



## High school holds concert

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Sumner-Fredericksburg High School held its annual winter concert Monday, Dec. 12, with the band and vocal departments filling the air with holiday music. (Above) Sumner-Fredericksburg High School band members perform “A Christmas Flourish” to kick off the high school winter concert Monday, Dec. 12. (At right) Members of the S-F High School concert choir concentrate on their music as they sing “It Came Upon a Midnight Clear.”



## School board holds regular meeting

(Concluded from page 1)

13 and Dec. 16. The Dec. 13 were virtual meetings over Zoom, while the Dec. 16 meetings will be onsite with every building being visited. Based on the report, it will determine the district's needs and what the district applies for with \$50,000 per building. He informed the board the process is lengthy and can take many months, and the funds can be accessed until the end of 2024.

For the middle school principal's report, he stated the concerts are set for Dec. 15 and Ely Suhr was selected for the OPUS Honor Choir this year. He added the Cougar Café is having a great year providing treats and beverages to staff, reviewed information about winter sports and stated the middle school donated food and other items to the food pantry prior to Thanksgiving.

The board was also informed the middle school is waiting on a replacement door for the multi-purpose room and bus drivers have made suggestions for making some changes to the sidewalk area in the front of the building to

make it easier for loading and unloading students. Matalge remarked Flaig and himself will be reviewing it to see if it is feasible and the district will have to talk to the city to get their input.

Johnson provided his high school principal's report and reviewed activities the Student Senate has planned for December. He commented ESSA Team will meet for two days in late May and early June and do a site assessment, semester finals are Dec. 21 and 22 and the school is holding the Cougar Cup Challenge. There is a possibility the winning class will have a day off of school.

Students of the month include freshman Skylar Harnisch, sophomore Casi Green, junior Jonathan Redfern and senior Lanie Morris and staff member is Kristi Brinkman. Johnson also reviewed senior parking and there are three students selected each month to park in three selected spots. This month this includes Kaden Meyer, Abbey Lampe and Carmen Schmidt.

Kayla Hoth presented the elemen-

tary principal's report and commented TLC members worked together Nov. 14 in both buildings. Holly Myers led teachers in discussion about current data and plans for interventions. At the Dec. 7 professional development, staff focused on ISASP data and information and they reviewed data about the Conditions of Learning Survey and discussed ideas to support the social emotional learning. Hoth commented teachers also reviewed writing ISASP results and discussed implications in each building. Teachers will continue this work in PLCs to dig deeper into data and plans for instruction.

The board elected Schult as the board president and DeSloover as the vice president, and the board approved Theresa Schulz as board secretary and Beth Weepie as treasurer. Schult, Schulz and Weepie were all sworn in for 2022-2023.

Meyer was appointed to serve on the Fayette County Conference Board, while Wedemeier and Steege volunteered to serve as negotiations committee members.

Under personnel actions, the board approved to hire Ashley Gerleman as a paraprofessional at Fredericksburg Elementary effective immediately and Paige Trainor as a volunteer girls wrestling coach.

The next meeting of the S-F School Board is set for Monday, Jan. 9, at 5:30 p.m. in the S-F High School library.

## Theresa Schulz now cancer free

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have gotten diagnosed without Dr. Gesme being so persistent. I don't like to think about it like that because it happened the way it did. He didn't give up on it and on me and knew something was wrong," she explained. "I'm extremely thankful for him, trusting his gut and never giving up because I don't know where I'd be without him. He said it was God's blessing, but I just kept saying, 'What about you?'"

Schulz recalls being alone in the doctor's office when she found out as her husband Bob had to work. She took the news in stride and almost knew what news was going to be delivered before the doctor even said a word.

"It's not like I was expecting the worst. It's almost like I just knew it. I just accepted it, I didn't really have any other choice. I didn't want to mope about it. We actually didn't tell anyone for a long time until it was time to schedule a surgery," she explained.

Schulz is the business manager of the Sumner-Fredericksburg School District and school board secretary. She has a lot of great relationships within the school district, so telling her colleagues about her diagnosis was difficult, along with telling her family and friends.

"There were a lot of tough conversations, but everyone was so positive and supportive. I can't thank everyone enough for all the kind things everyone said and did for me," she added.

She went through a six-hour double mastectomy and reconstruction surgery where it was discovered the cancer had spread to three of her lymph nodes, which were promptly removed. When the surgery was completed, Schulz found out she would need further treatment because the entire cancer was not fully removed.

"The weird thing is I don't have much family history with breast cancer. I have two cousins who had it on my dad's side, but nothing on my mom's side. They did the genetic testing and it just didn't make sense where this came from," she commented.

Following her surgeries, Schulz went through 10 difficult chemotherapy treatments. The very first treatment sent her on an ambulance ride after her blood pressure bottoming out and she lost consciousness twice.

"There is this bag of medicine they give you so you don't get sick and they asked me if I was okay with it. I asked if something were to happen, how long would it take? They told me a few minutes and within moments I was not feeling good," she explained. "I went unresponsive twice and bottomed out my blood pressure. I had no idea what was going on and I'd come to and see all these people standing around me. I was transported in an ambulance to the hospital and I remember waking up and asking them if I was dying. Needless to say everyone was nervous when I came back for chemo the next time."

Chemo is very hard on one's body as the drug treatment uses powerful chemicals to kill fast-growing cancer cells in the body. For Schulz, it had such a rough effect on her that she had

to stop before she completed all 14 rounds she was scheduled to take.

"Toward the end of April and beginning of May, I was getting so sick and run down. My body was going through so much and it was not doing great. I was so dehydrated that they stopped giving me chemo and just gave me fluids," she stated. "In May my oncologist told me I had to go to the hospital because my kidneys were shutting down. I was hospitalized for five days while I was getting fluids and antibiotics."

Two weeks after she got home, Schulz was back in the hospital with her second round of kidney failure. It was determined a special chemotherapy treatment was affecting her kidney in such way they were shutting down. Her doctors made the decision, with Schulz' support, to stop chemotherapy treatments with four rounds yet to go.

"It felt like something was always going wrong. Surgeries were pushed back because of this or that, but I was finally cancer free over this summer. Dr. Gesme spoke with his tumor board about me and they decided to start me on radiation after that, which I then started in August. I did 25 radiation treatments with no real issues, which was great," she expressed.

Schulz went through so much more than just surgeries. She suffered a hematoma, nicked artery, blood clot, two hospital stays, pain from her implants and many other issues that came up along the way. Throughout her whole experience, though, Schulz hardly missed a day of work. There was barely a time she couldn't be found at her desk at S-F High School, and it wasn't obvious she was going through treatment and in pain.

"I was off the whole month of January, but I begged them to let me come back. I was so depressed, and I wanted something normal again. They finally let me come back and it was such a sigh of relief. I worked through it all, even when I was sicker than a dog. I just couldn't be home because I would just be dwelling on it," she added.

Throughout the whole process, hair loss wasn't something Schulz focused on. For some, it's a hard step to cross but it didn't bother Schulz. She noticed her hair coming out in clumps, but there came a moment when it got to be too knotted and she asked her beautician to shave it all off.

"It was just another thing I had to do. It was too tangled and it was just coming out anyway, so I just bit the bullet and shaved it," she explained. "The Cancer Center is an amazing place because they gave me a coupon to go to a salon in Waterloo and get a wig to match my hair color and style. They also gave me so many options for hats and scarves. It's truly an amazing place."

"I donated my wig back to the salon to give someone else a chance to use it when they need it. I'm hoping I never need it again, so it can go to someone else. My hair started growing back darker and curlier, and I actually just got my first haircut the other day. That was a really exciting experience."

Schulz isn't the most comfortable talking about the ups and downs of the past year of her cancer battle, but she stated if it helps one person, it's worth it.

"I don't want anyone to go through what I went through. I went through some very low lows and it was painful, but I persevered. I fought through it and came out on the other side. I want anyone to know if they think something is wrong, trust your gut. Find the right doctors. Sometimes it helps to just skip right to the specialist because they know exactly what is going on," Schulz added. "My other advice is to accept the help. I'm a person who doesn't like to ask for help, but in situations like this, it's best to just let people help you. It helps them too, allowing them some type of way to support you. Whether it's a ride to your appointment or helping you clean your house, every little bit makes a difference to your mental health. The support system is everything."

Schulz added she wouldn't know where she'd be without her husband and son, who were with her every step of the journey. She referred to her friend Susan Seehase as Wonder Woman as she went along with Schulz to every chemotherapy treatment.

"She was a lifesaver. She was there for everything that went wrong during those appointments. Bob couldn't take off work all the time, and luckily Susan works from home so she could take her work with her to my appointments. She was a true rockstar and I'm grateful to have her in my life," Schulz expressed.

Schulz also recalls a moment that took her breath away, when she came home one day in April to find her house surrounded by flowers, plants and other yard decorations from her many friends and coworkers. Her friend Sheryl Hartson started the text chain which led to the huge surprise.

"There were so many moments like that which showed me the amazing people I have in my life. The countless cards, flowers, just little things that showed people were thinking of me and wishing me well. I appreciated every single thought and prayer," she added. "It's such a huge relief to be on the other side. When it was really hard, it's difficult to picture when you're going to get out. Life really knocks you down, but I was able to stand back up. I'm so thankful to do so."

In order to thank those who showed her support over the past year and celebrate her cancer-free diagnosis, Schulz hosted a party at Here's 2U and invited all of her family and friends. Many family members traveled across the country to celebrate Schulz being cancer free, and she wouldn't have had it any other way.

"It was such a beautiful day being surrounded by people and celebrating this huge thing. I have had so many surgeries and days in the hospital and so many rough days, but I made it. I fought it and won, and I know not everyone gets to say that. I'm thankful to be here and be on the mend," Schulz stated.

## Services in Area Churches

**PEACE UNITED CHURCH OF CHRIST**  
Pastor Scott Smith  
Fredericksburg  
Sun., Dec. 18: 9:00 a.m., Worship service and choir singing.  
7:00 p.m., "Look for the Light"  
Sunday school Christmas program.

**FREDERICKSBURG UNITED METHODIST CHURCH**  
Pastor Roberta Robbins  
111 S. Hamilton Ave.  
Fredericksburg  
Sundays: 10:30 a.m., Worship service.

**ST. JOHN LUTHERAN CHURCH**  
Lay Pastor Laurie Iudin-Nelson, Vicar Stapleton  
Sun., Dec. 18: 9:00 a.m., Worship and children's program. No Sunday school following the program.  
Wed., Dec. 21: 6:00 p.m., Confirmation class.

**FREDERIKA UNITED METHODIST CHURCH**  
Frederika  
Sundays: 10:00 a.m., Worship service.  
Neil Whitney second and fourth Sunday of each month. Lay speakers opposite Sundays.

**HILLCREST BAPTIST & BRETHREN CHURCH**  
Fredericksburg  
Pastor Scott Smith  
Sundays: 9:00 a.m., Sunday school. 10:00 a.m., Worship service.  
Tuesdays: 8:00 a.m., Walking challenge, Steve Staker Football Field.  
10:00 a.m., Coffee hour.  
Wednesdays: 5:00 p.m., Bible study.  
Thursdays: 6:00 p.m., Walking challenge, Steve Staker Football Field.

**GOOD SHEPHERD CLUSTER CATHOLIC CHURCHES**  
New Hampton, North Washington & Ionia  
Saturdays: 4:00 p.m., Mass at Holy Family, New Hampton.  
6:00 p.m., Mass at Immaculate Conception, North Washington, and St. Boniface, Ionia, alternate.  
Sundays: 8:00 and 10:00 a.m., Holy Family.

**ST. PETER LUTHERAN CHURCH**  
Lay Pastor Laurie Iudin-Nelson, Vicar Richfield  
Sun., Dec. 18: 10:30 a.m., Worship.  
Wed., Dec. 21: 7:15 p.m., Fourth Advent service "Peace."

**Support your church!**

**ST. PAUL'S LUTHERAN CHURCH - LCMS**  
222 S. Washington Ave.  
Fredericksburg  
Rev. Ronnie L. Koch  
stpaulsburg.blogspot.com  
Sundays: 9:00 a.m., Divine worship service.

**IMMACULATE CONCEPTION CATHOLIC CHURCH**  
Fr. Ralph Davis - Sumner  
Fri., Dec. 16: 9:00 a.m., Mass at Immaculate Conception, Sumner.  
Sat., Dec. 17: 4:00 p.m., Mass at Immaculate Conception, Sumner.  
Sun., Dec. 18: 10:00 a.m., Mass at St. Francis of Assisi, Fayette.

Tues., Dec. 20: 9:00 a.m., Word and communion at Immaculate Conception, Sumner.  
Wed., Dec. 21: 10:45 a.m., Mass at Maple Crest Manor, Fayette.

**ST. JOHN LUTHERAN CHURCH**  
Pastor Evan Meester  
Frederika  
Sundays: 10:00 Worship service.  
Holy communion celebrated first and third Sundays of the month.  
9:00 a.m., Sunday school first and third Sundays of the month.

**PRAIRIE LAKES CHURCH**  
234 S. Linn Ave., New Hampton  
Sundays: 9:00 a.m., Worship service.

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## Holiday Hours:

The Sumner Gazette, Fredericksburg Review & Tripoli Leader office will be closed Friday, Dec. 23, Monday, Dec. 26, and Monday, Jan. 2, so employees may spend time with their families.

Early deadline for Dec. 29 issues is Thursday, Dec. 22, at noon

Early deadline for Jan. 5 issues is Friday, Dec. 30, at noon

## Review Preview

**Thursday, Dec. 15:**  
Recycling pick-up.  
10:00 a.m., Bingo at Upham Memorial Library.  
4:00 p.m., S-F varsity girls wrestling tournament at Denver.  
4:00-6:30 p.m., Mobile food pantry at Trinity Lutheran Church, 223 S. Water Ave., New Hampton.  
5:00 p.m., S-F Middle School fifth- and sixth-grade winter concert in middle school gym.  
6:15 p.m., S-F JV/varsity wrestling in Sumner.  
7:00 p.m., S-F Middle School seventh- and eighth-grade winter concert in middle school gym.

**Friday, Dec. 16:**  
4:00 p.m., S-F JV/varsity bowling vs. Tripoli at Panther Lanes, Tripoli.  
4:30/6:15 p.m., S-F JV/varsity girls basketball vs. Wapsie Valley in Sumner.  
4:30/5:45/7:45 p.m., S-F JV/9-10/varsity boys basketball vs. Wapsie Valley in Sumner.

**Saturday, Dec. 17:**  
10:00 a.m., S-F JV/varsity wrestling tournament at West Hancock, Britt.  
**Monday, Dec. 19:**  
4:15/6:15 p.m., S-F varsity girls basketball vs. Tripoli in Sumner.

5:00/7:45 p.m., S-F JV/varsity boys basketball vs. Tripoli in Sumner.  
7:00 p.m., Fredericksburg AMVETS Post meeting at AMVETS Hall.  
**Tuesday, Dec. 20:**  
2:00-4:00 p.m., Fredericksburg Food Bank open.  
5:30 p.m., Book club at Upham Memorial Library.  
6:00/6:15 p.m., S-F JV/varsity boys/girls wrestling at South Hardin.  
**Wednesday, Dec. 21:**  
1:30 p.m., Senior citizens meet at community center.  
7:00 p.m., City council meeting at city hall.  
**Thursday, Dec. 22:**

1:00/1:15 p.m., Two-hour early out - vacation.  
1:30 p.m., Early-out movie at Upham Memorial Library.  
**Friday, Dec. 23:**  
Fredericksburg Review office in Sumner closed. No school.

**P.O. Box 208, Sumner, IA 50674**  
563-578-3351  
fredericksburgreview@gmail.com  
or drop box at Fredericksburg Food Center  
Schedules listed subject to change.