

# Doctor pens book on diabetes

Nsima-Obot to visit Books & Company during Diabetes Awareness Month

OCONOMOWOC — Dr. Eno Nsima-Obot, a board-certified primary care physician, will promote her book, “Know the ABC’s of Diabetes” at Books & Company on Nov. 15, which is during National Diabetes Awareness Month.

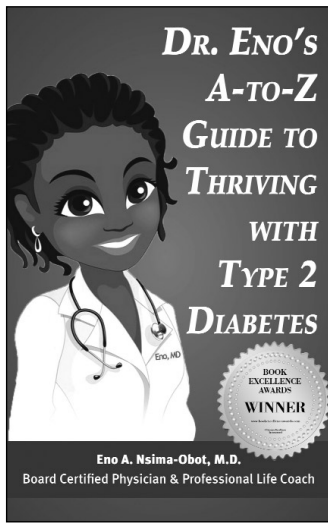
Nsima-Obot is behind “Dr. Eno’s A-to-Z Guide to Thriving with Type 2 Diabetes.” She will be at Books & Company, 1039 Summit Ave., at 7 p.m. Nov. 15.

“Being diagnosed with Type 2 diabetes is an invitation to adopting a healthy lifestyle,” she said. “It is possible to thrive despite being diagnosed with Type 2 diabetes and not just focus on the complications.”

She believes that a person’s mindset is important to living life well with any chronic illness.

According to the Centers for Disease Control, more than 30 million Americans have diabetes (about 1 in 10), and 90 to 95 percent of them have type 2 diabetes. Type 2 diabetes most often develops in people over 45, but more and more children, teens, and young adults are also developing it.

Nsima-Obot’s book is written in a style that uses a different letter for each aspect of diabetes care. This book starts with the



Submitted photo  
Copies of a diabetes book will be signed at Books & Company in Oconomowoc.

ABCs like A-Acceptance, B-Believe, C-Commit to change.

“I see this as a time when physicians can aggressively intervene and change someone’s trajectory before they receive a diagnosis of full-blown type 2 diabetes. Yet most patients are told they have ‘borderline diabetes’ and then there is no action plan instituted to reverse this. Sadly, patients often come back years later with full-blown type 2 diabetes,” she said.



Submitted photo  
Dr. Eno Nsima-Obot’s book emphasizes taking action when diagnosed with type 2 diabetes.

From The FREEMAN files



## On this day in Waukesha County

68 years ago  
Nov. 2, 1950

An obliging hold up man stole a Milwaukee man’s car at Genesee this morning, but before he scooted away he gave the car owner a few cigarettes and returned his jacket, because he said, “It’ll be warm in the car and it’s pretty cold outside.”

Owner of the car is Edward Holtzman, 31. He was parked at 18th and Wells street in Milwaukee about 3:30 this morning waiting for someone to go to work with him, he told deputies.

According to the sheriff’s department report, someone got in Holtzman’s car, shoved a gun at him and ordered him to “get going.”

Holtzman said the man forced him to drive west on Hwy. 59 through Waukesha to Genesee.

63 years ago  
Nov. 2, 1955

Tribute Paid to Historic Watertown Plank Road in Milwaukee Ceremonies

They paid tribute to the memory of a road Tuesday afternoon.

The road receiving the somewhat unusual honor is the old Watertown Plank road, which, just a century ago, was the main thoroughfare between Milwaukee and Watertown.

Its white oak planks stretched westward from Milwaukee through Elm Grove and Goerke’s Corners, along Hwy. SS to Pewaukee, then along the route of old Hwy. 16 through Hartland, Okauchee, and Oconomowoc.

Tuesday afternoon, a plaque marking the route of the planked road was unveiled. The aluminum plaque, 24x36 inches in size and erected by the Milwaukee County Historical society, is located at the northwest corner of the dark-bricked Miller Inn at Milwaukee’s Miller Brewery.

Nearby is a hillside replica of Frederick Miller’s old “Plank road brewery,” past which the Watertown road originally ran.

— Local history compiled by Patrice Shanks; pshanks@conley.net.com; 262-513-2639

## Also on this date

Nov. 2, 1783 — General George Washington issued his Farewell Address to the Army near Princeton, N.J.

Nov. 2, 1917 — British Foreign Secretary Arthur Balfour issued a declaration expressing support for a “national home” for the Jews in Palestine.

Nov. 2, 1930 — Haile Selassie was crowned emperor of Ethiopia.

Nov. 2, 1948 — President Harry S. Truman surprised the experts by winning a narrow upset over Republican challenger Thomas E. Dewey.

Nov. 2, 1976 — Former Georgia Gov. Jimmy Carter became the first candidate from the Deep South since the Civil War to be elected president as he defeated incumbent Gerald R. Ford.

Nov. 2, 1986 — Kidnappers in Lebanon released American hospital administrator David Jacobsen after holding him for 17 months.

Nov. 2, 1992 — Movie producer Hal Roach died in Los Angeles at age 100.

Nov. 2, 1994 — A jury in Pensacola, Fla., convicted Paul Hill of murder for the shotgun slayings of an abortion provider and his bodyguard; Hill was executed in September 2003.

Nov. 2, 2000 — American astronaut Bill Shepherd and two Russian cosmonauts, Yuri Gidzenko and Sergei Krikalev, became the first residents of the International Space Station.

Nov. 2, 2017 — Authorities in Los Angeles and New York said they had opened new investigations prompted by sexual misconduct allegations against Harvey Weinstein. Twitter reported that a customer support worker who was on his or her last day on the job had deactivated President Donald Trump’s Twitter account for a few minutes, resulting in an error message that the user “does not exist.”

## Flavor of the day

Today and Saturday

Bubba’s, 1276 Capitol Drive, Pewaukee  
Today: Chocolate Turtle  
Saturday: Reese’s Dough Boy

Culver’s, 1650 E. Main St., Waukesha  
Today: Turtle  
Saturday: Cappuccino Cookie Crumble

Culver’s, 840 W. Sunset Drive, Waukesha  
Today: Crazy For Cookie Dough  
Saturday: Cappuccino Cookie Crumble

Culver’s, 2600 N. Grandview Blvd., Waukesha  
Today: Chocolate Almond Salted Caramel  
Saturday: Chocolate Covered Strawberry

Culver’s, 14855 W. National Ave., New Berlin  
Today: Cookies & Cream  
Saturday: Caramel Peanut Butter

Culver’s, 3705 N. 124th St., Brookfield  
Today: Peanut Butter Cup  
Saturday: Chocolate Pretzel Crunch

Culver’s, 21300 W. Capitol Drive, Town of Brookfield  
Today: Really Reese’s  
Saturday: Crazy For Cookie Dough

Culver’s, 15280 W. Bluemound Road, Elm Grove  
Today: Cookie Dough Craving  
Saturday: Kit Kat Swirl

Culver’s, 701 Industrial Court, Hartland  
Today: Really Reese’s  
Saturday: Turtle

Culver’s, 1090 N. Rochester St., Mukwonago  
Today: Turtle  
Saturday: Chocolate Pretzel Crunch

Culver’s, W187-S7959 Racine Ave., Muskego  
Today: Double Marshmallow Oreos  
Saturday: Turtle

Culver’s, 1177 E. Summit Ave., Oconomowoc  
Today: Brownie Thunder  
Saturday: Mint Chip

Culver’s, W249-N6620 Highway 164, Town of Lisbon  
Today: Butter Brickle  
Saturday: Cookies & Cream

Culver’s, 400 E. Summit Ave., Wales  
Today: Crazy For Cookie Dough  
Saturday: Really Reese’s

Kopp’s Frozen Custard, 18880 W. Bluemound Road, Town of Brookfield  
Today: Turtle Sundae, German Apple Streusel  
Saturday: Red Raspberry, Symphony

LeDuc’s Frozen Custard Drive-In, 240 W. Summit Ave., Wales  
Today: Strawberry Shortcake  
Saturday: Butter Pecan

Oscar’s Frozen Custard, 21165 Highway 18, Town of Brookfield  
Today: Chocolate Chip Cookie Dough  
Saturday: Mint Chocolate Chip

## Today’s birthdays

Singer **Jay Black** (Jay and the Americans) is 80.  
Political commentator **Patrick Buchanan** is 80.  
Actress **Stefanie Powers** is 76.

Author **Shere Hite** is 76.  
Country-rock singer-songwriter **J.D. Souther** is 73.  
Actress **Kate Linder** is 71.  
Rock musician **Carter Beauford** (The Dave Matthews Band) is 61.

Actor **Peter Mullan** is 59.  
Singer-songwriter **k.d. lang** is 57.  
Rock musician **Bobby Dall** (Poison) is 55.

Pulitzer Prize-winning playwright **Lynn Nottage** is 54.  
Actress **Lauren Velez** is 54.  
Actor **Sean Kanan** is 52.

Actor **David Schwimmer** is 52.  
Christian/jazz singer **Alvin Chea** (Take 6) is 51.  
Jazz singer **Kurt Elling** is 51.

Wisconsin Gov. **Scott Walker** is 51.  
Rock singer-musician **Neal Casal** is 50.

Rock musician **Fieldy** is 49.  
Actress **Meta Golding** is 47.  
Rock singer-musician **John Hampson** (Nine Days) is 47.

Actress **Marisol Nichols** is 47.  
Rhythm-and-blues singer **Timothy Christian Riley** (Tony Toni Tone) is 44.

Rapper **Nelly** is 44.  
Actor **Danny Cooksey** is 43.

Rock musician **Chris Walla** is 43.  
Actress **Reshma Shetty** is 41.

Country singer **Erika Jo** is 32.  
Actor-singer **Kendall Schmidt** is 28.

# Area companies announce latest professional hirings

## Charleston|Orwig hires Rohweder

HARTLAND — Amy Rohweder recently joined Charleston|Orwig as media buyer and planner.

“Amy comes to us with a robust skillset to be a driver for innovative media ideas focused on a digital world,” said Jennifer Wallace, vice president, creative services. “Her expertise will elevate our strategy and deliver content in new and exciting formats.”

Rohweder joins CIO with

years of experience in both digital and traditional media as a digital media specialist. She has worked extensively with social media and other digital platforms across a wide variety of markets. An Illinois native, Rohweder studied business administration and marketing at Marquette University. She will work throughout



Rohweder

the agency with multifunctional teams to develop media schedules for all clients and facilitate client and media relationships.

## Prairie Financial Group hires Durham

WAUKESHA — Prairie Financial Group, a division of Waukesha State Bank, has hired Jean Durham as senior personal trust associate.



Durham

“I am very excited to announce the addition of Jean to the Prairie team,” said Victor J. Schultz, president and chief fiduciary officer of Prairie Financial Group. “Her extensive legal experience makes her a perfect fit for this position.”

Durham comes to Prairie Financial Group from Bank Mutual, where she worked for seven years as staff attorney and paralegal. She has broad legal skills and is an expert in analysis and negotiation of contracts, bank account titling and real estate transactions. In her new role with Prairie, Durham will be responsible for supporting Prairie’s senior trust administrators, with an emphasis on estate

settlement administration, real estate management and contract review.

Durham holds a Juris Doctor from Northwestern University School of Law and a Bachelor of Arts in psychology from Northwestern University. She is active in the community volunteering with Feeding America Eastern Wisconsin and Boy Scout Troop 530. She and her family live in Greenfield.

## Pokwinski joins MSI General

OCONOMOWOC — MSI General Corp. recently



Pokwinski

hired Kyle H. Pokwinski as a project estimator. Pokwinski has more than five years of experience in residential and commercial construction, in both estimating and managing projects.

Pokwinski received a bachelor’s degree from Carroll University in business management. He lives in New Berlin with his wife, Niki, and children. Pokwinski enjoys staying active, participating in charity runs and rides, traveling, and spending time with family and friends.

## How to get YOUR news in The Freeman

The Freeman wants your community news! We will publish the happenings at your schools and community groups — as well as everyday items — in this space on Page 2. But we need your help to get these announcements and pictures published. Submissions must be typed or emailed. No handwritten submissions will be accepted. Please send news items and photos to: [news@conley.net](mailto:news@conley.net)

## Real Life



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WISE ALDRICH

## CROSSWORD

By THOMAS JOSEPH

ACROSS 39 Catcher

1 Potential Castro

law 40 Concludes

5 Traveling 41 Turn

9 Love affair down

11 Showed

fear DOWN

13 “Sweet 1 Farm

Dreams” machine

star 2 Sights

14 Rolling 3 Bruce

15 Chick Spring- 12 Fabric

holder steen workers

16 Somewhat 17 Went

song 18 No longer

4 Big galoot 26 Houdini

working 5 Plant pest 30 Flock

20 That girl 6 “Hold on!” country

31 Doherty

21 Begat 7 Bruce 22 Manner

of the

22 Pills, in Spring- 24 Handout

slang steen seeker

23 Fuming 25 Police 33 Oboe part

song 34 Shade

24 Gift topper 8 Hollered

raids 37 Pop

25 “It’s — real”

27 Rental choice

29 Home of the Trojans

30 Like early sci-fi monsters

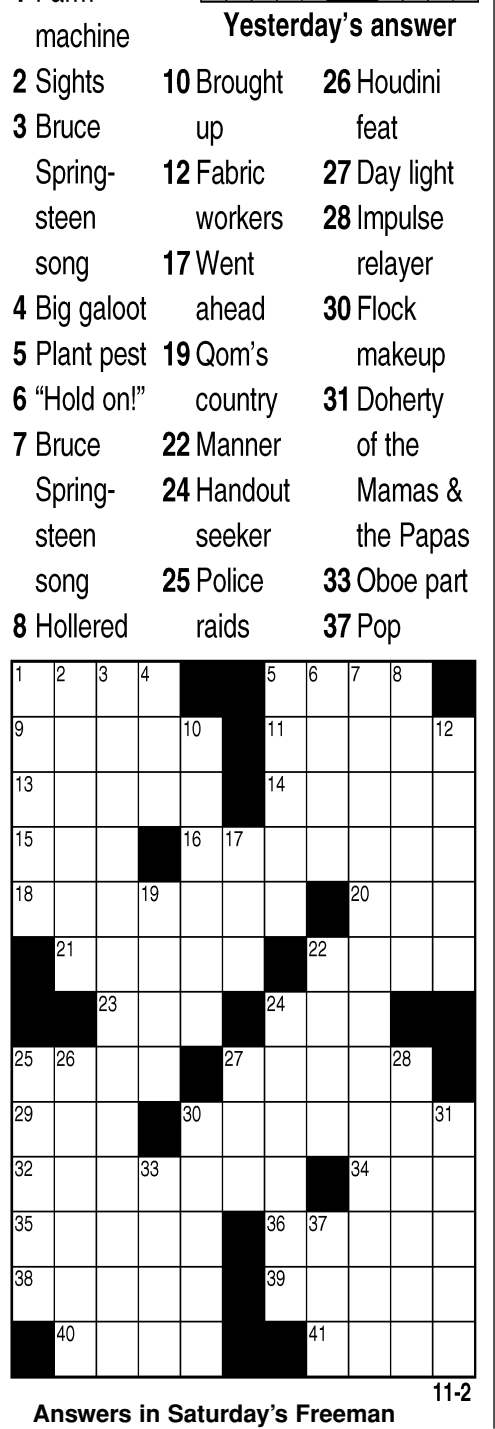
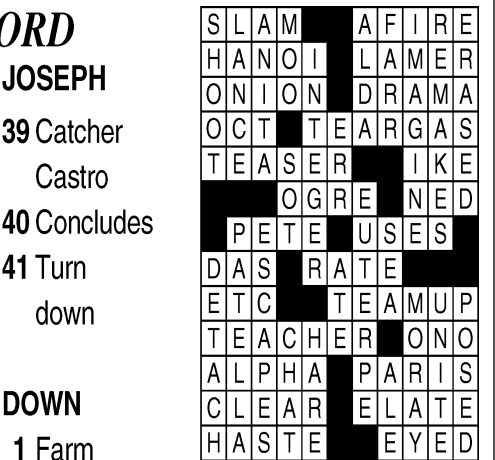
32 Composer’s work

34 Shade

35 Circus worker

36 Decorate

38 Sighted



Answers in Saturday’s Freeman