



ADVERTISE YOUR UPCOMING EVENTS!

Out & About

TOWN



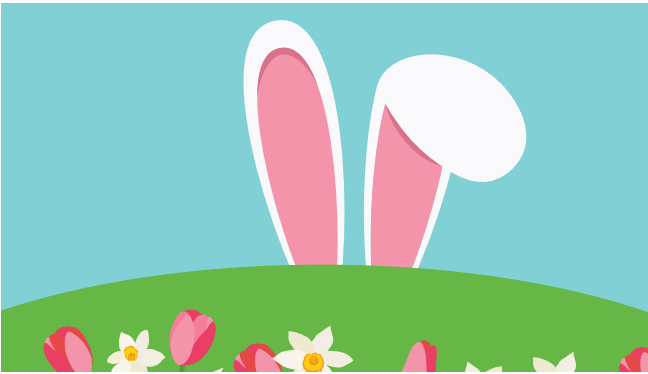
JUDA FFA  
ALUMNI AND SUPPORTERS

BLUE and GOLD  
NIGHT

Saturday, April 6, 2024  
MEAL 5PM – 6PM (DOORS OPEN AT 4:30PM)  
GUN RAFFLE, BINGO, LIVE AUCTION

Public Welcome  
Juda Community Center  
Gun Raffle & Meal Ticket \$80 (limited number available)  
Meal Ticket \$20 (limited number available)

To Purchase Tickets, Please Contact Ashely Foster  
608-214-2293 or judaffaalumni@gmail.com



2308 6th Ave.  
Monroe, WI  
608-328-8135

OPEN BOWLING STARTING AT 11AM DAILY!

Sign your children up  
for 2 FREE GAMES  
of bowling each day  
this summer!

Register at [www.kidsbowlfree.com](http://www.kidsbowlfree.com) • Ends August 31  
Age Requirement 2-15 Years Old. (Shoe rental not included)

LIVE MUSIC SAT. APRIL 6TH  
BLUE STEEL • 7:00 PM – 11:00 PM

LIVE MUSIC WED. APRIL 10TH  
JUNCTION JAMMERS • 1:00 PM – 4:00 PM

DAISY'S AXE BOX  
NOW OPEN THURSDAY – SUNDAY  
INSIDE LEISURE LANES

PART-TIME  
COOKS  
(NIGHTS & WEEKENDS)

NOW  
HIRING  
• APPLY WITHIN! •

STOP IN FOR OUR SPECIAL

WILD ALASKAN  
FISH SANDWICH

\$2.00 OFF  
a Fish Sandwich  
Combo  
Gift Cards Available

405 8th St, Monroe  
608-325-5584

Limit one per customer.  
Expires: April 1, 2024

Habitat  
for Humanity®  
of Green County

HABITAT FOR HUMANITY FUNDRAISER  
Buffet Breakfast

SUNDAY,  
APRIL 7  
8AM-NOON

AT THE MONROE  
MOOSE LODGE  
639 3RD AVE.  
MONROE, WI

FITNESS  
Nutrition  
CENTER

CONTROLLING BLOOD SUGAR NATURALLY

Everyone relies on their body's ability to regulate blood sugar, trusting that their endocrine system will compensate for their level of physical activity, consumption of food, and need for metabolic energy so that they can maintain a state of activity and health. However, even those with healthy endocrine systems can experience chronically high or chronically low blood sugar levels, leading to a host of health complications.

People with disorders of blood sugar regulation are at an even higher risk of significant damage and may face acute health crises as a result of deviations of blood sugar. As such, people with prediabetes, type 2 diabetes, or a metabolic syndrome learn to carefully regulate their dietary glucose intake. Meanwhile, those with type 1 diabetes or advanced type 2 diabetes must provide their endocrine system with pharmaceutical support like insulin infusions to avoid crisis. Unfortunately, even when obeying strict diets and employing pharmaceutical aids to reduce blood sugar, keeping blood sugar at a steady and healthy level can be extremely challenging, and patients often faced with the prospect of over-correcting their deviant blood sugar levels, while may cause symptoms like shakiness, anxiety, or confusion.

Now, a growing number of experts within the scientific community believe that nutritional strategies that support natural blood sugar regulation, particularly berberine supplementation, may be the solution.

Berberine is a compound found in barberries, turmeric, cork, and certain cultivars of poppy. While berberine was originally used in ancient Chinese medicine as a natural anti-inflammatory, recent analyses have focused on berberine's ability to alter cellular metabolism. By altering cellular metabolism, berberine may be the blood regulation tool which patients have sought.

Berberine is exceptionally effective as a blood sugar regulator because it can reverse insulin resistance and restore the body's ability to regulate blood sugar. A seminal 2010 study found that berberine was as effective as first-line pharmaceutical treatments like metformin for lowering blood glucose levels in patients with type 2 diabetes. Significantly, berberine retained its effectiveness in patients with hepatitis B or hepatitis C-induced liver damage, who are often more difficult to treat because a compromised liver may not be able to process medications as efficiently as those who are healthy. In these patients, berberine also reduced liver enzymes associated with liver malfunction, indicating that it was beneficial for their livers independently from its beneficial effect on blood sugar.

If you would like to supplement with berberine we carry one from NOW foods. \$28.95 for a one-month supply.

♦Vitamins ♦Minerals ♦Herbs ♦Sports Supplements

640 4th Ave., Monroe, WI 608-325-6900  
Monroe Hours: Mon.-Fri 8am - 6pm • Sat. 9am - 1pm • Sun. Closed  
421 W. South St., Freeport, IL 815-599-8520  
Store Hours:  
Mon.-Fri 9am - 6pm • Sat. 9am - 1pm • Sun. Closed

MOUND VIEW RV

THE ROAD TO ADVENTURE  
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See the  
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Models!

RV NETWORK

SPRING  
OPEN HOUSE

Fri., April 5  
9 a.m. - 6 p.m.

Sat., April 6  
9 a.m. - 5 p.m.

Sun., April 7  
10 a.m. - 4 p.m.

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• Huge Indoor Showroom  
• Largest Stocked Parts Room in Tri-State Area  
• Take Advantage of 20% OFF Most Parts and Accessories

We Have It All! I  
New & Used

Travel Trailers, Fifth Wheels & Toy Haulers  
Forest River: Cedar Creek, Hemisphere, Sandpiper,  
Impression, Chaparral, Surveyor, Avenger, Catalina,  
Salem, XLR Nitro, Hyper Lite, Boost  
Gulf Stream: Vista Cruiser, Vintage Cruiser,  
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Riverside RV: Retro, Intrepid

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