badger Small Relays

by **ROB REISCHEL**
Sports Editor

Mount Horeb's girls swimming team finished in seventh place at the nine-team Badger Small Relays on Aug. 28.

Madison Edgewood won the event with 232 points, while McFarland was second with 162. Monroe/New Glarus (130), Lodi/River Valley/Wisconsin Heights (86) and Sauk Prairie (74) rounded out the top five.

The Vikings finished with 68 points.

Mount Horeb relay teams that notched top-seven finishes included:

- The quartet of Sam Hanson, Ellie McKillips, Lucy Peterson and Nina Paterson finished third in the 400-yard medley relay.
- Mount Horeb's foursome of CeCe Watson, Olivia Moore, Sadie Beadle

and Haylie Becker was fourth in the 200-yard freestyle relay.

- The quartet of Madeline Evans, Caitlin Patrick-Stern, Paterson and Peterson was fourth in the 400-yard freestyle relay.

- The Vikings' foursome of Delilah Gasch, McKillips, Maddie Becker and Hanson was fifth in the 200-yard backstroke.

- Mount Horeb's foursome of Haylie Becker, Watson, Evans and Patrick-Stern was fifth in the 500-yard freestyle relay.

- The Vikings' quartet of Evans, Hanson, Paterson and Patrick-Stern was fifth in the 200-yard freestyle relay.

• **On deck:** Mount Horeb travels to Fort Atkinson for a dual meet on Sept. 9 at 6 p.m.

The Vikings then head to the Lodi Invitational on Sept. 13 at 10 a.m.



Caitlin Patrick-Stern (top), Sadie Beadle (left) and Mount Horeb's girls swimming team finished in seventh place at the Badger Small Relays on Aug. 28. Photos courtesy of Mary Langenfeld

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