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BDCH recognized as fit-friendly worksite

BEAVER DAM COMMUNITY HOSPITALS, INC.

BEAVER DAM - Beaver Dam Community Hospitals, Inc. has been recognized as a Platinum-Level Fit-Friendly Worksite by the American Heart Association for helping employees eat better and move more.

"Employee wellness, through a focus on physical activity and mental wellbeing, are high priorities at Beaver Dam Community Hospital," said Mel Bruins, BDCH Chief Talent Officer who over-

sees human resources and the BDCH Wellness Program. "We are honored and excited to be recognized by the American Heart Association as a Platinum-Level Fit-Friendly Worksite and we're committed to providing the best workplace environment possible. As studies show, a healthier workforce creates a happier and more productive workplace."

In addition to revamping its cafeteria offerings and removing its deep fryer in favor of the healthier Turbo Chef oven, BDCH routinely offers employee fitness classes, including yoga, Zumba, kettlebell and meditation sessions, and also publishes a monthly wellness newsletter.

Platinum-level employers:

- » Offer employees physical activity options in the workplace
- » Increase healthy eating options at the worksite
- » Promote a wellness culture in the workplace
- » Implement at least nine criteria outlined by the American Heart Association in the areas of physical activity, nutrition and culture

The Fit-Friendly Worksites program is a catalyst for positive change in the American workforce by helping worksites prioritize their employees' health and well-being.

American employers lose an estimated \$225.8 billion a year because of health care expenses and health-related losses in productivity, and those

numbers are rising. Many American adults spend most of their waking hours at sedentary jobs, and changing corporate cultures by motivating employees to live a happier, healthier lifestyle can reduce these costs and lead to greater productivity.

For more information about the Fit-Friendly Worksites program and how it's helping to improve the health of Americans by focusing on the workplace, visit heart.org/worksitewellness.



COURTESY OF KEITH D. GLASGOW
Mel Bruins

Romantic comedy to take stage at Ripon College

RIPON COLLEGE

RIPON — "Holiday," a sparkling romantic comedy of the 1920s Jazz Age by Philip Barry, will be presented March 2-5 by the Ripon College Theatre Department.

Performances will begin at 7:30 p.m. in Benstead Theatre, C.J. Rodman Center for the Arts, on the College's campus.

Tickets are free, but reservations are recommended by calling 920-748-8791; or emailing dagostinoM@ripon.edu

The play tells the story of Johnny Case, a hard-working lawyer, who falls in love with wealthy heiress Julia Seton. They want to rush to the altar, but Julia's father sees this as a problem. Johnny has just made a great business deal, and he wants to take time to live life — to "retire early and work late."

His plan puts him at odds with the Seton family, except for rebellious daughter Linda. Will Johnny work things out with Julia or run off with soulmate Linda? The romantic comedy ends with a perfect match.

The cast includes: Sophie Widman '18 of Boulder Creek, Calif. as Linda Seton; James Balistreri '19 of Plymouth as Johnny Case; JaneMarie Erickson '16 of Redgranite as Julia Seton; Tyler Sturzl '19 of Crandon as Ned Seton; Tekoa Wittman '18 of Little Chute as Edward Seton; Allison Macknick '17 of Sheboygan as Susan Potter; Jack Clough '19 of New Rochelle, NY as Nick Potter; Susan Shively '17 of Wauwatosa as Laura Cram; Ethan Freiermuth '19 of Prairie Farm as Seton Cram; Sam Ginkel '19 of Mequon as Henry; Mikkey Ambrowiak '18 of Oshkosh as Charlene; and Avery Herbon '18 of Antioch, Ill. as Delia.

The artistic staff includes: Kenneth Hill, professor of theatre, director; Susan McDaniel Hill, costume designer and shop supervisor, costume, designer; John Dalziel, associate professor of theatre, set designer; and Robert Amsden, professor of theatre, lighting designer.



PHOTO COURTESY OF BARGAINS GALORE THRIFT STORE

Alice Posthuma, member of Bargains Galore committee, presents a \$500 check to Derek L. Drews, treasurer of Waupun Educational Foundation.

Bargains Galore Thrift Store supports Waupun Educational Foundation

BARGAINS GALORE THRIFT STORE

Bargains Galore Thrift Store supported the Educational Foundation of Waupun by donating \$500.

The mission of the Foundation is to promote excellence in education through the use of private resources. The Foundation provides a link between public and parochial schools in the Waupun Area School District by providing grants to teachers and scholarships to students.

This year, \$8,000 in scholarship money has been divided between Central Wisconsin Christian School and WHS, given to students who best meet the criteria and pursue post-secondary studies.

Approximately \$6,000 in grant money was divided this year by CWC and schools in WASD to teachers who submitted innovated projects who focus on using media and /or technology to supplement current curriculum that would otherwise be unavailable to

them within school budgets.

These initiatives are possible because of donations from local businesses like Bargains Galore Thrift Store, civic, private sectors and individuals. The Education Foundation is prepared to manage bequests, endowments and funds. Contributions to the Foundation are tax-deductible. For more information on the foundation, visit waupunK12.wi.us.

"We have been tremendously blessed here at Bargains. We are excited that we can

give back to our community and contribute to the important work of the Waupun Educational Foundation," remarked Melissa Wierenga, store manager.

Bargains Galore is a non-profit resale store raising funds for Central Wisconsin Christian School, while working toward making a positive difference in the community. The store is located at 810 W. Main St., Waupun. For information, visit bargainsgalorethriftstore.com.

Learn benefits, uses of wool

DODGE COUNTY ASSOCIATION FOR HOME AND COMMUNITY EDUCATION

JUNEAU - Dodge County Association for Home and Community Education is planning its upcoming Learning Session: The Magic of Wool on Wednesday, March 30, at 6 p.m., at the Dodge County Administration Building Auditorium, 127 E. Oak St. in Juneau.

Come and learn the benefits of using wool and the many uses of wool. Barb McFadden will be sharing information on how she uses the unique characteristics of wool to her advantage in making useful household items and gifts.

Participants will have the opportunity to make dryer

balls. Dryer balls are made of solid wool and by throwing a few in your dryer they fluff your clothes and shorten your dryer time thus saving electricity. Participants will learn about felted soap, which is soap wrapped in thin layers of wool and then felted under water to shrink the wool around the soap. It becomes a washcloth on the outside of the soap shrinking as the soap is used. The felting extends the longevity of the soap dramatically. The learning session fee for making a dryer ball is \$3.

Please register for this event by Monday, March 16 by calling the UW-Extension office at 920-386-3790.

Membership is open to all

persons without regard to race, color, sex, ethnic background or economic circumstances. Membership may be as a club or individual. Member benefits include: the county newsletter, educational lessons and county activities, including a cultural arts contest, silent auction, reading at county schools through the Wisconsin Bookworms project, Intra- or Inter-National Study programs, Achievement Night and a Christmas Party.

Dodge County HCE is also involved in many community service projects. Two ongoing projects include making scarves and hats for Wisconsin Special Olympics participants and collecting sewing and bak-

ing supplies for Wisconsin Nicaraguan Partners which teaches Nicaraguan women how to sew and bake to help them make a better living.

Dodge County HCE is advised by Pattie Carroll, Dodge County UWEX Family Living Educator. Working to strengthen the families of Dodge County through building strong communities is a priority for Pattie. Her primary program areas include: child care professional development, parent education, family financial education, and food preservation.

For more information, visit dodge.uwex.edu, connect on Facebook or call 920-386-3790.