

SWELL NEWSLETTER
August 2022 Volume 2, Issue 8



This is Micki Parkin not Nicki Parkin, sorry for the typo last newsletter. Nothing worse than having your name misspelled when being featured in the SWELL newsletter.

Patti Schiesl



I have been a member of the Swell Class for 5 months and I really enjoy the classes and the friendliness of all the members. It is both a physical and a social outing for me. My professional career was in healthcare, and I worked as a Radiologic/Nuclear Medicine Technologist for 47 years. I worked at both great hospitals, Mercy, and Unity Point Finley. I was married for 37 years to Bill Schiesl until he sadly passed away from cancer in 2019. Together we had two children, Jesse (Brooke) Schiesl, Sarah Schiesl (Jake Sabers), and we were blessed with five grandchildren.

My greatest enjoyment is spending time with family, especially the grandchildren. I also enjoy hiking, biking, and getting together with co-workers.

I feel Swell Class is like Gary said, "A WAY OF LIFE" and it gives us all a purpose in life. So keep up the good work Gary, it truly is a "SWELL CLASS."

Natalee Berg



Once upon a time, my father had a dairy farm in Wisconsin. We moved off the farm when I was 7 because dad died of brain cancer at age 34. Faith, family, and friends helped me tremendously. Mom moved our family to Platteville, WI, where she completed her education degree and raised three children, as a single parent. The schools, churches and various organizations provided many wonderful opportunities to help us thrive. Vocal and instrumental music were a huge part of my life through school, and I have directed church youth choirs and been in choral groups. I worked from age 12 through college so I could graduate in '78 from UW Madison in nursing. I did take the summer of '77 to volunteer at a clinic and hospital in Guatemala. After college, two friends and I got Eurail, and youth hostel passes to backpack in Europe. After two months my friends went home, and I stayed on to go to school in England and Sweden. I even got to visit where my family came from in Norway. These experiences were amazing.

I returned to the US and worked as a nurse at Wisconsin Badger Camp where I met my husband. With his schooling and work locations, I worked for a hospital in Platteville and at Gundersen Lutheran in La Crosse, for various hospitals in the Boston metro through a nursing agency, and for Newton Wellesley Hospital in Newton, MA. We moved to Dubuque in '93 and I took a job at Mercy, where I continue to work on a surgical floor. I went part-time in May. We had three sons and I was very involved in their church, school, and sports activities. My husband left our family. Again faith, family and friends helped me tremendously as I grieved and moved on. My oldest son lives with his wife and two children in Colorado, my middle son lives in Illinois and my youngest son lives in Colorado. I am fortunate to get to be with them often. I love being with them and extended family.

Eventually I met John Donovan and we have enjoyed visiting family and friends around the US, and traveling in Europe. We like to be active. We did Ragbrai one year and have hiked, walked, and cycled many miles. He just taught me how to row on our trip to NY. We enjoy many activities together in Dubuque. I am very glad he told me about Swell.

I had always been physically active, running (did the Boston Marathon), hiking (have climbed several

14'rs in Colorado), cycling (was on a bicycle team and have raced in the Midwest and at Senior Games and Nationals), swimming (have done triathlons and swam one year in college), XC skiing (have done the Korte and Birkiebeiner). 8 years ago, I had a big health issue. Being physically active stopped, except walking, so I could still work. I have made so much progress and last year I began easy cycling, hiking and swimming again. I am grateful for Swell as it is helping me maintain muscle, become more flexible and have better balance. Swell members are so inspiring to me. Thank you to Gary for leading this program. We are blessed to have Swell!

The end.

Patty Johnson



I joined SWELL in February 2022. I am recently retired from Mercy One after many years working as a pharmacy technician. I have two daughters, two son-in-laws, five grandchildren and two grand dogs. I like to read, work on puzzles, research family history and spend time with family and friends. I have enjoyed exercising with and getting to know everyone at SWELL. It is a great way to start your day.

Kathy Sullivan



I started coming to Swell class in February 2022. My sister, Patty Johnson, and I started together. It's been a great experience. I enjoy the three parts of the class. I think the weightlifting has helped me with golf and in doing yard work. The Tai Chi definitely helps with balance and concentration, and the floor exercises are challenging but so good for core strength. To even get up and down from the floor is an important skill I don't want to lose. Everyone is so friendly and supportive. It's a great way to see lots of old friends and an opportunity to meet new people. I grew up in Dubuque and graduated from Wahlert in 1967, BA from Clarke in 1971, and MA from Clarke in 1985. I had the opportunity to work with many great students and faculty and support staff throughout my teaching career. I taught 5th grade at St. Joe's in Bellevue my first year out of college and then 5th grade at St. Joseph's in Dubuque for 4 years. I taught at Kennedy School in Dubuque for 32 years (Grades 3, 4, and 5). I retired in 2009 and subbed until the pandemic in March 2020. I enjoy reading, traveling, spending time with family and friends. I've got 4 nieces and 1 nephew, their partners, and 8 great nieces and nephews. They keep us all enjoying the simple pleasures of life like chasing after lightning bugs in the summer. I even bowled one day with the kids and went down a slide at the park. I did it before I thought about it or I might not have. I've gotten back into biking and playing golf again and enjoy it. Thanks, Gary, for all your work and for sharing your knowledge and dedication and for providing this opportunity for all of us to stay upright and healthy and enjoying life.

Ann Lehnhardt



I live in East Dubuque and joined the SWELL program on Feb 14 this year. I have 3 children and 9 grandchildren; they all live in the Cedar Rapids/Marion area. I worked as a pediatric nurse for 45 years; nine years at Finley Peds and 36 years at Dubuque Pediatrics. I had the opportunity to work for and with some wonderful people. I loved my job and now I love retirement. I volunteer at UD as an usher at the Heritage Center and at Finley as a Patient Escort and a Patient Greeter / Screener. I enjoy spending time with my family and belong to a monthly book club. I find that the Swell class gets me going in the morning. I can do the exercises better now than when I first started although I have a lot of room for improvement. I am even getting better at the dreaded plank (kinda). I really appreciate our leader's dedication and hard work to keep this group going.

How to be in the SWELL "Blue Zone"

1. Become **dedicated** to SWELL, commit to attend all of the time or do it on YouTube when you can't make it.
2. Be **consistent** to SWELL, honor that commitment no matter what, you may not feel great, a little tired or sore, come anyway do what you can, modify the exercises if you have to.
3. Make SWELL "**a way of life**", SWELL becomes part of your life and its what you do 3 times every week.

Claudette Bees



I was born in Nassau, Bahamas, the ninth child of eleven. I have two adult children who were born El Paso, Texas. It was there where I met Tim at the University of Texas (UTEP) and where we both received our bachelor's degrees. I studied Mathematics and Physics and became a math teacher. After living and teaching in El Paso we moved to Illinois then finally to Dubuque. I worked for the Dubuque Community School for twenty- one years at Hempstead and Central High School as a math teacher and later as an administrator.

I have been a Board member of the Multicultural Family Center for more than a dozen years. Bringing different cultures together and learning from these cultures is a passion of mine. We all bring something interesting to the table.

I love to bake and plan social events. My specialty is my cinnamon coffee cake.

I enjoy everything about SWELL. In high school I participated in sports but did not engage in many physical activities after that, except dancing which I love! Prior to SWELL I would not have given any thought to exercising for a whole hour. Since January of this year I look forward to Mondays, Wednesdays, and Fridays to join my others at SWELL.

Phyllis Astgen



My name is Phyllis Astgen. I have been a member since February 19, 2022. Gary and I have been married since November 20,2010. We have a combined family of 7 children, 16 grandchildren and 2 great granddaughters. I retired 9 years ago as an RN from Dubuque Mercy Behavioral Health Unit. I have belonged to a couple's card club for over 50 years and a girl's euchre card club for approximately 5 years. My husband and I have visited all 50 states and 11 countries. I have also traveled to Ireland. Gary and I plan on going to Ireland and Scotland in 2023..

I enjoy the SWELL program and HAPPY I joined it. Everyone is very friendly. I like the 3 different things we do with Tai Chi being my favorite.

James Brimeyer



My wife Kay has attended SWELL for the last two years, and she “encouraged” me to take part as well. So last winter I joined the group led by a former student Gary Wittman. I found SWELL to be a perfect fit for me because the exercises reached all the muscle groups of my body, many of which had lain dormant because of lack of exercise. SWELL has helped my body feel more loose and relaxed and now this summer has helped improve my driving in my golf game.

Kay and I have been married for 52 years. We have two wonderful children. Joe Brimeyer and his wife Amy live in Federal Way, Washington, with their three children—Kayla (17), Evan (15), and Hannah (12). Ellen Brimeyer Schardt and husband Luke live in Dubuque. Ellen’s daughter Mariah (21) attends the University of Iowa, and Paisley (8) will be a third-grader at Irving Elementary this fall. These individuals are my pride and joy. Both Kay and I are

retired teachers. Kay, a Clarke graduate, taught elementary grades for 30 years in the Dubuque Parochial System. After graduating from Loras in 1969, I taught English Composition and Literature at Dyersville Beckman (1969 & 70), Dubuque Wahlert (1970 – 1995), and Northeast Iowa Community College (1995-2015). During my high school teaching years, I also coached baseball, basketball, football, and track (pole vault). Gary Wittman was one of my first English students and first pole vaulters. Gary was a dedicated, talented, hard-working, committed student/athlete, whom I had the honor of coaching in football and basketball as well. To be honest, Gary and his fellow pole vaulters taught me far more about the sport than I knew. As a matter of fact, Gary Wittman and his classmate Ted Burgmeier finished one and two in the pole vault at the Iowa High School State Track Meet their senior year. I feel so blessed to have been a teacher/coach for 45 years. The students and athletes who graced my life made teaching and coaching a joy rather than just a job.

Along with teaching and coaching, I had the good fortune to referee high school football for 25 years and to umpire high school, college, and semi-pro baseball for 30 years. I enjoy reading, golfing, and playing piano for Masses at our parish of St. Anthony. During the summer months, I play many rounds of golf, which takes much of my time.

But I also enjoy attending Gary Wittman's SWELL classes when I can. It gets me out of bed and in action rather than just eating and sleeping and completing my "honey do" lists.

Thanks, Gary, for your work for us senior citizens and for being the top-quality person you are. You make me proud.

Patti and Roger Ruden in Door County Wisconsin



Stayed at Ephraim shores resort <https://ephraimshores.com/> \$140 per night. Right across the street in front of hotel they have lounge chairs to sit in and watch sun go down over Lake Michigan. Restaurant right above hotel office. Good breakfast there. Hotel is very clean. Lots of shops for your wife to shop in. Door county has about 5 small towns. No stop lights in any of the towns. Pedestrians have the right of way.



Alana Santamaria travels to Spain with her husband Enrique.

I'll tell you a bit about our trip to Spain and include a few photos. My husband Enrique and I have been to Spain and in particular to Catalonia and its capital city of Barcelona a handful of times over the past 45 years. His father was raised in Barcelona, and he left in the late 1930's, immigrate to Mexico. So we go partly for reasons and partly to enjoy the nostalgic beauty of the region. On this trip, we were accompanied by our daughter her family. We spent several days with a rental car getting to know the coastal towns north and south of Barcelona and the rest of our time in the city. The region itself is called Catalonia; the Catalans are an ethnic group that has its own distinct language and culture. They are very proud of that fact, and one sees the flag of Catalonia everywhere. At different times in the past, Catalonia was a very prosperous, independent region that even had colonies of its own around the Mediterranean. Today it is a vibrant region that blends beautiful old stone citadels with modernist architecture and incredible natural beauty. The northern coast of the region is called the Costa Brava. It was actually Enrique's grandfather, a poet, journalist, and "regionalist" who is credited with giving the area that name, which appeared in a poem he wrote in the early 1900's. Here are a two photos of the Costa Brava: The fishing village of Tossa del Mar with its massive and intact citadel walls that protected the city from marauders in Medieval times. Away from the coast and into the southern reach of the Pyrenees Mountains that extend deep into Catalonia, we made a pilgrimage to the dearly beloved Virgin of Montserrat. My father-in-law must have been devoted to this virgin because he named his only daughter Montserrat and two more girls



Maya and

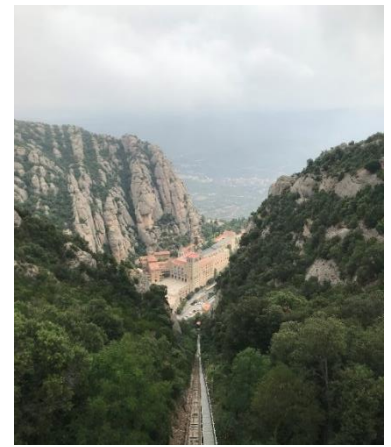


know the coastal towns north and south of Barcelona and the rest of our time in the city. The region itself is called Catalonia; the Catalans are an ethnic group that has its own distinct language and culture. They are very proud of that fact, and one sees the flag of Catalonia everywhere. At different times in the past, Catalonia was a very prosperous, independent region that even had colonies of its own around the Mediterranean. Today it is a vibrant region that blends beautiful old stone citadels with modernist architecture and incredible natural beauty. The northern coast of the region is called the Costa Brava. It was actually Enrique's grandfather, a poet, journalist, and "regionalist" who is credited with giving the area that name, which appeared in a poem he wrote in the early 1900's. Here are a two photos of the Costa Brava: The fishing village of Tossa del Mar with its massive and intact citadel walls that protected the city from marauders in Medieval times. Away from the coast and into the southern reach of the Pyrenees Mountains that extend deep into Catalonia, we made a pilgrimage to the dearly beloved Virgin of Montserrat. My father-in-law must have been devoted to this virgin because he named his only daughter Montserrat and two more girls

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born in the subsequent generation carry that name as well. The first photo is the monastery of Montserrat and second is the view of the "serrated mountains" from afar. Lastly, the beautiful, 800-year-old statue of the Virgin of Montserrat, who is so important to the Catalans. There are various stories to explain why she is dark-skinned, but the actual truth is illusive. No visit to Barcelona would be complete without seeing some of the wonderful Modernist architecture by Antoni Gaudi, the greatest exponent of Catalan Modernism. Here is the Pedrera apartment building and the stained glass above the altar of the incredible Sagrada Familia church, which is considered his



masterpiece. The church is currently partially covered with scaffolding, so I didn't include a photo of it.



Catalonia is an especially vibrant region of Spain, the last photo shows the colorful aspect of the region and includes my husband Enrique and our granddaughter Citlali it is good to be home and especially to get back to exercising with the Swell group.



Tim and Claudette Bees travel to the Bahamas

We are in Freeport Bahamas for our 43rd wedding anniversary. The Bahamas are a short 30-minute flight from either Miami or Fort Lauderdale. A previous British Protectorate, they gained their independence in 1973. It is a wonderful place with beautiful and friendly people. The Bahamas consists of over 500 islands. Claudette grew up in the Bahamas.



Timothy Bees



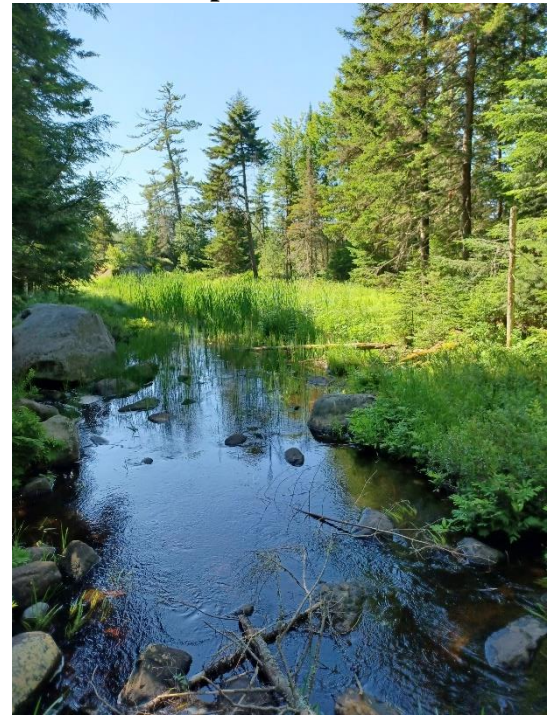
Hi Gary,

I am writing you from the Bahamas. I don't remember when I joined SWELL. It was sometime in the winter: February or March 2022. I joined after my wife, Claudette did. She told me I could walk the track. You informed me otherwise. We have two adult children: Rhonda and James and a black Lab named Raven. We are in Dubuque because of my career. In 2000 we moved here from the Chicagoland area so that I could be the pastor at First Baptist Church.

I like walking and biking. A few years back I did RAGBRAI. I might do it again when it comes through Dubuque. I love to read. I like to take our dog out for exercise. But mostly I like enjoying retirement with my wife Claudette. I enjoy the total experience of SWELL. My doctor told me to exercise, and this fits the bill.

I am an introvert by nature who worked as an extrovert.

Natalee Berg and John Donavon vacation in the Adirondack mountains upstate New York.



Recently John and I stayed with friends in the Adirondacks in upstate New York. We hiked and rowed in beautiful areas where they live near Minerva. The mountain photo is a view from their home. We also stayed at this Airbnb in Saranac Lake, that used to be a TB sanitarium. This was the premier area for TB treatment years ago where there is a very interesting museum and other TB historical places to visit. We canoed with a group near there and I took a few steps on a bog for my first time ever. The Adirondacks are beautiful!



Eat Healthy and Exercise

The year was 1977, I was sitting in health class at the University of Northern Iowa. Dr. David Duttler our health professor quoted a line out of our health book, “There are thousands of fad diets and there will be thousands more, the only way to control your weight is to eat healthy and exercise.” Now, there are millions of fad diets and more added all the time. The latest is Intermittent Fasting. This is a method where you eat for a set 8 hours a day and abstain from food for the remaining 16 hours. You can drink no-calorie beverages during the 16 hours that you are not eating food. So, what is a fad diet? A fad diet is a diet that becomes popular for a short period of time. It is like the latest clothing fashion. I can remember my dad a Marine who fought in World War II saying, “I will not allow bell bottom pants in my house,” I guess the Marines and the Navy didn’t get along back then. He didn’t approve of boat anchor tattoos either. The funny thing was, he started wearing bell bottoms a year later, in our house. So just like clothing fads, fad diets come and go, but eating healthy and maintaining a consistent exercise routine can last a lifetime. SWELL has been that lifetime routine for many in our class, but what about our eating habits? Eating habits should be something that can last a lifetime also. People in the “Blue Zones”, live longer healthier lives than anyone in the world. They do what they do as far as eating and exercising every day of their lives.

My goal as the SWELL instructor is to help you live as though you are in a “Blue Zone”, the SWELL Blue Zone. We have the exercise program in place, but we can use a refresher on what we should be eating.



The food pyramid is a solid source of information for your diet. The FDA has given us an idea on what we need to eat and how much. If you need more than 2000 calories per day, eat a little more from each food group, if you need less eat less. But you need to eat the correct percentage of your caloric intake from each food group. MyPlate icon shows, the five food groups, **Fruits, Vegetables, Grains, Protein Foods, and Dairy**. The 2015-2020 Dietary Guidelines for Americans emphasizes the importance of an overall healthy eating pattern with all five food groups as key building blocks, plus oils to help your body maintain energy to keep you going throughout the day and protein to build muscle, increasing your metabolism.

Plan based on 2000 calories per day

2 cups

*1 cup from the **Fruit Group** counts as:*

- 1 cup raw, frozen, or cooked/canned fruit; or
- ½ cup dried fruit; or
- 1 cup 100% fruit juice

2 1/2 cups

*1 cup from the **Vegetable Group** counts as:*

- 1 cup raw or cooked/canned vegetables; or
- 2 cups leafy salad greens; or
- 1 cup 100% vegetable juice

6 ounces

*1 ounce from the **Grains Group** counts as:*

- 1 slice bread; or

- 1 ounce ready-to-eat cereal; or
- ½ cup cooked rice, pasta, or cereal

5 1/2 ounces

*1 ounce from the **Protein Foods Group** counts as:*

- 1 ounce seafood, lean meat, or poultry; or
- 1 egg; or
- 1 Tbsp peanut butter; or
- ¼ cup cooked beans, peas, or lentils; or

3 cups

*1 cup from the **Dairy Group** counts as:*

- 1 cup dairy milk or yogurt; or
- 1 cup lactose-free dairy milk or yogurt; or
- 1 cup fortified soy milk or yogurt; or
- 1½ ounces hard cheese

Keep in mind that if it sounds too good to be true, it probably is when it comes to a healthy diet. As you start to control your weight you should still have energy and your metabolism should continue to burn calories and fat. It is important to follow the FDA suggestions of healthy foods. Eat complex sugars and carbohydrates along with lean proteins and low-fat dairy. You can **click on the Widget** and calculate your daily calorie intake.

[2000 Calories, Ages 14+ Years](#) · [1600 Calories, Ages 14+ Years](#) · [Widget](#)

All foods have labels that tell you how many calories per serving. Use this information when adding or reducing to your calorie intake per day. **Eat healthy and exercise** and you will feel good each day, have the energy to exercise and the muscle development to support your skeletal system and maintain a healthy metabolism.

--Gary Wittman



Mary Pat Ament

My husband, Mike and I took our grandson, JP, to South Dakota to see all the beautiful wonders the state has to offer. Would highly recommend this to anyone who has not been there. Breathtaking views and so much wildlife. Great adventure!



Gary Wittman in Colorado

Visited son Tim in Colorado. If you haven't gone to a concert at Red Rocks Amphitheater you need to go. The acoustics off the rocks give you a sound that can only be heard at Red Rocks. David Gray played in front of a packed house. The next

adventure was biking 21 miles from Frisco around Dillon Reservoir and over a mountain back to Frisco. We rented bikes from a local bike shop in Frisco. Tim and I rented hybrids and my daughter and Tim's girlfriend rented E-bikes. It was challenging but very doable, the girls enjoyed the E-bikes over the mountain. Frisco has the best wings you will ever eat at Ollie's Pub and Grub. You will not find these wings on MyPlate.gov. LOL.

Healthy Recipes by Sue Olson



August and September always bring fresh peaches and apples perfect for a simple and delicious dessert. Enjoy warm with or without a scoop of vanilla ice cream

FRESH FRUIT CRISP TOPPING:

1 cup old Fashioned Oatmeal

1/4 cup coconut sugar

1/3 cup Almond Flour

1/2 cup pecans, chopped

1/4 cup cold butter

1/2 tsp. Ground Cinnamon

Using a fork, combine oats, sugar, flour, cinnamon. Cut butter into tablespoon pieces and cut into this mix. Blend well. Add nuts and mix well.

Set aside to use on top of fruit.

FRUIT:

5-6 cups fresh apples or peaches, peeled, seeds/pit removed, quartered & sliced

1-2 Tbsp fresh lemon juice

2-3 Tbsp Maple Syrup, Dark & Robust

1 Tbsp Instant Tapioca

1/2 to 1 tsp. Cinnamon

Mix lemon juice and maple syrup together in bowl.

Place cut apples into juice and syrup mix well.

Add Cinnamon and Tapioca. Mix well.

Place in buttered 2-quart baking dish. Sprinkle oat mix on top of fruit.

Bake at 375F for 35 - 40 minutes, fruit should be bubbly and topping golden brown.

Serve warm. Store remaining crisp covered and refrigerated

September 1991 LAFF newsletter **A little humor**, we can laugh because we are growing younger at SWELL.

How to Know If You're Growing Old

Everything hurts and what doesn't hurt doesn't work. The gleam in your eye is the sun hitting your bifocals. You feel like the morning after, and you haven't been anywhere. Your little black address book contains only names ending in M.D. You get winded playing chess. Your children begin to middle age. You finally reach the top of the ladder, and find it is leaning against the wrong wall. You join a health club and don't go. You begin to outlive your enthusiasm. Your mind makes contracts your body can't meet. A dripping faucet causes an uncontrollable bladder urge. You know all the answers, but nobody asks you questions. Your knees buckle and your belt won't. Your back goes out more than you do. The little gray-haired lady you help across the street is your wife. You sink your teeth into a stake, and they stay there.

Taking care of business

We are doing our **yearly sign-up**. Please fill out the information below and bring to class. You will have until **September** to bring in the form and payment. **We want you** in the "SWELL Blue Zone," continuing with SWELL will help you stay healthy or become healthier. No matter what your age you are gaining lifetime health. **Don't quit** to make room for someone else. **We want you** to continue.

If you neglect to sign-up, you will be removed from our class. To get back into SWELL you will need to ask to be placed on the waiting list. It could take years to get back in the class. Make sure you **sign-up and keep your spot**.

Print the page below, fill out and bring back with your payment.



University of Dubuque: SWELL Waiver

Waiver of Liability for Facility Usage:

Participant's Name (Please Print): _____

Date of Birth: _____ Affiliation to UD: SWELL Group

Participant's Phone number: _____

In case of emergency, contact: _____ Phone: _____

Permission to Secure Treatment: In the event of an emergency, I authorize University of Dubuque to secure treatment from any licensed hospital, physician, and/or medical personnel deemed necessary for my immediate care, and I agree that I will be responsible for payment of any and all medical services required.

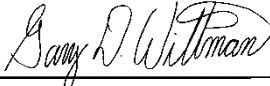
University of Dubuque "Hold Harmless" Agreement: I have read this document carefully and be aware in consideration of your participation in SWELL activities at the University of Dubuque. You will be waiving and releasing all claims for injuries you might sustain in any SWELL activities at the University of Dubuque. Therefore, each person participating in SWELL activities should review his/her own health insurance policy for coverage. It must be noted that the absence of health insurance coverage does not make UD responsible for payment of medical expenses.

Waiver and Release of all Claims: In consideration for my participation in any SWELL activities at the UD, I agree to assume all risk and fully release from all liability UD, members of UD community, its directors, officers, agents, trustees, servants, and employees for any injuries including death, damages or loss regardless of severity, which I may sustain as a result of participating in this activity.

I agree to waive and relinquish all claims I may have against UD, members of the University community, its directors, officers, trustees, agents, servants, and employees, as a result of participating in this activity. I further agree to indemnify and hold harmless UD, members of UD community, its directors, officers, trustees, agents, servants, and employees from any and all claims from injuries including death, damages and losses sustained by myself or rising out of, connected with, or in any way associated with my participation in SWELL activities. This will include holding University of Dubuque harmless for negligence on the part of University of Dubuque.

Please recognize that UD does not carry medical insurance for injuries sustained by participating in SWELL activities.

Signature _____ Date: _____

Approval  Payment (CK/ Cash) \$100.00 Date: _____

Home Address _____

Email Address _____

THE STAFF

Editor..... Gary Wittman

Healthy RecipesSue Olson

Ghost Writers..... Dupaco

Feature Writer.....Gary Wittman

Vacation Submissions Patti and Roger Ruden, Alana Santamaria, Tim and Claudette Bees, Natalee Berg, and Gary Wittman



We are looking for feature writers each month, try your hand at it.

Suggested information (Vacation or travels, sports, and important milestones like anniversaries).

Email articles to garydonaldwittman@gmail.com