



# Lake Wisconsin

# Living

Winter 2014 | 2015

AN EXCLUSIVE NEWSLETTER FOR THE RESIDENTS OF LAKE WISCONSIN

## Preventing Winter Heart Attacks

**WINTER IS HIGH TIME FOR HEART ATTACKS. BEFORE YOU GO OUT TO SHOVEL SNOW OR START YOUR NEW EXERCISE ROUTINE, LEARN ABOUT YOUR PERSONAL HEART ATTACK RISK.**

*Excerpts from WebMD Feature Article*

A paramedic received a call from a man on Christmas day who stated he had shoveled snow on Christmas Eve and thought he had pulled a muscle, so he let it alone for the night. When the pain failed to subside the following morning, he dialed 911. He was right to make the call as he did not pull a muscle; he had suffered a heart attack.

A classic heart attack is marked by pain in the chest that may radiate down the left arm, but sometimes it may feel more like a muscle pull. The pain usually lasts more than a few minutes and can wax and wane in intensity making it appear to be a pulled muscle in the back or neck.

A report in the December 13, 2004, issue of *Circulation: Journal of the American Heart Association* found that the rate of heart disease-related deaths, as well as deaths from other causes, rose sharply between December 25 and January 7. In fact, the death rate peaked on Christmas Day and New Year's Day.

Exactly why winter is prime time for heart attack is still an evolving story, but many theories exist and possibly overlap. During the winter months, there is a change in the ratio of daylight hours to dark hours which changes the hormonal balance and the hormones involved, such as cortisol, can lower the threshold for a cardiovascular event.

In addition, cold temperatures cause arteries to tighten, restricting blood flow and reducing the oxygen supply to the heart, all of which can set the stage for a heart attack. Studies have shown that heart attacks and complications related to heart disease occur more frequently in the morning hours.

This increase in heart attacks is not limited to the cold climate. There is an increased risk even when heading to warmer climates to avoid the cold. Increases in winter heart attacks have been documented in warmer climates such as in Florida and Southern California. In California, the same spike in heart attacks occur due to the flu season where inflammation can trigger a heart attack and the flu causes inflammation.

In terms of preventing a heart attack this winter, knowledge is the greatest tool. Being aware is important, and if you are at risk for heart disease and have not been exerting yourself in the morning and want to switch to earlier hours, cut back on the level and duration of the activity. Start slow so the cardiovascular system can adapt to slow and progressive changes. It has a much more difficult time adapting to sudden changes.

It's not just people who shovel snow who run the risk of taxing their heart in the winter. Every January, millions of people join gyms as part of their New Year's resolution to get in shape -- and many may overexert themselves too soon. Exercise is good, but exercise that the body is not prepared to handle is not good. Start an exercise regimen under the supervision of your doctor if you have heart disease risk factors.

It's also important to watch what you eat and drink during the winter months. People eat more, drink more, smoke more, and gain more weight during the holiday season. Also, the holiday period is very stressful in terms of family issues and financial pressure. Anxiety and depression tend to peak for some people around the holiday season and are also linked to heart attack and stroke.

The bottom line? If you know you have risk factors for heart disease like high cholesterol and high blood pressure, see your doctor and make sure you are on the right regimen and treatment plan.

**Be Healthy... Be Safe...** *Happy Holidays!*

# BUSINESS

## •••Spotlight

The Witt Agency, a subsidiary of Farmers Insurance and located in Portage, WI, has been owned and operated by Gary Witt for the last 5 years. Gary has been a licensed agent in Wisconsin since 2001 and primarily works with clients in Dane, Columbia, Sauk, Marquette, Adams, and Juneau counties.

Gary also has an additional 10 years' experience working with corporations and businesses setting up liability and property insurance as well as employee benefits. He uses this expertise when helping commercial customers select insurance plans that will benefit their companies.

Over the past 5 years, The Witt Agency has focused on personal insurance, which includes but is not limited to; auto, home, life and recreational vehicles. Today, The Witt Agency is the largest Farmers Insurance Agency in Columbia, Marquette, Juneau and Adams counties. Thanks, in part, to opportunities to work with out of state clients that have second homes or cabins in Wisconsin.

The main goal at the Witt Agency is to provide the services people want combined with the industry

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experience they deserve. Farmers Insurance is the third largest insurance company in North America with multiple subsidiaries. This allows The Witt Agency to provide the best possible coverage for their clients. For more information about The Witt Agency or to request insurance quotes, please contact Gary via phone at 608-745-1547 or email [gwitt@farmersagent.com](mailto:gwitt@farmersagent.com).

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**We look forward to hearing  
from you!**

# **Lake Wisconsin Alliance**

*Lake Wisconsin Alliance (LWA) – A recently developed citizen advocacy organization with a mission to endeavor to balance the diverse interests of the Lake Wisconsin community by improving recreational opportunities, water quality, and sustaining a healthy ecosystem.*

Lake Wisconsin Alliance has been moving forward with its formal organization since the election of the Board of Directors this past August and election of Officers in September. LWA will be applying for a Wisconsin DNR River Management grant this December. The purpose of the grant will be to help LWA better position itself in terms of public education. By requesting funds for Website development, logo design work and brochure production, LWA will be able to establish a recognizable branding and thus reach a larger audience to promote all of the positive work and education occurring on Lake Wisconsin. Another emphasis of this grant will include educational opportunities and membership recruitment.

In addition to establishing a Board of Directors, LWA has also recently formed committees to help do the actual business associated with the organization. Currently, LWA has created four committees including, Membership, Communication, Education and Finance. The organization welcomes and encourages all members of the community to participate in these committees; especially if you have an interest or expertise in one of the committee functions...

Upcoming Events • Monthly Meetings

- Thursday, January 22, 2015, Location TBD
- Thursday, February 26, 2015, Location TBD

As always, Lake Wisconsin Alliance encourages all citizens to participate and very much welcomes your membership. As the organization continues to grow, the need for membership dues is necessary to continue the mission of protecting Lake Wisconsin's water quality and recreational opportunities for all.

Please contact Kirk Boehm at [kmb.boehm@gmail.com](mailto:kmb.boehm@gmail.com) or 608-635-8851 if you would like be included in the email announcement list or if you have any questions regarding LWA. Also be sure to LIKE the Facebook page for LWA at [www.facebook.com/LakeWisconsinAlliance](http://www.facebook.com/LakeWisconsinAlliance). By doing this you will be able to frequently see information related to future meetings and educational programming.



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## Winter Reminders...

The brutal cold weather of winter 2013/2014 impacted homeowners all over Wisconsin. The LP shortage left some with no gas in their LP tank while others paid in excess of \$5 per gallon of LP. Furnace failure was quite common as exhaust vents freezing and internal moisture problems kept the furnace from functioning properly leaving many homeowners with frozen and burst pipes. An annual checkup by an HVAC professional can help prevent furnace failure, but as a homeowner you should change the filter at the recommended interval, occasionally check your exhaust vent to make sure you do not have an ice buildup, and if using LP gas, check your fuel level regularly.

It is easy to forget about your septic system, but preventing a freeze up of the septic is critical so you don't have a backup into the house. If your system is susceptible to freezing, these tips may help you avoid an expensive excavation of your system in the winter.

Place an 8-to 12-inch layer of mulch on the pipes, tank, and soil treatment system to provide extra insulation. Keep all traffic (people, animal, and vehicle) away from the system, as compacted snow and soil cause the frost to go deeper into the ground. If you are going away for an extended period, have someone go to your home and run warm water regularly, or have the tank pumped out before you leave. If you want absolute peace of mind you may consider a septic system alarm which will generally have a light and a buzzer that will activate in the event of an issue and is located above ground on the tank, or in the basement. There are also septic heaters available which would be placed inside the vent of the septic system and then plugged into an electrical outlet. Septic heaters are available and range from \$995 for a timer-controlled model, to \$1,595 for a fully automatic model - according to the Septic Heater Company website.

Hopefully these reminders will help you get through winter 2014/2015 without system failure due to freeze out.

## Fruit Punches Sparkle with Health Protection

Punches can be a chance to get creative. Mix up a warming drink, like hot apple cider diluted with an equal amount of ginger-flavored tea and spiced cinnamon for "wassail," a word derived from the Norse phrase, "Be in good health."

If making a cold punch, unsweetened frozen and thawed fruits, like strawberries, blueberries, raspberries and cherries are usually packaged with some juice and can be pureed in a blender to use as punch ingredients. Dilute them with club soda and 100% juice for a light tasty drink. The following recipes from the American Institute of Cancer Research (AICR) use just a few nutritious, low-sugar ingredients to make delicious drinks guests may like even more than the usual bar fare.



### Holiday Citrus Punch

*This refreshing punch looks pretty on the table and is loaded with Vitamin C.*

4 cups orange juice  
2 cups 100% cranberry juice  
4 cups club soda  
1 orange, sliced horizontally into 1/4-inch slices  
1 lime, sliced horizontally into 1/4-inch slices  
In large punch bowl, combine juices and soda. Float orange and lime slices on top and serve. Makes 20 servings (1/2 cup).  
*Per serving: 33 calories, 0 g total fat (0 g saturated fat), 8 g*

*carbohydrates, <1 g protein, 0 g dietary fiber, 1 mg sodium.*

### Sparkling Grape Party Punch

*This punch provides the phytochemical resveratrol from grapes as an alternative to red wine.*

1 bottle (46 oz.) 100% grape juice  
1 bottle (25 oz.) sparkling apple-grape juice  
4-6 cups sparkling spring water  
1-1 1/2 cups 100% orange juice  
2-4 Tbsp. freshly squeezed

lemon juice  
4 thin lemon slices  
4 thin orange slices  
2 cups frozen grapes  
Make sure all beverages are cold. Pour grape juice, sparkling apple grape juice, sparkling spring water, orange juice and lemon juice into large punch bowl. Add ice, if desired. Top with lemon slices, orange slices and grapes.  
Makes 16 servings.  
*Per serving: 91 calories, 0 g total fat (0 g saturated fat), 22 g carbohydrates, <1 g protein, <1 g dietary fiber, 10 mg sodium*

# Kirk's Korner



## Q. How did the Wisconsin River affect the logging industry?

With rich pine forests and the convenient arteries of Mississippi River tributaries and the Great Lakes, Wisconsin was an epicenter for logging in the 19th century. To early settlers and the logging industry, the forests undoubtedly seemed inexhaustible. At the industry's peak in 1892, 4 billion board feet of pine logs were sent down the Wisconsin, Chippewa and Wolf rivers.

Logging was one of Wisconsin's first industries... The state's earliest sawmills were built in the early decades of the 19th century. The 1840 census showed 124 sawmills in the territory. Early lumber settlements were developed along the Wisconsin River (near Portage Wausau, and Stevens Point) since the river provided a means of moving lumber throughout the state. Loggers were primarily men, either Americans who followed the trees from out East to Wisconsin, or German or Scandinavian immigrants. They lived in the settlements and camps for long winters, making low wages for the difficult and dangerous work. During the peak of the logging industry, the Wisconsin River provided the "power" necessary to operate the huge saws used to cut logs into lumber.

Less than 100 years after commercial logging began in Wisconsin, most of the state's seemingly endless pine forests had been depleted. Not all of the land was suitable for farming, leaving a scarred and barren landscape. However, by the mid-20th century, forests began re-growing thanks to Wisconsin conservation efforts and more sustainable logging practices.

Today, Wisconsin's forest products industry is nowhere what it once was, and the Wisconsin River is no longer used for moving lumber... However, the river continues to provide power for more than 300,000 people and businesses daily as well as endless recreational opportunities for everyone.

### References

Lewis, Chelsey. *Milwaukee Journal Sentinel - Wisconsin Trails Magazine - Logging history runs deep in Wisconsin's Northwoods* 2014

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# Fishing on Lake Wisconsin and Wisconsin River

By Gary Sanders • Lake Wisconsin Walleyes, LLC • [www.lakewisconsinwalleyes.com](http://www.lakewisconsinwalleyes.com)



**I**t's hard to believe that another season has passed on Lake Wisconsin. The 2014 open water fishing season was fantastic, and it finished strong with some exceptional numbers of both saugers and walleyes being caught.

The open water season started in March when the ice went out of the river, and we did well on both saugers and walleyes using jig & plastic and pulling three-ways with floating Rapalas. The walleyes and saugers left us for a bit in late March through April to spawn upstream, but when they came back in May it was game on! This was one of the best years I've seen yet for catching slot limit sized (20" to 28") walleyes and saugers. Lots of big, healthy fish were caught and then released to spawn again in May and June by both trolling applications and pulling Slow Death rigs. This great bite, similar to 2013, lasted through to July 4th before tapering off. If you aren't yet aware, and you want to get in on a great walleye bite, pick the month of June as it is the most consistent fishing that we get annually, and it typically has great weather too.

September had some good catches, but the bite really took off again in a big way in mid-October. The month of November, and this one started out strong, is probably the second best month of the year for both size and numbers. I say second best because annually, it is very weather dependant, and some of those morning rides across the lake are COLD. If you can brave the chilly air and cold fingers, some of the best fishing of the year is there to be had. It's predominantly a jig bite in the fall, but we use lead core trolling applications at times as well. Ice up came early again this year on November 15th; a bittersweet end to open water fishing when such a great fall bite was happening.

The fishing forecast for the coming years is also very good. According to Poynette Fisheries Biologist Nate Nye, this year's fall electro-shocking survey revealed an average of 25.5 young of the year walleye and 7.7 young of the year saugers per mile surveyed. The benchmark that he uses for a successful walleye spawn, is 10 young of the year / mile surveyed. Saugers are lesser in numbers so the benchmark does not apply to them. Many of these fish will be 17"-18" long by 2017. We have some great fishing behind us, and some more great fishing to look forward to. *Tight lines . . .*

## Lake Wisconsin Walleyes, LLC



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