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Matt Masterson/Freeman Staff

Waukesha County Sheriff's Inspector Eric Severson, left, shakes hands with current Sheriff Dan Trawicki during a victory party at 18 West in the Town of Genesee on Tuesday night. Severson will likely be the next sheriff after winning the Republican primary.

Severson easily wins primary for sheriff

County inspector earns 86% of vote

By Matt Masterson
Freeman Staff

TOWN OF GENESSEE — Any tension surrounding who would likely become Waukesha's new county sheriff dissipated quickly Tuesday as soon as the primary results began pouring in. Eric Severson, the inspector for the Waukesha County

Waukesha County sheriff GOP primary

✓ Eric Severson	86%	32,940
Tom Alioto	14%	5,485

Sheriff's Department, defeated former Town of Lisbon Police Sgt. Tom Alioto with a decisive margin of 86 percent to 14 percent.

All results are considered unofficial until canvassed.

Severson has 28 years of law enforcement experience and has been with the Waukesha County Sheriff's Department since 1987.

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'There were no strangers around Meredith'

Mom recalls daughter who died suddenly

By Alison Fox
Freeman Staff

WAUKESHA — The mother of Meredith Prohaska — the 12-year-old Waukesha girl who suddenly died shortly after receiving an HPV vaccination shot — doesn't want to send the message that parents should be scared to have their children vaccinated.

"I would never want parents to skip vaccines," Rebecca Prohaska said on her Facebook page. "I want them to do more research and challenge themselves to be more involved in the medical choice being made for their children."

After Meredith complained about a sore throat, Rebecca took her to the doctor on July 30. During the visit, she was given an HPV vaccine, which guards

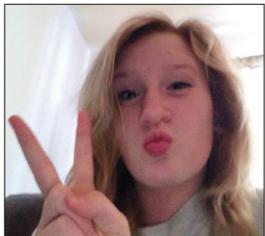


Photo submitted by Rebecca Prohaska

Meredith, pictured here, lived every day to the fullest, her mother Rebecca said. She said she will keep her memory alive by continuing to share stories

against the sexually transmitted virus that may cause cervical cancer.

Later that day, Rebecca went out to get food and found Meredith lying on the

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Allen wins 97th Assembly race



Charles Auer/Freeman Staff

Scott Allen and his wife, Angila, look over returns during an election night party at La Estacion in Waukesha.

97 city absentee ballots still out

97th Assembly District*

✓ Scott Allen	34%	2,003
Brandon Rosner	29%	1,714
Kathleen Cummings	13%	742
Vince Trovato	12%	727
Aaron Perry	7%	428
Joe Banske	5%	300

*Vote totals unofficial until canvassed

By Sarah Pryor
Freeman Staff

WAUKESHA — Real estate executive Scott Allen was the top vote-getter in a six-way primary to replace Wisconsin 97th Assembly District Rep. Bill Kramer Tuesday evening.

Allen got 2,003 votes, or 34 percent, compared to his next closest competitor, former Health Services official Brandon Rosner, who received 1,714 votes, or 29 percent.

Ninety-seven city absentee ballots for the election are still out.

"I've felt confident all day," Allen said at an election night party at La Estacion in Waukesha. "My supporters are great people — some of the best in the book."

Rosner said he's proud of the cam-



Charles Auer/Freeman Staff

Brandon Rosner talks to supporters during an election night party at Matteo's Italian Ristorante in Waukesha.

paigned he and his supporters ran as well. "I'm going to stay involved because I do believe Waukesha

deserves a fresh start," Rosner said.

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WEATHER



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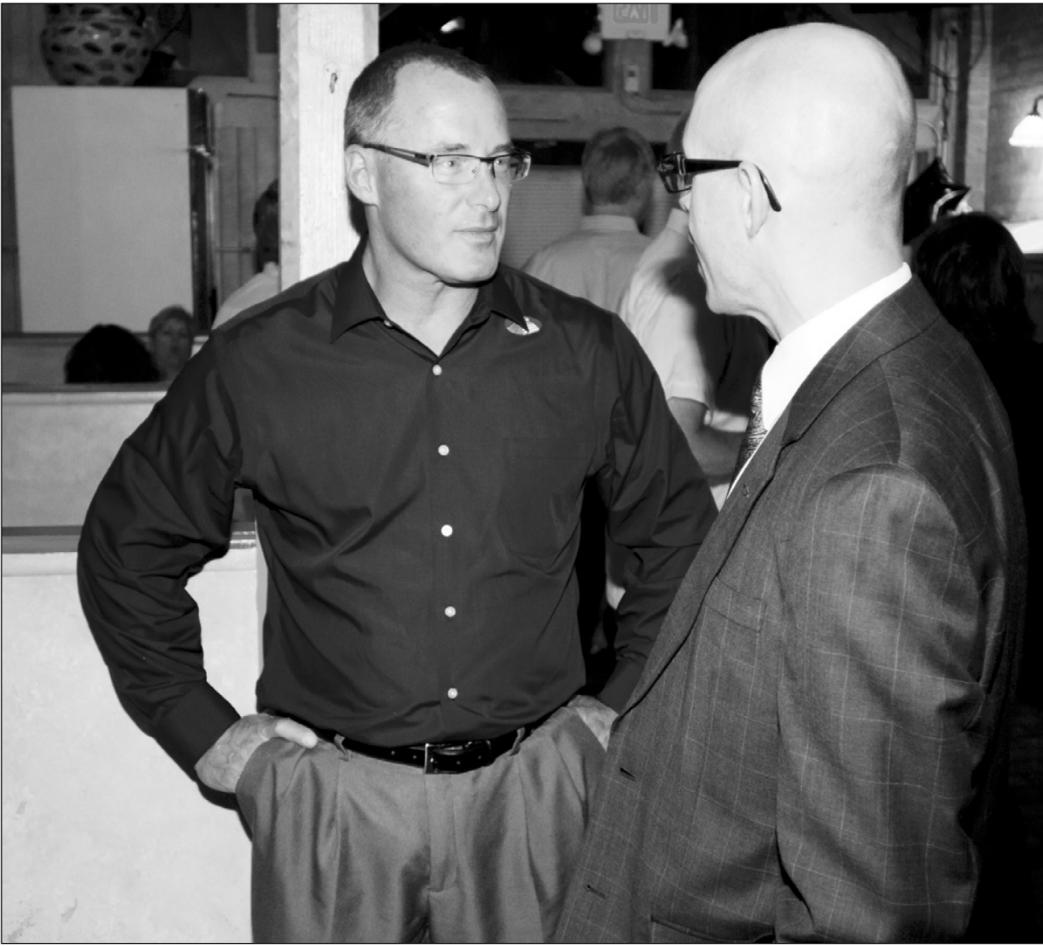
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Charles Auer/Freeman Staff

Scott Allen, right, talks with his brother, Michael during an election night party at La Estacion in Waukesha.

Allen

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Waukesha County Board Supervisor and Alderwoman Kathleen Cummings received 742 votes, or 13 percent; former legislative aide Vince Trovato received 727 votes, or 12 percent; Waukesha Alderman Aaron Perry received 428 votes, or 7 percent; and former Town of Waukesha Supervisor Joe Banske received 300 votes, or 5 percent.

Kramer, R-Waukesha, decided not to see re-election while fighting sexual assault charges.

Perry thanked the voters Tuesday evening.

"Thank you to all the voters who took the time to go and vote in the primary election. It's been a pleasure to run in this race with the other five candidates and respect the choice of the voters as we always should," Perry said. "I look forward to continuing to serve the residents of the city of Waukesha as alderman and growing the strengths in our community."

The other candidates could not be reached for comment before deadline.



Charles Auer/Freeman Staff

Aaron Perry watches election results from a suite at Brookfield Suites.

Severson

From Page 1A

In addition to his role as inspector, he has served as deputy inspector as well as commander of the county's Metropolitan Drug Enforcement Unit. He also previously served as a patrol supervisor, SWAT officer and captain of the patrol division.

In his victory speech at 18 West in the Town of Genesee, Severson thanked retiring Sheriff Dan Trawicki as well as the citizens of Waukesha County who "decided to continue some of the good work we have done here."

"Obviously it is a pretty exciting night for all of us," he said. "This has really been quite an experience for me — I have learned a lot."

After receiving endorsements from Trawicki, Wisconsin U.S. Rep. Paul

According to the city of Waukesha's website, 1,045 absentee ballots were issued, and 948 of those have been returned. Absentee ballots must be post-marked by election day, but can be received by the municipal clerk as late as the Friday following the election, according to the Government Accountabili-

ty Board. The city of Waukesha's results were slowed down late in the evening thanks to a glitch in the canvassing reporting system that cropped up statewide, said County Clerk Kathy Novack.

"At some point the results for one of the races — lieutenant governor —

started showing up as blank. All the other races were entering fine," Novack said. "It's being experienced in other cities in the state as well."

Final results came in at about 12:30 a.m. Wednesday. All vote totals are unofficial until canvassed.

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Ryan, Waukesha County District Attorney Brad Schimel and County Board Chair Paul Decker, among others, Severson said he was humbled by the victory and promised to work hard and make the citizens of Waukesha proud of him.

Last week, Severson also became the first candidate ever to earn an endorsement before a primary from the Republican Party of Waukesha County.

County Executive Dan Vrakas, who also threw his support behind Severson, said the experience he brings to the position, along with his ability to be "innovative," made him an appealing candidate.

"He really has got a command of the department," Vrakas said. "From the work I have done with him, we have done some very innovative things in our personnel and the way we operate. Dan Trawicki is leaving

the department in great shape and now (Severson) is going to take over and run the department in a really capable manner."

Alioto, who was previously defeated by Trawicki in the 2010 county sheriff's election, said Tuesday night that the voters had made their decision and that choice must be honored.

He added that he had not yet made up his mind about whether another run for sheriff in 2018 was in his future.

"I want to congratulate Eric Severson," he said. "The voters of Waukesha County spoke and that's the way it goes. There is a winner and a loser in every race and I appreciate the opportunity of representing the people that voted for me, and I thank them."

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Meredith

From Page 1A

living room floor when she returned. She immediately called 911 and performed CPR on her daughter, who was pronounced dead at the hospital later that evening.

Rebecca and her family are left trying to put together the pieces about what caused Meredith's death. She isn't saying she 100 percent believes it was the vaccine, but she isn't ruling it out as a possibility.

Prior to her death, Meredith vomited in the bathroom toilet, Rebecca said.

"I recently found out that both sides of Meredith's family have a history of aneurysms, and nausea and vomiting are common symptoms," she said.

An aneurysm might have caused Meredith's death, but Rebecca may not receive a definite answer for some time.

The family is waiting on results of tests that are searching for toxins, which will help determine if the shot played a part in her death. Rebecca said the tests are being conducted in St. Louis and could take up to three months.

In the meantime, she is reaching out to Meredith's friends and recall-

ing her daughter through fond memories.

Meredith, who would have been a seventh grader at Butler Middle School this fall, was an avid basketball player and swimmer. She played on the Waukesha North Jr. basketball team, and recently bought purple basketball shoes to represent the school's color.

"She broke her pinky during a game," Rebecca said. "She kept wanting to play and kept saying it was fine, but she would shake her hand after she would touch the ball. We ended up pulling her out of the game. She was tough."

Meredith was upset when she couldn't play the rest of the season because of the broken finger, but still showed up at every game to cheer her friends and teammates on, Rebecca said.

"She had so many friends," she said, smiling. "There were no strangers around Meredith. I think she annoyed people until they became her friend."

Hannah Hicken, Meredith's good friend, said Meredith was never in a bad mood. She said she will always remember the time she skipped down a hallway at Butler while singing "Pink Fluffy Unicorn."

"She was just always happy," Hick-

son said.

Meredith liked to spend time with her 9-year-old brother Patrick and 6-year-old sister Margeret. She was also a talented artist who found art in unusual places.

"She recently took the medal pieces off her old phone charger and used it for one of her projects," Rebecca said. "She had a talent to see art in everything."

Rebecca consented to donate Meredith's eyes, organs, tissues and bones to medicine.

"Two people are able to see now because of Meredith," she said.

Meredith's heart, however, remained in her body, at her mother's request.

The funeral service for Meredith was held Saturday at Randle-Dable Funeral Home, and Rebecca said she couldn't believe the amount of flowers.

"Almost every teacher Meredith had while she was at Summit View came," she said. "The principal was there too."

A fundraiser was created in Meredith's honor, and all proceeds will go toward expenses Meredith's family is facing. Donations can be made at Meredith's "gofundme" website.

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Lara Solt/The Dallas Morning News

Sapna Punjabi-Gupta serves an ayurvedic meal of Chila, Chutney and Shikanji at her home in Irving, Texas on July 8, 2014. Sapna is a nutritionist and expert in ayurvedic cooking. Ayurveda is the traditional system of medicine in Hinduism. Ayurvedic cooking uses spices and herbs to aid digestion.

In Hinduism's ayurveda cooking, food heals

By Elizabeth Hamilton
The Dallas Morning News

DALLAS — "Food is medicine," says Sapna Punjabi-Gupta, as she squeezes half a lime into a glass pitcher.

She's making fresh limeade in her home kitchen in Irving, Tex. To the two squeezed limes, she adds about four cups of water and her own spice blend: chaat masala, which includes cardamom, fennel and roasted cumin seed powder. She stirs them together with a long wooden spoon, pours a glass and takes a sip.

Punjabi-Gupta's limeade is unlike any available in the frozen food sections of Western grocery stores. This is limeade ayurveda-style.

What is ayurveda (ah-yer-VAY-dah)?

It's the traditional system of medicine in Hinduism, she says. It's still practiced in India as a complement to Western medicine. Punjabi-Gupta, a registered clinical dietitian, says that several of its principles can help anyone who wants to lead a healthier life.

Ayurveda's religious roots are deep. It first appeared in written form more than 5,000 years ago in the Hindu scriptures called Vedas, which teach that the universe is made up of five elements (air, fire, water, earth and ether) and each human being is made up of a unique constitution of these elements.

When these elements get out of balance — say too much earth or too little fire — the body becomes unhealthy, the teachings say. Ayurveda provides guidelines that include cooking, massage therapy and meditation to help individuals balance the elements in their bodies.

Punjabi-Gupta specializes in ayurvedic cooking. She learned it first from her mother while growing up in Mumbai, India, then later by studying under the ayurvedic physician Vasant Lad at the Ayurvedic Institute in New Mexico and while earning her master's degree in nutrition from Case Western Reserve University.

She taught a lecture series on ayurvedic wellness at an area museum this summer and teaches ayurvedic cooking classes throughout the year.

Punjabi-Gupta is quick to insist that you need not be Hindu or accept the premise that the universe is made of up five elements to practice ayurveda. Nor do you need to be a vegetarian.

To practice ayurveda, all you need to do is be aware of what you eat and how it affects the well-being of your body and your mind. It can take the form of eating fresh foods, using spices for medicinal purposes, eating foods that pacify, rather than agitate, your digestive system and eating a balanced diet.

According to ayurveda, a balanced diet doesn't mean consuming the right amount of the five food groups, but rather, eating meals that contain all six tastes. These tastes include sweet, sour and salty — tastes readily available in most Western diets — and those used less frequently: bitter, pungent and astrin-

A slice of fresh ginger in a morning cup of tea or mixing dried ginger into homemade salad dressings will also do the trick, as will adding a little cumin to a bowl of yogurt or slipping some fennel seeds into a dish of lentils.

gent.

By eating all six tastes, you make sure you receive a healthy dose of all five elements, she says.

"Do you know why Starbucks is thriving right now?" asks Punjabi-Gupta. "We are craving the taste of bitter."

For astringent tastes, Punjabi-Gupta recommends any kind of legume: lentils, garbanzo beans and even sprouts. For pungent, she recommends red chile powder and peppers.

In ayurveda, good digestion is the cornerstone of good health, she says. Those who practice ayurveda cook with spices and herbs that she says aid digestion.

"Spices are these magical little pearls, gemstones, I would say, in a cuisine," says Punjabi-Gupta.

She recommends eating a sliver of ginger drizzled with lemon juice before a meal to "kick-start your digestive fire."

A slice of fresh ginger in a morning cup of tea or mixing dried ginger into homemade salad dressings will also do the trick, as will adding a little cumin to a bowl of yogurt or slipping some fennel seeds into a dish of lentils.

If eating ginger before a meal "stimulates your gut fire," drinking a glass of ice water does just the opposite.

"Ice is not nice," sings Punjabi-Gupta, then adds more seriously, "If you think about it ... our temperature is hot inside. It's warm inside because we're eating raw food, we're eating cooked food, and all that has to be broken down and absorbed. ... Ice is not nice because it's like dumping ice on fire. You're shutting the temperature down in your stomach so the food just stays there."

Angela Lemond, a registered dietitian and nutritionist in Plano, says Punjabi-Gupta may be right about the digestive powers of these herbs and spices, but there haven't been enough evidence-based studies for conventional health care professionals to embrace them.

"People don't get paid to do research on herbs because herbs aren't patented," she says. For those who want to use herbs and spices to help with medical issues like digestion, Lemond suggests first making sure the herb or spice won't interact with current medications in harmful ways. A good place to find out is the National Center for Complementary and Alternative Medicine (nccam.nih.gov), which provides information about the medicinal properties of each spice and herb.

And, Lemond adds, those who are pregnant or nursing, the young and old, and anyone suffering from a medical condition should be especially careful when using alternative remedies for health issues.