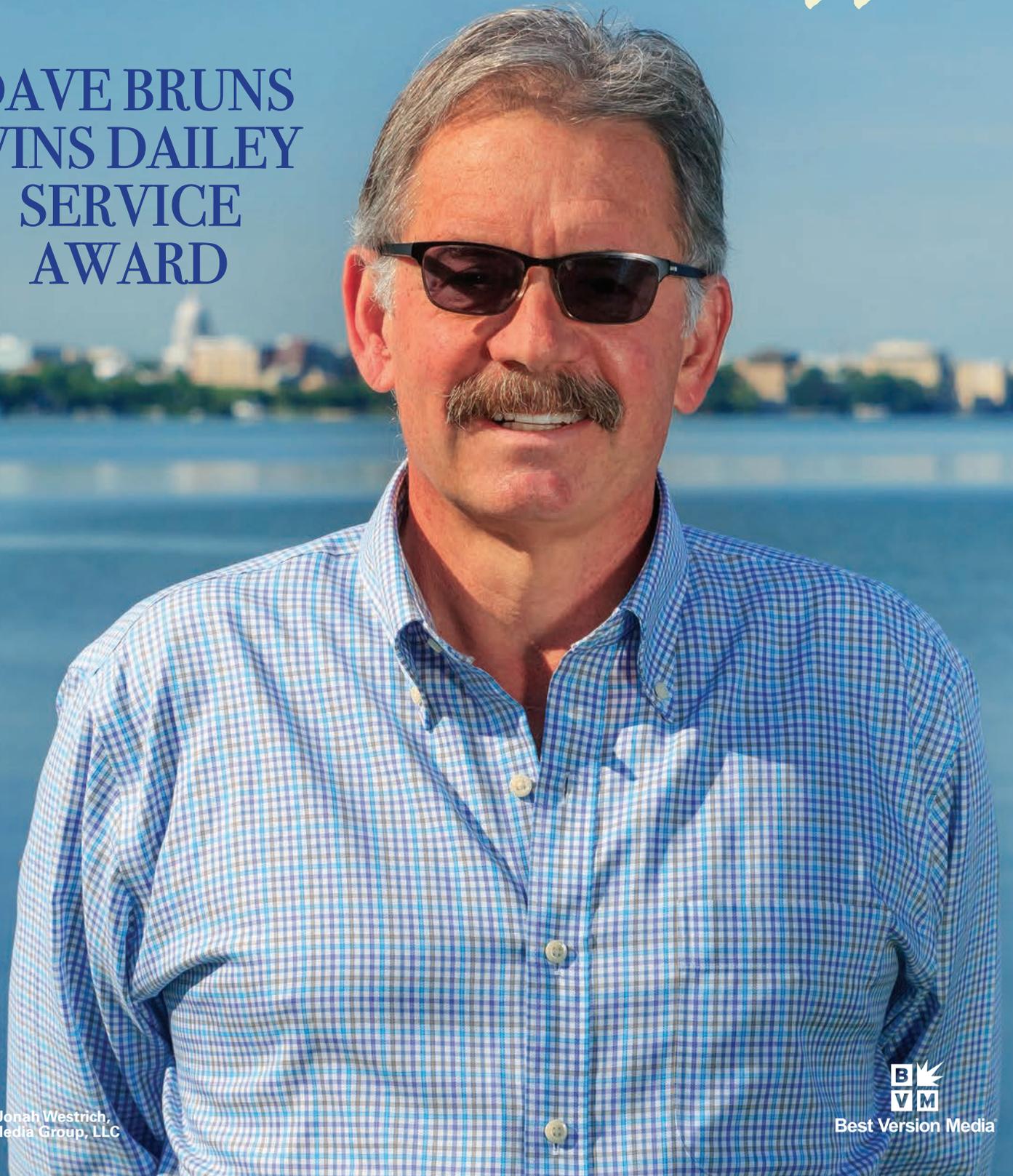


THE VILLAGE OF
Maple Bluff
NEWSLETTER

DAVE BRUNS
WINS DAILEY
SERVICE
AWARD



COUNTRY CLUB OR COMMUNITY CENTER?

When we started negotiating new lease terms with Maple Bluff Country Club to support the pool and clubhouse renovations, it quickly became clear that both parties shared two basic assumptions: that the club's success is in the best interests of the village, and that if more village residents become members of the club, the more assured the club is of long-term success.

That's not only because of the club's annual lease payment—but because the club is the geographical and recreational center of the village. So as the club looks to attract new members, village households are logically their top target.

Early on in the negotiations, the club asked the village to accept project donations, which would allow donors to claim them as charitable deductions, much as we did donations for the Dailey Cabin last summer. However, while the Dailey Cabin is clearly a village resource located in a public park, both parties were advised to substantiate the "public benefit" of the pool project to best protect donor deductions from possible challenges.

That's why, for example, the new lease opens children's swim lessons to all village families: it's clearly a public benefit, and we're confident that as many of those families experience the new pool, they'll join the club. And that, in turn, is just one way we'll meet what may be the most significant challenge in the new lease which states: "It shall be a continuing goal of the Club that at least a majority of its membership consists of residents of the village; and that a majority of village households will hold Club memberships that include, at a minimum, pool privileges," with additional language specifying how that process will be managed and measured.

When you look at the numbers, you realize how much this will be a win-win for the club and the village. As of this writing, 32% of the village's 562 households have a membership that includes pool privileges. That means when we reach that minimum goal of 51%, 106 more neighbors will be impacting the club's bottom line—and personally experiencing another reason why Maple Bluff is so special.

I recently had a chance to look at the club and village through an outsider's eyes when out-of-town family visited to celebrate my daughter, Zoe's, wedding at the club. Throughout the weekend we went back and forth from our house to the clubhouse, to the marina and the beach, to the golf course and so on. Our guests were completely unaware as to when we went from "public" space to "private" club. As one of my brother-in-law's said, "You pretty much live in a resort community, don't you?"

Which brings me back to the title of the article, which is based on a comment from a club member who said early on in the process, "What are we running, a country club or a community center?"

The answer is obvious. As long as Maple Bluff Country Club is at the geographical and recreational center of our village, it's both—and the more those two functions overlap, the more it adds value to the village and the club.

Jim Schuler
Village President

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Are you on the association board for your subdivision? Contact us for information on how you can submit articles, updates, reminders, events and more to the residents. We create customized Homeowners Association sections at no cost to the HOA or the residents.

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Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 13th of each month. Email your thoughts, ideas, and photos to: evanderweele@bestversionmedia.com

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Police Department (non-emergency).....255-2345
Police Department (business line)..... 244-1430
Village Center.....244-3048
Public Works.....244-3048
Wisconsin Poison Center (Control).....1800-222-1222
Recreation.....244-3048

TIMETABLE OF MAGAZINE DEADLINES

DUE DATE FOR CONTENT	MAGAZINE EDITION
December 13.....	January
January 13.....	February
February 13.....	March
March 13.....	April
April 13.....	May
May 13.....	June
June 13.....	July
July 13.....	August
August 13.....	September
September 13.....	October
October 13.....	November
November 13.....	December

Magazines usually arrive within the first week of every month, but can vary depending on the post office.

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Dear Residents,

It's about the time I start to get the "August Blues" because I realize summer is swiftly coming to an end. These beautiful, fleeting days are the ones I dream about during the winter months. I encourage you to take advantage of each day and enjoy the remaining weeks of summer. It sure does fly by fast!

Also, summer always seems to be the time of year when more photos are taken since there is more activity going on, including community or sporting events. So please feel free to send me your photos for possible publication.

While there are months when the newsletter is packed full, there are also some months when we have room to feature residents. If you have an interest in being featured, or would like to nominate someone who has an interesting story to share, please feel free to send me an email.



Best,

Erin Vander Weele

Content Coordinator
evanderweele@bestversionmedia.com

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HERE WE ARE passing the mid-point of summer with the arrival of August. The month of August reminds you that the warm weather clock is ticking and that all of your warm weather assignments are coming due. Hopefully everyone has their family vacations arranged; their golf outings reserved; the water park weekend agreed upon. The clock is ticking for us here in Public Works as well. We need to have our early fill street salt request in by the middle of August. Augh! Let us all enjoy the slender of summer, just a little bit longer.

Speaking of summer, it has been a great year to grow grass and anything else that requires warmth, sun and rain. Rain, however, is the unreliable portion of the equation for growing grass... especially from seed. If the soils are allowed to dry out when trying to grow grass from seed...it just doesn't happen. When rain is not in the forecast, a little watering goes a long way in getting germination to take place. After the seed has sprouted, a little watering can carry the growth process along when rain isn't expected. This requires not only effort, but timely effort. Unfortunately, if the seed/grass/growing process was disrupted by lack of timely rainfall or watering, the weeds can and will take over. Now you are looking at applying an herbicide to kill the weeds and perhaps a fertilizer to encourage the seed/grass growth. Great grass doesn't happen naturally, it is created with sweat equity and products from your local lawn and garden center. Weeds happen naturally...no assistance required.

We have learned that gardening is similar, in that your results are directly derived from the level of effort, and of course the council provided by those who REALLY know what they are talking about in the gardening world. We will keep on giving it our best effort. The services that Public Works provides, specifically the street side collections, are geared toward the homeowner who performs his or her own work. This is of course on the honor system; if you use a contractor they are responsible for the debris generated. We do not have the resources to clean up after contractors. When you do bring out debris, it should be segregated into like piles for



collection. There are limits to how much construction debris can be placed at the curb per week; it is two containers not to exceed 50 lbs. each. Projects that are of a larger scale taken on by the homeowner require dumpsters.

Recycling is mandatory. The village does very well here; however, there is always room to improve. If your quantity exceeds the volume of your cart, you can request an additional collection for a nominal fee. Notifying the recycle collection contractor and making these arrangements is required; overfilling your cart may prevent collection due to the limits of the mechanical arms. We still perform trash collection the old school way; by hand. We feel that we are effective and efficient with our process. You can help us too. Please keep small clean sweep items and metal items out of the trash. We do not collect clean sweep materials; we do collect appliances with a pre-paid sticker. Provide adequate space for the collection process to take place by not staging containers next to trees/poles/signs/landscape or parked vehicles or equipment.

It is still summer, so get out there and make the most of it!

Tom Schroeder, Public Works Director
244-3048 ext. 120
tschroeder@villageofmaplebluff.com



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It seems like 2015 has been an abundant year for rainfall and although we may not be breaking any records, we seem to be getting regular and consistent rain. This is excellent for our healthy lawns, trees and bushes, but it also means that we, as homeowners, have a lot of extra maintenance to perform.

I have been noticing, and your neighbors have been pointing out to me, numerous properties that seem to be out of control with lawn and bushes growing out of control. The village has several ordinances that require a homeowner to maintain their property to a certain standard. Lawns and noxious weeds cannot grow to more than 12". There is another ordinance regarding properties that give a blighted appearance.

Several of our worst offending homes are either vacant or there are circumstances with the homeowner that are barriers for getting regular maintenance performed. I have been working with several homeowners to get their properties up to an acceptable level. However, it is a challenging exercise when you are dealing with maintenance standards and a person's personal property. I will continue to work on those properties to get them improved. Please call if you believe a home in your neighborhood is not properly maintained and I will work with the homeowner to get it improved.

The next step of the development process at the Roxbury/N Sherman Avenue site has moved forward with official plans being submitted. A request for rezoning has been made by developer JD McCormick Co for a project referred to as "Maple Bluff Residences". There will be a public hearing in front of the Plan



Commission on this plan on Wednesday, August 5th starting at 6:30pm at the Village Center Gym. I anticipate that the plan will also be referred to the Building Board for their review of the structure. A meeting date for that hearing has not yet been set.

Finally, the development at 601 N Sherman Avenue is still progressing. Tenants had until early August to vacate the premises. I am anticipating that demolition and construction will begin shortly after that. I don't have any information right now regarding new businesses for this development, but as I learn more, I will be sure to pass it along.

Tim Krueger

Village Administrator/Police Chief
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MARK YOUR CALENDARS:

BEACH PARK CONCERTS

Saturday, August 8th 5pm-7pm | Saturday, September 12th 5pm-7pm

BEACH HOUSE STAFFING

As we enter into the final month of summer, the Beach House will be nearing its end of open hours of operation. The Beach House will be closing at the end of the month, as all staff returns to school. As a reminder, the Beach House is available for rental opportunities. For reservations, please contact the Village Center.

CANOE/KAYAK/PADDLEBOARD PROGRAMS

As residents of Maple Bluff, you have a unique opportunity to be able to utilize the canoes, kayaks and paddleboards stored at the Beach Park. As a reminder, these are rules to follow in order to use these vessels which are:

1. You must be a registered user and have access to the village's Google Calendar
2. Every use must be specified on the village's Google Calendar
3. No one under the age of 14 is allowed to use any of the equipment without a parent accompanying them on the water
4. PFDs are mandatory for all uses
5. All equipment must be returned and properly secured (locked) to the appropriate rack or bin
6. Please report any lost or damaged equipment to the Beach Staff or Village Center
7. Failure to comply with rules will result in the loss of privileges

FALL PROGRAMS

Archery

Tuesday 9/15-10/27

Time: 4:30pm-5:30pm

Location: Gym

Fee: \$43

Age: 8+

Learn how to shoot crossbows and compound bows while playing fun games. The last two weeks will be a competitive session with scores kept for prizes.

Dodgeball

Monday 9/14-10/26

Time: 5:45-6:45pm

Location: Gym

Fee: \$33

Age: 7+

During this course a variety of Dodgeball games will be played. All participants will need to wear tennis shoes.

Explore the Outdoors

Fridays 9/18-10/23

Time: 4:30-5:30pm

Location: Warren Dailey Cabin

Fee: \$33

Age: 6+

Participants will learn about nature while participating in nature based games, crafts and activities.

Volleyball

Fridays 9/18-10/23

Time: 5:45-6:45

Location: Gym

Fee: \$33

Age: 8+

Learn how to bump, spike and dig while playing volleyball games. New teams will be created weekly.

Pickleball

Each Thursday beginning 9/10 the Gym will be set up and staffed for Open Pickleball play. The gym will remain set up from 5pm-8pm. To participate, you may purchase a 10 time drop-in punch card for \$30, or you can pay as you come for \$4/time. The Village has all of the equipment for Pickleball, but if you have your own feel free to bring it.

Curt Erickson -CPRP

Village of Maple Bluff Recreation Director | 608-244-3048

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DAVE BRUNS WINS 2014 DAILEY SERVICE AWARD



Congratulations to Dave Bruns, who is the 2014 Dailey Service Award winner! The official award presentation took place at the start of the Bocce event.

The Dailey Service award is given to village residents "In Recognition of their Longtime Dedication, Service, and Commitment to the Village of Maple Bluff".

Dave Bruns is an extremely worthy award winner, who has become one of the greatest Champions for the village since Warren Dailey himself.

The award is named after two long time village residents, Ann & Warren Dailey, who provided years and years of selfless service to the village in a variety of capacities.

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PREPPING YOUR HOME FOR A VACATION

Vacations are a time to relax and escape from regular life. When you're miles from home, the last thing you want to worry about is the safety of your home. If you plan on taking a vacation this summer (or any time this year), here are some simple tips on prepping your home for a vacation.

STOP YOUR NEWSPAPER & MAIL

One sure sign of being absent from your home is a pile of newspapers in the driveway. Contact your newspaper delivery person and stop service while you're gone. If you don't have a locked mailbox, contact the post office and have them hold your mail. You can also ask a trusted neighbor to collect mail, newspapers and deliveries and have him/her hold them for you until you're back.

PARK YOUR CAR IN THE GARAGE

The last thing you want is to get home from a vacation and have your car gone. If you can, park your car inside the garage, or have a family member park it at his/her house. You can also ask a neighbor to park their car in your driveway, making it look like someone is leaving each morning.

PUT A LIGHT ON A TIMER

A dark house stands out in a neighborhood, especially when all the other homes are lit up. Before you leave, buy a timer and install it on a lamp in your home. It's also a good idea to install a motion-activated sensor on an outdoor floodlight that will be triggered should someone walk by it. You can also ask a neighbor to turn on the front porch light in the evening.

MOW YOUR LAWN

Grass can grow pretty fast in two or three days. If you have a lawn, make sure it's trimmed before you embark on your trip. If you're going to be gone longer than a week, ask a family member or neighbor to cut the grass in the front yard while you're away.

Some of these items are easily overlooked, but could cause major issues when you're away:

UNPLUG SMALL APPLIANCES AND ELECTRONICS

Small appliances and electronics can be energy vampires when plugged in, and some are still active even when they look like they're turned off. Before you leave, unplug those items that won't be used while you're gone (coffee makers, toasters, espresso machines, etc.). It's also a good time to make sure all smoke detectors work properly throughout your home.

TURN DOWN THE THERMOSTAT

Your thermostat makes sure your home maintains a specific temperature throughout the day. Before you leave, set the thermostat to a lower temperature if the house is going to be empty. This will help conserve energy while you're gone. If you do turn down the thermostat, be sure to keep your home at a temperature that will still protect plants, pets and furniture.

PUT THE WATER HEATER IN VACATION MODE

Traditional water heaters heat water throughout the day, even when you're not using water. Before you head

out on a vacation, put the heater in vacation mode. Check to see if your water heater has a VAC setting -- which is for vacations. If it doesn't, you can turn down the thermostat to the lowest setting. But don't stop at the water heater: turn off water valves to the dishwasher, washing machine and any sinks. The last thing you want to come home to is a flood in your house because a pipe broke or a hose burst.

TIDY UP THE KITCHEN

Before you leave it's always a good idea to clean out the fridge and dispose of anything that will go bad while you're gone. The sink can harbor things that cause bad smells -- run a half cup of vinegar and some water through the garbage disposal to alleviate any potential buildups, and make sure to take out any trash and recycling so you don't come home to a smelly house. If you have a trusted neighbor, ask them to put your garbage, recycling or yard debris bins out on pickup day.

LEAVE EMERGENCY CONTACT INFO WITH NEIGHBORS

You may tell your family that you're heading out, but you should also let a neighbor know. Neighbors live near you and can be your first point of contact should something happen to your home while you're away. Let a trusted neighbor know you're going to be out of town -- provide them with information on where you're going, how long you'll be gone, and contact information for yourself and for family members in case of an emergency.

By Janna Fulbright



THURS.-SUN., AUGUST 6-16

Wisconsin State Fair

@Wisconsin State Fair

The 2015 Wisconsin State Fair, presented by U.S. Cellular, will take place Thursday, Aug. 6 – Sunday, Aug. 16. The State Fair offers a unique experience to all who attend and is an exceptional value with 30 FREE entertainment stages, exciting rides and games in SpinCity, thousands of animals, endless family activities, events, contests, vendors and culinary delights. For the most up-to-date information, “stick with us” at WiStateFair.com or /WiStateFair on Facebook, Twitter, Instagram and Pinterest, and /theWIFair on YouTube.

www.wistatefair.com

800-884-3247

WED.-SUN., JULY 15-19

Sugar Maple Traditional Music Festival

@Lake Farm County Park

The Four Lakes Traditional Music Collective (FLTMC) announced that tickets for the 12th annual Sugar Maple Traditional Music Festival are now available online. For this year's two-day festival, scheduled for August 14th and 15th at Lake Farm County Park, the FLTMC has created another diverse lineup of performers from all over the US, each with a unique take on what would be broadly classified as “traditional” music.

Guests attending the Sugar Maple Festival can expect to see Cajun performers Jesse Lége, Kelli Jones-Savoy and Joel Savoy; String Bands The Hot Seats and The Lonesome Aces; Folk from The Dead Horses; Americana from Hannah Aldridge, and numerous more acts playing their take on other styles, including Bluegrass guitarist Bryan Sutton headlining Friday night.

Early bird discounted two-day tickets are available at <http://sugarmaplefest.org/> tickets. Single day and full-priced weekend passes will be available for purchase at the following locations starting in June until the Thursday before the festival: Willy Street Coop East and West; Whole Foods

Market; Orange Tree Imports; Spruce Tree Music. Kids 17 and under receive free admission to the Sugar Maple Festival.

www.sugarmaplefest.org

608-227-8685

THURS.-SUN., AUGUST 20-23

Sun Prairie Sweet Corn Festival

@Angell Park, Sun Prairie

The 36th annual Isthmus Paddle & Portage has This event features a carnival-midway complete with rides and games, food booths, live bands, craft show, petting zoo, kiddie korner with large inflatables, family entertainment and much more. Steamed sweet corn is available on Saturday and Sunday only from noon to 7pm.

* A tote of corn is \$7.00 and single ears are \$2.00.

* Uncooked corn is available to purchase on Saturday and Sunday for \$10.00 per grocery bag.

* Thursday and Friday night are carnival wristband nights with unlimited rides from 6-10pm for \$20.

Thursday night kicks off the event with the parade down Main Street at 6pm. Festival grounds feature the carnival, booths, and beer tent Thursday and Friday nights after 6pm.

All activities are in place on Saturday and Sunday when the park opens at 11:30 am.

www.sunprairiechamber.com

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WED., JULY 15-SUN., AUGUST 9

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Cost: FREE

www.southmetroplanning.org

SUN., AUGUST 23

Yum Yum Fest

@Central Park

Yum Yum Fest 2015 will be on August 23rd. Yum Yum Fest is an annual end of summer celebration organized by the Madison Area Chefs Network (MACN) to benefit food-related programming for children in Madison

Central Park. The festival features dishes and drinks from twenty-four of the most celebrated restaurants in the Madison Area with exciting regional and national music acts. Admission to the festival is \$10 and all food and drink tickets will be \$5 each. Children under 12 are free admission. 43 North / Restaurant Muramoto / Sushi Muramoto; A Pig In a Fur Coat; Banzo; Brasserie V; Cento; Drifflless Café; Forequarter / Underground Butcher; Gotham Bagels; Grampa's Pizzeria; Harvest; Heritage Tavern; Johnny Delmonico's; L'Étoile Restaurant; Layla's; Liliana's Restaurant; Merchant; Mid Town Pub; Nostrano; Oliver's Public House; OsteriaPapavero; Salvatore's Tomato Pies; Sardine; Sujeo' The Coopers Tavern; The Great Dane Pub and Brewing Co; Underground Food Collective.

Time: 4-10pm

Cost: Admission \$10/food and drink tickets \$5 each

www.madisonareachefsnetwork.com

THURS.-SUN., AUGUST 27-30

Orton Park Festival

@Orton Park

One of the oldest outdoor music celebrations in the country, Orton Park Festival has long been a point of pride for the neighborhood. OPF brings people together over fabulous food, fun and music. Year after year we're treated to some of the very best local band and national touring acts. You know you'll discover a new favorite as you dance among friends and neighbors beneath the old oaks.

Time: 4-10pm daily

www.marquette-neighborhood.org

SAT. & SUN., SEPTEMBER 5 & 6

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@Capitol Square

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Sun., September 6: 11am-7pm

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JUNE 6, 2015 - JULY 5, 2015

	ADDRESS	BEDS	SQ FT	LIST PRICE	PRICE CHANGE	SOLD PRICE
ACTIVE	808 McBride Rd	2	2027	\$284,900	-\$31,000	
	330 Kensington Dr	4	2016	\$350,000		
	22 Lakewood Blvd	3	2940	\$368,000		
	360 Woodland Cir	3	2391	\$374,900		
	620 Farwell Dr (Lot)	-	- - -	\$374,900		
	318 Kensington Dr	3	2000	\$440,000		
	272 Kensington Dr	4	3209	\$459,900		
	* 266 Kensington Dr	4	2562	\$485,000		
	801 Butternut Rd	4	2940	\$499,000		
	822 Charing Cross Rd	4	3322	\$635,000		
	7 Paget Rd	4	4743	\$649,900		
	909 Farwell Dr	4	4368	\$825,000		
	416 Summit Rd	5	5600	\$999,000	-\$91,000	
	45 Cambridge Rd (Lake)	5	4200	\$1,050,000		
	711 Farwell Dr (Lake)	4	2448	\$1,075,000		
	11 Cambridge Rd	5	3813	\$1,300,000		
	1155 Farwell Dr (Lake)	5	5423	\$2,000,000		
	209 Farwell Dr (Lake)	4	4320	\$2,300,000		
	415 Farwell Dr (Lake)	6	6500	\$2,495,000		
1077 Farwell Dr (Lake)	6	8984	\$2,750,000	-\$249,000		
SOLD	308 Laurel Ln	3	2028	\$325,000		\$315,000
	919 Magdeline Dr	3	2786	\$459,900		\$425,000
	403 Coleman Rd	5	4055	\$849,900		\$820,000
	1225 Farwell Dr (Lake)	4	5604	\$1,249,900		\$1,050,000
	307 Farwell Dr (Lake)	4	8545	\$2,200,000		\$1,770,000

* New Listing **BLUE = Sprinkman Real Estate Transaction** All statistics have been gathered from the SCWMLS and may not include homes sold without a Realtor.

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THANKS FOR THE FEST ON THE FOURTH!



Thanks to all who turned out to make the 2015 Fest on the Fourth one of the best ever. The day started with over 75 runners competing in the Fest on the Fourth 5K.

The Fire Department treated the village to a great cookout again as the kids played games and people of all ages took part in the races. The Inaugural Maple Bluff Wife Carry was won by new residents Jason Smith and Ellen Reyerson. It was a hard – fought battle, but the Lower Bluff prevailed in the Annual Battle of the Bluffs softball game. The day was capped off with a magnificent fireworks show at Beach Park. Thanks to all for a wonderful Fest on the Fourth!

FEST ON THE FOURTH 5K RESULTS



60+	Time	18 and under	Time	19-45	Time	46 and over	Time	Unknown Age
MEN								
EG Nadeau	30:29:00	Billy O'Brien	19:09	Matt Hepp	19:33	Don Murphy	23:26	
		Thomas DeMars	20:30	Casey Davenport	19:58	Cliff Tribus	24:50	
		Davis Nelson	21:48	Michael Palovcsik	25:03	Ed Carroll	26:41	
		Will Sprinkman	25:09	Jason Smith	27:04	Clay Gustafson	27:54	
		Mac Lehman	26:22	Erik Lien	27:14	Bruce Morrow	28:08	
		Ben Gustafson	27:53	Matt Reid	29:04	Tim O'Meara	28:38	
		Carter Harms	31:48	Eric Harms	31:48	E.G. Nadeau	29:20	
		Colin Fisher	32:28	Todd Asmuth	31:49	Tom DeCoster	29:21	
		Hans Sprinkman	34:50	Greg Fisher	32:18	Michael Denman	31:32	
		Carl Sabroff	39:51	Ben LeRoy	34:43	Xavier Delannay	32:51	
				Scott Cheney	37:03			
WOMEN								
Wendy Skinner	26:51:00	Jade Strauss	21:57	Samantha Kasprzak	22:40	Jan Cain	27:10	Colleen Napier 23:29
CeeCee Easton	46:21:00+	Maeve O'Driscoll	23:20	Ellen Reyerson	23:04	Jennifer Ross	29:19	Shannon Napier 23:43
Sandy Kenny	46:21:00+	Frankie Masciopinto	26:44	Erin Drewes	23:05	Sarah Masciopinto	33:40	
		Maddie Reid	29:03	Sarah Marcotte	23:08	Kari Douglas	37:01	
		Ruby DeCoster	29:06	Martine Delannay	24:33	Eileen Sabroff	40:18	
		Nova Gomez	30:07	Kari Knutson	25:40	Lynn Bolz	43:15	
		Bella Sprinkman	32:11	Katie Williams	25:41			NO TIMES RECORDED
		Alexandra Asmuth	32:21	Emily Gustafson	25:59			Davey Blair
		May Lehman	32:30	Karen Carroll	26:20			Stacy Reid
		Kyle Harkin	35:11	Wika Gomez	29:07			Everett Reid
		Mae Mae Dunn	35:17	Anita Mahamed	31:33			Lisa Levy
		Caroline Fisher	36:19	Hilary Lehman	32:39			Colleen O'Meara
		Caroline McNeil	36:43	Erica Gill	34:10			Emily Masciopinto
		Annika Verhoff	37:47	Katie McCarthy	34:44			Kathleen McNeil
		Kelly Carroll	37:58	Shelly Sprinkman	35:11			Anika Cheney
				Missy Dunn	35:29			Henry Gill
				Jessica Fisher	36:18			
				Stephanie Bolz	43:17			

FUN AT THE FATHER'S DAY PARADE



IS LAUGHTER REALLY THE BEST MEDICINE?

BY DR. ASAD QAMAR



It's long been known that patients with a positive outlook respond better to treatments and fight disease harder than those who are more negative. It is difficult to quantify in the absolute, but people who laugh a lot generally have a greater sense of well-being and a brighter, sunnier outlook on life.

So, is laughter the best medicine? Let's say instead that it is undeniably good medicine. And if given the choice, choose to laugh. It certainly can't hurt and most indications are that it will certainly help.

SMILE!

WE'VE HEARD FOR years that laughter is healthy; that a hearty, gut-busting guffaw can only be good for you.

Our blood pressure and pulse rate go up. We stretch muscles everywhere, from face to rib cage to abs when we laugh. And we increase our oxygen intake. Sounds a lot like exercise, right? Indeed.

In fact, several researchers found that laughter may be as beneficial as a light workout. Laughter research pioneer William Fry compared 10 minutes on a rowing machine to one minute of hearty laughter and found that his heart rate was the same during both activities.

So don't burn your gym card just yet. Laughter may be one of the best ways to lose weight. Vanderbilt University researcher Maciej Buchowski discovered that 10 to 15 minutes of hearty har hars can actually burn 50 calories!

And laughter provides other known benefits worth their weight in comic books. Stress reduction is at the very top of the list. Stress is one of the side effects of modern life we are constantly being told to reduce. Stress causes depression, adverse chemical changes in the body, negative immune response, and can have devastating effects on our health long term. Laughter reduces stress by clamping down on the release of stress hormones like cortisol while increasing the release of neuropeptides and endorphins.

Blood pressure goes down after a good long laugh. That's good news for all of us, especially those in high-risk categories for stroke or heart attack. Heart disease is the No. 1 killer of adults in the United States today. You have to smile when you hear that laughter may in some small way actually chip away at that statistic.

Laughter also causes an immediate release of T-cells, disease fighters summoned by our bodies for everything from a common cold to much more serious ailments. So turn on the Comedy Channel the next time you're under the weather, it just may rouse these miraculous little fighters.



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CALLING ALL KIDS & TEENS!

Dog Care: Looking to swap "dog boarding" with a neighbor. We have a medium to large size bulldog that is very friendly, but strong and rambunctious. Do you have a dog you would like to swap "boarding"/care with us? We have a fenced yard and like to take dog walks around Maple Bluff. If our dogs get along, we could care for your dog in our home if you go away for a weekend, or vice versa. In other words, trade dog care services (no funds exchanged). Call Chris or Glenn at 298-7141.

Piano Lessons: I'm Katie Wall, a college student looking to teach summer piano lessons to children of all skill levels. I have 14 years piano experience and six years experience working with kids. A weekly lesson time will be arranged to fit your schedule. Call 608-333-6553.

Nanny: Hi, I'm Kerry McCarthy, age 20 and currently a sophomore at the University of Wisconsin-Oshkosh. I am Red Cross certified and have been a camp counselor at Camp-Ya-Gotta-Wanna for the past five years. I am looking to nanny this summer and would be available June 1 through mid August (dates can be discussed). I was a member of the Maple Bluff swim team until 2013 and can help with getting the kids to swim lessons or swim team practice. Please contact me at 608-772-9521 so that we can discuss how I might be of help to your family. References can be provided.

NIKON Coolpix S4100 For Sale: Purple metallic color, pocket size. \$35 OBO. Call Virginia at 257-3223.

Fashion Purge: Fashionista must clear space for clear conscience. This is an ideal opportunity for someone who wants to start a resale shop. A multitude of styles, including vintage, in good condition. \$2,000 takes it all. Call 608-257-3223.

NEW! 13 year-old twins available for babysitting. Have recently taken the Red Cross babysitting course. Two for the price of one! Call 608-241-9256.

Around this time of year, residents in your neighborhood may be looking for trust-worthy, friendly, familiar faces to help them out. We invite you to post your talents and abilities to the Youth Classifieds section of your neighborhood newsletter to advertise yourself and the jobs you are willing to help out with.

It's a great way to give to your community and neighborhood, as well as earn a little extra spending money. So when you're not playing in the parks, on vacation, or hanging out with your friends, consider some of following ways in which you can help your neighbors:

- Babysitting
- Dog Walking
- Car washing
- Snow Shoveling
- Pet Sitting
- Window washing
- Yard work
- Tutoring
- House cleaning

It's easy to submit your ad to your neighborhood newsletter. Simply ask your parent for their permission. Then go to www.bestversionmedia.com and click "Submit Content."

To submit your free classified, go to www.bestversionmedia.com and click "Submit Content."

For free listings, ads must be 40 words or less, non-business related. You will receive email confirmation. To remove or revise your current ad, please email evanderweele@bestversionmedia.com.

Maple Bluff Bulletin Board

Isthmus Montessori Academy now enrolling for Fall of 2015!

- AMI Montessori school
- Space available for children ages two months to 15 years
- Call or email at 608-661-8200 or info@isthmusmontessoriacademy.org.

This is a place where you can post Birthday Wishes, Engagement Announcements, Graduation Congratulations, or just a "Shout Out" to a friend or family member. Please email your post to evanderweele@bestversionmedia.com.

We will make every effort to include all family friendly posts. 20 words or less please!



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Camping Safety Tips for Kids

BY TORI S. BEVENS

Camping is a summer activity loved by many, especially kids. There are so many fun things to do – roasting marshmallows, exploring the woods, hiking, and sleeping under the stars. But in order to make your camping trip the best it can be, it's important for you to stay safe while spending time in nature. Here are some helpful tips to keep in mind:

- **Know Your Plants.** Be sure you can recognize which plants in the woods may be poisonous.
- **Stay Close.** Always stay close to an adult. If you do get lost, stay in one sheltered spot so someone can quickly find you.
- **Campsite Cleanliness.** To keep forest critters away, be sure to pack away all food and drinks and pick up any dropped food after meals.
- **Skin Protection.** Wear your sunscreen and insect repellent.
- **Placing your Poker.** After roasting marshmallows or hotdogs, be mindful of where you place your roasting stick. Put it in a safe place where no one



will pick it up and burn or poke themselves.

- **Lots of Fluids.** Drink plenty of water and low sugar fluids to remain hydrated in the outdoors.
- **Fire Safety.** When walking around a campfire, walk behind chairs that may surround the fire, and watch your step to avoid tripping.
- **Listen to Your Parents or Guardians.** They may set boundaries on how far you may go from their sight.
- **Wear Your Shoes.** Always have footwear on to avoid the rough ground poking, scratching or cutting your feet.
- **Have Fun!!!**



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