

Tim, Clydesdales to offer rides

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thought I said I'd go to area hospitals and to other groups and group homes and offer wagon rides, something they might not normally get to do. He said, 'Why don't you put this into reality? How, I asked. Open a foundation and do it,' he said."

Well, Tim hasn't won the lottery, but he is working to make his dream come true.

Recently, Tim formed the Whisper Hill Clydesdales Special Needs Foundation, with a goal of providing wagon rides to "people that received special services from nursing homes, hospitals, Association for Retarded Citizens, and at other special events."

In the early stages, Tim will "go to" events with the horses and a wagon. Eventually he hopes to have an indoor arena or two, a petting zoo and a learning center.

"I plan to provide tours that begin with a petting zoo. The visitors then would go to a learning center that would offer education on farming in Wisconsin. That would be followed by the rides," Tim said. In good weather, the rides would meander through trails developed on the land he hopes to purchase. In bad weather, the plan is to conduct the ride in one of the arenas.

But that is in the future. For now, Tim and his Clydesdales - along with his handicapped-accessible wagon - will go to events either for display or to participate and provide rides.

For instance, Tim will participate in the 100th annual Campbellsport Fourth of July parade. He will also participate in the Relay for Life in Fond du Lac on Aug. 6 and 7, and be part of the Free SPIRIT Riders annual fund-raising ride-a-thon on Aug. 21.

There is no cost for the rides Tim will be providing to special needs people beginning in June. However, operational dollars are an issue.

"The program is based on grants and private donations and I'm looking into funding sources to help cover the initial cost of operations. The dream I have now is great, but in three to five years, it will be even better and I'm confident I'll have volunteer and donor support," he said.

At present, Tim is a man-

ager at a Walgreen's Pharmacy in the Milwaukee area, a position to which he was recently promoted. That's why the foundation is an important part of the dream.

"I do, now, have to schedule events around my work schedule. But Walgreen's has been supportive when I need time off. My goal is, in three to five years, to be able to do this 100 percent of the time."

The foundation will also support therapeutic programs for special needs people. To help prepare, Tim is involved in learning more about these types of services.

"I'm working with Free SPIRIT Riders and Higher Grounds. These organizations have therapeutic-focused programs for people of different ages.

I am also developing a board of directors for the foundation and already have some volunteers."

Volunteers are needed even now, said Tim. "There is work on the farm, feeding and caring for the horses, and help is needed at events. Anyone interested can contact me."

Anyone interested in supporting this dream can learn more by contacting Tim or visiting the foundation Web site at whisperhillclydes@yahoo.com. Tim can be reached at 322-0636 or 960-1505.

As the song said, "You got to have a dream" if you want to "make a dream come true." The Whisper Hill Clydesdales Special Needs Foundation is a good start on what was once a childhood dream for Tim Wiskow.

Health Notes

Your Weekly Guide to Health-Related News



Aurora Health Center

by Rachel Nixon, MD
Family Practice

Protective skin care and skin aging in older adults

In this week's column I would like to remind older people how to care for their skin and reduce their risk of skin cancer.

Beginning in our 20s, the effects of aging gradually start to be visible and the skin begins losing its elasticity. As we continue to age, skin becomes thinner and is no longer able to retain as much water. Underlying fat padding begins to disappear. With the loss of underlying support by fat padding and connective tissues, the skin begins to sag, look less supple and wrinkles form.

The chronological aging process causes biochemical changes in the collagen and elastin, the connective tissues that give skin firmness and elasticity. Each person's genetic make-up is different, so the rate of chronological aging varies among people. In addition to the normal aging process, there's another factor that aggravates and speeds up the skin's aging process - the sun.

We now know that exposure to ultraviolet rays speeds up the breakdown of collagen and elastin fibers, and makes a person more susceptible to skin cancer. Much of the sun's damage on skin is cumulative from many years of chronic and excessive sun exposure. This break-down process is called photoaging. Photoaging causes many age-associated changes in the skin's appearance, including mottled pigmentation, surface roughness, wrinkles and so-called "age" or "liver" spots. Cigarette smoking also contributes to the aging process because of the biochemical changes it makes in skin tissues.

In reality, "liver" spots have nothing to do with the liver. They are really called lentiginos and appear as flat, brown areas with rounded edges and are usually found on the face, hands, back and feet. While not attractive, they are typically not dangerous. However, a dermatologist should check any large, flat, dark area with irregular borders to make sure it is not melanoma, one of the most aggressive and malignant of all cancers.

To protect themselves, I recommend that older adults use a sunscreen with an SPF of at least 15, wear a hat with a brim, and don't forget protective covering of arms and legs. Don't deliberately sunbathe, and limit sun exposure, especially during the hours between 10 a.m. to 4 p.m. Avoid tanning salons and sunlamps. This is critically important if you have a fair (white) complexion, and your hair is naturally blond or red. Even if your skin has already been damaged by the sun, you can still benefit from these protective measures.

Certain prescription drugs increase a person's sensitivity to the sun. Make sure to read the printed material included with your prescriptions. While you can't stop the effects of chronological aging, you can still take steps to inhibit skin damage caused by excessive and chronic sun exposure. If you do, you can dramatically reduce the visible signs of aging and lessen your chance of skin cancer.

For more information or to schedule an appointment with Dr. Nixon, contact the Aurora Health Center at (920) 907-7000.



Wal-Mart honors Coerber as teacher of year

Betty Coerber, a fourth grade teacher at Evans Elementary School, Fond du Lac, who has been employed with the Fond du Lac School District for approximately 38 years, was selected as Wal-Mart's 2004 Teacher of the Year. Kirby Green, left, Wal-Mart Manager, and Jim Botting, principal of Evans, joined her in the presentation. An educational grant of \$1,000 was presented to Evans Elementary School in recognition of Miss Coerber's achievement at the 20th annual Adopt-a-Ship Program on May 7.

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