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## **Elmer G. Biddick Charitable Foundation Grant Proposal Application**

Suicide Prevention Corporation of Southwestern Wisconsin  
Legal Name of Organization

c/o Susan Springer  
735 State Rd 23  
Mineral Point, WI 53565  
(608) 279-0131  
SPCICWI@gmail.com

John C. Houck – grant writer  
700 Prairie Hills Drive., Dodgeville, WI 53533  
608-935-3628, 608-574-6718 cell  
608-930-7545 fax  
[lphfh@mhtc.net](mailto:lphfh@mhtc.net)

Website

<http://www.suicide-SWWI.org/>

John C. Houck  
Contact Person

### **Charitable purpose of the organization.**

The Suicide Prevention Coalition of Iowa County is dedicated to reducing the occurrence of suicidal behaviors among Iowa County's 23,749 residents of all ages. We intend to increase awareness and create a safe environment in which residents know they are not alone and can access the resources they need to help themselves, family or friends that may be having suicidal thoughts. Our mission is to prevent suicide through awareness, education, collaboration and improved access to mental health care. While focusing on Iowa County, due to the drastic need for services in surrounding counties. As of January 2019, we have opened up our services to the residents of our neighboring counties (Grant, Lafayette, Richland, Crawford, Sauk, & Vernon) as well which is another approximate 220,000 people.

### **Organization's current programs, activities, and recent accomplishments**

Established on August 11, 2014 we have come a long way in a short time thanks to your generous grants. This past year, 2023, we have teamed up with Local newspapers in all 7 counties to promote suicide prevention resources in May (Mental Health Month) and September (Suicide Prevention Awareness Month). With the printed newspaper ads we are reaching all demographics of each county. We have also, given free Suicide Prevention T-shirts to the 8th graders in Dodgeville, Barneveld and Iowa-Grant School Districts. Trained two more Grief

Support Specialist and started three more Survivor of Suicide Support Groups (Lanacster, Prairie du Chien & Darlington)

**Purpose of the request.**

Goals--- Educate community members on resources that are available to them in their time of crisis. The "Burden of Suicide on Wisconsin report" from the WI Department of Health shows deaths by suicide have dropped since 2014 when our organization has started breaking down stigmas and spreading resource about suicide prevention. We want to keep this decline in deaths by suicide. So, it is our responsibility to have mass campaign newspaper advertisements, and on social media platforms to continue to spread the resources for people to use.

Funds are being sought to provide educational resources and articles printed in newspaper advertisements.

**Amount requested and the desired time line for the receipt of any contribution.**

The amount requested is \$3500 which is broken down as follows:  
\$3500 Printed newspaper ads for Grant and Iowa County (2 months)

A gift of any amount from Elmer G. Biddick Charitable Foundation would be used to fund public service announcements spreading awareness and breaking down stigmas.

**Budget of how the funds will be allocated and whether there are any other matching funds involved.**

Since our budget of how funds will be allocated depends on the amount of funds we can raise. The items we have requested funding for are our top priorities for the year 2024.

In 2023 the Helicopter Golf Ball Drop was not held due to unavailability; this normally earns \$4,000-\$6,000. There are no matching funds involved. We limit our spending to what we raise. We have been fortunate enough to have a successful bowling tournament and silent auction that raised \$5000. We hope to host another one this year. However, with the economy in the state it is our private donations have also declined. The expected donation will be approximately \$3,500 directed solely for the Public Service Announcements in Iowa and Grant Counties newspapers for May (Mental Health Month) and September (Suicide Prevention Awareness Month).

Last year we were fortunate to receive a grant from the Jennie Olson Foundation which along with your grant was our major funding for 2023. We plan to apply to the Jennie Olson Foundation again this year.

**Plan for evaluating the use of any contribution.**

The use of any contribution will be dependent on the amount of funds donated along with funds raised via other avenues. Our goal is to accomplish the above mentioned projects focused on breaking down stigmas and educating members of the community this coming year. Our goal is

to encourage people to reach out for help if they are struggling. This can be measured by the statistics collected via the avenues of distribution for the number of community members that are exposed to the message; meaning they have a subscription.

**Organization's current annual budget.**

We have not set a budget. All costs to date, very minimal, have been donated by committee members. Once we have raised funds we can set an official budget. For this year, our budget should mimic the items in this grant request.

**Proof of tax exempt status (including tax ID number).**

We are an independent non profit organization with an attached 501(c)(3) status and EIN #. A copy of their Certificate of Exempt Status is attached

**I hereby certify that the information contained in this application is true to the best of my knowledge and belief.**

Signature of Authorized Agent/Officer  
Suicide Prevention Corporation of Southwestern Wisconsin

\_\_\_\_\_  
John C. Houck,

September 20, 2023  
Date

# HOW TO ASK for Help



• We cannot blame ourselves! Being unwell, physically or mentally, is not a sign of weakness; looking for help is a sign of strength.

• If you are met by a person who is not helpful, try again. Not everyone is mentally strong enough to help someone else who is struggling – so you may need to seek out help in different ways. But you will find it!

### How to ask for help from friends or family:

• "I need to tell you something really important. My life is really hard right now, and I'm not doing so well. There's lots of things going on and I'm not sure I can handle it anymore. Lately I've been thinking about suicide."

• "I really need help. You know how we've talked about all the bad things going on in my life? There's one part I haven't told you. It's so hard right now that sometimes I think the only answer is suicide."

• "Some really hard things are going on right now. I'm so sad I don't know what to do. It's so bad I'm wondering if I should kill myself."

• "I feel like I don't want to live any more, but I don't want to die. I just want the pain to stop. Will you keep me company so I can stay safe?"

• "Can we spend some time together? I'm feeling really overwhelmed, and I think it will help to have someone nearby."

• "I've got a lot on my mind and it's hard to cope. Could I talk to you about how I'm feeling?"

• "I'm here because I need help. My life is really tough right now. It's so hard that I'm thinking about suicide."

• "I wanted to talk to you because there's something in my life that I need help with. I'm going through a lot of painful things right now, and sometimes it gets so bad that I think the only way to deal with it is to kill myself."

• "Hi. I called because I need some help. I'm going through some things that are tough and it sometimes feels like I can't take it anymore. It's so bad there are times I think about suicide."

• "Hi. Things are really hard right now. I'm thinking about killing myself."

## HOPELINE: Text "HOPELINE" to 741741

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[www.suicide-swwi.org](http://www.suicide-swwi.org)

LLC to zone 8.0 acres from A-1 Ag to B-2 Hwy Bus in the NE/NW & NW/NE of S12-T6N-R3E in the Town of Blingham.  
7. Petition by Bill Lorenz and Lenz LLC for a Conditional Use Permit for commercial sales with associated residence on a Saure B2 Hwy Bus lot in the NE/NW & NW/NE of S12-T6N-R3E in the Town of Blingham.  
8. Petition by James Clifton, Jane Lewis and Joseph Clifton et al. To zone 2.0 acres from A-1 Ag to AR-1 Ag R16 in the NE/SE of S30-T6N-R1E in the Town of Eden.  
9. Petition by Kenneth & Rhonda Iverson to zone 17.11 acres from A-1 Ag to AR-1 Ag Res and 23.0 acres with the AC-1 Ag Conservancy overlay in the NE/NW of S8 and W1/2-NW of S9 all in T6N-R2E in the Town of Eden.  
10. Petition by Ann Wolfe for a Conditional Use Permit for a single-use cemetery in the A-1 Ag district in the NW/NE of S21-T6N-R4E in the Town of Ridgeway.  
11. Petition by Eric O'Keefe, Graves-O'Keefe Trust and Grouse Valley Trust to zone 11.464 acres, 16.647 acres, 20.375 acres and 16.152 acres from A-1 Ag & AR-1 Ag Res to all AR-1 Ag Res in the NE 1/4 and E 1/4 - NW of S25-T6N-R3E in the Town of Wyoming.  
12. Motion to end the public hearings and resume the regular meeting.  
13. Request for a Temporary Use Permit by Rob Corbit and Rustic Gold LLC for a car show event to be held at 3940 State Road 23 in the Town of Dodgeville.  
14. Request for a Temporary Use Permit by R and M Enterprises and Farm & Field Inc. for a fireworks stand at 4894 County Road YZ in the Town of Dodgeville.  
15. Request by James P. Steffes for a zoning permit fee waiver related to the rebuilding of an agricultural building due to storm damage at 629 N. Oak Park Rd in the town of Mineral Point.  
16. Consideration of resolution relating to solar and wind energy systems.  
17. Discussion of the current provisions of the Iowa County Zoning Ordinance and potential revisions.  
18. Report from the committee members and an opportunity for members of the audience to address the Committee. No action will be taken.  
19. Director's report.  
20. Next meeting date and time.  
21. Motion to adjourn.  
Scott A. Godfrey, Director  
Posted 05/09/2023

**NOTICE OF SHERIFF'S SALE**  
Case No. 22-CV-000117  
STATE OF WISCONSIN  
CIRCUIT COURT  
IOWA COUNTY  
Wells Fargo Bank, N.A.  
Plaintiff,  
vs.  
Wayne Robert M. Purks aka/ks Wayne Robert M. Purks; Sr. aka/ks Wayne M. Purks, Tony's Renee Parks and Cevaly SPV I, LLC  
Defendants.

**PLEASE TAKE NOTICE** that by virtue of a judgment of foreclosure entered on December 2, 2022 in the amount of \$350,540.89 the Sheriff will sell the described premises at public auction as follows:  
TIME: June 7, 2023 at 10:00 a.m.  
TERMS: Pursuant to said judgment, 10% of the successful bid must be paid to the sheriff at the sale in cash, cashier's check or certified funds, payable to the clerk of courts (personal checks cannot and will not be accepted). The balance of the successful bid must be paid to the clerk of courts in cash, cashier's check or certified funds no later than ten days after the court's confirmation of the sale or else the 10% down payment is forfeited to the subject. The property is sold "as is" and subject to all liens and encumbrances.  
PLACE: Sheriff's Office, 109 E. Leffler St. Dodgeville, WI 53633

**DESCRIPTION:** Lot Three (3) of Certified Survey Map No. 166, recorded in the Iowa County, Wisconsin Register of Deeds Office in Volume 1 of Certified Survey Maps, page 206, as Document No. 134860, in the Town of Wadwick, Iowa County, Wisconsin. Being part of the Northwest 1/4 of the Southeast 1/4 of Section 17, Township 5 North, Range 4 East, in the Town of Wadwick, Iowa County, Wisconsin.  
**PROPERTY ADDRESS:** 1871 Twin Bridges Rd Mineral Point, WI 53668-8819  
**DATED:** April 5, 2023  
Michael W. Peterson  
Iowa County Sheriff  
Gray & Associates, L.L.P.  
Attorneys for Plaintiff  
16345 West Glendale Drive  
New Berlin, WI 53151-2841  
(414) 224-8404  
Please go to [www.gray-law.com](http://www.gray-law.com) to obtain the bid for this sale.  
Gray & Associates, L.L.P. is attempting to collect a debt and any information obtained will be used for that purpose. If you have previously received a discharge in a chapter 7 bankruptcy case, this communication should not be construed as an attempt to collect a debt and you personally liable for the debt.

5-4-3c-PR-C WINAXLP  
May 11, 2023

Water - \$25,329.78  
 Sewer - \$14,094.08  
 Total - \$270,455.05  
 The Council unanimously voted to According to a comment made by

wanting both a natural gas and LP courts at Wilson Park and a screen, said, "We have a beautiful Man 5:30 p.m.

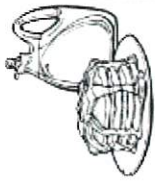
## Annual Pancake Breakfast

**Sunday, May 7, 2023**  
 8:00 a.m.-12:30 p.m.

4809 County Road P, Highland, WI  
 (Country Road P at O)

All you care to eat: Pancakes, farm-fresh sausage, applesauce, cheese, sweet rolls, coffee, milk, juice.

Adults \$10 / Children \$5  
 Annual fundraiser for Otter Creek Lutheran Church



## Dodger Bowl Lanes Mother's Day Brunch

Buffet style brunch

Includes soup & salad bar and a dessert assortment

\$17 per person (kids ages 6-10 \$10)

Kids under 5 eat for free

\$4 mimosa's available

**Sunday, May 14th • 9 a.m.-2 p.m.**

Reservations are highly recommended but not required!

321 King St, Dodgeville - 608-935-2595



## PACK THE PARK AND CELEBRATE Gene Van Dyck's 500 Wins!!!

Friday, May 12

Wilson Park

Dodgeville

following the

5:00 game

vs. Platteville

Everyone welcome to join us for cake & refreshments after the game.



# How to Help a Friend

Suicide is a build up of painful experiences and is an expression of hopelessness. Sometimes doing all of the right things doesn't take the pain away, but you have to try, if you can't help, find someone that can.

### Find a private place to talk.

Give yourself plenty of time.

Be an active listener.

Don't judge or guilt the person.

Don't try to minimize the problem or shame them into changing their mind.

Listen. Don't try to solve the problems.

Acknowledge their pain is legitimate and offer to work together to get the person help.

Help them find professional help.

### Where to find Professional Help:

Call 1-800 phone number on the back of their insurance card to find a therapist.

Encourage them to talk to their doctor or therapist.

Help them search for online therapist or support groups.

### What to say:

"You are irreplaceable to so many people."

"I care about you and want to help you get help."

"I don't want anything to happen to you."

"You're not alone."

"What can I do to help?"

"I want to help you through this."

"Do you need me to call anyone for you?"

"I don't know what to say, but I'm here for you."

"Can I give you a hug?"

### Online Counseling:

Better Help: For individual, couples or teens.

Online-Therapy.com: Board topics covered.

TeenCounseling: Teens.

Pride Counseling: LGBTQ counseling.

## Websites & Resources:

National Suicide Prevention Lifeline

Prevent Suicide Wisconsin

American Foundation for Suicide Prevention

Suicide Prevention Resource Center

T.A.P.S (Military family support)

Trevor Project (LGBTQ)

Trans Life Line (Transgender issues)

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May 5, 2023

# LEARNING A NEW HOBBY AND BRAIN HEALTH



**What constitutes a hobby?** A hobby is "a pursuit outside one's regular occupation," something other than the required daily duties. We should view a hobby as a form of leisure, even self-care, with a focus on doing something that brings joy or relaxation without guilt.

### What Science Found:

- Research showed, over half (59%) of Americans started a new hobby during the Pandemic. This filled a desire to feel connected, having a purpose and kept them distracted.
- Research shows taking up a hobby can serve us psychologically and improve well-being.
- Beyond being a helpful distraction from life's given stressors, a hobby can make us feel anticipation and excitement, which promotes the release of dopamine, the neurotransmitter in the brain associated with pleasure. Even the thought of that exciting new activity can release dopamine.
- Learning a new skill helps develop new pathways in the brain and can help us get out of a rut and improve our self-esteem.
- Feeling a lack of motivation or interest in doing things is a common symptom of depression, known as anhedonia, so having a hobby can actually work as a protective measure.
- About 60% of adults aged 55 and older say they would try a new activity if someone joined them, according to a survey of 2,000 Americans by OnePoll.

### Hobbies are Good to Manage Mental Stress:

- It breaks up the daily routine and gives us purpose outside of work.
- It can reinforce that your identity isn't tied solely to the work you get done during the day.
- Having a hobby with a friend helps you stay socially connected.
- Join a group and meet new people with a common interest.
- Relaxing and helps keep your mind on something enjoyable
- Engaging in activities, particularly ones that help you feel connected — a mission, community, a belief system — is valuable to self-esteem, confidence and the health of your brain.

### How to Start A New Hobby:

- Find something you enjoy and can stick with. People tend to enjoy hobbies that appeal to their own unique strengths, interests, and personality.
- It may help to think about the things you liked doing as a kid, before work life and adulthood. Find ways to incorporate those in your life now.
- Starting out taking mini breaks to fit in something you enjoy can help it feel less overwhelming.
- Hobbies will vary for everyone. Stepping out of your usual day-today to energize another part of yourself will help you manage the stress. Keep putting yourself out there, connecting with people, and exploring new things that feel exciting to you.
- Don't pressure yourself to make a hobby a side hustle or follow a trend, simply try anything, because when your reward system goes off and signals your enjoyment, it will be hard to stop.
- Look into local state parks, organizations, groups or clubs in the area to try out new things.

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Pictured are members from Southwest Health and Ben's Hope (left to right): Linda Zick, Kate Bergmann, Patti and Terry Cullen of Ben's Hope, and Ashley Dixon.

Southwest Health recently hosted a fundraiser with their employees, raising \$450 for Ben's Hope. Southwest Health's partner, WCC Brands Custom Apparel, graciously matched the donation, raising the total to \$900. The mission behind Ben's Hope is to honor the lives lost to suicide by promoting awareness, reducing stigmas, and helping those who are struggling. They save lives by educating via unforgettable presentations, highlighting support services, and hosting support groups.

During the month of May, Southwest Health is hosting a mix of events and programming for Mental Health Awareness Month. Community members are encouraged to participate in the Stay It Out Loud art contest by filling out the form found here, [southwesthealth.org/stay-it-out-loud-art-contest/](http://southwesthealth.org/stay-it-out-loud-art-contest/).

**DRIVE THRU ONLY ANNUAL Memorial Day Dinner**  
 May 29 - Serving 11 a.m.-1 p.m.  
*Ham, meatballs, scalloped potatoes, green beans, bars/cookies.*  
 Adults \$12  
 Perry Lutheran Church  
 1057 Hwy. 78 S - Daleyville

**IOWA COUNTY CANCER COALITION**  
 CAKE. COMFORT. COPE.

**Golf Outing**  
 Monday, June 19  
 Deer Valley Golf Club, Barneveld  
 11 a.m. Lunch/Check-in + 4 Person Scramble  
 \$75/person  
 Includes lunch/prizes/18 holes  
 email: [tking@deervalleygolf.com](mailto:tking@deervalleygolf.com)

**May 25, 2023**

# Why Sleep is Important for your Brain Health



For many, a good night's sleep feels more like a dream than a reality. But adequate sleep is an important component of physical and mental wellbeing. 1 in 3 Americans don't get enough sleep on a regular basis.

## Why sleep is important:

- The Journal of Clinical Sleep Medicine states, "Blood pressure and levels of stress hormones dip during the night, and blood sugar levels regulate."
- Your brain uses sleep as a chance to organize information and memories from the day.
- During your sleep is also the time your body repairs itself. Toxins get flushed out, and muscles, bones and other tissues are repaired.
- Your body also strengthens its ability to fight germs.

## What prevents a good night's sleep:

- "Social media that can steal 2-3 hours of sleep a night
  - Farmers in the fields spring through fall
  - Balancing work and home responsibilities.
- Stress and Anxiety that have not been worked through
  - Use of alcohol or eating a large meal before bed
  - Chronic Pain

## How to Improve Your Sleep:

- Reduce stress and get regular activity or exercise. Movement lubricates joints, which keeps pain and stiffness at bay. Be careful though: Exercising near bedtime or overtraining can lead to insomnia.
- Make your bedroom cool, dark and quiet
  - Have a comfortable pillow and mattress
- Limit alcohol and caffeine consumption close to bedtime and skip big meals at night.
  - Stick to a sleep schedule, go to bed and wake up around the same time daily.

Individual sleep patterns reflect and help to protect overall wellbeing. But the fact is that getting enough sleep is one of the best things you can do for your physical and mental well-being. By encouraging healthier sleep, you

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onstrations. Besides covering the "whys and hows" students were invited to elaborate on a net project they thought would actually be doable and a good fit for their school. (Note the project titles below.)

Students could enter individually or with up to three classmates. Generous funding from Silicon Sensors made it possible to offer cash awards for the top three projects from each school. The first prize award was \$250, second was \$150, and third place in each school was awarded \$100. Scoring by the CLEAN judges and the students' teacher was so close in some instances that ties resulted in some categories. Contest sponsors were pleased to be able to reward additional students for their creative entries.

**APPRECIATIONS** - The CLEAN team would like to thank the busy, dedicated teachers who made it possible for their student to enter this contest. "Our students really stepped up to the challenges of constructing and displaying their CLEAN Energy Projects. In the process, they learned about alternative and sustainable energy sources for our school. It was a lot of fun to watch all the teams grow and learn throughout the process from research and planning to design and construction," Mark Sturmeck, Barneveld science teacher, commented. Mineral Point media teacher, Kris McCoy added, "I am so proud of these girls! They both independently took the initiative to complete this project and came up with

tie & 2nd Place two-way tie)  
**1st Place** - Energy Conservation/ Solar, Composting, Water Barrels - Layne Aurit, Ava McDonald, Chayse Helwig

**1st Place** - Energy Production and Conservation / Energy Floor Tiles/ Doors - Braudi Reyes, Owen Tiber

**1st Place** - Water Conservation/ Water Barrels - Kristina Viager, Gianna Robinson

**2nd Place** - Efficiency - AC & heat /sensors - Carter Johnston, Sawyer Garthwaite, Aidan Sersch, Zach Phipps

**2nd Place** - Energy and Water Conservation - Bricensa Wasley

**3rd Place** - Green and Water Conservation/ Green Roofs - Akayla Shultz, Chloe Klimzing, Miranah Hutson

**3rd Place** - Energy and Water Conservation - Mandy Rosemeyer

**1st Place** - Saving the Environment - Meagan Cullen and Davin McHone

**Mineral Point High School** - Teacher - Kris McCoy

**1st Place** - Solar Energy: a Pathway to a Sunny Future - Kalesa Bidick

**2nd Place** - Composting at School - Margot Fritard

CLEAN would like to thank the Dodgeville Chronicle for covering this important initiative. CLEAN invites anyone who would like to support their schools in taking steps down the path to cleaner energy future to get in touch. Contact Chuck - Charles@DodgevilleConservancy.org

## Kayla Case promoted to Branch Manager/Personal Banking Officer



Kayla Case

Donna J Hoppenjan, President and CEO of Mound City Bank, is pleased to announce the promotion of Kayla Case as the Branch Manager/Personal Banking Officer at our Mineral Point location.

Kayla brings over 14 years of experience from the financial world and has been with Mound City Bank since 2022. She strives for the best possible customer service and looks forward to building relationships by supporting all of your financial needs.

Kayla and her fiancé reside in Mineral Point, and their son is looking forward to becoming a Mineral Point Pointer in the fall. In their spare time, they spend as much time as possible outdoors, camping and fishing.

**May 18, 2023**