

TOP STORY

NEWS * CULTURE * COMMUNITY

2017 BIFF



This year's sing along film is the Beatles 1964 hit "A Hard Day's Night," at Luxury 10 on March 3.

New films, new executive director at this year's film festival

BELOIT — Preparations are in full swing for the 12th Beloit International Film Festival that will be held from Feb. 24 to March 5.

The BIFF website, beloitfilmfest.org, is active and includes movie trailers, information about the films and story synopsis.

More films will be added in the coming weeks, and the full schedule and ticket information will be posted on the site soon.

Tickets will be available online for \$9 plus a purchase fee. In mid-February, the BIFF box office will open at Gallery ABBA at CELEB, 437 E. Grand Ave. in Beloit, where tickets and information also will be available.

Incoming BIFF Executive Director Max Maiken said there will be plenty of surprises and opportunities to meet the filmmakers.

"We will, once again, present the live radio performance of a classic film, and we will restore our reveal party this year," Maiken said.

The festival will kick off with the annual Wisconsin-Illinois Showdown, featuring films by new and established filmmakers in the region. Viewers will have the opportunity to vote in the competition, and awards will be presented. Wisconsin has taken the top awards during the past two years.

Returning favorites include the BMO Harris Silent Film Showcase on March 4, featuring the music of the BMHS Jazz Orchestra under the direction of Chris Behrens. The program, featuring the 1925 silent feature "The Freshman," starring Harold Lloyd, will be presented at Beloit Memorial High School.

Other returning favorites include this year's sing-along film, the Beatles' 1964 hit "A Hard Day's Night," at Luxury 10 on Friday, March 3, preceded by costume competition and warm-up; the Kids at BIFF program; the Beloit Health System BIFF CARES series. It concludes with the First National Bank classic film.

More testing, more HIV cases

Beloit health center helps patients manage disease

By DENNIS HINES
Staff Writer

BELOIT — Human immunodeficiency virus, better known as HIV, may not be talked about as much as it was in the 1980s and 1990s, but concern about the disease remains.

Rock County is one of the top seven locations in Wisconsin for new HIV-positive diagnoses. About 172 positive diagnoses were reported in Rock County in 2015.

Dawn Socha, social worker for Beloit Area Community Health Center, said part of the reason for the increase is that more people are being tested. She said there also are more treatment options available for people who have been diagnosed with HIV.

"It's able to be more controlled now, so people are able to stay healthier longer," Socha said. "(Medical professionals) are actually considering it a chronic condition, much like diabetes is. People who are diagnosed in their 20s can live to be in their 70s as long as they take their medications and stay healthy. So, people don't look as sick anymore, so it's not as noticeable that something is going on."

Community Health Center in Beloit offers HIV testing and programs and treatment services for people who have been diagnosed with the disease. The center partners with UW-Hospital in Madison to provide primary care.

"We have two physicians who each come down here one day a month that provide care to patients here locally, so they don't have to travel to Madison ..." Socha said. "We're happy to have the providers here and

have the providers from Madison. It's a good benefit for patients because transportation is an issue. From here to the hospital is about an hour, then if you have an hour appointment and an hour drive home, that's three hours. It's a lot of time."

The center helps patients who are uninsured or underinsured pay for their medications and apply for insurance, she said.

"If people meet a certain income criteria, they can also help them pay for their insurance premiums if they have insurance through their employer," Socha said. "We can reimburse them for their insurance premiums and pay their medication co-pays. We help them get Medicaid if they're eligible or we do Marketplace applications to get them insurance."

The center offers case management services, housing programs and a food pantry for patients in need. They hope to offer counseling services for people with HIV.

"We're working on getting our mental health department back up and running," Socha said. "Right now, there are some counseling services in town that are available. ARCW (AIDS Resource Center of Wisconsin) does have counseling services, and they recently located a counselor here in Beloit."

Educational materials are available for people who would like more information about the disease.

"I do have quite a few pamphlets and handouts, things that I've printed out from online and things I've gotten from drug companies that can give people a basic education about different things to expect and how to keep yourself healthy," Socha said. "We have information on health and nutrition and exercise and depression. We screen for those things at the appointments."

Socha said the number of cases she has worked with has increased slightly during the past 15 years. She said when she started at the center she worked with about 40 patients; now she

LEARN MORE

■ For more information about services that are available at Beloit Area Community Health Center, call 608-361-0311.

works with about 52 patients.

"It's not a big increase, but it's a pretty transient population," Socha said. "I might have someone here for six months, then they move on to another state or to another city within Wisconsin. So, we do have a lot more patients. I've been up as high as 64 patients."

The center works with patients from Rock, Winnebago and Walworth counties.

"We take care of people whether they have insurance or not," Socha said. "If they are uninsured, we can enroll them in the Ryan White program, and that will pay for their doctor visits and labs. We also help pay for dental care and eye exams. We do have dental care onsite for them."

HIV can be caused by having sexual contact with an affected person or by sharing drug paraphernalia. Socha said mothers also can pass the disease on to their unborn babies.

"Mothers can pass it on to their babies if they're undiagnosed or untreated," Socha said. "That's a lot rarer now because they do test moms during pregnancy."

Some of the signs of HIV include fatigue, being sick more often and having flu-like symptoms.

"Basically, they're going to feel more tired and they're going to get sick more often," Socha said. "Sometimes it's just a process of elimination. Patients go to the doctor and they look at different things."

Socha said people who have been diagnosed can remain healthy by taking their medications, eating healthy and getting plenty of exercise.

"You have to take your medications every day, otherwise you could develop drug resistance," Socha said.



Socha

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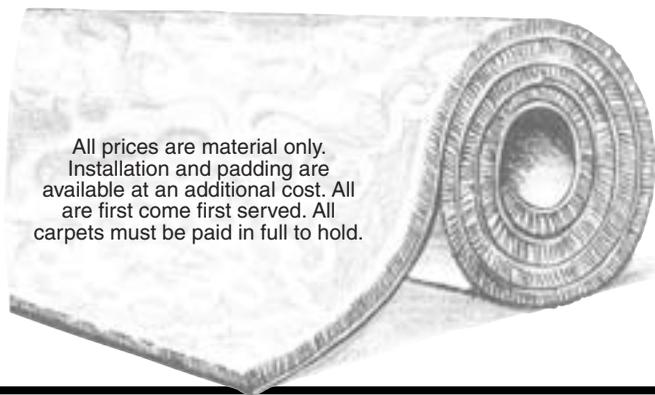
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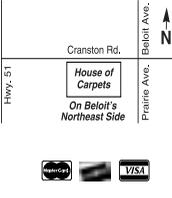
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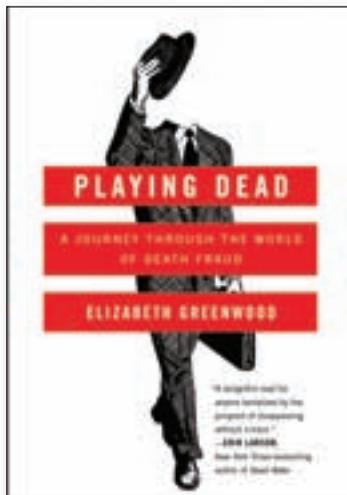


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HOME & LEISURE



Playing Dead



(Out of five stars)

By Elizabeth Greenwood

Loaded down with student loans in the six figures, former teacher Elizabeth Greenwood was desperate: That kind of debt terrified her, and she began to toy with an idea that many consider.

Rather than let the owed money scare her half to death, maybe she could just fake her death instead.

But faking a death is so drastic, an expert told her, and it leads to more problems. Instead, just disappear.

“Faking your death almost never works,” said another expert. The bottom line, Greenwood discovered, is that being dead before you take your last breath is hard work. You’d have to leave everything behind, including family, pets, hobbies and career, change your appearance and “disconnect” completely. You can never be you again, in any form.

All fun aside — and a lot of what’s inside “Playing Dead” is fun — how many times have you thought of chucking it all? Greenwood’s research takes her to prison, Filipino morgues and the surface of the federal witness protection program. She lends humor and eager lightheartedness to her findings, but with a vein of semi-seriousness and the question: Could you?

See if that thought doesn’t tickle your brain while you’re reading this book. This isn’t one of those books you’ll just pretend to like.



TERRI SCHLICHENMEYER
THE BOOKWORM SEZ

Terri Schlichenmeyer is The Bookworm of La Crosse, Wisconsin. She has been reading since she was 3 years old and lives with two dogs and 12,000 books.

Chicken rules the dinner table

According to the U.S. Department of Agriculture, back in 1967 Americans ate per capita nearly 131 pounds of pork, beef or lamb, 37 pounds of poultry and 11 pounds of seafood. Fifty years later, we are projected to eat 57 pounds of red meat — down from a high of nearly 100 pounds in 1976. We are expected to consume more chicken this year, about 108 pounds per person. So, while our red meat consumption goes down, our taste for chicken, turkey and other poultry continues to go up.

These numbers didn’t really surprise me, but the seafood numbers did. I would have suspected we were eating more seafood, but according to the National Oceanic and Atmospheric Administration, we ate just under 16 pounds of seafood per person in 2015.

The fact is, chicken is king of the dinner table. And although there are hundreds of ways to cook chicken, the tried and true recipes reign supreme, proving that simple is sometimes best and comfort food is better than best.

Bon Appetit, Taste of Home and Epicurious magazines all list roasted chicken and chicken potpie in their top 10 best recipes.

While chicken can be prepared in many ways, there are a few things to look for when buying one.

- **ORGANIC** — Grown without antibiotics; they cannot be genetically modified, irradiated or cloned. They must have access to the outdoors.

- **RAISED WITHOUT ANTIBIOTICS** — It has not received any antibiotics during the course of its lifetime.

- **FREE-RANGE** — This may not be what you imagine. The USDA allows this label to be placed on any poultry product that has had open-air access for a minimum of five minutes per day.

- **HORMONE-FREE** — The USDA prohibits the use of hormones in raising chickens. This is simply marketing what is true for everyone.

Roasted chicken

1 whole roasting chicken, about 3 to



LYNN GREENE
LYNN'S PLACE



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Potpies are a good way to use up leftover chicken or turkey. Make your own crust or buy a prepared one. Pillsbury makes a gluten-free crust that’s pretty tasty and easy to work with.

4 pounds
1 lemon, cut in wedges
1 bunch tarragon
3 to 4 green onions or chives
4 Tbsps. butter

2 cups all-purpose flour, sifted
1 tsp. salt
2/3 cup butter
5 to 7 Tbsps. cold water

Potpie filling:

2 cups cooked chicken or turkey, cut into 1-inch pieces
2 cups frozen mixed vegetables
1 can cream of chicken soup (23 to 33 ounces)
1/2 cup of milk
1 Tbsp. dried, chopped parsley
1/2 tsp. garlic powder

To make crust: Using a pastry cutter, cut the butter into the flour. Add salt and water. Mix until dough is formed. Divide dough in half and roll out. Place bottom crust in the pie tin. Add the cooked chicken and mixed vegetables.

In a separate bowl, mix the unconstituted soup together with the 1/2 cup of milk. Mix in parsley and garlic powder. Pour this mixture over the chicken and vegetables. Cover with the top pie crust and seal the edges. Cut three or four air vents in the top crust. Place the pie on a cookie sheet and bake in a 350 F oven for 40 to 50 minutes or until the crust is browned. Remove from oven, let cool for 10 to 15 minutes before serving.

Empty cavity of chicken and tuck the wings underneath. Rinse completely and pat dry. Stuff the cavity with lemon, tarragon (keep a bit in reserve) and onions. Rub the entire outside of the chicken with the butter and sprinkle with some finely-chopped tarragon. Place the chicken on a rack inside a heavy roaster. Place in a preheated 450 F oven and roast for 15 minutes, then turn the heat down to 325, cover and continue roasting for 45 to 60 minutes or until a thermometer reads 160 F. Serve on a platter with roasted vegetables.

Chicken potpie

— *This is one of my favorite things to cook up using leftover chicken or turkey. My grandma taught me how to make pie dough and revealed the secret to rolling it out: Don't worry about being perfect; repair any cracks and carry on. For a beef potpie, substitute cooked beef and use cream of mushroom soup.*

I always thought it strange that Grandma used the canned soup because she made most things from scratch. But she would say it's better to use some convenience products and get it done than not do it at all. More good advice. Get it done, then make it better if you have extra time.

1 double crust for a 9-inch pie

Lynn Greene is senior editor for CSI Media, which publishes this paper. To share this column or read past Lynn's Place columns, go to CommunityShoppers.com/blogs/lynns-place-blog. Contact her at 262-728-3424 or email lgreene@communityshoppers.com.

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Beloit council, school board candidates:
Six candidates will be on the ballot for the Beloit City Council and five on the ballot for school board in the April 4 election.
Three incumbents, David Luebke, Regina Hendrix and Marilyn Sloniker, are not running.
■ City council candidates running for three

seats are Clinton Anderson, Sherry Blakeley, Nancy Forbeck, Jeanette Hansen, Ana Kelly and Rose Richard.
■ School board candidates are Adam Aberle, incumbent Shelly Cronin, incumbent Laurie Endres, Theresa (Tia) Johnson and Wendy Sanchez.
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