

## Questions at the Grocery Store from Bart Sumner

In the days that immediately followed my 10-year-old son's death, perhaps there was nowhere more terrifying than the grocery store – the place I had spent countless shopping excursions begging my son and his little sister to stop running.

Begging them to be polite and think of the other people in the store who were trying to shop and not to consider the store a playground. My son always got it and tried to rein his sister in, but she'd needle him a little, and before the second hand had gone full circle, they'd both be doing what I asked them not to.

He knew I'd be annoyed, and it always made him feel bad, but they had a special bond these two. He was the protector, he knew what would make my wife and I mad and what wouldn't, and most of the time he knew where the line was they shouldn't cross.

I noticed in the days after his death, his sister had to learn where "the line" was. It wasn't where it used to be, and it was not where it would be in a month, 6 months, 1 year, 5 years. But those battles of wills and rules were the good memories of shopping.

The truth was they were great kids, usually helpful, always full of life, who, even if they didn't always follow them, knew the rules. We had taught them that.

No, the terror of the supermarket wasn't the memories so much; it was all those other people. The ones shopping who would make eye contact.

Did they know? Did they know that the one of the most special people in the world to me had been taken away? Did they know I was one fleeting memory away from flowing tears and crippling grief? Were they trying to put the face with the newspaper article they read, or were they one of the thousands at his vigil? Did their kid play football too, or had, or wanted to? Had they seen us around school? Church? The theater? Baseball? Softball? Work? Had



***Did they know? Did they know that the one of the most special people in the world to me had been taken away?***

they lost a child? A spouse? Parent? Sibling? Dog? Hamster?

And when that tiny wave of recognition clicks on their face, what then? Were they going to say something? Oh God, I hoped they wouldn't say something, but if they had to, please make it short and sweet.

Or maybe worse yet, they didn't know. How dare them? How dare they stand there and not throw their arms out and wrap me up? No matter how much it made my skin crawl to hug someone again at that exact moment, how dare they not know, and not try? Didn't you read the newspaper? Watch the TV news?

The greatest little boy that ever walked the face of this planet has died. My little boy. How dare they not know that!?!

And that was just the other customers. The employees all knew my son. He always said "Hi." He was one of those polite kids who came to the bakery, asked for a cookie, and said thank you when he got one. When I saw the lady in the bakery and she asked how I was I couldn't tell if she knew or not. I wanted to tell her. But I figured I was finally past the "Let me tell you what happened and make you feel bad because I really feel like dying and I can think of nothing I want more right

now than to make you feel like dying too" stage.

I just nodded and replied with "Hanging in there." She nodded. But, behind me I knew, only 20 feet from where I stood, was the sweet lady who worked in the pre-packaged meat and cheese aisle. She rotated the stock and gabbed with anyone who wanted to talk, and basically made shopping in that store a friendly experience.

Over the years she had become a friend. She was proud of her children. And she loved my kids. I walked in the week before, knowing she may not have heard. There in front of shiny packages of Oscar Meyer Bologna and Ball Park Franks, she greeted me with her usual smile.

I started to tear-up, realizing she hadn't heard. She sat down on the edge of the deli case and wept. Then she took my hand and we went outside and both wept. Again I was reminded that it wasn't just us that had lost my son. She came to the memorial. But every time I went back into

CONTINUED ON PAGE 2...

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# Grief is Not a Sign of Weakness

Grief is not a sign of weakness, but a tribute to our loved one and a healthy response to heartache. Avoiding grief postpones reintegration and clinging to it prolongs pain. Neither approach helps.

## 12 STEPS IN THE GRIEF PROCESS

**1. Reintegration from a loved one's death requires more than time:** yet, if we allow ourselves the time to mourn, we can break grief's grip on us. Recognizing the role and value of the process orients us to accepting death. Acceptance marks a major step toward recovery.

**2. Shock initiates us into mourning:** We go numb, feel stunned or in a trance when someone we love dies. This is nature's way of cushioning us. The length and depth varies according to our relationship. Shock allows us time to absorb what has happened. The guidance of caring people can sustain grievers. We regain control as numbness wears off and acceptance grows.

**3. Grief causes depression:** Grievers typically experience loneliness and depression. This pain, too, will pass. Being alone need not result in loneliness. Reaching out to others is a key way to lessen loneliness and to overcome depression.

**4. Grief is universal: grievers are distinctive:** grieving follows a pattern, but each griever experiences it differently. Awareness of the basic patterns reveals common ground for mutual help and support. Recognition of uniqueness enables grievers to help themselves, guides sympathizers in what to say or do.

**5. Grief is hazardous to our health:** The mental and emotional upset of a death causes physical distress and vulnerability to illness. Grievers sometimes neglect healthy nourishment and exercise, overindulge in drinking, smoking or medication. We might need a doctor's advice.

**6. Grievers need to know they're normal:** We might panic in the face of the unknown. Panic prevents concentration and defers acceptance of death. It tempts us to run from life and refuse to try new things. Patience with ourselves and a willingness to accept help, enables us to subdue panic and outgrow its' confusion.

**7. Grievers suffer guilt feelings:** many blame themselves after a loved one's death, for the death itself or for faults in the relationship. We have all made mistakes, and sincere regret is the best response to them. However, self-reproach affects our mental health and impedes us in confronting and dealing with guilt feelings.

**8. Grief makes people angry:** People in grief naturally ask, "why?" Most of these questions have no answers. Frustration then causes us to feel the resentment and anger. We want someone to blame. If we can accept the lack of answers to "why?", we might begin to ask, what can we do to grow. Then we have started to move beyond anger and toward hope.

**9. Emotional upheaval characterizes grievers:** A loved one's death disrupts emotional balance. The intensity of feelings seems overwhelming. Other grievers and

counselors can help us interpret and deal with these feelings. As we come to understand, we find ways to ventilate our emotions and channel them constructively.

**10. Grievers often lack direction and purpose:** At times in the grieving process, a drifting occurs. Mourners find familiar activities difficult. We daydream about what was or what might have been. If we foster gratitude for the past and begin to assess our potential for the future, this will provide a passing phase, not a permanent state.

**11. Healing brings hope to grievers:** It takes time and effort, but gradually hope dawns for bereaved people. We learned to express emotions without embarrassment. We cherish memories, bittersweet though they are. We begin to feel concern for and show interest in others. We assume responsibility for ourselves. The example of other recovered grievers helps us discover and develop our own potential.

**12. Survivors reaffirm themselves and choose life:** Eventually, grievers recognize and embrace a healthy healing truth:

*Grief has changed me,  
but has not destroyed me.  
I've discovered new things about myself.  
I can build on strengths  
developed through adversity.  
I'm no longer my "old self,"  
but I'm still me,  
and I face the future with confidence.  
Life is worth living because  
I can love and be loved. ❖*

Article reprinted from Faith and Hope Ministries

...CONTINUED FROM PAGE 1.

that store, there she was stocking meats and cheeses. I'd pass, exchange a meaningful hand grasp, and move forward. There was nothing else to do.

As I'd continue, every face presented the same questions.

I started using a list, I had to, otherwise I would endlessly wander the aisles, looking at everything I had ever bought, thinking of my son. "Tuna," he used to reach down and hand me the cans. Hot Pockets, he loved them for breakfast with his preference in taste leaning towards the sausage, not bacon.

I'd see something he loved which we didn't usually buy, and into the cart it would go, I had to have one for him. Before I know it I had a cart full of Cheetos, Garlic bread and Pringles.

So I'd get in line. Which checker was on duty? Oh no, not the manager. He had purchased the winning football raffle ticket from my son last year. He had played on the same football field 30 years ago when he was growing up that my boy died on. He loved my boy. I couldn't face him again. He'd understand.

I would also avoid the checker with the weathered face and gentle eyes. She always asked about the kids and I didn't want to go through it again. I'm mean really, what was the appropriate thing to say to "Where are the kids today?" "Oh thanks for asking, my girl is in school, and my son is in an urn on top of the piano. How are you?"

I'd find a cashier on the end I didn't know. Longest lines, but who cared.

I'd punch in my member number (the boy loved doing that for me). I'd open my

wallet and absentmindedly pull out the credit card with the picture of the kids at the beach. My son was buried up to his neck in the sand, and his sister was grinning ear to ear, holding the shovel and pail. A great picture taken when we were camping that year. Inevitably the checker would notice.

Eventually, that credit card would start to bring a smile to my face, helping me remember the good times. But at first it was the last reminder on the way out of the store ... my boy was dead, my life had changed forever, and at least for the near future, the supermarket sucked. ❖

*Thanks to guest author Bart Sumner for sharing his story. Bart's daughter has attended two Comfort Zone Camps and says they "gave her some great support to see her through the nightmare of losing her brother."*

Article printed from Hello Grief: <http://www.hellogrief.org>



## SUPPORT

### THE COMPASSIONATE FRIENDS

For parents and grandparents grieving the loss of a child.

**Door County** –Second Thursday of each quarter at 7pm. The meeting for the fall will be October 10 at the Door County Memorial Hospital in Sturgeon Bay. We welcome bereaved parents, siblings and grandparents. Contact Dawn Sandusky, 920-854-9801. Voice message number 1-800-589-2669. [www.doorcountytcf.org](http://www.doorcountytcf.org)

**Green Bay** – Meetings 3rd Thursday of month at 7pm at First United Methodist Church, 501 Howe St. 7:00 pm, 370-3858

### GENERATIONS

#### HOPE FOR GRIEVING FAMILIES

Designed to support grieving families with children & teens ages 6-18. Dinner followed by separate support groups for parents & children. Meetings go from 5:30 – 7:30 pm at Unity Campus, 2366 Oak Ridge Circle, DePere. Upcoming events are September 12, October 10, and November 14. Registration required. Call Lisa DeSieno at 338-1111 or 800-990-9249.

### THE CARE COMMUNITY

Web site provided by In-Sight Books, Inc. free of charge to any who wish to join. Visit [thecarecommunity.com](http://thecarecommunity.com) for Grief's Safe Place for those who have experienced a loss

### SHARE

For parents who have lost a baby through miscarriage, still birth or early death. McKenna Library, Room 2838 at St. Vincent's. Upcoming sessions: 9/12, 10/10, and 11/14; at 7pm. 433-8634

### SHARE MISCARRIAGE MEMORIAL SERVICE 11/7 1 pm

For babies miscarried less than 20 weeks. Allouez Cemetery, Chapel service followed by graveside blessing and reading of names. Friends, siblings & extended family members welcome. Upcoming meetings are September 12, October 10, and November 14. Please contact Lana Reinke or Theresa Shuck at 433-8634

### S.O.S. (SURVIVORS OF SUICIDE)

For family and friends to cope with the loss of a loved one due to suicide. Second Monday of every month 7-8:45pm at Bellin Mezzanine, 2020 S. Webster (former Lindy's Grocery); meetings on 9/9, 10/14 and 11/11. Jonna Bostedt 437-7527. ❖

## VIDEO REVIEW

### "Remembering With Love"

by Elizabeth Levang, Ph.D and Sherokee Ilse

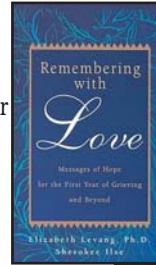
Review by Joan Faltynski

How fitting it is that the subtitle of this work is – "Messages of Hope for the First Year of Grieving and Beyond"!

Have you ever experienced the joy and comfort of a friend who – by their very presence – brought peace to your anxious heart? "Remembering with Love" is just such a friend. It seems like every different ache the reader senses after losing a loved one is addressed by these authors.

The format is one which is very sensitive to the grieving reader who finds it so difficult to concentrate for long periods of time. It offers a single-page consideration consisting of: a personal experience of loss; a brief reflection; and an idea for you to use as a means for caring for yourself. Like a one-a-day vitamin, which supplements daily nutritional needs, these one-a-day reflections sustain and support the reader emotionally and spiritually as they walk the long, lonely road of grief.

So often we have heard the adage that begins, "Out of the mouths of babes..." In moments of grief, it is truly the words of these little ones that help us identify and voice the real pain we are feeling. For example:



"After Mother died, we asked our six-year old daughter how she felt. She said, 'It feels like I have a flat tire in my stomach.'"



For each of us, the grief journey looks a little different and may last a different duration of time. A few things, however, are certain:

- It is a process that can't be rushed or avoided.
- There are no simple shortcuts.
- It must be lived.

Having the support of family, dear friends and sensitive authors like these—ones who sense our aching hearts and who walk the journey with us—help us to "Remember with Love"...and they make all the difference in the world. ❖

Joan Faltynski (Oct. 16, 1939-May 4, 2013), a life long elementary and middle school teacher, reviewed books and videos for Proko-Wall. This book, as well as other videos and books, is available for checkout at Proko-Wall's community library.

## DINNER FOR ONE

### Chicken Quesadillas from fitzone.com

- 1 flour tortilla
- 3 oz. roasted or broiled chicken meat chopped
- 1/4 cup low fat jack cheese
- 2 Tbsp. Salsa
- 1 green onion, chopped
- 1 Tsp. nonfat sour cream
- 1/2 cup lettuce, shredded
- 1/2 medium tomato, chopped



Place all ingredients on the tortilla. Microwave or heat in a pan until cheese is melted. ❖



# GRIEF SUPPORT GROUPS

*"Shared tears and laughter are healing; trying to help others is a potent pain reliever."*

—Erin Diehl, who lost her husband of 43 years to cancer.

## GRIEF SHARE PROGRAM

Support group for people experiencing the death of a loved one.

### **Green Bay: Pilgrim Lutheran Church:**

1731 St. Agnes Dr. Call 965-2233 for schedule. New session begins September 9.

## LIVING WITH LOSS

### **Heartland Hospice Support Group:**

5 week sessions in Green Bay, Shawano & Peshtigo. For dates, locations & reg. call 336-6455 or 1-866-631-3149.

### **Asera Care Hospice Support Group:**

1294 Lombardi Ave., Green Bay, call Mandy for schedule, 497-4672

## NAVIGATING THE WATERS OF GRIEF

Unity Hospice's Adult Bereavement:

**Green Bay Area:** Unity Office, 2366 Oak Ridge Cr., De Pere; Sept. 10 -Oct. 8, 6-7:30pm; Call 338-1111 or 1-800-900-9249. (Special holiday grief meeting November 19-December 17 from 1:30-3:00 p.m. or 6:00-7:30 p.m.)

**Grief Connection:** 3rd Wed. of month. September 18, October 16, and November 20 from 6:00-7:30 p.m.

**Women's Luncheon:** 3rd Wednesday from Noon-1:30pm at a local restaurant. Call 338-1111 for location.

## DE PERE COMMUNITY CENTER

Grief support groups held the 2nd Mon. of every month at the DePere Community Center at 600 Grant St. DePere. September 9 and October 14 from 5:30-6:30pm.

## LAKESHORE GRIEF SUPPORT

**Monday, 9/2, 9/9, 10/7, and 11/4;** 6-7:30 pm. Manitowoc County Office Complex 4319 Expo Drive; Manitowoc.

**Saturday, 9/14 and 9/28, 10/12 and 10/26, 11/9 and 11/23;** 10 am-11:30am; Aurora Two Rivers Michigan Conference Room

**Wednesday, 9/11, 10/9 and 11/13;** 7:00 -8:30 p.m.; S.O.S. (Survivors of Suicide) St. Peter the Fisherman Parish Hall, 3218 Tannery Road; Two Rivers.

**Thursday/Friday, 9/13, 10/10 and 11/14;** 7:00-8:30 p.m.; Aurora Two Rivers. Call Robb Spaulding at 920-320-4232.

## LIVING WITH LOSS

**Appleton – Affinity Visiting Nurses Hospice;** 1st Tues. at 2:30 pm at Thompson Community Center, 820 W. College Ave.

**Men Journeying through Grief;** 1st Wed. 6-8pm, 816 Winneconne Ave., Neenah.

**Peace through Grief:** 6-week program looking at the grief experience. Pre-reg. required, 727-2000 or 1-866-236-8500.

## PULASKI GRIEF SUPPORT

Open to all faiths and all ages. 3rd Wed. of month at 6:30 pm. At Assumption B.V.M. in the church basement in St. Clare Room. Call 822-3223.

## ST. JAMES GRIEF SUPPORT

St. James Parish, Cooperstown; Sessions, 9/29 and 11/3 from 6-8pm. Contact: Tom Bekkers, 660-8066.

## UNDERSTANDING GRIEF

One time overview of grief; Monday, September 30 from 11:00-12:30p.m. in Gillett, and Wednesday, October 23 from 11:00-12:30 p.m. in Marinette. Please call Unity office for exact location of event. Contact: call 338-1111 or 1-800-900-9249.

## HOLDING CARE

Grief support provided by St. Philip the Apostle. Ca.; Sr. Helen at 468-7848.

## AURORA GRIEF SHARE

**Green Bay:** For adults; 4-week session; Wed. from 1-2pm, Aurora Baycare Hospital Chapel, 2845 Greenbrier Rd. 288-3094 or renee.lubinski@aurorabaycare.com.

**Manitowoc/Two Rivers:** Aurora Baycare Hospital: 5000 Memorial Dr., Two Rivers. Call Sheila Hamilton at 920-288-5100 with questions or Sheila.Hamilton@aurora.org.

## ECUMENICAL GRIEF SUPPORT

**From Mourning to Hope:** Green Bay. Various grief seminars and support groups. Call, 920-737-2790.

**Healing Your Grieving Heart:** Sponsored by Resurrection and St. Matthew parishes. Upcoming sessions: Oct. 31, Nov. 7, 14, 21 and Dec. 5 at Resurrection from 6:30-8:00pm. Call Sheila DeLuca at 336-7768 or Ann Froelich at 435-6811.

**Journey Through Grief** Offered by St. Bernard Church on Tuesday evenings from 7-8:30pm. Oct. 1, 8, 15, 22, 29. To register, please call Sr. Caroline Castellini, OP, 468-4811, ext. 103. No fee. ❖

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# Tomorrow™

## Calendar of Events

### NUMBERS & EVENTS TO REMEMBER

**Meyer Theatre**, 494-3401,  
www.meyertheatre.org  
**Weidner Center**, 465-2217  
www.uwgb.edu/tickets  
**St. Norbert College**, 403-3950,  
www.snc.edu/performingarts/tickets  
**Fox Valley PAC**, 730-3760,  
www.foxcitiespac.com  
**Green Bay Visitors & Convention  
Bureau**, 494-9507 Call 24/7 494-1111.  
**Wisconsin Travel Information**,  
800-373-2737.

**Neville Public Museum Exhibits:**  
*Native American Games: The history of  
Lacrosse* (thru 10/20/13); *The Port of  
Green Bay* (thru 12/31/13);  
*MuseumPLACE: a Celebration of  
Community* (thru 11/17/13); *69th Art  
Annual Juried Exhibition* (9/14/13 thru  
1/5/14)  
**Fridays on the Fox:** Friday night  
entertainment series thru September  
from 5-9pm on the downtown City  
Deck. Varied entertainment from  
comedians to dance troupes to bands  
to outdoor movies. Food, beverages  
and children's area on-site at the event.

**Farmers' Market  
on Broadway:**  
Wed. 3-8pm;  
Broadway District;  
thru 10/16.



**Green Bay  
Farmers' Market:** downtown Green  
Bay, just East of Monroe Ave.; 95  
vendors; 7am-noon; thru Oct. 26.  
**Oneida Farmers' Market:** Located at  
the Oneida one stop Hwy. 54.  
Thursdays, 12:00-6:00 p.m. Thru Oct.  
**De Pere Farmers' Market:** East De  
Pere, 144 N. Wisconsin Street.  
Thursdays, 7:00-12:00 p.m. Thru 10/18.

### Village of Bellevue Leisure Services:

All are welcome.  
**Bingo;** 1-3pm;  
Community Center;  
\$.50 per card. (9/19,  
10/17, 10/31, 11/21,  
12/19)



**Movie Matinee;** 1:00-3:00pm; Bellevue  
Community Center, 1811 Allouez Ave.;  
\$1.00 (includes movie, popcorn &  
drink). (9/12, 10/10, 11/14, 12/12)

**Chicago Shopping:** Saturday,  
November 16, 2013, 08:00am -  
11:00pm. Coach bus trip, call (920)  
465-5525 for more information.

## S E P T E M B E R

**Wed. Sept. 4 Senior Citizen Day at the  
NEW Zoo;** 9am-6pm; Free for 62+.  
**Sat. Sept. 7 18th Anniversary Celebration**  
featuring Art Harvest; Daylily & Hosta  
sale, entertainment, & food; 9am-4pm;  
Green Bay Botanical Gardens. 490-9457  
**Sat. Sept. 7 History of Transportation,**  
Heritage Hill, 10-4:30 pm, 435-2244  
**Sun. Sept. 8 Grandparent's Day at Green  
Bay Botanical Gardens** from 9:00 a.m. to  
5:00 p.m. Free Admission for  
Grandparents.

**Wed. Sept. 11 and Sun. Sept. 15 If  
Tombstones Could Talk;** Woodlawn  
Cemetery Walk; 6:30 pm; guided  
cemetery tour tracing stories of past  
residents of Green Bay now resting in  
Woodlawn; Reservations necessary: \$6  
individuals; \$12 families w/children 17  
& under.

**Wed. Sept. 11 An Evening with Tommy  
Emmanuel;** Meyer theatre, at 7:30 p.m.  
Tickets \$29.50-\$39.50.

**Thurs. Sept 12 Kathy Griffin,** Weidner  
Center, 8:00 pm, \$35-55  
494-3401

**Thurs. Sept. 12 Sam & Ruby Reunion  
Concert;** Meyer Theatre, at 7:00 p.m.  
Tickets: \$25.00

**Fri. Sept. 13 Our Saviour Lutheran Church  
Fish Fry;** stop by for food and fellowship.  
Serving from 5:00-6:30 p.m. Prices: \$6-  
\$15. 120 S. Henry Street.

**Fri. Sept. 13 Cup O' Joy Benefit Concert  
with Bebo Norman;** Meyer Theatre, at  
7:00 p.m. Tickets: \$15.00-\$20.00. Tickets  
available ahead of time.

**Sun. Sept. 15 If Tombstones Could Talk,**  
Woodlawn Cemetery, 4:00 pm, \$6, 437-  
1840

**Sun. Sept. 17 History of Transportation;**  
Heritage Hill. 10:00 a.m. – 4:30 p.m.

**Thurs Sept 19, Gallery Night,** 5-8 pm;  
Various Art Galleries, 437-2531

**Fri. Sept. 20 My Big Fat Pulaski Wedding;**  
Meyer Theatre, tickets starting at  
\$29.00. Additional dates: 9/26-28, 10/3-  
4, 10/10-12.

**Sat. Sept. 21 Walk for Wildlife;** 8am-  
Noon; Bay Beach Wildlife Sanctuary.

**Sat. Sept. 21 Rails and Ales Brewfest;**  
Located at the National Railroad  
Museum from 5:00-10:00 p.m.

**Sat. Sept. 21 Oneida Big Apple Fest;**  
At the Oneida Apple Orchard and  
Cultural Heritage  
from 10 am-4 pm.

**Sat. Sept. 21 – Sun.**

**Sept. 22 2013 Fall  
Showcase of New  
Homes;** & Sept. 26-29.

**Sat. Sept. 24 Art-Craftic On Broadway;**  
Eclectic mix of arts and craft vendors  
along with “do-it-yourself” pros.  
10am-6pm; Broadway District.

**Wed. Sept. 25 Preservation Hall Jazz  
Band,** Meyer Theatre, 7:30 pm; \$20-  
Student, \$35-55 Adult

**Thur.-Fri. Sept. 26-27 Daddy D's Forever  
50's;** Riverside Ballroom. \$28.00. ❖



# CALENDAR OF EVENTS

*"Time, they say, heals all wounds...*

*But time works its magic only when it's used well."* — Carol Luebering

## OCTOBER

**Wed. Oct. 2**  
*Forever Young Senior Festival;*  
8am-2pm;



Shopko Hall. Free admission.

**Sat. Oct. 4** *Annie Rose is Pure Janis;* Fox Cities PAC, starting at 7:30 p.m. Tickets: \$35.00.

**Sat. Oct. 4** *Brown County Civic Music Association Concert;* Chanticleer; 7:30pm West High School Auditorium.

**Sat. Oct. 5** *Fall Family Festival;* Green Bay Botanical Gardens. Kids: \$2, Adults: \$7, Family: \$10. (10:00 a.m. -3:00 p.m.)

**Mon. Oct 7** *Acoustic Autumn with Mary Chapin Carpenter & Shawn Colvin* 7:00 pm, Meyer Theatre, \$50+

**Tues. Oct. 8** *The Moody Blues;* Fox Cities PAC, starting at 7:30 p.m. Tickets Starting at \$58.50.

**Tues. Oct. 8** *Arlo Guthrie;* Meyer Theatre. Tickets starting at \$35, 494-3401

**Fri. Oct. 11** *Our Saviour Lutheran Church Fish Fry;* stop by for food and fellowship. Serving from 5:00-6:30 p.m. Prices: \$6-\$15. , 120 S. Henry Street.

**Fri.-Sat. Oct. 11-12, 18-19 & 25-26** *Zoo Boo;* 3-8pm NEW Zoo.

**Sat. Oct. 12** *Fox Valley Symphony: Festa Italiana;* Fox Cities PAC, 7:30 p.m.

**Sat. Oct. 12 & 19** *Great Pumpkin Train;* 9am-5pm; National Railroad Museum

**Tues. Oct. 15 – Sun. Oct. 20** *Memphis;* Fox Cities PAC, various show times. Tickets starting at \$42.

**Fri.-Sat. Oct. 18-19 & 25-26** *Halloween at Heritage Hill,* 5-8 pm, 448-4150

**Fri.-Sat. Oct. 25-26** *Sweet Street;* Safe Halloween event; 9am-4pm; Shopko Hall. Children age 2-12: \$6.00. Adult age 13+: \$3.00.

**Tues. Oct. 29** *10th Annual Fox Cities Choral Music Festival;* Fox Cities PAC starting at 7:00 p.m.

**Wed.-Thurs. Oct 30-31** *Hello, Dolly!* Starring Sally Struthers; Fox Cities PAC starting at 7:30 p.m. ♦

## NOVEMBER

**Fri. Nov. 1** *Fox Valley Symphony: Far and Away Places with Patti LuPone,* Fox Cities PAC starting at 7:30 p.m.

**Sat. Nov. 2** *Brown County Civic Music Association Concert;* International Chamber Soloists; 7:30pm West High School Auditorium.

**Sat. Nov. 2** *Fall Gift & Craft Show;* East Town Mall. 468-8500

**Wed. – Sat. Nov. 6-9** *WI Sweat Sale;* Shopko Hall, 494-3401

**Thur-Sat Nov 21-23** *Daddy D's "A Christmas Carol",* Riverside Ballroom, \$28 or \$44, 544-4244

**Fri. Nov. 8** *Our Saviour Lutheran Church Fish Fry;* stop by for food and fellowship. Serving from 5-6:30 p.m. Prices: \$6-\$15. 120 S. Henry Street.

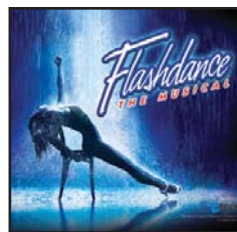
**Mon. Nov. 11** *Veteran's Day at the NEW Zoo;* 9am-4pm; Free admission for veterans and active service members and their families, 434-7841

**Tues. Nov. 12 – Sun Nov. 17**

*Flashdance – The Musical;* Fox Cities PAC, various show times.

**Tues. Nov. 12** *Sharing an American Story;* 5:30 p.m. reception show starts at 6:30 p.m. Meyer Theatre; Tickets starting at \$25.00, 494-3401

**Wed. Nov. 13** *SPANK! The Fifty Shades Parody;* Meyer Theatre, 7:30 pm, Tickets: \$35.00.494-3401



**Fri.-Sun. Nov. 15-17** *Sesame Street Live-Make a New Friend;* Brown County Arena. 494-3401. Tickets starting at \$34.00.

**Tues. Nov. 19** *The Fresh Beat Band: Live in Concert;* Fox Cities PAC starting at 6:30 p.m. Tickets starting at \$36.00.

**Thur. Nov. 21** *Gallery Night;* 5-8pm various locations.

**Fri. Nov. 22** *Lighting Ceremony;* 5-8pm; Old Fort Square, 437-2531

**Sat. – Sun. Nov. 22-23, 12/30;** *A Frank's Christmas;* 8pm Meyer Theatre. Tickets: \$32.00.

**Fri. Nov. 22** *Jim Brickman: The Magic of Christmas;* Fox Cities PAC starting at 7:30 p.m. Tickets starting at \$31.50. Sat. Nov. 23, Green Bay Holiday Parade, Downtown GB, 10 am, 437-5972

**Sat. Nov. 23** *Everybody's Rummage Sale;* 8am-2pm Shopko Hall, 494-3404

**Sat. Nov. 23** *Time Warner Cable Green Bay Holiday Parade;* 10am; Downtown Green Bay.

**Thurs. Nov. 28-Jan. 5** *Festival Trees;* National Railroad Museum.

**Fri. Nov. 29** *Holiday Victorian Tea;* Hazelwood Historical House, 2:00-4:00 p.m. Admission Fee: \$15.00, 437-1840

**Fri. - Sun. Nov. 29-**

**Dec. 1** *The Polar Express;* National Railroad Museum, 437-7623

**Fri. Nov. 29** *WPS Garden of Lights;* tickets available ahead of time. Visit [www.gbbg.com](http://www.gbbg.com) for more information. (11/29-12/1; 12/6-8; 12/13-15; 12/20-22; 12/26-30) Sat. 403-3950. ♦



*Proko-Wall has gathered information on as many local events as possible. Proko-Wall is not recommending any particular event and lists them only as a public service.*

