

# CEDARBURG

## Bridge

Tom and Nancy Stanton  
*A September to Remember*

SEPTEMBER 2022

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#### Featured Article



Image Courtesy: Provided

### Spillman brothers journey from West African orphanage to DI football

By Andrew Florio, BVM Sports Journalist

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The Spillman brothers were born in Sierra Leone, a country on the southwest coast of West Africa where 53% of the population makes less than \$1.25 per day. There was never a thought of pursuing an education at an American university. This changed in 2013. Nate and Edwin, who were 8 and 7 years old respectively at the time, were able to come to the United States through a missionary orphanage program. Not too long after coming over, they quickly found a love for the game of football... *Scan to continue reading*



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# Dear Residents,

On September 5th, around the world, people recognize the International Day of Charity. The day is recognized because, on this day in 1997, the world said "goodbye" to one of the most well-known humanitarians in modern history, Mother Teresa of Calcutta.

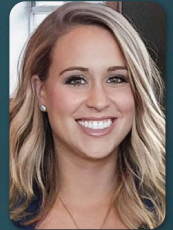
Cedarburg is full of amazingly generous people giving their time, money, and numerous other resources. There is no better way to harness the power of community than getting people together performing acts of charity. It is also an important lesson we are teaching the next generation how acts of kindness and generosity sustain a community and improve it.

This month look for charitable acts to help others. Even the simplest actions can make a difference for someone. Look at our calendar of events to see the Three Mel's Charities events you can participate in this month. Also, visit [www.co.ozaukee.wi.us/1085/non-profit-resources](http://www.co.ozaukee.wi.us/1085/non-profit-resources) to see a list of non-profit organizations around Ozaukee County.

"Every time you smile at someone, it is an action of love,  
a gift to that person, a beautiful thing." -Mother Teresa

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# CEDARBURG Real Estate



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STREET ADDRESS	SQ. FT.	BEDS	BATHS	SOLD DATE	SOLD PRICE
N95W8070 CRANES CROSSING	4618	4	4.5	2022-06-30	\$1,100,000
W70N1164 PINEHURST RD	2312	4	2.5	2022-06-21	\$510,950
N67W5486 COLUMBIA RD	1896	3	1.5	2022-07-01	\$410,000
11853 HIDDEN VALLEY DR	4800	4	3.5	2022-06-30	\$850,000
663 MARTIN DR	2838	5	2.5	2022-07-15	\$570,500
7806 WESTERN AVE	1820	3	2	2022-06-29	\$559,000
10249 FLAGSTONE DR	4604	4	3.5	2022-06-24	\$695,000
1835 GRANVILLE RD	1619	3	2	2022-07-08	\$370,000
7731 CEDAR CREEK RD	4275	4	4	2022-06-27	\$836,000
1577 WHITETAIL LN	5327	4	4.5	2022-07-12	\$1,275,000
W62N332 HANOVER AVE	1829	3	2.5	2022-07-06	\$348,500
W69N431 FOX POINTE AVE	2961	5	3.5	2022-07-07	\$611,000
377 LINDALE DR	3150	4	3.5	2022-07-01	\$569,000
W67N606 EVERGREEN BLVD	1372	3	1.5	2022-06-20	\$325,000
N70W7156 BRIDGE RD	1604	2	2.5	2022-06-24	\$330,000
W59N771 HIGHWOOD DR	917	2	2	2022-06-28	\$253,500
N18W6871 PARTRIDGE CT	1432	2	3	2022-07-12	\$389,900
W53N107 MCKINLEY CT	1690	2	2	2022-06-21	\$250,000
N20W5315 PIERCE CT	1026	2	1	2022-06-27	\$163,000
W68N903 WASHINGTON AVE	1134	2	2	2022-07-11	\$250,000

## I AM A PROUD SPONSOR OF CEDARBURG CULTURAL CENTER'S TREASURES TOUR 2022



### An Evening of Historic Elegance

Thursday, September 8  
5:00 - 10:00 p.m.



### A Day of Historic Preservation

Saturday, September 10  
10:00 a.m. - 4:00 p.m.



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# Will I Be Next? A Reflection on Alzheimer's

By Mary Pat Rick, Alzheimer's Association • Professional walk photo by Kames Photography

For anyone who has a history of Alzheimer's disease in their family, the question, 'will I be next' can be haunting. Mark Vittorio, Fredonia, has had to reflect on this topic after losing his mother and grandfather to the disease. "Since I have a family history, I can't not pay attention," Mark said. "As I start to get older and something slips my mind, in the back of my head I always wonder if this is the first drop in the Alzheimer's bucket."



Mark lost his mother, Adelle, in October 2020 after a 13-year battle with Alzheimer's. "You don't really know a lot about something like Alzheimer's until it happens to your family," Mark shared. "Of course, you know about it at a cursory level – you see commercials, or you hear about the Walks – but you don't *really* know about it until it happens to you. In some ways, it seems like it came on very quickly. My mom used to be so organized and meticulous. She was the one who remembered all the birthdays and took care of everything for our family. Then one day she just didn't. It was a real eye-opener."

"My biggest advice for families on this journey is to have patience," Mark said. "It's overwhelming and sometimes you just need to take a deep breath and take a step back. It's hard to appreciate unless you're going through it. One thing I'm grateful for is that my mom always knew her family, even up until the end. I've had friend's whose loved ones can no longer remember them and it's just crushing."

Mark and his family have been involved in the Walk to End Alzheimer's® in Ozaukee County for the last five years. "Originally, I didn't realize there was a Walk in our community," Mark said. "But when the opportunity came up, I wanted to get involved. Last year was tough since it was the first year my mom wasn't with us. But the awareness and funds that the Walk brings to the community is so great and if it will help lessen the load for families on this difficult journey, then I'm in."



Mark Vittorio and his mother, Adelle

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The Alzheimer's Association's 6th Annual Walk to End Alzheimer's in Ozaukee County is taking place on October 1, 2022, at Veteran's Memorial Park Bandshell, 410 N. Lake St. Port, Port Washington. The event opens at 8:30am with the Opening Ceremony at 9:45am immediately followed by the Walk at 10am. After the short walk, participants will enjoy a food truck and live music.

"This year's Walk promises to be a fun gathering for local families who are passionate about raising awareness for this devastating disease," said Terese Capizzi, Walk committee member and Alzheimer's Association Wisconsin Chapter board chair. "All the funds raised go towards free education and support services for Ozaukee families who are on this difficult journey. Come on out for the best party on the lake!" Neighbor, Inventors Brewpub, will also donate \$1 from each beer ordered by walkers. To learn more, or register your team, visit: [act.alz.org/Ozaukee](http://act.alz.org/Ozaukee).

## FROM Faye's FASHION FILES

### FALL FASHION 2022

#### MAJOR TRENDS

Certainly there's a continuation of color and pattern and ruffles and sleeve/shoulder interest. But I'm most excited about a return to sleeker silhouettes – who doesn't need and want a suit? A suit is the easiest dressing next to sweat pants – two pieces, and you're done. And, you look like a million bucks (not always the case with sweat pants 😊). A statement coat is a must. Living in Wisconsin, we spend a lot of time in our coats. Buy one you love!

#### MY WISHLIST

A pair of leather (or vegan leather) pants...  
an updated blazer (maybe boyfriend style?)...  
and a beautiful, warm coat!

#### WHAT'S HAPPENING WITH SHOES & HANDBAGS?

I'm a big fan of FORM & FUNCTION – I want them both! So, I'm happy to see the sneaker trend continue. Ballet flats are having a resurgence, and they are oh-so-versatile. BOOTS! BOOTS! BOOTS! Beautiful boots are everywhere.

I preach, "You don't need a lot of clothes, you just need the right clothes." Invest in beautiful things...take good care of them, and your life will be better. TRUTH!



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# CALENDAR of EVENTS

Fri., September 2

## FIRST FRIDAYS AT THE CCC

@Cedarburg Cultural Center

Come enjoy, food, drink, music and kids crafts.

Headliner takes the stage at 7pm.

Time: 6pm-9pm

Cost: \$5 non-member/free for CCC members

[www.cedarburgculturalcenter.org/first-fridays](http://www.cedarburgculturalcenter.org/first-fridays)

## UPCOMING MEL'S EVENTS

*Submitted by Tom Stanton, Mel's Charities*

Visit [www.MelsCharities.org](http://www.MelsCharities.org) for a complete schedule of additional "Great Times for Great Causes" events supporting Mel's Charities mission in benefitting our friends and families of Ozaukee County.

September 17

### BAGS 4 BUCZEK

@Harbor Hills, Port Washington



September 24

### MEL'S FUN RUN/WALK

@Cedars III Bowling Center

September 25

### MEL'S PIG ROAST

@Cedars III Bowling Center



Sun., September 4

## MAXWELL STREET DAYS

@Fireman's Park – Cedarburg, WI

Maxwell Street Day events are the largest fundraiser for the Cedarburg Fire Department. Come show your support while searching for your next treasure, or just come for the food.

Time: 6am-2pm • Cost: Free

[www.cedarburgfiredept.com/maxwell-street-days](http://www.cedarburgfiredept.com/maxwell-street-days)

Wed., September 7

## BLUEBURG CAFÉ OPEN MIC NIGHT

@Cedarburg Cultural Center

Join us for Ozaukee County's premiere Open Mic Night, hosted by Drew Hayes on the first Wednesday of the month. All styles, talents, formats are welcomed

Time: 2pm-4pm • Cost: Free

Sat., September 10

## CONQUER THE BURG

@Cedarburg City Hall

Help raise money for Cedarburg Friends of Parks and Recreation. CONQUER the BURG combines challenges that are physical (e.g. kayaking, running, rock climbing), mental (puzzle solving, strategizing), and sometimes even silly (singing, drinking, or eating contests), which scatters teams of four all over Cedarburg in an effort to win their share of the loot.

Time: 11am-5pm • Cost: \$200 for a Team of 4

[cedarburgfriendsofparksandrecreation.org](http://cedarburgfriendsofparksandrecreation.org)

Fri., September 16 & Sat., September 17

## BEST "DAM" BLUES FEST (BDBF)

@Village Park – Thiensville, WI

This event will benefit Village Park Re-Imagined, Thiensville Fire Department, Wisconsin Blues Hall of Fame & Thiensville Business Association! We'll have Music, Food Trucks, Beverages, Raffles, Merchandise/Swag, Craft Vendors and more throughout this event!

Time: Fri. 4pm-11pm & Sat. 11am-10pm • Cost: Free

[bestdambluesfest.com](http://bestdambluesfest.com)

Sat., September 17 & Sun., September 18

## WINE & HARVEST FESTIVAL

@Cedarburg, WI

50th Annual Wine & Harvest Festival in historic downtown Cedarburg presented by Commerce State Bank! The festival opens Saturday, September 17 at 10am. Gruber Law Office Main Stage will play live music at 8:30pm.

Time: Sat. 10am-6pm (with the Gruber Law Office Main Stage open later in the evening till 8:30pm), Sun. 10am-5pm

Cost: Free

[www.cedarburgfestival.org/wine-and-harvest](http://www.cedarburgfestival.org/wine-and-harvest)

Thu., September 22

## WISCONSIN LANDSCAPE PAINTING WORKSHOP WITH MICHELLE SAVAS THOMPSON

@Cedarburg Cultural Center

Learn to build a painting from start to finish by applying different painting techniques and brush strokes in a step-by-step manner. You will gain experience and confidence in mixing a variety colors and values. Students may bring a photo reference or work from the instructor's photo. All supplies are included.

Time: 9am-12pm

Cost: \$52 Non-Members, \$43 CCC Members

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**Thu., September 22**  
**CEDARBURG BEER GARDEN**  
**WITH MUSIC BY ROXIE BEANE**

@Cedarburg Art Museum

Join Roxie at the Cedarburg Art Museum Beer Garden as we enjoy the final days of summer! Food truck, and beer by Lakefront Brewery.

Time: 5:30pm-8:30pm • Cost: Free

**Thu., September 22**  
**FREE CLASS FOR PARENTS-  
 ANGER MANAGEMENT FOR CHILDREN**

@Ozaukee Family Services, 4922 Columbia Rd., Cedarburg

Anger is a normal emotion but sometimes it can get in the way of a happy, healthy life. Learn where anger comes from and what to do when it seems like anger has taken control. Gain kid-friendly coping skills that you can use to help your child manage their anger, including safe ways to express it, helpful videos, and handouts. Facilitated by Michael Boelman, Family Teams Coordinator and Guys Group Coordinator at OFS. FREE limited childcare available (advanced registration required).

Time: 6pm-7:30pm • Cost: Free

Contact: 262-376-7774 or

info@ozaukeefamilyservices.org

**Sat., September 24**  
**HANGING ON TO SUMMER SHOPPING FAIR**

@Circle B Recreation

Shop from more than 40 venders with chances to win door prizes with each purchase. This is a kid friendly event and will have food and bowling.

Time: 1pm-6pm • Cost: Free

**Sat., September 24**  
**CEDARBURG BEER MILE WITH  
 OPE! BREWING CO**

@ W67N866 Washington Ave

Race is simple. Drink, Run, Drink, Run, Drink, Run, Drink... and run. *BeerMile.com rules apply.*

Time: 2:30pm-7:30pm

For cost and registration visit: [runsignup.com/Race/WI/Cedarburg/CedarburgBEERMile](https://runsignup.com/Race/WI/Cedarburg/CedarburgBEERMile)

**October 7, 8, 9**  
**COVERED BRIDGE ART STUDIO TOUR**

@ Art Studios in Ozaukee and Washington Counties

Time: Friday, Oct. 7 12-5pm; Saturday, Oct. 8 and Sunday, Oct. 9 10am-5pm

[www.cedarburgartistsguild.com/coveredbridgeartstudiotour](http://www.cedarburgartistsguild.com/coveredbridgeartstudiotour)

*Train Show*  
**OZAUKEE COUNTY  
 HISTORICAL SOCIETY**

*Submitted by Mary Ann Velnetske, Ozaukee County Historical Society*

This train show is presented by the Kettle Moraine Railroad Heritage Association, Inc., Home of the Kettle Moraine Ballast Scorchers. All proceeds benefit the 1940 Milwaukee Road Caboose Restoration Project!

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# Tom and Nancy Stanton

## A September to Remember

By Rachel Rizzo

Photos by Rebekah Luedcke, Forever Young Photography

Mel's Charities has been supporting Ozaukee County coming up on 25 years, donating over \$1.6 million in grants to support intellectual or developmental disabilities, memorials and community impact. They have stayed true to their slogan "What we raise here, stays here," putting 100% of their net-raised proceeds right back into the community to help and serve others. Tom "Mel" Stanton is the founder of Mel's Charities, and he, along with his wife Nancy, says, "we sometimes reminisce about where it started and where we are now. We could have never imagined what it has grown into."

The story often told about how Mel's Charities started goes like this. In 1995 Tom and Nancy got married. Two weeks after the wedding, their good friends, who own the Cedars III bowling alley in Cedarburg, offered them a post-wedding celebration and the chance to watch the Browns play the Packers. Nancy & Tom attended a pig roast earlier in the year and thought it would be fun to include this theme for the party. Everyone had fun and asked Tom to make the pig roast a tradition when the Browns played the

Packers each year. The following year the team moved to Baltimore, so there was no need for another Pig Roast. Being a self-proclaimed "long-suffering" Cleveland Browns fan, Tom replied, "I'll tell you what, if the Cleveland Browns ever come back to Cleveland, we'll do it again."

In 1999 the Browns returned to Cleveland, and he held true to his word, hosting the second pig roast. Tom had a "light bulb" moment. he said, "halfway through the party, it dawned on me that one of our good friends in attendance had a sister who passed away; she was a single mom to a daughter with special needs." Tom felt moved to put together an impromptu raffle to raise money in honor of the sister and for her special needs daughter. Tom raffled off two signed miniature Packer helmets that he had in his car, he collected \$350 and donated it to the Special Olympics upon request of the family. Tom realized gathering his friends together for a pig roast could be an opportunity to have fun and help others in Ozaukee Co. by making it a fundraiser. So, the idea for Mel's Charities was born along with the idea for one of their largest events, the Mel's Pig Roast.



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But there is another story that set up that fateful night watching football at Cedars. It's the story of how Tom met Nancy.

Tom was born and raised in Rocky River, Ohio. His family moved to Green Bay, Wisconsin, where he graduated from Abbot Pennington High School (where the nickname "Mel" was born). He went to college at U.W. Oshkosh, where Tom says he graduated "Summa Cum Lucky." It was a job opportunity that brought Tom to Cedarburg after graduation.

Nancy is from the small town of Escanaba in Upper Michigan. She graduated from Escanaba Senior High School and attended Mount Mary University for Paralegal Studies, then moved to Cedarburg in 1985. She has worked as a Family Law Paralegal for 32 years and is currently employed by Sterling Law Offices, S.C. in Menomonee Falls. Nancy conveyed, "being transplants to Cedarburg, we feel so lucky to both end up here when we did."

The timing was just right for Tom and Nancy to have both found their way to Cedarburg because it was here in 1989, at Maxwell's bar, that the two of them met. Nancy recalls, "We met on a Sunday night, and I never would go out on Sundays, but I had a friend going through a bad break-up, and I wanted to cheer her up." So regardless of the next day being Monday, she went out with her



*Nancy is a wonderful artist and enjoys painting recreationally*

girlfriends. Tom and the Cedarburg Mercs baseball team he played for came into Maxwell's after their game that evening, and they happened to be at tables next to each other. They struck up a conversation and hit it off. "It was meant to be," Nancy said. After talking that night, they set up their first date for the next week at Summer Fest. The couple says, "That was it; we have been together ever since."

The two stories merged in 1995 when they had their first party at Cedars. Tom said, "So if Nancy and I had never met and gotten married, this thing (Mel's Charities) would have never happened."

It was not just the fateful meeting and party that Tom is referring to that made Mel's Charities happen. It is Nancy. "Nancy is the glue that holds this whole thing together," said Tom.

Nancy's name isn't on the charity, and she doesn't hold an official role within the organization, but she is a silent force behind the scenes. Nancy has been a sounding board for Tom, and he says she continues to challenge him to make the organization great. "She is going to tell me straight up if I have a good idea or not," he said. He also credits her with having many great ideas of her own for the charity over the years.

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Not only does Nancy commit her time to Mel's Charities, but she also works at Sterling Law Offices. As a Family Law Paralegal, she supports families going through very emotional and often challenging situations, dealing with divorce, child custody, child support, and more.

Tom shared that up until five years ago, he worked full-time for the charity and at his Sales Executive position with American Solutions for Business. It was then that his largest customer moved all their operations to Mexico, taking about 80% of his straight commission sales with them. Tom was not collecting a paycheck from Mel's Charities, and he and Nancy found themselves asking each other and praying about their next steps. Finally, they decided Tom would commit to working on Mel's Charities full time. Nancy stepped in to support the couple on the home front so Tom could pursue his dream.

With that support from Nancy, Tom has taken Mel's Charities to a new level. He is currently working on a project in Saukville being referred to as "Mel's Village,"



which will be a multidimensional community featuring retail, resident, recreational and green space. Visit [melscharities.org](http://melscharities.org) to read an article from the Ozaukee Press on the full scope of the project.

The many ways Mel's Charities benefits Ozaukee County are incredible. Speaking with Tom, you can feel his passion and enthusiasm for the causes he is supporting and their current projects, but he says, "This is only the beginning; we are just getting started."

The Stantons individually and as a couple are remarkably inspiring. Tom and Nancy have a strong devotion to God, each other, and this community, and it is changing people's lives. The couple does not have children but says they have been blessed with "the largest extended family in Ozaukee County through Mel's." And as Tom likes to say about their story, the donations they receive, and the countless ways they have been blessed, "You Can't Make This Stuff Up!"





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# CEDARBURG PUBLIC LIBRARY

## Events

By Kassidy O'Harrow, Cedarburg Public Library

To register and for up-to-date information about events, please visit [cedarburglibrary.org](http://cedarburglibrary.org).

### YOUTH PROGRAMS

#### LEGO CLUB - DROP-IN!

September 17 at 10am @ Community Room

All ages. Lego Club is a club for kids of all ages who love working with Legos. We supply the blocks, you supply the creativity on this month's build. Spend the hour building anything you like and your creation will go on display in the Children's Room of the library.

#### INFANTS AND PRESCHOOL

##### WOBBLER RHYME TIME

September 12, 19, 26 at 10am @ Community Room

Ages 6-18 months. It's time for Wobbler Rhyme Time at CPL with Miss Heidi! This 8 week program is for children 6-18 months and their caregivers. (Caregivers and grandparents are welcome to bring older siblings if necessary.) Enjoy music, movement, stories and more! Registration is required for each child attending.

##### TODDLER TIME

September 13, 20, 27 at 10am @ Community Room

Ages 18-36 months. It's Toddler Time at the library with Miss Heidi. Your child will experience literature through interactive play, games, music, and more! During these 8 weeks of unique storytelling sessions, you will have the opportunity to get involved in assisting your child with the activities, which can also be played at home for a fun family learning activity. There will also be a craft to take home. (Caregivers and grandparents are welcome to bring siblings if necessary.) Registration is required for each child attending.

#### PRESCHOOL STORYTIME - DROP-IN!

September 15, 22, 29 at 10am @ Community Room

Ages 3-5. Join us for 8 weeks of preschool storytime with Mrs. K for children ages 3-5 and their caregivers. Enjoy short stories, action rhymes, flannel stories, music and a craft in a bag to go each week.

#### TEENS

##### STUDENT OPEN STUDY

Most Mondays, Tuesdays, and Thursdays at 3pm-5pm

Time for high school students, or other students the same age, to hang out, study, and snack.

#### SCHOOL AGED

##### CPL KIDS RADIO - REGISTRATION REQUIRED

September 13 at 4pm-5pm

Ages Kids in Grades 4-9. Learn some technology and producing skills by joining CPL Kids Radio. You get to plan a 20 minute live radio show! You can tell your favorite joke, play your ukulele, or perform a dramatic scene from your favorite movie. Work with other kids to develop a show you care about. Our radio producer, Jeff Messerman, will be available to help you in your quest.

##### GENRE READING CHALLENGE

September 2022 through April 2023!

Grades 3-8. Do you enjoy a challenge? Do you like to read? Once back at school why not visit the library to pick up a simple paper tracker to log your titles by reading genre. This is an ongoing program until next spring! Participants at the end of the program will have a book list with their name on it and a small prize.

##### PUZZLE CLUB

September 10 at 12pm-3:30pm

Grades K and up. With a limited amount of blocks what can you create? Go to the Tinker Lab this day to grab a cup full of only a certain amount of LEGOs. Then see what you can make. Turn it in at the Kids' Desk for a sticker.

##### FAMILY TECH DAY

September 23 at 12pm-4:30pm

All of our Tinker Lab kits will be out to play, learn, and have fun with! Drop by after an early release from school. Kits age ranges are 6 years old and up.

##### TINKER LAB ART WEEK

September 19-25

Stop by the Tinker Lab for a creative break from the beginning of the school year. A guided craft will be provided for children over the age of 6.

### ADULT EVENTS

#### CPL NEEDLE ARTS CLUB

Wednesdays, September 7, 14, 21, 28

@ 1:00-2:00pm in the Community Room  
The CPL Needle Arts Club will gather in the Community Room inside the library every Wednesday all summer from 1-3pm! Take a break from the heat and come together with needle artists of all skill levels. Whether you are knitting, crocheting, cross stitching, needlepointing or rug hooking, bring your project and enjoy some crafting comradery in the library! Just show up with your own supplies and have fun all summer long. No registration is required.

#### TRACKING THE WORLD'S HOT SPOTS

Wednesday, September 13

@ 6:30-7:45pm in the Community Room  
Tracking the World's Hot Spots is a monthly talk focusing on one specific "Hot Spot" each program. The World's Hot Spots series will kick off again in September and continue monthly (except for December) on the 2nd Wednesday of the month at 6:30 pm through May. Discussion locales will be announced prior to each program date. They are led by Cedarburger and retired US diplomat John Katzka. No registration is required.

#### GEMS OF HOPE

Monday, September 12

@ 6:30-7:45pm in the Community Room  
Gems of Hope, Inc. is a nonprofit organization that offers gifts of jewelry mounted on inspirational cards to give to cancer patients. Attend this program led by a Gems of Hope staff member to help make these works of inspirational art for others. It is a chance to be creative, make something, and lift the spirits of someone in need. Supplies will be provided. No registration is required.



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# OZAUKEE FAMILY SERVICES



By Linda Pigeon, Communications Manager, Ozaukee Family Services

Ozaukee Family Services (OFS) moved to Cedarburg from Grafton in February of 2022. However, the change in location did not change what they

do or who they help. Since 1974, OFS has offered education, enrichment, and support to young children, adolescents, adults, individuals, families, and seniors. OFS programs focus on behavioral health, family education and support, senior services, and prevention. All their services are free or on a sliding fee scale. No one is ever turned away due to the inability to pay.

The demand for behavioral health services continues to grow. OFS is expanding its programming to meet this need through counseling, youth groups, and programs such as Coordinated Services Team (CST). OFS provides counseling in their office and in many area schools. Meeting children at their school offers many benefits including making it easier to access. The CST program assists families by fostering collaboration among numerous service providers to improve communication and work toward common goals. Without this team approach it can be difficult to have everyone "on the same page." A parent, teacher, coach, therapist, etc. may not be aware of various goals that have been set for a child or techniques/strategies that have been implemented. By collaborating, and incorporating a family's strengths and support system, they can work together to achieve agreed upon goals.

Family Education and Support includes free playgroups and workshops addressing a wide range of topics throughout the year and programs that focus on strengthening families. The Parents as Teachers program includes home visits to families with young children (0-5 years old). The program aids in a child's emotional, social, and academic development. It is beneficial to all families but is particularly valued by new parents, parents looking for fun, interactive ways to connect with their kids, parents who could use additional support, or anyone who wants to build confidence in their parenting skills.

The Family Steps program helps parents who are facing behavioral challenges by providing them with various strategies, techniques, and support to bolster their parenting skills to help reduce and prevent unwanted behaviors. For children and adolescents (K-12) who are dealing with major family changes such as divorce or death, OFS offers the Rainbows program. It seeks to provide a "rainbow" after the storm in a child's life by helping participants understand and express their feelings, build a stronger sense of self-esteem, and direct their energy toward a healthy acceptance of the changes that have taken place.



Helping local seniors continue to live independently is the goal of the OFS senior services program. With the help of caring volunteers, they provide rides to medical appointment, the grocery store, pharmacy, etc. Volunteers also assist with small misc. projects such as yard work or minor fix-it jobs.

The strong partnership Ozaukee Family Services has with area schools includes providing prevention education programs to students of various ages. Topics include internet safety and cyberbullying, eating disorders, protective behaviors, and suicide prevention.

Whether it's a single workshop or participation in an ongoing program, Ozaukee Family Services is committed to the well-being of all individuals and families in our community.

Open House – After moving in February and doing many renovations, OFS is hosting an Open House on September 15 from 3:00 – 6:00 pm. All are welcome! Stop in to see their building, meet staff, learn more about their services, or just to say hello. Ozaukee Family Services is located at 4922 Columbia Road in Cedarburg. For more info go to [www.OzaukeeFamilyServices.org](http://www.OzaukeeFamilyServices.org) or call (262) 376-7774.



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Dr. Goniou, Melanie Plante, Katy Rodberg and Liz Sehnert will see patients at Mequon Health Center. Dr. Budny will see patients at Moorland Reserve and Kewaskum Health Centers before his return to the Mequon area in 2023.

**Appointments now available! View provider videos and profiles at [froedtert.com](https://froedtert.com), or call 414-805-3666 to schedule at one of the following locations:**

## **Mequon Health Center**

11430 N. Port Washington Road  
Mequon, WI 53092

## **Kewaskum Health Center**

1701 Fond du Lac Ave.  
Kewaskum, WI 53040

## **Moorland Reserve Health Center**

4805 S. Moorland Road  
New Berlin, WI 53151





# Covered Bridge Art Studio Tour

By Lynn Rix, Cedarburg Artists Guild

The Cedarburg Artists Guild is excited to celebrate the 40th year of our fall event, the Covered Bridge Art Studio Tour. Always on the second full weekend of October, this year that is October 7-9.

Free. Your tour begins anywhere you want to visit. No tickets, No reservations. We invite you to find the way to creative inspiration. Get a glimpse of the enchanting studios and workspaces where some of Southeastern Wisconsin's finest artists create their work. You will find art in every imaginable medium and genre. Our artists open their doors for art enthusiasts to see what inspires them, gain insight into their process, and have the chance to take home a unique piece of art along with its "story of creation".

Map out your own itinerary, look for our signature red arrows and flags at each stop, and enjoy the splendor of an autumn drive in rural Wisconsin. Experience the scenic beauty of picturesque small towns, farm fields, pumpkin patches, rivers and creeks and Lake Michigan's shoreline. And don't miss the historic wooden covered bridge.

Friday, October 7, 12-5pm. Saturday, October 8 and Sunday, October 9, 10-5pm.

To download a map of the tour, get a list of the artists, watch videos of some of the participating artists and follow our blog, go to our website: [www.cedarburgartistsguild.com/coveredbridgeartstudiotour.html](http://www.cedarburgartistsguild.com/coveredbridgeartstudiotour.html)

Communities in Ozaukee and Washington Counties where you can find the artists: Mequon, Thiensville, Cedarburg, Grafton, Saukville, Port Washington, Newburg, West Bend



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## SPECIAL OLYMPICS

### ROSS RINTELMAN

*"It's not about me. It's about serving others."*

By Rachel Rizzo

Special Olympics athlete turned reporter and mentor; Ross Rintelman, is always on the pulse of what is happening with the Ozaukee County Special Olympics. He started as a participant in 1990, competing in track & field, volleyball, softball, bowling & golf. Rintelman said he continues to practice his golfing skills at the driving range and continues to bowl as well.

One of his goals was to bowl a perfect game and during one of the Mel's Charities bowling events, he scored a perfect 300, accomplishing his goal. When asked what he loved most about his sports, Rintelman said, "being with my teammates & coaches, who bring me so much joy." Rintelman now writes a blog, Ross' Corner, for the Ozaukee County Special Olympics reporting on current happenings in the organization.

The Special Olympics doesn't just focus on training athletes for competition; they also focus on equipping participants with life skills they can use beyond their sport. Ross said being a member of a Special Olympic team gave him "courage." What he has learned as a Special Olympic athlete has translated to the teams he works on at Wayne's Drive-In and Mel's Charities.



Now, as a mentor, Ross shares with athletes a few pieces of advice he was given when he was competing. He says to remember "good sportsmanship, play hard, respect all the officials, and have fun."

Ross enjoys spending time with his friends and family in his free time. He loves going on outings and trips and participating in activities with Portal Inc. (A nonprofit agency serving adults and youth with developmental and intellectual disabilities in Ozaukee County). Ross sits on the board of directors for Mel's Charities and Aging & Disability Resource Center in Port Washington. He also works part-time at Wayne's Drive-In.

Ross was enthusiastic about being a featured athlete this month but made a point of saying, "It's not about me. It's about serving others."

You can stay up to date on Ozaukee County Special Olympics and follow along with Ross at Ross' Corner <http://ozcoso.org/ross-corner>.

Do you have an athlete that wants to be featured in the magazine? Contact [rachelrizzo@bestversionmedia.com](mailto:rachelrizzo@bestversionmedia.com) with a submission.

### STEP UP YOUR GAME

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