



Sustainable Kenosha County is an initiative of Kenosha County Executive Jim Kreuser, in partnership with Kenosha County UW-Extension & Kenosha County Department of Public Works and Development Services.

SUSTAINING PEACE IN A HECTIC WORLD

As fall hits, the fun of summer is coming to a close, families are back-to-school with full schedules, and days are starting to feel short. It is vital to find ways to curb the unavoidable stress in our busy lives to be able to sustain our well-being. Practicing mindfulness is the ability to be fully present and aware of what is happening. Try practicing these simple steps and you will be on the road to mindfulness:



1. Carve out time specifically for mindfulness. It can be incorporated into your daily walk, morning routine, lunch break, or time you set aside.
2. Allow yourself to observe what is happening now. Do you feel an ache in your back? A pang of hunger? That is fine; just try to sit with the feeling. And yes, it won't feel natural.
3. When (not if) your mind starts to wander, keep bringing it back to the present and do your best to sit with the experience you are having. A goal of mindfulness is fully giving your attention to what you are doing.
4. Do not let your judgments remain – if you start to think, “I’m not doing this right” or “I have 50 other things I should be doing in this five minutes!!” do not let those judgments fester. Recognize the thoughts and then bring yourself back to the here and now to complete your time practicing mindfulness.

GET YOUR FREE FOCUS ON ENERGY PACK!

Funded by electric and natural gas utilities, Focus on Energy has worked to install cost effective energy efficiency and renewable energy projects since 2001.



Focus on Energy also offers free energy saving packs for homeowners. There are six packs to choose from, including items like LED light bulbs, high-efficiency showerheads, pipe insulation, and advanced power strips.

Order your free pack online at focusonenergy.com/simple or call 800.230.4701. have your electric and natural gas utility account numbers available when ordering. There is a limit of 1 pack per household every 3 years. Please allow 4-6 weeks for your pack to arrive. Customers who would like to purchase additional products at discounted prices are encouraged to participate in the Retail Lighting program.

IT'S PRIME TIME FOR AGROTOURISM

Harvest season is here! Now is a great time to get out and enjoy the bounty produced by our state's hardworking farm families. Buying fresh, local produce is good for your health and supporting local farms benefits the entire community!



- Visit a Kenosha area farmers market:
 - Tuesdays 6 AM - 12 PM, Pennoyer Park
 - Wednesdays 6 AM - 12 PM, Columbus Park
 - Thursdays 3 PM - 7 PM, Lincoln Park
 - Fridays 6 AM - 12 PM, Baker Park
 - Saturdays
 - 9 AM - 2 PM, Kenosha HarborMarket along 2nd Ave in Downtown Kenosha (continues into winter at the Rhode Center for the Arts!)
 - 6 AM - 1 PM, Columbus Park
 - Sundays 10 AM - 2 PM, Bristol Farmers Market, Westosha Community Center
- Apples, pumpkins and raspberries, oh my! Find local orchards and U-Picks at farmfreshatlas.org
- The sheer amount of fresh produce available this time of year can be a little overwhelming! But no fear - you can learn how to safely save and preserve food at fyi.uwex.edu/safepreserving/

Sustainable Kenosha County Team

- Beverlee Baker
- Andy Buehler
- Matt Collins
- Donna Esposito
- Amy Greil
- Dayvin Hallmon
- Jeanne Hilinske-Christensen
- Jessica Kwapil
- Mark Melotik
- Leigh Presley
- Nancy Retana
- Tricia Stuart
- Mike Schrandt
- Ben Taggart

Are you interested in joining the team?

For more information, contact Leigh Presley at 262-857-1948 or leigh.presley@ces.uwex.e

Upcoming Events

- Sept. 15** - Pike River Clean-Up Day, 8:30 AM—4 PM, Petrifying Springs Park
- Sept. 15** - [Fall Fun Fest](#), 11 AM—3 PM, Pringle Nature Center
- Sept. 15** - [Glow in the Garden 3K Run/Walk](#), 5-9 PM, Petrifying Springs Park
- Sept. 22**— Biergarten Oktoberfest, 6-9 PM, Petrifying Springs Park Biergarten
- Sept. 29**— Pike River Trail Run/Walk, 10 AM, Petrifying Springs Park
- Sept. 29**— Fall Wheel Ride, 10 AM, Petrifying Springs Park

See the [Kenosha County Parks Events Calendar](#) for more sustainable end of summer fun!