

# *The* **Breeze**

**Serving the Whitewater Lake area**



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## Sounds to savor

The City of Whitewater continues to host its Savory Sounds concert series each summer. On July 20, the band Tapestry performed over the lunch hour, with grilled brats and lemonade available from the Whitewater Arts Alliance. **at right:** Chuck and Barb Taylor bike in from LaGrange for the concerts.

TOM GANSER  
The Breeze



## The Breeze

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# Key components of a fun picnic

Dining al fresco is often associated with securing outdoor seating at a local restaurant. However, anyone can enjoy al fresco dining at home, in a park or even on the beach.

Picnics make it easy to enjoy a meal in an idyllic setting. Though there are no rules governing picnics other than those posted by local park officials, the following are some essential components of a fun picnic.

## FOOD OPTIONS

The menu for a picnic need not be elaborate, but there's also room for foods that are a little more fancy than sandwiches.

Sandwiches are still acceptable picnic fare, but those who want to expand their horizons can prepare cheeseboards, salads, fresh fruit, and other items that are easily prepared and packed in a picnic basket.

It's best to avoid hot foods, as they can be difficult to keep warm.

Small grills might be allowed in certain parks, but it's best to keep in mind that

others may not want to deal with smoke from burning coals. So individuals who plan to grill during a picnic should choose a remote spot that won't affect those around them.

## BEVERAGES

Cold beverages, including water, can ensure no one is overcome by heat.

Individuals who want to bring alcohol should only do so on private property, as many local laws do not allow consumption of alcoholic beverages in public spaces like parks and beaches.

A cooler with cold beverages stored in ice can be a good idea if a lot of people will be attending the picnic.

## REUSABLE CONTAINERS

Reusable containers decrease the chances of creating litter. All it takes is one stiff wind for single-use, resealable plastic bags to blow away, and it's not always easy to track those bags down.

Picnickers should aspire to take out everything that they take in, and reusable containers make that easier to accomplish.

## BASKET AND TABLECLOTH

A tablecloth does more than just set the scene for a picnic. Tablecloths collect crumbs and keep them off the ground, which can decrease the likelihood that uninvited guests like ants will join the festivities.

Tablecloths also ensure utensils can be set out and put down without getting dirty.

## COMFORTABLE SEATING

Though it's entirely possible some people want to sit on the ground throughout the picnic, comfortable seating can provide the perfect respite when the hard ground begins to feel a little less accommodating.

Instruct guests to bring their own foldable lounge chairs, and don't forget to bring a picnic blanket or two so anyone who wants to nap can catch a few winks.

When hosting a beach picnic, look for blankets that dry quickly. Some are even made of fabric that filters out sand to keep it off of food.

## MISCELLANEOUS ITEMS

Bug spray, sunscreen, a bluetooth speaker, biodegradable waste bags, some sports equipment and other items to keep adults and kids occupied, and even a portable fan to keep guests cool and repel mosquitoes are some additional must-haves for a fun picnic.

A picnic in the park or on the beach can be a great way to dine outside and relax in the summer sun.

(METRO CREATIVE)

Going on picnic, to the beach or a park, is a great way to enjoy the outdoors and spend time with family and friends. A few must-have items will make the outing that much more enjoyable.

FILE PHOTO *The Breeze*



## A Fourth of July festival!

The City of Whitewater hosted its annual Fourth of July Festival, which included a parade and two fireworks shows. **top:** Carnival rides light up the night. **below, left:** The 38th annual car show was part of the festivities. **below:** Irish Folk Music was one of several genres of live entertainment performed throughout the event.

TOM GANSER *The Breeze*



# Firm could be picked to help with pool fundraising

By Dave Fidlin  
CORRESPONDENT

A firm that has already assisted Whitewater with the years-long library expansion project planning could be tapped to shepherd next steps for another local amenity that has faced challenging headwinds.

No action was taken, but the Whitewater Common Council on Aug. 1 discussed with City Manager John Weidl a proposal to hire a consulting firm to undertake a fundraising campaign for the Whitewater Aquatic and Fitness Center.

"I wanted to look at somebody who was professional," Weidl said. "It falls within my purview to sign it, but I thought I would let you guys take a look and have you ask some questions."

From his vantage point, Weidl said he believed onboarding an expert firm with marketing a fundraising campaign would

be a prudent next step for the fitness and aquatic center's future.

The Sweeney Group, a Madison-based consulting firm for nonprofits, has been working with the Irvin L. Young Memorial Library and its Library Board on fundraising.

"My general hypothesis is I believe we will do better if we have something that is professionally organized, vetted, surveyed, tested," Weidl said. "The library has seemed to find success with (Sweeney), so that's what I started with for gathering information."

The City of Whitewater and the Whitewater Unified School District, which have jointly operated the venue for more than two decades, have been discussing the pool's future at a time when a growing list of capital improvement projects have bubbled to the surface.

More recently, an action plan has been

drawn up, and one of the bullet points within it has been the call for increased fundraising to assist in harmonizing the center's balance sheet, bringing revenues in line with expenses.

Council member Brienne Brown, who serves as the Common Council's representative on the Library Board, spoke highly of Sweeney and its fundraising campaign efforts.

"They're very professional, very organized," Brown said. "They now know our town, they know who's contributed to the library, they have a good idea of who might contribute to the Whitewater aquatic center."

Weidl indicated he plans to go through a requisite request for proposals process to gather quotes from similar, competing firms.

"Certainly, before we move forward, I'd want to find another comparable proposal,

per our guidelines, but what I wanted to do was get something in front of you," Weidl said to the council.

In her opinion, Brown said she believed entering into the new agreement with Sweeney would be prudent.

"I think it's not a bad idea to stick with them," Brown said. "They came from out of town to learn a lot about our town. They're incredibly professional."

Regardless of the firm chosen, council member David Stone said he was supportive of bringing a consultant into the fold.

"I think this is a good idea," Stone said. "There's certainly been lots of feedback and lots of interest in trying to save the aquatic center. Having something like this, I think, would be very valuable."

The proposal is slated to go before WUSD's School Board this month. The council then could take action after district officials weigh in on the plan.

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## There she is...

The annual Miss Whitewater pageant – a fundraiser for Veterans Outreach of Wisconsin, which provides “tiny” homes to vets – was held over the Fourth of July weekend during the city’s festivities. Several winners were crowned in different age categories, including juniors, teens and Miss Whitewater. **above, right:** The juniors show off a dance routine to “Lollipop.” **above:** Emily Eisner is crowned Miss Whitewater. The event raised more than \$15,000 and the pageant supports three of the tiny houses for veterans.

TOM GANSER *The Breeze*



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Jose Valentin Ostria Hernandez

# Drug sting nets large amount of cocaine

By Jennifer Eisenbart  
STAFF WRITER

A search warrant executed in the City of Whitewater July 13 resulted in the arrest of a man who had more than 60 grams of cocaine.

According to a news release from the Walworth County Sheriff's Department office, Jose Valentin Ostria Hernandez was arrested and taken to Walworth County Jail.

He is currently being held on \$50,000 bail on four charges of manufacturing/deliver cocaine, maintaining a drug trafficking place, possession of drug paraphernalia and possession with the intent to deliver.

An official criminal complaint from the Walworth County District Attorney had yet to be filed as of Wednesday morning, and the news release from the sheriff reminded that the accused is considered innocent until

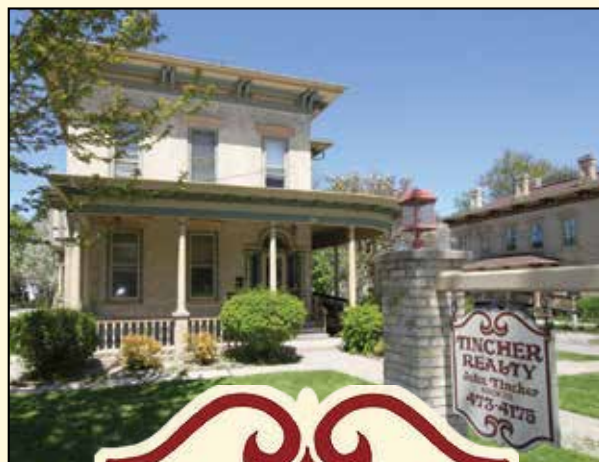
proven guilty.

The news release explained that the Walworth County Drug Enforcement Unit, along with the Whitewater Police Department and Homeland Security Investigations, had conducted an investigation into the sale of cocaine as well as fraudulent documents. That investigation included controlled buys conducted by law enforcement.

On July 13, law enforcement executed a search warrant at the resident of Ostria Hernandez, where more than 60 grams of cocaine, 20 fake state and federal IDs, various drug paraphernalia and more than \$50,000 in cash was found.

Five vehicles were also seized during the execution of the search warrant.

The news release went on to say that the investigation is ongoing.



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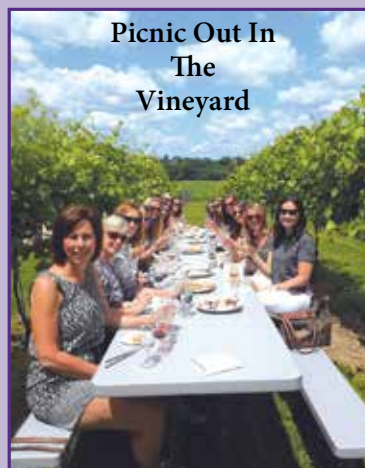
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# The health benefits of being in nature

Nature enthusiasts are known to say that spending time in the great outdoors has a positive effect on their mental and physical well-being.

Such an outlook is more than mere speculation, as it turns out spending time in nature provides a host of health benefits that might surprise even the most devoted outdoors enthusiasts.

## Nature and cognitive health

A 2010 study published in the American Journal of Alzheimer’s Disease & Other Dementias found that engaged persons with dementia in horticultural therapy-based (HT-based) programming solicited higher rates of participation than traditional activities (TA) programming.

In addition, a separate 2013 study in the journal Dementia found that exposure to a therapeutic garden had a positive impact on quality of life

• CONTINUED ON PAGE 11



There are many benefits to spending time outdoors, physically as well as mentally. A study published in the Scientific Reports journal recommends spending at least 120 minutes in nature each week with a variety of activities to choose from.

FILE PHOTO The Breeze

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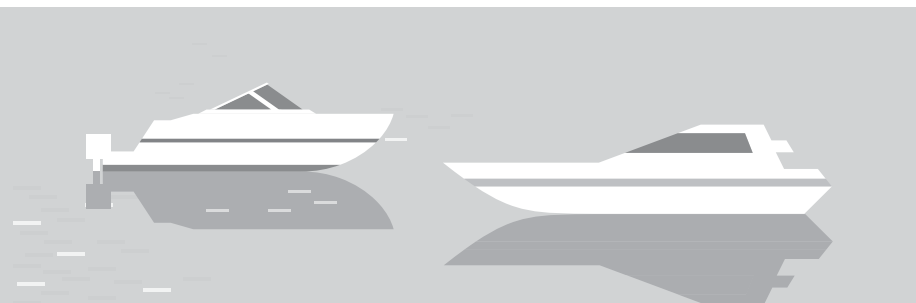
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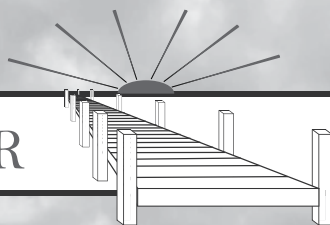
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**BEING IN NATURE** • CONTINUED FROM PAGE 9

for people with dementia. And it's not just dementia patients who can experience the cognitive benefits of time spent in nature, as the Hagley Museum and Library reports that numerous studies have found exposure to nature improves cognitive function.

**Nature and vitamin D**

The potential health benefits of vitamin D are increasingly drawing the attention of medical researchers, and for good reason.

According to the Harvard Medical School, recent research has suggested that vitamin D may offer added protection against conditions such as osteoporosis, cancer, heart attack, stroke, and depression.

Exposure to sunshine can help the body generate vitamin D, thus providing further reason to spend time in nature.

**Nature and overall well-being**

Given the aforementioned health benefits related to spending time in nature, it's easy for even non-scientists to conclude

that being outdoors has a profound impact on overall well-being. But non-scientists can rest assured that recent research has confirmed such conclusions.

A 2019 study published in the journal *Scientific Reports* found that individuals who spent at least 120 minutes a week in nature were significantly more likely to report good health and psychological well-being than those who spent less time outdoors.

Though the authors of the study cautioned that the exposure-response relationship was under-researched, and therefore likely needed to be studied more extensively, in the meantime individuals, after a consultation with their physicians and confirmation that it's safe to get out more often, can aspire to spend at least 120 minutes in nature each week. The results may speak for themselves.

Nature has a lot to offer, and the benefits of spending more time outdoors may be even more significant than people recognize.

(METRO CREATIVE)



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