



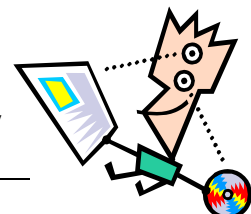
**West Salem Business Association  
Annual Golf Outing  
Wednesday, September 17, 2025  
Fox Hollow Golf Course and Event Center**  
The golf outing takes the place of our regular meeting.  
The next regular meeting will be October 8, 2025.



### **Monthly Newsletter**

Again, please feel free to submit your suggestions, articles for the newsletter, and your comments!

You can contact me at the Village Hall at (608) 786-1858 or via e-mail at [tdelong@westsalemwi.gov](mailto:tdelong@westsalemwi.gov). Or actually any Board member! Thank you, Teresa DeLong



# Monthly Meeting Minutes

## August 13, 2025

Meeting called to order at 12:00 Noon by Vice President Rick Wilson. After introductions and announcements, the regular meeting began.

### Minutes

Motion by Steve Berg, seconded by Denise Jones to approve the minutes of the July meeting as presented. Motion approved by voice vote.

### Treasurer's Report

The Treasurer's report to date was distributed. Motion by Denise Jones, seconded by Steve Berg to approve the Treasurer's Report as distributed. Motion approved by voice vote.

### Guest Speakers

Sara Oldenburg, West Salem Cares, discussed the mission of West Salem Cares and the upcoming Labor Day Street Dance. West Salem Lions Club Member Lynette Ender brought the membership up to date on the Greene Park Project.

### Upcoming Events

Upcoming events include the annual golf outing in September, Market and Mingle in October, Garland Days, and the Heider Center Chili Cook-off.

Motion by Denise Jones, seconded by Jodie Curtis to adjourn the meeting at 12:45 p.m. Motion unanimously approved by voice vote.

Teresa L. DeLong, Secretary/Director

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ALL-VILLAGE RUMMAGE  
SALES!!  
September 11, 12, and 13, 2025

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## **West Salem Historical Society & Hamlin Garland**

Who wants to see many Corvettes in West Salem? Come to the Palmer-Lewis Tourist Center, Hwy 16, West Salem on Sunday, September 14th. The River City Corvette Car Club will show cars lined up by generation in order to show the transition in design from 1953 to the current 2024 model. West Salem

Historical Society will provide food and drinks with a donation, and Nate Loeffelholz will entertain.

Garland Days is September 13 and 14 at the Garland Homestead at 357 Garland Street West. There will be a silent auction, pioneer stew, and pie (\$\$\$ donations), afternoon speaker at 2:00 on growing up on a farm, along with music and home tours. For more information, visit [www.westsalemhistoricalsociety.org](http://www.westsalemhistoricalsociety.org)



Find us on  
**Facebook**

# Exercise and Creativity Can Help Ease Financial Stress

**F**inancial stress and the weight of having no immediate solutions can feel crushing. It's easy to think the only answer is "more money." Yet research shows exercise and creative pursuits sharpen focus, boost resilience, and spark problem-solving skills—all of which can indirectly improve financial outlook. Under stress, motivation for these activities often disappears. It feels counterintuitive to focus on them when money problems demand urgent answers, but these very habits can act as catalysts for change. Exercise lowers stress hormones, improves sleep, and sharpens focus, giving you the clarity needed to think strategically about money. Creative pursuits engage problem-solving skills and encourage new perspectives. The bottom line? Don't put your life on hold. Even small steps—ten minutes of movement or another healthy pursuit—can restore a sense of control and momentum. This renewed energy often carries over, helping you tackle financial challenges with resilience. The irony is that while these activities don't directly earn money, they build the mindset that makes solutions possible. Try it: If you're weighed down financially and feeling stuck, choose one healthy habit this week—exercise, journaling, or a hobby—and notice how it shifts your perspective on financial challenges.



Learn more: <https://www.activecanterbury.org.nz/being-active/> [search "earning potential"]



# WEST SALEM STRIKES BACK



**BOWLING FUNDRAISER FOR  
WEST SALEM CARES**

**SATURDAY OCTOBER 18TH**

**2 SHIFTS OF BOWLING FEATURES WEST SALEM**  
**12PM AND 2PM**

**4 PERSON TEAMS**

**2 GAMES/ 8 PIN TAP**

**\$80 PER TEAM**



**MEATRAFFLES/ BASKET RAFFLES AND MORE!**

**SIGN UP CALL**  
(608)786-9000

**FEATURES**  
SPORTS BAR

## **Hello West Salem Business Owner/Manager,**

On Saturday October 18<sup>th</sup> Features in West Salem will be hosting a “West Salem Strikes Back” bowling fundraiser to help raise funds for West Salem cares.

West Salem Cares is a non-profit organization strengthening our community by fostering generosity and connecting people who care to those in need! All money raised will be helping our families in the community.

I am reaching out to local businesses in hopes that you would sponsor a team of 4 bowlers!

We have 2 shifts of bowling, 12:00pm and 2pm. Each team will bowl 2 games, 8 pin tap (8 pins down is a strike). \$80 per team!

If you are interested in signing up a team please text or email Heather Antony at (608) 498-1551/ [heather@featuressportsbar.com](mailto:heather@featuressportsbar.com).

Thank you!

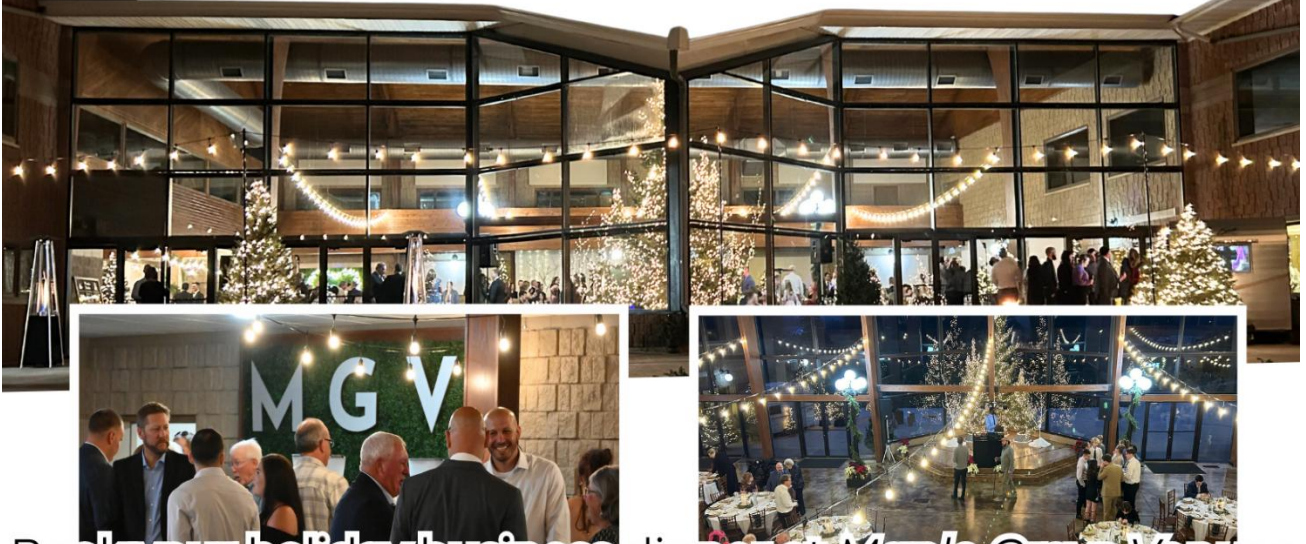
Heather Antony

Features West Salem

# MGV

MAPLE GROVE VENUES

## TOAST TO SUCCESS



Book your holiday business dinner at Maple Grove Venues and toast to the year's achievements *in style*.

**INQUIRE ABOUT OUR SPECIAL RATES *TODAY!***



608-518-8155



info@maplegrovevenues.com

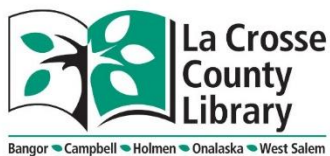


W 4142 Co Hwy B  
West Salem, WI  
54669

### 12th Annual Legion Fall Craft Show

Saturday, October 4, 2025  
9am - 2pm  
148 Leonard St S. West Salem





## UPCOMING EVENTS

### Hazel Brown Leicht Memorial Library

702 Industrial Dr, West Salem, WI 54669

608-786-1505 | lacrossecountylibrary.org

**11, 18, 25  
SEPT**  
6 PM

### YOGA ON THE LIBRARY LAWN

An introduction to the physical practice of yoga with Palm + Pine Studio. For adults; registration required.

**23  
SEPT**  
10:30 AM

### AUTUMN BIRDING

Join local birder, Michael Huffman, at the library to learn about local birds. The following week, join him for a bird-watching expedition at Goose Island (Sept 30 at 8 AM).

### MOVIE SCREENINGS

Free movie on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month at 2:15 PM.

### EVENTS PAGE

See all library programming



## Downtown West Salem Fall Market & Mingle

*In conjunction with the*  
**12th Annual American Legion Fall Craft Show and  
3rd Annual Fall Festival at the Palmer Gullickson House**

 **Exciting News for West Salem!** 

For the past 12 years, we've proudly hosted the beloved American Legion Craft Show during the Oktoberfest Races—and this year, we're turning up the energy with something brand new:

 **The Downtown Market & Mingle** 

On Saturday, October 4, 2025, from 9:00 AM to 2:00 PM, downtown West Salem will come alive with a vibrant outdoor market experience! Picture this: local businesses, talented crafters, and delicious food trucks lining the sidewalks and Memorial Drive, welcoming visitors with creativity, flavor, and community spirit.

# What is Stormwater Runoff?





# Fall Artisan Market

**Saturday, October 4th 2025**

**9:00am-2:00pm**

*Handcrafted and Homegrown Goods, Pumpkins, Sweet Treats and more.*

*This event benefits the West Salem Historical Society and their restoration efforts.*

**360 Leonard Street N**  
**West Salem Wisconsin**

# Signs of Substance Abuse That Parents Overlook

**E**arly warning signs of teen substance abuse are often subtle, but patterns emerge—and that's the key. Overlooked symptoms include: 1) Insomnia, erratic sleep, or daytime drowsiness dismissed as normal adolescence; 2) Longtime friends abandoned for new groups they won't discuss; 3) Secretive phone use and reluctance to share daily activities; 4) Use of eye drops, heavy cologne, or perfume; 5) Declining grades; 6) Loss of interest in favorite activities; 7) Irritability, anxiety, mood swings, or changes in appearance and hygiene; and 8) Missing money or valuables. Isolated, these signs may seem minor, but together they warrant serious concern. Stay engaged, keep conversations open, and you'll improve the chance for earlier, possibly lifesaving, intervention.



Learn more: [www.kenoshacountywi.gov](http://www.kenoshacountywi.gov) [search "learn more substance abuse"]

## Prevent the Afternoon Crash from Carbs

**Y**es, you can snack for improved mental focus in the afternoon. Best bets: 1) Nuts and seeds like almonds, walnuts, or pumpkin seeds deliver protein, healthy fats, and magnesium. 2) Greek yogurt with berries. The protein and antioxidants in Greek yogurt fuel the brain. 3) Hummus and carrot sticks, bell peppers, or cucumber provide fiber and healthy fats. 4) Apple slices with nut butter offer complex carbs, fiber, and fat to prevent sugar spikes. 5) Whole-grain crackers with cheese or turkey deliver protein and carbs. 6) Small amounts of 70% dark chocolate can boost mood and alertness. 7) Hard-boiled eggs supply protein and nutrients to support memory and cognition. Dehydration often explains grogginess, so drink water to stay hydrated in order to maximize alertness. Learn more: [everhour.com/blog/brain-food-snacks/](http://everhour.com/blog/brain-food-snacks/)





# Empathy's Power in the Workplace

**T**he importance of empathy in the workplace can't be overemphasized. How would you rate your ability to sense others' unspoken concerns, recognize when a coworker is struggling, or adjust your communication style so it matches the needs of a coworker at the moment? If that ability is high, your coworkers are probably more inclined to share their ideas with you, admit mistakes, and trust your advice. Here's why: Your empathetic style creates a psychologically safe workplace. To grow empathy skills, be genuinely interested in maintaining positive relationships with coworkers. Slow down, give full attention, and resist the urge to interrupt or plan what you are going to say while they're speaking. Ask clarifying questions, and if you are sure you understand what your coworker just said, reflect back (i.e., I heard you say that...). This reflection is experienced as validating, and it will deepen your relationships, and you'll witness positive effects that ultimately make your job more meaningful.







NO REGULAR MEETING IN SEPTEMBER.  
Annual Golf Outing Instead

West Salem Business Association  
P. O. Box 84  
West Salem, WI 54669