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Rollingstone Lake, Feb. 16, 2014!  
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## Dick Krawze earns District Tree Farmer of the Year Award



The Wisconsin Tree Farm committee is proud to announce that Richard Krawze was selected as the District 5 Outstanding Tree Farmer of the year after his nomination in 2013. Wisconsin is home to 17 American Tree Farm districts that geographically divide the state with District 5 encompassing Oneida, Vilas, Florence, and Forest Counties. The Outstanding Tree Farmer of the Year Program recognizes private landowners who have done an exceptional job of forest management on their properties along with an exceptional job of promoting forestry.

Every County gets the opportunity to nominate an outstanding person annually, and those nominees then advance for consideration at the district, state, regional, and national level. Any private landowner certified by the American Tree Farm System is eligible for these distinguished awards.

Dick was nominated not only for his dedication to sustainably managing his forests but also helping others do the same. He is also an incredible advocate of forest management ranging from private lands to federal ownerships. That advocacy has led to him presenting at a number of hearings, panels, and events in addition to participating in countless others. For those reasons we are honored to recognize Dick's hard work as an Outstanding Tree Farmer of the Year.

The American Tree Farm System® is a network of 82,000 family forest owners sustainably managing 24 million acres of forestland nationwide. ATFS is the largest and oldest sustainable woodland system in the United States, internationally recognized, meeting strict third-party certification standards. For more than 70 years, ATFS has enhanced the quality of America's woodlands by giving forest owners the tools they need to keep their forests healthy and productive. If you'd like to learn more try visiting [www.treefarmssystem.org](http://www.treefarmssystem.org).

## Candidate Spotlight

Anyone seeking political office is invited and encouraged to announce their candidacy in the Candidate Spotlight. It is an opportunity to tell the voters why you are running, goals if elected, etc. It is not a forum for bashing an opponent, and there is no charge.

### Judy (Tackes) Savard Candidate for Forest County Board District 6

My name is Judy (Tackes) Savard. I'm a candidate for county supervisor. I am running against Jack Matuszewski in the 6th district, Laona.

Here is some history on myself in Forest County. As a child, my parents, Romy and Carol Tackes, had a cabin on Trump Lake for many years. Later, when I was a teenager, they purchased a home in Laona where they wanted to one day retire. In turn, I purchased this property while my husband was stationed in Naples, Italy in the late 90's.

Through all my travels, in and out of the military, Forest County was always home. My children, Anna and Christian, enjoy all that Forest County has to offer as much as I do. I moved back to Laona in 2010 and have enjoyed being back.

One of the things I am most proud of is serving our country in the U.S. Navy. I was honorably discharged in late 1990. I had the opportunity to meet some wonderful people along with learning many new and interesting jobs. Some of the positions I have had are diesel mechanic, base post office, a special education aide and director of an E-911 center. I have done grant writing, making up yearly budgets and setting up sealed-bid jobs. In 2010, I made the decision to return home.

I wanted my children to experience all that I had, so here we are. I feel it is important to be part of the community, and that is why I am running for County Supervisor. It's always a good thing to have new ideas to share for the healthy growth of the community.

If elected, I will be open and honest with the public in what decisions are being considered. I will have time to listen to their concerns and ideas for the county. If anyone has concerns now, they are free to call me at 715-674-7711 or email me at [Tackes63@gmail.com](mailto:Tackes63@gmail.com).

## Crandon International Off-Road Raceway welcomes the W.E. Rock Dirt Riot series to the Big House, Aug. 8-10



### Popular grassroots off-roading movement will utilize Crandon's new "Playground" rock crawling park; MORR/TORC Series Sportsman Rounds & dirt drags as well!

CRANDON, Wis. (Feb. 18, 2014) - Crandon International Off-Road Raceway's big summer of 2014 just got a whole lot wilder as the world's premier short course off-road facility has added another weekend (Aug. 8-10) of extreme powersports action with W.E. ROCK's (World Extreme Rock Crawling Championship) Dirt Riot Series joining the stars of Midwest Off-Road Racers (MORR/TORC Series Sportsman Truck and Buggy Division) and the world of the side-by-side high horsepower blower & injected mud drag racers for one MASSIVE weekend of racing action at the Big House!

Central to the theme of the August 8-10 event will be Crandon Raceway's new off-road "Playground," a 70-acre 4x4 designated area located on the famed raceway's grounds that features a natural stadium-style setting back behind the legendary race course, dotted with numerous massive boulder climbing and crawling obstacle sections for the Pro Ultra 4-style vehicles, along with a de-tuned course where the amateur weekend warriors can give the sport of rock crawling a shot.

And it's here that the W.E. ROCK Dirt Riot Series will open the weekend's competition, with a grassroots endurance contest featuring the top amateur rock crawlers from W.E. ROCK's Mid-States Series in three trail classes (Unlimited

Continued on page 15

## 2nd Annual Laona Fire Dept. Fish-O-Ree this weekend

The 2nd Annual Laona Volunteer Fire Department Fish-O-Ree will take place this Saturday, February 22nd on Silver Lake, Laona.

Fishing begins at 8:00 a.m. until 4:00 p.m. with weigh-in from noon until 5:00 p.m. Cash prizes will be paid 1st through 3rd on northern, bass, walleye and panfish, with the raffle drawing at 5:00 p.m.

Enjoy a pig roast, chili, and other great food. There will be meat raffles, wheel raffles and bucket drawings. Have fun!

## Goodman/Armstrong Creek Sophomore Ice Fishing Tourney

With the Goodman Sportsman's Club not hosting a Lake Hilbert ice fishing tournament this season, the sophomore class, advised by Craig Smith, of Goodman-Armstrong Creek High School has stepped up to offer an ice fishing contest March 1. Smith said that because of the small community base, each class is allowed one major fundraiser. The seven-member class opted to try a fishing tournament.

Registration anytime is \$7, but anyone who pre-registers receives two free drinks during the 8 a.m. to 5 p.m. competition. Entrants should know that this is a school-sponsored event and that no alcoholic beverages will be available. Soda, hot chocolate, coffee, will be served and offered for sale instead. To pre-register, contact any tenth grade student or Mr. Smith at 715-336-2575, which is the school number.

Food and beverages will be available for sale at the Lake Hilbert pavilion located just off Highway H between Goodman and Armstrong Creek. Expect the usual fare of hamburgers and bratwurst from the grill and other specialty foods class members are deciding upon. Also, Smith said there will be a 50/50 raffle and "numerous other raffles."

Cash prizes will be awarded in four categories: panfish, walleye, bass, and northern pike. Enjoy a day of fishing while supporting the class of 2016.

## Report on the Forest County Board Executive Committee meet

By Mike Monte

The meeting of the Forest County Board Executive Committee last Monday evening, on January 17th, was often heated, but did produce some new ideas concerning the proposed ORV park.

First up was to make a motion and forward to the board the opposition to the proposed Kenosha Casino. The vote was unanimous in favor of opposing the new casino.

Whether or not to move the Forest County Fair to the grounds of the Crandon International Raceway was discussed, with Lemaster saying that the county shouldn't sell the fairgrounds until it is for sure that the plan for the racetrack site works.

Daley said that the move wouldn't be this year, but could possibly be in 2015, and the matter was dropped for now.

There was more discussion on the upcoming retirement of several county employees, with ideas of future sharing of duties and new computer software that could allow for a vacancy not to be filled.

The hot discussion was, of course, over the  
**Continued on page 20**

## 3rd Annual Poker for Paws

There will be a Texas Hold-Em Tournament at May's Bar, Highway 8, west of Crandon on Saturday, March 1st. The proceeds will benefit the Forest County Humane Society.

Registration is from 9:00 a.m. until 10:30 a.m. and play begins at 11:00 a.m. sharp! There is a \$25 buy-in with re-buys available, with one add-on at the break. A guaranteed 1st place prize is \$500, based on 50 players.

Donate a minimum of \$5 in pet supplies and receive extra chips at the door. Pre-register to be eligible for a door prize.

Contact Kevin Danielczack at 715-889-0678 or Charlie Vanzile at 715-622-0265.

## Appreciation meal for citizens of Laona School District

This meal is sponsored by the Laona Lions Club, Forest County ATV Association, and the Laona Quarterback Club, and includes a free meal and drinks for all citizens within the Laona School District that are 55 years or older!

The event is March 1st, 2014 at the Laona Community Building with drinks starting at 4:30 p.m. and the meal starting at 5:30 p.m. Entertainment will be provided by Mr. and Mrs. Steve Benaszkeski.

Meal deliveries are available for any citizens that are not able to travel and are strictly homebound. Please contact us to sign up prior to the meal date to have a meal delivered to your house on March 1st, 2014.

Please contact Michelle Belland at 715-902-0145 or Missy Widucki at 715-902-0335 for meal delivery.

## Town Hall Players Variety Show

It is time to start make preparations for the Town Hall Players annual Variety show. This year's show will take place on the 26th of April. There are so many talented people in this area, that it would be a shame not to showcase them.

This is a fundraiser for the local food pantry. All admission ticket sales are donated to St. John's church in Townsend. Last year, we were able to help many people with a \$1500.00 donation.

We could not do this without the many talented performers and volunteers that make this a success each year.

We will have two shows 1:30 and 7:00 p.m. Plan on coming early because the shows are always sell outs. We had an organizational meeting in early February and have chosen this year's theme to be "Musical Memories". Songs and skits will be taken from past and present famous Musicals, from which there were many.

If you can sing, dance, play an instrument or just want to help, join us for fun and a truly satisfying experience.

Our first meeting will be held at the Townsend Town Hall. On March 1st at 1:00. If you can not attend a Saturday afternoon, we will also have several Friday evenings. For information call: Ruth 715 276 9563 for Sue 715 276 7317

See us Online at:  
[pioneerexpresscrandon.com](http://pioneerexpresscrandon.com)

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**Wabeno Elementary Class of the Week**



THEY DID IT! The Second Grade has been working really, really hard on their expectations and behaviors. They even made new signs for reminders in their classroom and around the school. Their teachers, Mrs. Swearingen and Mrs. Christianson are very proud of them. Way To Go Second Grade!

**health connection**

**MARCH CALENDAR OF EVENTS**

*Featured Event*



**TRUEBEAM OPEN HOUSE**  
 Wednesday • March 12  
 5 - 7 p.m.  
 James Beck Cancer Center  
 2251 North Shore Drive  
 Rhinelander

Come see the latest technology in cancer care. The James Beck Cancer Center in Rhinelander is hosting a community open house to introduce the public to its new TrueBeam Linear Accelerator. Members of the staff will be conducting tours and providing information on cancer screening and prevention.

The TrueBeam Linear Accelerator delivers more powerful cancer treatments with pinpoint accuracy and precision, and opens the door to new possibilities for the treatment of lung, breast, prostate, head and neck, as well as other cancers that are treatable with radiotherapy.

The community open house is FREE and open to the public. For questions, please contact 715.361.2027.

Unless otherwise noted, all programs are free and located at:  
 Ministry Sacred Heart Hospital  
 401 West Mohawk Drive, Tomahawk  
 Ministry Saint Mary's Hospital  
 2251 North Shore Drive, Rhinelander

**Ministry Weight Management Orientations Rhinelander**  
 Mondays • March 3, 10, 17, 24, 31  
 Noon  
 Ministry Rehab Services (YMCA)  
 Conference Room  
 To register, call 715.361.2316

**Healthy Shopping Day**  
 Wednesday • March 5  
 10 a.m.  
 Schaefer's Food Market  
 600 East Pioneer Street, Crandon  
 Join us for Healthy Shopping Day  
 To register, call 715.478.6325

**Respecting Choices- Advance Care Planning**  
 Thursday • March 6  
 1:30 p.m.  
 Ministry Saint Mary's Hospital  
 Patient and Family Service  
 Lower Level  
 For information, call 715.361.2120

**Ministry Weight Management Orientations Tomahawk**  
 Tuesday • March 11  
 Noon  
 Ministry Sacred Heart Hospital  
 Spruce Room  
 Other times by appointment  
 To register, call 715.361.2316

**Cancer Support Group**  
 Thursday • March 13  
 3 p.m.  
 James Beck Cancer Center  
 Conference Room  
 2251 North Shore Drive, Rhinelander  
 For information, call 715.361.2027

**Rhinelander Bariatric Surgery Informational Meeting**  
 Friday • March 14  
 2 - 3:30 p.m.  
 Ministry Saint Mary's Hospital  
 Conference Room 1  
 To register, call 877.295.5868

**Rhinelander Bariatric Support Group**  
 Friday • March 14  
 2 - 3:30 p.m.  
 Ministry Saint Mary's Hospital  
 Conference Room 4  
 No Registration Required

**Working through Grief Series**  
 Tuesday • March 18  
 1 - 3 p.m.  
 Ministry Saint Mary's Hospital  
 Conference Room 3  
 Hosted by Ministry Home Care  
 Topic: "The Grieving Process . . . Who am I Now?"  
 For information, call 715.361.2230

**Educational Presentation on Anxiety**  
 Tuesday March 11  
 5:30 - 6:30 p.m.  
 Ministry Medical Group  
 Spruce Room  
 401 W. Mohawk Drive, Tomahawk  
 For information, or to register, call 715.453.7840 or 715.453.7203

**MINISTRY HEALTH CARE**



**FOR SALE:** Red Oak, 1x4x8, \$5.00 each. Call Gary Smith at 715-674-3814. P46



**FOR SALE:** 2 Vacuums - One is a Canister, 5 years old, brand name is Sантаire "Electrolex", like new, comes with bags - \$75.00 / Other is an Upright, 5 years old, brand name Sантаire "Electrolex", like new, comes with bags - \$100.00 Call 715-478-3711. P46

**FOR SALE:** Commercial, coin-operated washer and dryer, exc. condition; \$350 each or \$650 for the pair. Contact Jim or Peggy Houle @ 715-478-2531. B45

For a complete listing of programs and events, visit our online Health Connection Calendar of Events at [ministryhealth.org/events](http://ministryhealth.org/events)

★ TRUCKS & SUVS	★ CARS
2008 Saturn Vue XR - 4 dr, 4x4, V6, auto, loaded, leather, 110K.....\$9,995	2014 Toyota Camry SE - 4 dr, 4 cyl, auto, loaded, 4,241 miles.....\$21,995
2008 Ford Escape XLT - 4x4, 4 dr, V6, auto, loaded, 83K.....\$10,995	2013 Ford Fiesta Titanium - 4 dr, 4 cyl, auto, loaded, 10K.....\$13,995
2008 Chevy Equinox LS - 4 dr, V6, auto, loaded, 111K.....\$7,995	2012 Chevy Malibu LT - 4 dr, 4 cyl, auto, loaded, 27K.....\$13,995
2006 Ford Escape XLT - 4x4, 4 dr, V6, auto, loaded, 105K.....\$8,995	2011 Chevy Impala LT - 4 dr, V6, auto, loaded, 43K.....\$12,995
2005 Chevy Trailblazer LT - 4x4, 4 dr, 6 cyl., auto, loaded, sunroof, 138K.....\$6,995	2010 Chevy Impala LT - 4 dr, V6, auto, loaded, 61K.....\$10,995
2002 GMC Envoy SLT - 4x4, 6 cyl, 4 dr, auto, loaded, 128K.....\$4,995	2009 Pontiac G6 GT - 4 dr, V6, auto, loaded, 105K.....\$7,995
2001 Chevy S10 Blazer LT - 4x4, 4 dr, V6, auto, loaded, 77K.....\$4,995	2009 Chevy Cobalt LT - 4 dr, 4 cyl, auto, loaded, 87K.....\$7,995
2001 Chevy Silverado LT - Ext cab, Z71, 4x4, V8, auto, loaded, 137K.....\$7,995	2009 Ford Fusion SE - 4 dr, 4 cyl, auto, loaded, sunroof, 55K.....\$9,995
2000 Chevy Silverado LS - Ext. cab, 1500, Z71, 4x4, V8, auto, loaded, 139K.....\$6,995	2009 Chevy HHR LS - 4 dr, 4 cyl, auto, loaded, 97K.....\$6,995
2000 GMC Sierra SLE - Ext. cab, 1500, 4x4, V8, auto, loaded, 127K.....\$6,495	2008 Saturn Aura XE - 4 dr, V6, auto, loaded, 99K.....\$7,995
1999 Chevy Silverado LT - Ext. cab, 1500 Z71, 4x4, V8, auto, loaded, 142K.....\$6,995	2008 Chevy Impala LT - 4 dr, V6, auto, loaded, 68K.....\$9,995
1999 Chevy Silverado LS - Ext. cab, 4x4, Z71, V8, auto, loaded, 122K.....\$6,995	2007 Saturn Ion2 - 4 dr, 4 cyl, auto, loaded, 86K.....\$4,995
★ VANS	2007 Chevy Aveo LS5 - 4 dr, 4 cyl, auto, 132K.....\$3,995
2006 Dodge Caravan SXT - 4 dr, V6, auto, loaded, 98K.....\$6,995	2007 Pontiac Grand Prix GT - 4 dr, V6, auto, loaded, sunroof, 102K.....\$7,995
2006 Dodge Grand Caravan SXT - 4 dr, V6, auto, loaded, 95K.....\$7,495	2007 Pontiac G6 - 4 dr, 4 cyl, auto, loaded, 63K.....\$8,995
2005 Chrysler Town & Country Touring - 4 dr, V6, auto, loaded, DVD, 114K.....\$6,495	2006 Saturn Ion2 - 4 dr., 4 cyl, auto, loaded, 80K.....\$6,995
<p>See Complete Inventory &amp; Pictures at <a href="http://www.hwy52auto.com">www.hwy52auto.com</a></p> <p>Scan this QR code with your Smartphone → </p> <p><b>HWY. 52 AUTO</b> Bryant, WI</p> <p>Remaining Factory or our 3-month, 3,000 mile Warranty "More to Choose From" Trade-ins Welcome</p> <p><b>715-623-0804</b></p>	

### Wabeno Bus Driver Appreciation Week



This week was Bus Driver Appreciation Week. We appreciate our bus drivers each and every day but they had a special day this week. We had our drivers join us at our Day A assembly so we could give them a few tokens of our appreciation. As is the custom at our school when we are recognizing someone for something great, we give them a trip around the gym in a 'wheelie' chair (AKA an office chair). They enjoy that alot. We also had a bus driver that just retired in January. We still love you Curt Kroll and hope you are loving sunny Florida. We miss you.

A picture is our long time bus driver W. John Pakulski (AKA Big John) getting his ride around the gym during assembly with some of the students that ride his bus following along behind.

This picture is of our bus maintenance and head of the drivers, Paul Ehlinger. We appreciate Paul for all the trips he makes in the middle of the day for numerous reasons and for all the care he gives to our buses and the ones that ride the 'litle' bus with him.

Above we have our big bus drivers. They have different areas of our district to cover and they always come back with a smile on their faces. The love and concern they show their riders are second to none. We truly do love our bus drivers! Included is Lori Exferd, Troy Hoffmann, Linda McEwen, Big John Pakulski, Vicky Pirus, and Lorna Weyenberg.



# NORTHERN HEALTH CENTERS

*Welcome Dr. Sharon Shepich*

Northern Health Centers, Inc., a Community Health Center located in Lakewood, Wisconsin would like to introduce Dr. Sharon Shepich a board certified Family Practice Physician from Iron River, Michigan with strong skills in rural medicine. Dr. Shepich provides medical services in the area of primary health care for all age groups, newborn to 90, preventive healthcare, Chronic Disease Management and coordination of care with specialists.

Dr. Shepich is a graduate from the University of Michigan Medical School in Ann Arbor and St. Mary's Family Medicine Residency Program at the University of Wisconsin, Madison.

Dr. Shepich has joined the medical team at Northern Health Centers, Inc. as a Family Practice Physician and Medical Director.

Please contact Northern Health Centers, Inc. at 715-276-6321 if you would like to schedule an appointment with Dr. Shepich.

15397 Hwy 32  
Lakewood, WI  
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Find us at: [www.nhemedden.com](http://www.nhemedden.com) & 


Northern Health Centers, Inc. is a Community Health Center serving the residents of:  
Florence, Forest, Langlade, Marinette and Oconto counties.

820 Arbutus Ave  
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(Dental Only)



# Never Stop Playing

I'm **Don Wallace** from Rhinelander. I'm an avid golfer, but part of my love for the sport is walking the rolling green. Then, pain in my left hip threw me off my game. Getting in and out of the cart caused so much discomfort that playing became impossible. When I could no longer get around without a cane, I made an appointment to see **DR. WILLIAM PADGETT**, a surgeon at Ministry's Northland Orthopedic, who replaced my right hip in 2002. I trusted him to fix my other **HIP** and today, I feel good as new. Now that I'm back in the swing of things, I get to return to the fairway this spring. **FORE!**





**MINISTRY MEDICAL GROUP**  
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**APARTMENT FOR RENT:** Huge 1-bedroom, partially furnished apartment located in downtown Crandon. For more information, please call 715-889-3207. Betc35

**FOR RENT, LANGLADE:** Duplex w/large deck, opposite Wolf River. 2 BR, cedar chalet. Heat, appliances & laundry room included. No smoking. \$550.00. Call (715) 842-7607 or (715) 470-7195. Betc38

**LANGLADE CO. WI Upper & Lower Post Lake.**  
1,136 acres all recreational water plus famous Wolf River. Homes - Cottages Vacant Lots - Cabins Great Fishing. ATV, Snowmobile trails. Fantastic Deals. Broker ph: 715-216-0838 www.postlakerealestate.com

**FOR SALE:** 1-3 acres plus, old growth heavily wooded. View of lake on a quiet dead end road. Three Lakes, \$9,500 per acre. Call 715-891-4572 or email northwoodst@icloud.com. P48

**FOR SALE:** Home or 4-Season Cottage. 2 hours North of Green Bay, wooded 2 acres, overlooking Bishop's Lake, 3088 Black Lane, WI. 2 bedrooms, 1 bath, full basement, fireplaces, 2.5 stall detached garage, furnished/unfurnished, boats, lawnmower, snowblower, golf cart. \$84,900 OBO. Call 920-490-9699. P51

**HUNTING LAND FOR SALE:** 70 acres with new cabin, metal roof, siding, and attached garage. Approx 1200 square feet. No water or electricity, although it is wired for use with a generator. Propane lights installed throughout cabin. Includes the essential outhouse. Mature hardwoods, ridges, and cedar swamp, with small brook running through some of the property. Snowmobile/ATV trails are very accessible. Located 5 miles west of Hwy 55 off Hwy B, near Crandon, in the Town of Nashville. Asking \$2100/acre. Contact Lenzdental@SBCGlobal.net with inquiries, and directions to the property. P50

**CRANDON: FOR RENT:** 1 bedroom lower apartment. Very clean - UPDATED! Appliances, heat & water included. \$410 per month + sec. deposit. Avail. March 1st. Call for an application 715-499-2404. Betc36



Jeff Radish, Broker  
Vicky Radish, Sales Associate

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1 bedroom apartments available at Glenview Senior Apartments. Specifically built for persons 62 years of age or older handicapped/disabled individuals. Rent is based on 30% of your adjusted income and includes water, sewer, garbage pickup, HEAT, major appliances, off street parking and laundry facilities. Call 800-938-3229 for an application or more information. This institution is an Equal Opportunity Provider and Employer. Equal Housing Opportunity. Betc40

### FOR SALE BY OWNER



Located in Pickerel near Maplewood Golf Course. 3 bedroom, 2 bath on approx. 3 acres. Built new in 1998. Split level with finished basement. Upper floor is open concept kitchen and living room with hardwood laminate, master bedroom & bathroom. Lower level is 2 bedrooms, bath with laundry, large family room and office room. Has a detached hot tub room and a detached 2 car garage. Huge yard for your garden and toys. Sold with all newer appliances including stove, refrigerator, washer and dryer. \$129,000 Call (715) 216-0100 and set up an appointment for viewing.

**FOR SALE:** 2 bedroom 1 bath house with 2 car detached garage on 2.6 acres. Hwy 8 frontage in City of Crandon. Home has its own well and septic. Great starter home or rental unit. Home also has adjoining 4.99 acres that could be sold with home. 8943 E. Pioneer Street. \$64,000. Shown by appointment only. Call 715-649-3655 or 715-889-9034. Betc40

**WABENO -** Three bedroom apartments. Rent is based on 30% of your gross income and includes water, sewer, garbage & HEAT!! Major appliances, off street parking and laundry facilities. To receive an application, please call 1-800-938-5648 This institution is an Equal Opportunity Provider and Employer. Equal Housing Opportunity. Betc45

**HOUSE FOR RENT: LAONA -** Quiet house in rural Laona, 4 bdrms., with appliances (stove, fridges/freezer, washer), partly furnished, non-smokers only, \$550.00/month, plus utilities & 1 month security deposit. Please call David Karl at 715-889-0290 or 715-674-3935. P50

**FOR SALE:** Custom 2 bdrm., 2 bath mobile home in Muellers Pine Grove Resort, Pickerel. On slab, 2 decks, shed & landscaped yard. Lake and snowmobile trail access. Microwave, stove, fridge, dish washer and washer/dryer included. \$29,900. Call Sue at 715-630-6875. P38Betc39

**LOOKING FOR PLACE TO RENT:** Elderly gentleman in need of a 1 bedroom place. Preferably in the wooded, country area. Call 715-889-9292. P45

**COTTAGE FOR RENT ON LAKE LUCERNE:** Weekly or monthly. 3BR with lake shore! Call Dick at (913) 558-8931 IOU/etc7

**FOR SALE:** 4.99 acres, Hwy. 8 East (E. Pioneer St.) frontage in City of Crandon. Property has great potential for home or business. \$22,000. Call 715-649-3655 or 715-889-9034. Betc40

**FOR RENT:** 3 BR, 2 BA 1,344 sq. ft. ranch style home with detached garage located approx. 4 miles outside of Crandon in country. \$700/month plus 1st month security deposit. House is in beautiful setting with a nice yard. Appliances included: stove, refig., dishwasher, washer and dryer (opt). Send written request, references and other information to:  
**Rental PO Box 333 Crandon, WI 54520 P48**

**PICKEREL, WI -- (3 LOTS) --** All beautifully secluded Lakefront property located on Crane Lake (341 Acres) in Kasson Bay in Forest County, WI. Lots are adjoining and wooded. Can be sold separately or in one parcel. All lots selling for below appraised value! **LOT #2 -** .871 Acres, 106 ft. of Lakefront. In this section, only 4 property owners in over 65 acres. \$155,000 OBO. **LOT #3 --** .63 Acres, 121 ft. of Lakefront. \$150,000 OBO. **LOT #4 --** 1.049 Acres, 910 ft. of Lakefront with 90 ft. point. A one of a kind lot! \$200,000 OBO. 1,137 ft. of total Lake frontage! Crane Lake is connected by a channel to Pickerel Lake (1300 Acres). Swimming, fishing, boating, hunting, & 2 casinos within 20 miles. All prices negotiable. Call 262-862-2769 or 262-331-0752 Betc9

## Goodman/Armstrong Creek Lions Predator Hunt

With the registration deadline set for March 1st, the Goodman-Armstrong Creek Lions Club's sixth annual predator hunt, to take place from Friday March 14 after the 7 p.m. mandatory dinner until the by two p.m. check-in Sunday, March 23, has added a dog hunting division in an effort to reach out to coyote hunters who have requested they be able to use hounds.

Hunt chairman Pete Osterberg, said that following communication with "... a lot of people --groups in the Pelican Lake area, Crandon, and Argonne--" he and co-chairman John Gorgol have added the dog division to accommodate hunters who use dogs exclusively and also those who seek the coyote singly or in two-person teams without dogs.

Registration forms have been distributed to area businesses from Rhinelander to Niagara and from Michigan to Green Bay, but hunters can contact Osterberg or Gorgol to register by March 1, or they can mail the \$35 fee, with the check made out to G-AC Lions to one of them. Osterberg said to include a phone number along with the address of the registrant.

Osterberg can be reached at N20011 County H, Goodman, WI 54125. His phone number is 715-336-2685. Gorgol's address is 714 Witkowski Lane, Armstrong Creek, WI 54103. His phone number is 715-336-2830. To register by e-mail or to request information via the net, contact Gorgol at jgorgol@hotmail.com

The mandatory dinner, part of the \$35 fee, begins at 7 p.m. Friday, March 14 at the Goodman Community Center with George Buck and his Buckaroo clan again preparing the meal that consists of a number of entrees, plus side dishes. There, hunters will be able to enter raffles for a pair of Weatherby rifle drawings exclusively for those in attendance. Other donated prizes will also be available. Hunters will also register their teams and designate a captain if in the dog division. Those who hunt with dogs may have 10 people. Those without may work as an individual or in a two-person team.

The dinner, Osterberg emphasized, is mandatory for each participant, even if part of a team. Each will receive a kit specially prepared for the event, and hear of the rules and have any questions answered. Veterans of past years will notice some modifications.

Last year, Osterberg and Gorgol gave hunters a choice of dates. It was they who opted to have the hunt from March 14 through the morning of March 23 during the full moon. This hunt also tends to wrap up the predator season as a number of hunts have occurred in the Laona, Crandon, Argonne areas. Hunts have also taken place in Niagara and in Michigan's Upper Peninsula.

Coyotes need to be registered at the Goodman Sportsman's Clubhouse by two p.m. Sunday. The clubhouse is located on Sportsman's Road off County Road H between Goodman and Armstrong Creek. For the past five years, the clubhouse has served as the final stop where the Lions weigh the critters. Food and beverages will also be for sale at that time.

Osterberg said that the Lions have added a "Major Prize" drawing, at the weighing in on Sunday. "Each guy who shoots an animal has to register it. They put the hunter's name on a paper, and it goes into the bucket. A captain can't register for his team members. He just gets the prize money to distribute it. Then we have a drawing for hunters who have shot a coyote."

Specifics on the total amount of prize money for each division were not available at this time. Osterberg said it depends on registration numbers, and since it is their first time with two divisions, it may vary. In the past they have set aside \$1500 for prize distribution. That should be known after March 1st. Following the dinner, hunters are free to chase the critters anywhere in Michigan or Wisconsin and follow existing laws.



**FIND PAST REAL ESTATE ONLINE AT**  
**WWW.PIONEEREXPRESSCRANDON.COM**

## Area Events

2nd Annual Laona Volunteer Fire Dept.

# FISH-O-REE

**Saturday, February 22nd  
Silver Lake, Laona WI**

Fishing: 8 a.m. - 4 p.m. Weigh In  
Noon - 5 p.m.: Raffles, Food, Etc.  
At Silver Lake Beach

**FISH CASH PRIZES 1ST THRU 3RD  
NORTHERN, BASS, WALLEYE & PAN FISH  
RAFFLE DRAWING AT 5 P.M.**

Tickets available now from any fireman & local businesses and they will be available the day of the fisherie

**1st Prize: Eskimo Viper 43CC Power  
Ice Auger, 949 Fast Fish Portable  
Ice Shelter & Ice Sled**

**2nd Prize: \$100 • 3rd & 4th Prizes: \$50  
5th - 8th Prizes: \$25**

**PIG ROAST - \$5 A PLATE  
CHILI • CHICKEN NOODLE SOUP  
HOT DOGS, BRATS & BURGERS  
HEATED PAVILLION  
FOOD • REFRESHMENTS  
MEAT RAFFLES  
WHEEL RAFFLES • 50/50  
BUCKET DRAWINGS**

## FREE APPRECIATION DINNER

*For Citizens age 55 & Older from the  
communities within the Laona School Dist.*

**Sat., March 1st, Laona Community Building  
Cocktails 4:30 p.m. • Dinner 5:30 p.m.**

Entertainment by Mr. & Mrs. Steve Benaszkeski

Delivery available to Home Bound Seniors

Please RSVP (715) 902-0335 or (715)902-0145

*Sponsored by Laona Quarterback Club, Laona Lions Club  
& the Forest County ATV Association*

## HOPE YOU CAN JOIN US!!!

We want to thank our citizens of the Laona School District for their  
support and for future support going forward to help continue to grow  
our school district to help prosper the surrounding communities.

## Come Worship With Us

Rev. Callistus I. Elue

Mass Times:

Saturday's - 5:00 p.m.

Sunday's - 9:00 a.m.

Confessions:

Saturday's 9-10 a.m.

**St. Joseph Catholic Church**

208 North Park Ave., Crandon 54520 • 715-478-3396

Daily Mass Times

(Consult the weekly bulletin for  
any week day Mass changes)

• Tuesday's - 6:00 p.m.

• Wednesday's - 12 Noon

• Thursday, Adoration  
& Mass - 6:00 p.m.

• Friday - 12 Noon



# Leo Zagar Cancer Benefit

**Sat., Feb. 22 • 4-9 p.m.  
Lil Hummer's Hideaway  
Corner of Hwy. A & TT, Pearson  
Live Music, Food, Raffles  
& Silent Auction**

**For Questions or Donations  
Call Zach Zagar @ 715-216-5507**



**Three Lakes School/  
Community Arts Association  
Presents**

*"The Winga Woodwind Quintet"*

**Saturday, March 1, 7:30 pm at the Reiter Center  
1858 S. Michigan St,  
Three Lakes**

**Admission: Adult \$10  
/Students Free**



**WISCONSIN arts BOARD**  
Creativity. Culture. Community. Commerce.

478-1010 **Lafetta** Downtown  
200 S Lake Ave. **Restaurant** Crandon  
**Italian & American Foods**  
BUFFETS - BANQUETS - CATERING - TO GO's  
Arcade Room - Meeting Rooms - Hand Dipped Ice Cream

**FREE! Soup, Song  
& Sandwiches**

**Robert Kimberling  
& Accompaniment  
will lead us in a great  
time of Fellowship**

**EVERYONE  
INVITED!**

**Get on Out, Come on In,  
Relax & Have a Great Time!**

**Saturday,  
February 22nd  
1:00-3:00 p.m.**

**LINCOLN / REAGAN DINNER  
SUNDAY, MARCH 9, 2014  
HOTEL CRANDON RESTAURANT**  
200 North Lake Avenue, Crandon, WI  
Social Hour at 1:00 p.m. - Luncheon at 2:00 p.m.  
Open Bar - Tickets \$20 each  
**Guest Speakers: Senator Tiffany,  
Rep. Mursau & Rep. Swearingen**

**FOREST/FLORENCE  
COUNTY  
REPUBLICAN  
PARTY**

For Tickets call Jennifer (715) 649-3263 or Terri 478-2752  
Authorized and paid for by Forest County Republican Party.

## COMMUNITY BILLBOARD

- **AA Meetings** - Back Door Group - Open meetings Monday & Thurs. Nights @ 7 p.m., Lakewood Lakes Country Library. Call Mary 715-276-2318 or Bill 715-889-3512.
- **Forest Co. Big Book Closed AA Meeting** - Thurs. 7 p.m., Crandon Library. 715-478-2598 or 715-889-1829.
- **Al-Anon Meetings** - Courage to Change Group. Every Friday, 7-8 p.m., lower level Crandon Library.
- **Forest Cty. Humane Society** - Open to public every Sat. from 1-4 p.m. Call for more info. 715-478-2098.
- **AA Meeting** - Saturdays, 9 a.m., Wabeno Fire Station, side entrance.
- **Crandon VFW Post** - Meets every first Tuesday of the month. 6 p.m. at the VFW building, 104 N. Forest.
- **Support Group for Parents of Children with Disabilities** - Call Chris at 715-784-0058.
- **Crandon Lions Board Meetings** - 1st Monday of the month at Crandon Library at 7 p.m. (downstairs). Member Meeting - 3rd Monday of Month at 5:30 p.m.
- **Bridge Community Dental Health Clinic** - This project serves people of all ages in Forest County for people who have Badger Care, medical Assistance & UNINSURED. To schedule an appointment call (715) 848-4884. Call the Health Dept. for more information at 715-478-3371.
- **Good Shepherd Lutheran Church** - Hwy. 55N, Crandon. Sunday service 9:30 a.m. No Saturday services.
- **Christian Motorcyclist Association** - Spirit Ryders Chapter of Langlade & Forest Co. Invites you to attend out monthly meetings on the **last Saturday of each month**. Call George 715-350-1679.
- **Crandon PTO** - 1st Monday of month, 6-7 p.m., Elementary Cafeteria.
- **Wellbriety 12 Step Meeting (AA/NA)** - Monday nights, 6 p.m. - ? Lower level of the FCP Museum, Mish - Ko • Swin Lane, Crandon. Call Brooks Boyd for more info. at 715-889-4902.
- **Mole Lake Flea & Craft Sale** - Every Thursday, Mole Lake Casino Bingo Hall. 9-4 p.m. Free coffee and soda. \$5.00 tables. Everyone welcome. Call 715-478-7557 for more information.
- **Town of Lincoln Board meetings** - 2nd Monday of each month, 6 p.m., Town of Lincoln Hall.
- **AA Meeting** - Antigo Hospital, Saturdays at 7:00 p.m.
- **Forest County Humane Society Meeting** - Every fourth Monday of the month, 6:30 p.m., Crandon Library.
- **Women's Closed AA Meeting** - Sundays from 6:30-7:30 p.m., 300 S. Lake Ave, Crandon. Questions 715-478-1117 or 784-0680
- **Trinity Ev. Lutheran Church in Wabeno, WI** announces that the Monday night service has changed to Wednesday night at 5:30 p.m. and **Ladies Aid Meeting** will be the second Tuesday of the month at 1:30 in the afternoon. Call 715-473-5633 for more info. or check our web site [www.trinityrisensavior.com](http://www.trinityrisensavior.com).

## Forest County Family Services Network Community Baby Shower

All expectant and parents with a baby less than one year old are invited to a Community Baby Shower to be held April 30th 4:30 - 6:30 p.m. at the Crandon Community Center, 601 W Washington Crandon, WI says Jenette Gunville, University of Wisconsin - Extension Family Living Agent serving Forest, Florence, and Vilas Counties and co-chair of the Family Services Network.

Community Baby Shower attendees will have the opportunity to visit with over 15 exhibitors and enjoy a light supper. There will be a program where new parents will be given time for questions and answers about pregnancy and post-partum, along with hearing about dental tips for the entire family. There will be drawings for many donated prizes.

The mission of the Family Services Network is to support healthy families and strong communities through education and networking, says Gunville. The Community Baby Shower is being held to help families learn about community resources and get connected to other parents and agencies who can support them as they parent the next generation.

There is no charge for participating in this event.

**Bible Study**  
**Where: Double Buck Cafe**  
**When: Tuesdays @ Five p.m.**  
**All Are Welcome Please Bring Bible and Notepad**



**AUCTIONS**

**North Central Sales Auctions  
Homestead Bar & Banquet Hall  
Saturday March 1st, 2014 at 10:30 AM.  
8507 St. Highway 52, Wausau, WI**  
Directions: From Wausau, WI Take 52 East approx. 12 Miles to Homestead Ballroom.  
Watch For Signs.

**Auctioneer Note: Huge Estate up for auction, been  
packed away and now headed for auction! Go to  
[www.northcentralsales.com](http://www.northcentralsales.com) for list and photos.  
GUNS, SPORTING GOODS, TOOLS, COINS,  
TOYS, ANTIQUES, COLLECTIBLES, ART  
WORK CLEAN HOUSEHOLD  
Go to [www.northcentralsales.com](http://www.northcentralsales.com)**



**HOURS:**  
**Mon. - Sat. 8 am - 7 pm**  
**Sunday 8 am - 4 pm**

**Laona, WI**  
**(715) 674-6108**

*We reserve the right to correct any printing errors and limit quantities.*

Prices Effective Mon., February 24, 2014

MON	TUE	WED	THU	FRI	SAT	SUN
24	25	26	27	28	1	2

**Fresh & Packaged Meat Specials**

<p><b>USDA Family Pack Sirloin Sizzler Steaks</b>  <b>\$4.99/Lb.</b></p> <p><b>Family Pack Ground Round</b>  <b>\$3.29/Lb.</b></p> <p><b>Farmland (Sold Whole) Pork Butt Roast</b>  <b>\$1.69/Lb.</b></p> <p><b>Farmland St. Louis Style Spare Ribs</b>  <b>\$2.59/Lb.</b></p> <p><b>Farmland - 16 Oz. Reg. or Thick Sliced Hickory Smoked Bacon</b>  <b>\$4.59</b></p>	<p><b>John Morrell - 16 Oz. Reg. or Bun Length Franks</b>  <b>\$1.69</b></p> <p><b>Hormel - 12 Oz. Little Sizzlers</b>  <b>\$1.69</b></p> <p><b>Oscar Mayer Family Pack - 16 Oz. Bologna or Cotto Salami</b>  <b>2/\$5.00</b></p> <p><b>Klements - 14 Oz. Reg. or Beef Ring Bologna</b>  <b>\$3.59</b></p> <p><b>El Monterey - 27.5-28 Oz. Taquitos</b>  <b>\$6.79</b></p>
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<p><b>Farm</b> Sweet Seedless Red Grapes  <b>\$1.68/Lb.</b></p> <p>Fresh Express - 16 Oz. Cole Slaw  <b>\$1.29</b></p>	<p><b>Fresh</b> Crisp Super Select Cucumbers  <b>2/\$1.00</b></p>	<p><b>Produce</b> Sweet Ripe - 5.6 Oz. Blackberries  <b>2/\$3.00</b></p> <p>Fresh Dole Green Onions  <b>2/\$1.00</b></p>
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<p><b>Scoop Away - 14 Lb. Kitty Litter</b>  <b>\$5.99</b></p> <p><b>Alpo Prime Cuts - 13.2 Oz. Dog Food</b>  <b>2/\$1.50</b></p> <p><b>Indian Summer - 6/4 Oz. Sel. Var. Applesauce</b>  <b>\$2.19</b></p> <p><b>Brawny - 1 Roll Big Roll Paper Towels</b>  <b>\$1.49</b></p> <p><b>Betty Crocker - 4.5-8 Oz. Gushers &amp; Fruit Roll-Ups</b>  <b>2/\$3.00</b></p> <p><b>Progresso - 18.5-19 Oz. Soups</b>  <b>2/\$3.00</b></p> <p><b>Era - 50 Oz. Liquid Laundry Detergent</b>  <b>2/\$7.00</b></p>	<p><b>Grocery</b></p> <p><b>Puffs - Reg. 68-96 Ct. Facial Tissue</b>  <b>99¢</b></p> <p><b>Nabisco - 9.5-14.4 Oz. Chips Ahoy Cookies</b>  <b>2/\$5.50</b></p> <p><b>Shur Fine - 12 Oz. Cocktail or Chili Sauce</b>  <b>\$1.19</b></p> <p><b>Bush's - 15-16 Oz. Chili or Kidney Beans</b>  <b>88¢</b></p> <p><b>Creamette - 12-16 Oz. Pasta Noodles</b>  <b>4/\$5.00</b></p> <p><b>Shur Fine - 4.7-6 Oz. Potato Sides</b>  <b>99¢</b></p> <p><b>Shur Fine - 12 Oz. Tartar Sauce</b>  <b>\$1.39</b></p>	<p><b>Shur Fine - 31.5 Oz. Master Roast Coffee</b>  <b>\$6.99</b></p> <p><b>Shur Fine - 16.5-18.25 Oz. Cake Mix</b>  <b>4/\$5.00</b></p> <p><b>Swiss Miss - 6-10 Ct. Hot Cocoa Mix</b>  <b>2/\$4.00</b></p> <p><b>10-11 Oz. Doritos Chips</b>  <b>\$3.29</b></p> <p><b>Ruffles - 7.5-9 Oz. Potato Chips</b>  <b>\$3.29</b></p> <p><b>Shur Fine - 10.5-10.75 Oz. Tomato or Chicken Noodle Soup</b>  <b>2/\$1.00</b></p>
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<p><b>Deli</b> Fresh Baked Homemade Lasagna  <b>\$4.99/Lb.</b></p> <p>Carolina Deluxe Turkey Breast  <b>\$3.49/Lb.</b></p> <p>Crescent Valley Farmer Cheese  <b>\$3.99/Lb.</b></p>	<p><b>Bakery</b> Skinner Coffee Danishes  <b>2/\$6.00</b></p> <p>Fresh Baked Wheat Kaiser Rolls  <b>\$2.89</b></p>	<p><b>HB</b> Top Care - 120 Ct. Aspirin  <b>\$2.99</b></p> <p>Top Care - 36 Ct. Dental Flossers  <b>\$1.39</b></p> <p>DX Alkaline - 8 Ct. AA, AAA Batteries  <b>\$2.99</b></p>
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<p><b>Flav-R-Pac - 12 Oz. Steam Vegetables</b>  <b>4/\$5.00</b></p> <p><b>Lean Cousine - 8.5-10 Oz. Dinner Entrees</b>  <b>\$2.59</b></p> <p><b>9 Oz. Lean or Hot Pockets</b>  <b>2/\$4.00</b></p>	<p><b>Frozen &amp; Dairy</b></p> <p><b>Tombstone Orig. - 12" Pizza</b>  <b>3/\$12.00</b></p> <p><b>Sargentos - 15 Oz. Ricotta Cheese</b>  <b>\$2.79</b></p> <p><b>Old Home - 14 Oz. 100% Natural Peanut Butter</b>  <b>\$2.69</b></p>	<p><b>Minute Maid - 59 Oz. Orange Juice</b>  <b>2/\$5.00</b></p> <p><b>Morning Glory - 16 Oz. Chunk Cheese Blocks</b>  <b>\$3.99</b></p> <p><b>Deans Tru Moo - 32 Oz. Reg., 1% or Chocolate Milk</b>  <b>2/\$3.00</b></p>
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## How to Manage Atrial Fibrillation

Understanding atrial fibrillation will allow you to communicate your needs to your family, friends, and health care providers. Knowing how to manage atrial fibrillation will empower you to live your life healthier, happier, and with less worry.

### Avoid stimulants

Stimulants — even too much coffee, tea, soda, or chocolate — can speed up your heart rate even more. Also, beware of over-the-counter medicines, including nutritional supplements and cold and allergy medicines. Drugs may contain stimulants or have other properties that can trigger arrhythmias and/or interact with your prescription medications. *Source: Cardiosmart.org*

### Maintain a healthy weight

Extra weight places a stress on the heart that can manifest as atrial fibrillation. It turns out that obesity can actually change the size of the heart's atria, with a gradual increase in atrial size occurring as body weight increases from normal, to overweight, to obese. *Source: Nature.com*

### Minimize stress

Even people who are generally healthy and have no known heart problems may develop atrial fibrillation due to high stress. Contemporary research suggests that approximately 54 percent of patients with intermittent atrial fibrillation cite psychological stress as the most common trigger. *Source: American Heart Association*

### Limit alcohol

In excess, alcohol is toxic to the heart. Also dangerous are hangovers, which are associated with dehydration and an increase in stress hormones, which can increase the risk of atrial fibrillation. *Source: Cardiosmart.org*

### Stop smoking

Nicotine is a cardiac stimulant and can aggravate atrial fibrillation by temporarily making the heart race. Cigarette smoking is also a known risk factor for coronary artery disease. *Source: American Heart Association*

### Manage your cholesterol

Heart problems like atherosclerosis (clogged, hardened arteries) and high cholesterol can worsen atrial fibrillation and put you at a higher risk for heart attack and stroke. Stick to a low-fat, plant-based diet and exercise daily to keep your levels under control.

### Chronic conditions

Atrial fibrillation is often resulting from another ongoing condition. Conditions like sleep apnea and hyperthyroidism are two serious conditions that, left untreated, can cause atrial fibrillation. AF is about 5 times greater in people with apnea. Hyperthyroidism can cause chemical imbalances that lead to electrical imbalances in your heart, triggering atrial fibrillation. <http://www.healthcentral.com/heart-disease>

## 5 Natural Back Pain Remedies That Work

Lower-back problems are the number two reason people visit a doctor, second only to the common cold and flu. If you're prone to pain, you may already be treating it with OTC medications or trying to prevent it by

strengthening your core and back. Consider these pill-free treatments another weapon in your arsenal.

**Yoga:** People who took a weekly 75-minute class for 12 weeks found that they had diminished lower-back pain symptoms and less need for pain meds than those who didn't, according to a 2011 study in Archives of Internal Medicine. Can't stomach downward dog? Researchers found similar results among those who took a 50-minute weekly intensive stretching class instead.

**Osteopathic Manual Therapy (OMT):** Six sessions of OMT—during which a doctor of osteopathy stretches and uses gentle pressure on muscles and joints—led to substantial improvement in about half of people with lower-back pain after 12 weeks, according to a University of North Texas Health Sciences Center study published last March. Nearly two-thirds reported moderate improvement.

**Comfrey Root:** Using an ointment that contains this plant-based extract reduced lower-back pain by 95%, according to a 2009 study conducted by Merck and published in the British Journal of Sports Medicine. Look for comfrey-root ointment in health food stores or online. Just don't use it for more than 10 days at a time—it can be toxic.

**Acupuncture:** It may relieve lower-back pain more effectively than meds or physical therapy, according to a 2009 study done at Group Health Cooperative for Health Studies in Seattle and Northern California Kaiser Permanente in Oakland.

**Massage:** A third of people who got one weekly for 10 weeks reported significant relief from their lower-back pain, compared with 4% who didn't go for rubdowns, according to a 2011 study in The Annals of Internal Medicine.

# Bids & Notices

## TIMBER SALE BIDS

AM Forestry, P.O. Box 252, Laona, WI 54541 is accepting bids for timber on two separate sales. Bids will be accepted until 5:00 p.m., February 25, 2014.

### Wabeno Old Dump Sale

33.2 acres with an estimated 589 cords of cordwood and bolts with aspen, spruce, tamarack and balsam fir being major amounts. Also including a minor amount of misc. hardwood sawlogs.

### Jim Born Sale

31.13 acres with an estimated 440 cords of cordwood and bolts with aspen, hardwood and balsam fir being major amounts. Also including a minor amount of misc. hardwood sawlogs.

Each sale has all season/dry conditions areas in combination with winter only areas. Each sale has direct access to public roadways.

AM Forestry and the respective owners retain the right to accept or reject any or all bids and retain the right to waive technical defect.

Please contact AM Forestry in the evenings at 715-674-2062 for more information or to obtain a bid packet.

## Public Library Hours

**Lakes Country Public Library** - Lakewood - Monday, Tuesday & Thursday 9:00 a.m. - 5:00 p.m.; Wednesday and Friday 2:00 p.m. - 8:00 p.m.; Saturday 9:00 a.m. - 2:00 p.m. • 715-276-9020.

**Wabeno Public Library** - Tues & Fri. 10 a.m. - 5 p.m.; Wed. & Thurs. Noon - 5; Sat. 9 - Noon. Closed MONDAYS & SUNDAYS. Wifi signal: 8 a.m.-9 p.m., 7 days/week. 715-473-4131

**Crandon Public Library** - Monday, Tuesday & Friday 9:00 a.m. - 5:00 p.m.; Wednesday 9:00 a.m. - 7:00 p.m.; Thursday 9:00 a.m. - 7:00 p.m.; Saturday 9:00 a.m. - Noon • 715-478-3784.

**Laona Edith Evans Community Library** - SUMMER HOURS: Monday - Friday 8:00 a.m. - 2:00 p.m. & extended hours on Tuesday 5:00 - 7:00 p.m. CLOSED Saturday & Sunday • 715-674-4751

## Museum Hours

**Forest County Museum**- Summer Hours: 10-4 on Tuesday, Thursday, Friday and Saturday.

**Forest County Potawatomi Cultural Center & Museum** - Monday-Thursday 7 a.m. - 5 p.m. If you have special research needs or want to inquire about collection, please call 715-478-4841.

**Wabeno Museum** - Memorial Day - Through Labor Day - Monday-Thursday: 11:00 a.m.- 4:00 p.m.; Friday-Saturday: 10:00 a.m.- 5:00 p.m.; Sunday: 10:00 a.m. - 4:00 p.m.

## The School District of Laona is looking for your input!

The District is studying the need for a Day Care program located within the school building. Please join us at one of the following listening sessions to share your thoughts:

**Wednesday, March 5th - 6:00 pm - School Library**

**Thursday, March 6th - 6:00 pm - School Library**

If you have questions, please contact Mrs. Laurie Asher, District Administrator at 715-674-2143.



## LOST

**LOST:** Ski-Doo Touring bag, between Crandon and Long Lake on the trail. Call 920-973-3478, leave message. **REWARD!!** P46

### SCHOOL DISTRICT OF WABENO AREA 2014

February 24 - 28

#### LUNCH MENU

MON: Swedish beef casserole, green beans, roll, peaches

TUES: Nacho grande (taco meat, cheese, lettuce, tom, chips), refried beans, corn, corn bread, slushie cup

WED: Chicken nuggets, seasoned potato wedges, baked beans, cinn. baked apples

THURS: Chicken Alfredo, pasta, diced beets, biscuit, tropical fruit

FRI: Chili, stuffed bread stick, winter blend, orange wedges

PLEASE NOTE - ROMAINE SALAD BAR & MILK AVAILABLE DAILY. BREADS, BUNS & PASTA ARE WHOLE GRAIN.

Menus are subject to change

### SCHOOL DISTRICT OF WABENO AREA 2014

February 24 - 28

#### BREAKFAST MENU

MON: Cereal, double chocolate oat bar, pears

TUES: Scrambled egg w/ ham & cheese, biscuit, tropical fruit

WED: Pancake sausage on stick, sunny fruit

THURS: Cheese omelet, sweet potato puffs, apple slices

FRI: Chocolate Malt-O-Meal, banana, cinnamon toast

PLEASE NOTE - 100% FRUIT JUICE & MILK AVAILABLE DAILY. BREADS, BUNS & PASTA ARE WHOLE GRAIN.

Menus are subject to change.

### REGULAR MEETING OF THE SCHOOL DISTRICT OF WABENO AREA BOARD OF EDUCATION

Tuesday, March 4, 2014 - 6:30 P.M.

Community Room - Wabeno Elementary School

#### AGENDA

- I. Call to order.
  - II. Roll call.
  - III. Pledge of Allegiance.
  - IV. Approval of the agenda.
  - V. Appearances:
    - A. Pat Lowery and students will appear to present information on SkillsUSA.
    - B. Michelle Boor and students will present updates on the Senior Class trip.
    - C. Elementary Leadership Team will present updates on Next Generation classrooms and Personalized Learning.
    - D. Laura Klescewski and teachers to present information on Math Interventions and curriculum.
    - E. John Twardowski and students will present updates on Prom.
  - VI. Action items:
    - A. Review and possible approval of the minutes of the regular School Board Meeting held on February 5, 2014.
    - B. Review and possible approval of vouchers and payroll.
    - C. Discuss and take possible action on an overnight trip for Skills USA.
    - D. Discuss and take possible action on a calendar for the 2014-2015 school year and review a draft of a calendar for the 2015-2016 school year.
    - E. Discuss and take possible action on adopting an updated nondiscrimination statement for district notices and publications.
  - VII. Information Items:
    - A. Allison Space, Elementary School Principal.
      1. RtI/PBIS updates
      2. Math Leadership Conference update
      3. Summer School update
      4. Family Engagement Team
      5. Parent Teacher Conferences on March 13 from 1:30-8:00 P.M.
      6. Home and School Events and updates
      7. Updates on other elementary news and events.
    - B. Matthew Paulsen, Jr/Sr High School Principal.
      1. PBIS/RtI updates
      2. Educator Effectiveness update
      3. Staff recognition
      4. School safety updates
      5. Strategic planning: personalized learning
      6. Principal's Conference updates
      7. ASCD Conference live stream updates
      8. Parent Teacher Conferences on March 13 from 1:30-8:00 P.M.
      9. Honors students
      10. Updates on other Jr/Sr High news and events.
    - C. Kimberly Odekirk, District Administrator.
      1. Updates on the district staffing report and staff licensing.
      2. Updates from the Community Coalition of Forest County
      3. Update on other news and events
  - VIII. Enter closed sessions under Wisconsin State Statutes 120.13 and Wisconsin State Statutes 19.85 (1) (c) (e) to:
    - A. Discuss employment, promotion, compensation or performance evaluation data of any public employee over which the governmental body has jurisdiction or exercises responsibility.
  - IX. Return to open session and take possible action on items discussed in closed session.
  - X. Adjourn.
- NOTE: THE AGENDA IS SUBJECT TO CHANGE AS ALLOWED BY LAW.

## SOKAOGON CHIPPEWA COMMUNITY

### NOTICE OF PUBLIC HEARING

Pursuant to Section 100.11 of the Sokaogon Chippewa Natural Resource Administrative Ordinance, the Sokaogon Chippewa Community Natural Resources Board will hold a public hearing on March 5, 2014 at 10:00 a.m. at the Sokaogon Chippewa Environmental building located at 3051 Sand Lake Road, Crandon, Wisconsin.

**Public input will be sought on:** US EPA Clean Water Act 401 Certification for the Proposed National Pollutant Discharge Elimination System (NPDES) General Permit for Stormwater Discharges From Industrial Activities, also referred to as the Multi-Sector General Permit (MSGP).

Interested public officials and private citizens are welcome to attend. All applicable written materials pertaining to this hearing are available for public review by contacting the Sokaogon Environmental Director, Tina L. Van Zile at (715)-478-7605.

## Historical Society to meet February 27th

The Forest County Historical & Genealogical Society February meeting will be on February 27 at 7:00 p.m. at the Crandon Public Library. Open to the public. Members are encouraged to attend.

## Town of Hiles receives loan to purchase fire truck

MADISON - The Board of Commissioners of Public Lands (BCPL) today approved a State Trust Fund Loan totaling \$160,000 to the town of Hiles to purchase a fire truck.

The Board approved loans totaling \$581,689 at today's meeting. They include:

- Town of Hiles, Forest County / Purchase tanker/fire truck / \$160,000

- Village of Rock Springs, Sauk County / Refinance outstanding debt / \$385,000

- Village of Rock Springs, Sauk County / Refinance BCPL loan #96047 / \$36,689.18

With income generated by State Trust Fund Loans, and not a single taxpayer dollar, the BCPL provides all of the state's financial aid to public elementary, middle and high school libraries; \$30.1 million in 2013, alone. A complete list of the 2013 library aid distribution by school district will be found here:

(<http://bcpl.wisconsin.gov/docview.asp?docid=24671&ocid=145>).

State Trust Fund Loan monies come from the principal of the state's Common School Fund enhanced by revenues generated by fees, fines, forfeitures, unclaimed property and timber sales.

Established by the State Constitution, the BCPL consists of the Secretary of State, Doug La Follette; Attorney General, J.B. Van Hollen; and State Treasurer, Kurt Schuller.

To learn more about the agency, visit <http://bcpl.wisconsin.gov>.

## USED

## BOOK SALE



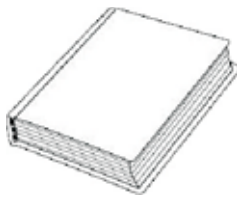
**MARCH 7 & 8**  
**FRIDAY 9-5**  
**SATURDAY 9-12**  
**CRANDON**  
**LIBRARY**  
**110 W POLK**

Lots of paperbacks!



## CALLING ALL MARINES - WE WANT YOU!

The Forest County Detachment of the Marine Corps League is looking for new regular members and associate members to come join us the first Wednesday of every month at the VFW Hall in Crandon. Food & Door Prizes. For more information please call Micah Dewing at 715-889-0371 OU/50



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### FLOWERS FROM THE HEART

117 N. Lake Ave., Crandon Phone 478-3710

### Nicolet College Creative Arts Series feature five free events in February

The Nicolet College Creative Arts series will feature five free events in February. The events include presentations on island jewels of the Caribbean and a rescue camp for aging elephants in Cambodia, the ever-popular Community Music Festival, a new art exhibit, and a presentation on how to safely store computer information on the Cloud.

Details of each of the upcoming events in February are below. The Nicolet Theatre and Art Gallery are located in the Learning Resources Center on the Nicolet College Campus.

**Tech Talk**

The Cloud: How to Safely and Securely Store Your "Stuff" in the Cloud  
Thursday, Feb. 13

3 p.m. Nicolet College - Learning Resources Center - 205

7 p.m. Nicolet College - Lakeland Center, Minocqua - Computer Lab

Services such as DropBox, Box.net, Google Drive, and Microsoft's Live Drive allow you to store information online in the Cloud. Learn about security settings and how to keep your family pictures and documents stored safely online.

**Nicolet Theatre**

**Community Music Festival**

2 p.m., Sunday, Feb. 16

The Northwoods is rich in musical talent and you'll get a sampling of its range and energy in one dynamic evening of performances by five local music groups: the Rhinelander Area Community Band, Nicolet Male Chorus, Nicolet Choraliers, Hymns and Hys, and Lakeland Barbershoppers. Each group will perform the highlights of its season's repertoire. The music will be sweet and you'll be smiling as your friends and neighbors entertain you with all their heart and soul.

**Nicolet Theatre**

**St. Vincent & the Grenadines: Caribbean Jewels with Steve Gonser**

7:30 p.m., Thursday, Feb. 20

A vicarious visit to the St. Vincent and the Grenadine islands will help take the chill of a cold winter night during this travelogue to these jewels of the Caribbean. The islands emerged from the sea eons ago when the Caribbean and Atlantic plates collided, leaving the islands lush with mountains, rich volcanic soil, and unspoiled landscapes of brilliant flora. From breathtaking natural beauty to a dynamic mix of culture, there's something for everyone in this 90-minute travelogue, hosted by the director, his wife and grandson.

**Art Gallery**

**Tony G. Conrad Exhibit**

Gallery hours are 8 a.m. to 8 p.m. Monday through Thursday and 8 a.m. to 4 p.m. Fridays and Saturdays

Through Saturday, February 22

Wisconsin artist Tony Conrad's paintings combine culturally opposed themes in surprising, ironic, and humorous ways. A single painting may juxtapose delicate patterns from Persian wallpaper with macho images found in a hunting magazine. Conrad is currently a Lecturer of Art at Lawrence University in Appleton.

**Nicolet Theatre**

**Aging and Elephants with Ann Eshelman**

7:30 p.m., Thursday, Feb. 27

After retiring as a public defender, Ann Eshelman headed for remote northeastern Cambodia to work at a sanctuary for elephants who were worn down by decades of hard labor and brutal treatment. With passion and humor, she describes the work involved to make their last years comfortable, healthy, and as free-roaming as possible.

For a complete listing of all upcoming Creative Arts Series events, visit [nicoletcollege.edu](http://nicoletcollege.edu).

**COLLECTABLE DISHES FOR SALE:** Vintage sapphire and milk glass 1940's bubble bowl sets, anchor hocking pitchers/glasses, fire king, wheat, autumn wheat, blue wheat dish sets, currier/lves dishes and bakeware. Call 715-478-3277. P45

**FOR SALE: WOOD BURNING STOVE - NORDI** with 8" pipe. Glass front with painted ceramic tile. Used frequently in our previous cabin. Great for your cabin, basement or shop. Call 920-428-4941. P45

**FOR SALE:** Antique washstand, floor lamp, beer signs, wicker doll buggy. Dog tracking system. Call 715-216-1172 or 715-216-3806. P45

**FOR SALE:** Free standing Fireplace with two glass doors, has automatic blower, comes w/over \$400 worth of stainless steel chimney. \$300, call 715-276-6406. P45

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**FOR SALE:** Light brown, swivel rocker/recliner. Barely used, very good condition. \$300 or best offer. Call 715-649-3397. P48

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Main Street, Wabeno

## RUMMAGE

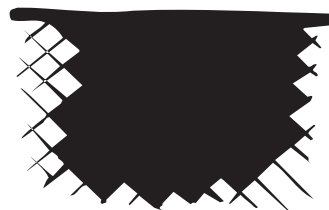
### RUMMAGE SALE

Friday & Saturday  
March 7th & 8th  
9 a.m. - 2 p.m.  
St. Luke's  
Methodist Church  
501 S. Lake Ave.  
Crandon  
**RADA CUTLERY,  
HOUSEHOLD  
ITEMS &  
CLOTHING**  
Hosted by  
United Methodist  
Women  
P46

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**MONDAY 2/24/2014**  
BREAKFAST: French toast, sausage or bacon, fruit: \$4.09  
LUNCH: Meatloaf, mashed potatoes/gravy, baked beans, fruit \$6.09. 2 pc. chicken, mashed potatoes/gravy, baked beans, fruit: \$5.99  
SOUP: Navy bean: \$2.69

**TUESDAY 2/25/2014**  
BREAKFAST: 2 hard boiled eggs, toast, sausage or bacon, fresh fruit: \$4.09  
LUNCH: Beef burrito, side salad, apple stick: \$6.09  
Homemade pizza, salad, apple stick: \$5.39  
SOUP: Chili: \$2.69  
DINNER: Open-face hot turkey sandwich, mashed potatoes/gravy, apple stick: \$6.09

**WEDNESDAY 2/26/2014**  
BREAKFAST: Cheese omelet, toast or bagel, fresh fruit: \$4.09  
LUNCH: Indian taco with toppings: \$5.99  
Soft or hard shell taco, toppings: \$5.99  
SOUP: Creamy chicken wild rice: \$2.69

**THURSDAY 2/27/2014**  
BREAKFAST: Denver scramble, American fries, toast or bagel: \$4.09  
LUNCH: Oriental beef and peppers over rice, egg roll, cookie: \$6.09  
Chicken club sandwich with soup: \$6.09  
Lightly breaded fish, potato, cottage cheese, bread, cookie: \$6.09  
SOUP: Cheesy hamburger & vegetable: \$2.69

**FRIDAY 2/28/2014**  
BREAKFAST: 2 hard-boiled eggs, sausage or bacon, toast or bagel, hash brown patty: \$4.09  
LUNCH: Lightly breaded fish, potato, cottage cheese, fruit: \$6.09. Tuna salad sandwich on wheat toast, choice of potato: \$6.09  
SOUP: Chicken vegetable: \$2.69

**SATURDAY 3/1/2014**  
LUNCH: Bacon & swiss chicken sandwich, potato wedges, homemade cole slaw: \$6.09

**GOLDEN HARVEST BREAD**  
Located in our freezer section

**NOVELTY CAN SAFES**  
Located in Stone Lake C-Store Smoke Shop

**Enter to win Topps 2012 complete set of baseball cards**

**Present this coupon**

Purchase a 12" Brew Pub Lotzza Motzza Pizza at regular price and receive a 12 pack of Coke product for \$4.99

### Lunch & Learn with your Forest County UW Extension Office

Forest County Courthouse Board Room – 200 East Madison, Crandon, WI from 12 noon – 1 p.m.

Bring your lunch and join us!

**Food Safety & Preservation Lunch & Learn Series:**

**March 4 Springtime is Food Safety Time** – Spring holidays are a time for family and friends, but don't forget food safety. Join us for a look at all that is new in food safety.

**April 8 Planning for a Successful Gardening Year** – Often a bountiful harvest is linked to planting the right crops, at the right time. Learn what varieties work well in Wisconsin and tips for a successful gardening year. Mike Maddox, Master Gardener Program Coordinator

**May 6 Tips for a Successful Year of Food Preservation** – Be sure you have the right equipment and most up-to-date information prior to the start of the food preservation season. Information on steam canning should be ready for this program!

For information on these programs please call 715-479-3653 or email [FFV.WNEP@ces.uwex.edu](mailto:FFV.WNEP@ces.uwex.edu). Information and program archives are also available online at [www.foodsafety.wisc.edu](http://www.foodsafety.wisc.edu).



# Death Notices

**DUSTIN M. MCGESHICK**, age 24, of Wabeno, passed away unexpectedly at Aspirus Wausau Hospital on Saturday, February 15, 2014 following a short battle with cancer.

Visitation was held after 3:00 p.m. on Monday, February 17 at the Lake Lucerne Gospel Chapel, Crandon. Funeral services were at 2:00 p.m. Tuesday with Pastor Don Dewing officiating. Interment was at the Potawatomi Tribal Cemetery, Crandon. Online condolences [www.weberhillfuneralhome.com](http://www.weberhillfuneralhome.com)

**PAUL MARVIN ROBERTOY**, 56, of Egg Harbor and of Wabeno, died Feb. 15, 2014, in Sturgeon Bay after a two-month battle with cancer. Funeral services - 11 a.m., Thurs., Feb. 20, 2014, St. Paul's Lutheran Church, W4167 Juddville Rd., Fish Creek, WI 54212. Visitation - 4-8 p.m., Wed., Feb. 19, 2014 at Huehns Funeral Home, 1414 Michigan St., Sturgeon Bay, WI 54235 and at church, Thurs., 10-11 a.m. Online guestbook and condolences at [www.huehnsfuneralhome.com](http://www.huehnsfuneralhome.com)

**SANDRA LYNNE BUKOVIC**, 64, Hiles, passed away peacefully at her home on Thursday, February 13, 2014. She was born on October 30, 1949 in Oak Creek to Paul and the late Rosemary (Kwasneski) Bukovic.

Sandra had a love of animals; her horses and her cats that were a very important part of her life. She lived in Apopka, FL for a number of years and worked as a legal proof reader for APOPKA CHIEF of Apopka, FL and also worked as an accountant for United Telephone Company of Altamonte, FL for many years before retiring to the Hiles area.

Sandra is survived by her father, Paul of Hiles, two brothers, Steven of Hiles and Russell of Mercer, WI, sister-in-law, Tammy, two nieces, Nicole (Rafael) Castillow and their daughter, Cadence and Christine (Josh) Siorini and nephew, Russell Hanson, Jr.

Visitation was held on Monday, February 17 from 4-6:00 p.m. and again on Tuesday, February 18 from 10-11:00 a.m. at the Weber-Hill Funeral Home, Crandon. Funeral service followed on Tuesday at 11:00 a.m. with Pastor Ed Leiskau officiating. Inurnment will be at a later date in St. Mary's Catholic Cemetery, Argonne. Weber-Hill Funeral Home is assisting the family. Online condolences at [www.weberhillfuneralhome.com](http://www.weberhillfuneralhome.com).

**CANDY MAE (DUFF) BEENEN**, age 62, passed away at home surrounded by family and friends, on February 17, 2014 after another courageous battle with cancer.

Candy was born August 9, 1951 to the late Virgil & Laura (Quade) Duff in Crandon, WI. She continued to live and go to school in Crandon until she moved to Sheboygan in 1969 to be close to her sister Mary.

She enjoyed live music, dancing and a good game of pool. During the summer months she would occasionally travel back to Crandon to spend time with her cousins, other family members and good friends. Later in life, she enjoyed reading and spending time with her Rat Terrier, "Apollo" who spent 13 wonderful years as her companion.

Candy was employed by the Spiller Spring Company from April 1979 until October 2009, when she had to retire due to health issues. During her 30 years there, she made many great friends.

Candy is survived by her only daughter, Susan (Vincent) Sherman, of Sheboygan and 2 grandchildren, Brayden & Emery, along with nephews, nieces, cousins and an aunt, Ida Quade.

Candy was preceded in death by her parents; her brother Virgil Duff and her two sisters Betty Ann Radtke and Mary L. Kloppenburg, and half-sister Shirley Bracken.

Special thanks to Paula and Barb of Sharon S. Richardson Community Hospice, Pat Johnson at Memorial Medical Center and her friend, Paula Zimmermann, for helping Candy through this difficult journey. Entombment will take place at the Garden Terrace Mausoleum, Lutheran Cemetery, Sheboygan. Online condolences may be expressed at [www.reinboldfh.com](http://www.reinboldfh.com)

## State Farm donates vehicle to Nicolet College's Auto Technician program

Students in Nicolet College's Automotive Technician program now have a new high-tech vehicle to train on thanks to a generous donation by State Farm.

The insurance company took in a 2012 Ford Focus that was totaled by flood damage. The company then donated the vehicle to the college for students to train on as they work their way to a college credential.

"This is wonderful for the college and students in the Auto program," said Brigitte Kumbier, dean of Trade and Industry at Nicolet. "Students need to train on the latest technology and this donation by State Farm will give students greater opportunity to do just that."

State Farm has a long history of supporting higher education and officials said they are happy to support Nicolet College.

"Our support for this program is a reflection of our commitment to Wisconsin communities," said State Farm Public Affairs Specialist Kelly Savage. "We are pleased to be able to partner with the college to help students acquire the career skills they will need to succeed."

The donated car will be especially useful in teaching students about the latest electronic technology that goes into late-model vehicles, said Ken Duesing, Nicolet Auto instructor.

"Vehicles today are becoming increasingly computerized and this car is perfect for students to learn about new components and how to diagnose and then repair any problems with the vehicle," Duesing said. "Considering it was totaled by flooding, I'm guessing students will find all kinds of things to fix. That's exactly what makes this vehicle so valuable to us. It's real-world training."

Kumbier Towing from Minocqua and Quality Collision of Rhinelander also donated their services to haul the car from Milwaukee to the Auto Lab on the Nicolet College Campus.

For more information about Nicolet's Auto program, visit [nicoletcollege.edu](http://nicoletcollege.edu) or call the college's Welcome Center at (715) 365-4493, 1-800-544-3039; TDD (715) 365-4448.

## Crandon Library News



### Family Story Time Dance Party a Success

Our Family Story Time Dance Party held last week was a great success. Seventeen families participated in our heart-pumping program. The staff at the Crandon and Laona Ministry clinics and Jill Krueger at the Forest County Health department for helped make this event a fun and educational event for our local area families.

### Digital Photo Contest for Teens

In honor of Teen Tech Week - when libraries make the time to showcase all of the great resources and services that are available to teens and their families - the Crandon Public Library is hosting a Digital Photography Contest for teens in our area.

Teen Tech Week is March 9-15, 2014, but in order to give everyone adequate time to get out there and take photos we are getting the word out now. The theme for this contest is: PRIDE - so please keep this in mind when taking/submitting photos. Information about the contest is available online or at the front desk of the library.

The deadline for entry submission is Wednesday, March 5th.

### New Books

New Nonfiction titles added to our shelves this week include *The ultimate Guide to U.S. Army Survival Skills, Tactics, and Techniques* edited by Jay McCullough, *The Forager's Harvest* : a guide to identifying, harvesting, and preparing edible wild plants by Samuel Thayer, *Yoga for Regular Guys : the best damn workout on the planet* by Diamond Dallas Page with Craig S. Aaron, and *Back to Basics : a complete guide to traditional skills* edited by Abigail R. Gehring.

New audio books-on-cd include *Gone Girl*: a novel by Gillian Flynn, *Divergent* by Veronica Roth, *Insurgent* by Veronica Roth, *Allegiant* by Veronica Roth and *The book Thief* by Markus Zusak.

## PIONEER EXPRESS

*Published Weekly*  
125 N. Lake Ave., P.O. Box 333  
Crandon, WI 54520  
email: [pionexp@newnorth.net](mailto:pionexp@newnorth.net)

Mike & Linda Monte.....Publishers/Editors  
Laney Hines.....Computer Graphics/Job Printing  
Meagan Kevilus.....Accts. Rec./Post Press/Graphics  
Boyd Monte.....Ad Sales/Job Printer/Graphics  
Carmen Strong.....Proofreader

# Letters to the Editor

*We welcome letter to the Editor; however the letters should be legible, in good taste, not libelous and pertinent to current issues. Names will not be withheld upon request, except for very special circumstances. NAME AND PHONE NUMBER SHOULD BE INCLUDED FOR VERIFICATION PURPOSES. We reserve the right to reject any and all letters.*

### FDA's teen tobacco prevention campaign

On Tuesday, February 6th the U.S. Food & Drug Administration (FDA) announced a new multi-media campaign to show teens the consequences of using tobacco products. The campaign, titled "The Real Costs", couldn't be launching at a better time.

Sadly, too many Wisconsin kids are addicted to tobacco. It may be hard to believe, but each year 6,600 kids start smoking in Wisconsin and over 400,000 who are alive now will become smokers. Ninety percent of all smokers begin while in their teens or earlier.

These ads will help reverse these numbers by using alarming visuals to draw attention to the physical and social costs of smoking. One ad depicts the harmful effects to the skin and teeth. When I saw this ad I felt it would catch the attention of teenagers who are thinking about smoking or maybe have tried it a few times already.

Appropriately, this campaign is launching during the 50th anniversary year of the first U.S. Surgeon General's report on smoking that showed the harmful effects of tobacco. The campaign honors the report's legacy by helping to make the next generation tobacco-free.

For more on the campaign, visit [www.therealcost.gov](http://www.therealcost.gov) To get involved in local tobacco prevention efforts, visit the Northwood's Tobacco Free Coalition at [www.nwtfc.org](http://www.nwtfc.org)

Sincerely,  
Jill Krueger  
Forest County Health Department



## Vets Corner

by Diane Fenske Joyner

Last year the Forest County CVSO Veterans Transportation Donations Fund, donations from very generous Veterans family members, along with \$600 from the Brush Run donation, paid for two caretakers to take two WWII Veterans on the Honor Flight.

Anyone can volunteer to take Veterans on the flights as Caretakers, for a cost of \$500 each, by filling out an application and submitting it to the Honor Flight organization. Complete information can be found at : [www.wisconsinhonorflight.org](http://www.wisconsinhonorflight.org) Old Glory Honor Flight announces its 2014 flight Schedule.

Old Glory Honor Flight is proud to announce an aggressive flight schedule for 2014. We will be flying five flights of WWII and Korean War veterans to Washington D.C. The currently scheduled flights are as follows:  
Mission 22: April 3rd  
Mission 23: May 8th  
Mission 24: June 17th  
Mission 25: September 11th  
Mission 26: October 9th

As always, these dates are subject to change and are dependent on our continuing ability to raise needed funds.

Calls to veterans eligible to fly on Mission 22 will begin in early March to allow our flight coordination volunteers some much needed Winter downtime. Thank you for your patience, and thank you for your support. Did you know that nearly 900 WWII veterans pass away every day nationwide? Most have not seen the memorials built in their honor. The time is NOW to thank them for doing nothing less than saving our nation and the world! Please join our mission!

We transport our local heroes, free of charge, on this Tour of Honor to Washington DC because it's our small way to say thank you for their service and sacrifices. "It is never too late to say thank you."

Welcome to Old Glory Honor Flight, the Northeast Wisconsin hub of the Honor Flight Network. Our mission is to offer our local World War II and Korean War veterans a memorable, safe and rewarding tour of honor to our Nation's Capital!

"It's Never Too Late To Say Thank You"

Reach over 8,500 (summer circulation) homes in the Forest and Northern Oconto county area with a classified ad through our mailings and set outs.

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**AD DEADLINE 4 P.M. TUESDAY**

Amount of weeks to run \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Ad \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Thank Yous & Personals

## The Family of Alice Harrison

The family of Alice Harrison would like to thank the following for their help in getting us, the family, through this trying time. Pastor Lee Jennings for the kind and understanding funeral sermon; the Presbyterian Ladies Aide for serving and cleaning up after dinner; Pichotta's Pub & Grub for cooking the delicious dinner; Gregg Tallier for playing and singing the music; Denise Smith for your care and conversation with Mom at home; the Staff and Administration of NuRoc Community Healthcare for their devotion to Mom's care; Weber-Hill Funeral Home for making the arrangements a lot easier to bear and to all the friends, relatives and acquaintances who stopped by to visit with Mom and to all those who expressed their condolences at her passing. Sincerely our thanks!

Mike, Bob, Steve, Terry, Dan, Alan and Pat Harrison and Families

## Thank You!

The family of Darrel "Jiggs" Gerow wants to express their heartfelt gratitude for the love, support and prayers during Darrel's illness and then his death. Thanks so much for the monetary gifts, flowers & plants, food gifts, many cards of condolences, visits and many stories of Jiggs. It is much appreciated.

KATHY, BRIAN & MICKY, MELISSA, TERRY & FAMILY

## GOOD LUCK AT INDIVIDUAL SECTIONALS THIS WEEKEND!



Morgan Krueger, Alex Stroik, Grant Murray, Isaiah Doane, Deven Groff & Jarred Roberts

## CONGRATULATIONS TO CRANDON'S WRESTLING TEAM



FOR MAKING SCHOOL HISTORY - TEAM SECTIONAL RUNNER UPS! YOU GUYS DID AN OUTSTANDING JOB!

## Nicolet students get real-world training through services offered to the public

Bringing real world training into the classroom is a major component of a Nicolet College education.

To give students this valuable learning experience, several Nicolet academic programs offer services to the public ranging from basic auto repair and dental care to haircuts, perms and quality dining in the Top of the Hill Restaurant.

"The goal is to create a real-world experience so graduates can make a smooth transition from our labs and classrooms to the workplace," said Nicolet College President Elizabeth Burmaster.

"By doing so, these individuals quickly become valuable employees that area businesses depend on to be successful."

### Services offered include:

#### Culinary Arts

The student-run Top of the Hill restaurant is now open to the public, offering buffet service lunches from 11 a.m. to 12:15 p.m. Monday through Thursday and dinner service from 5:30 p.m. to 6:45 p.m. Monday and Tuesday evenings.

Each lunch menu has a different theme, focusing on cuisine styles from around the world. Cost for lunch is \$9.50 plus tax.

Dinner fare consists of traditional American foods with a theme. Offerings also include main course specials, a fresh salad bar, daily soups, desserts, and beverages. Cost for each dinner ranges from \$5 to \$7 depending on the menu.

Complete menus are posted on the Nicolet website at <http://www.nicoletcollege.edu/about/campus-info/dining-top-of-the-hill/index.html>

For more information or to make a reservation, call the Top of the Hill Restaurant at (715) 365-4466.

#### Dental Hygiene

Improving overall dental health across the Northwoods is one of the goals of Nicolet's new Dental Hygienist training program at the Peter Christensen Dental Campus in Lac du Flambeau. Along with lab and lecture training, students in the program also develop their skills by offering services to the public under the direct

supervision of licensed dental hygienists.

Services offered include dental exams, teeth cleaning, sealant application, blood pressure screening, dental x-rays, fluoride treatments, and oral cancer screening.

Reasonable fees apply for these services and the clinic does accept Medicaid, Badger Care, and Forward Health payments.

For more information on costs, when these services are available, and to make an appointment, call the campus at (715) 588-4494 or send an email to [dental@nicoletcollege.edu](mailto:dental@nicoletcollege.edu).

#### Cosmetology

Students in this diploma program operate Studio 113, a full service salon that offers a wide variety of hair care that includes cuts, styles, perms and coloring; an assortment of nail care treatments along with spa services such as facials and makeup. All services carry a nominal charge.

Salon hours are Tuesdays 12:30 p.m. to 5 p.m., Wednesdays from 9 a.m. to noon and 1 p.m. to 5 p.m., and Thursdays 8 a.m. to noon and 1 p.m. to 5 p.m.

For more information, or to make an appointment, call the salon at (715) 365-4475.

#### Auto Technology

Students in the Auto program hone their skills by providing a wide range of repair and maintenance services to the public.

These include everything from basic oil changes, tire rotation, and wiper blade and headlight installs to brake, steering, exhaust and suspension work. More complicated work includes automatic transmission rebuilds and major engine repair.

The services provided at any given time vary and are aligned with the topics students are studying in class. To find out about what services are offered when, call the Auto Lab at (715) 365-4499 or email instructors Ken Duesing at [kduesing@nicoletcollege.edu](mailto:kduesing@nicoletcollege.edu) or Chris Kolasa at [ckolasa@nicoletcollege.edu](mailto:ckolasa@nicoletcollege.edu).

Clients are charged for the cost of parts but are encouraged to make donations to the Auto Technology student club.

## Ruffed Grouse Society announces 2014 Wisconsin Drummer Fund Projects

### Record 16 Projects Approved For Funding

Coraopolis, PA – Sixteen projects benefiting ruffed grouse and American woodcock habitat in Wisconsin have been selected by the Ruffed Grouse Society (RGS) to receive over \$62,000 during 2014 through its Wisconsin Drummer Fund program. Partners receiving RGS funding for projects in Wisconsin in 2014 include county forestry departments in Ashland, Douglas, Eau Claire, Florence, Langlade, Lincoln, Marathon, Price, and Wood Counties, the Wisconsin Department of Natural Resources (DNR) and the U.S. Forest Service. The U.S. Fish and Wildlife Service through its Partners in Fish and Wildlife Program is also providing funding support for several of these projects.

According to John Eichinger, RGS President and CEO, "RGS is pleased that in 2014 the Society will be supporting another record year, both in the amount of funds provided and the number of projects conducted under the Wisconsin Drummer Fund program. Our ability to fund these important wildlife management projects is due to the dedicated efforts of the volunteer members of our Wisconsin RGS chapters."

The Wisconsin Drummer Fund was initiated in 2010 and is the direct result of funds being raised at Wisconsin RGS chapter fund raising events and through direct member donations. Since its inception, nearly \$219,000 has been made available through the Wisconsin Drummer Fund to support 56 Wisconsin grouse and woodcock projects. These funds have been matched by other agencies and organizations and have resulted in over \$616,000 worth of projects being funded in Wisconsin since 2010.

Wisconsin Drummer Fund Projects approved for 2014 include:

- Augustine Creek Hunter Walking Trail Bridge Replacement/Ashland County – Ashland County Forestry Department and Wisconsin DNR
- Burma Road Hunting Trail Development/Florence County – Florence County Forestry Department and Wisconsin DNR
- Cylon Wildlife Area Aspen Regeneration/St. Croix County – Wisconsin DNR
- Cylon Wildlife Area Land Acquisition/St. Croix County – Wisconsin DNR
- Douglas County Grouse Management Area Signage – Douglas County Forestry Department
- Eau Claire County Aspen Regeneration and Hunting Trail Development – Eau Claire County Forestry Department
- Empire Swamp Management Area Access Improvement/Douglas County – Douglas County Forestry Department
- Kubisiak Ruffed Grouse Management Area Alder/Aspen Regeneration/Wood County – Wisconsin DNR and Wood County Forestry Department
- Marathon County Alder Regeneration – Wisconsin DNR and Marathon County Forestry Department
- Medford/Park Falls District Hunting Trail and Opening Maintenance – US Forest Service

Management/Langlade and Lincoln Counties – Langlade and Lincoln County Forestry Departments and Wisconsin DNR

--Northwest Sands Unit Landowner Outreach – Wisconsin DNR

--Pershing Wildlife Area Opening Development/Taylor County – Wisconsin DNR

--Price County Aspen Age-Class Distribution – Price County Forestry Department

--Wild Rose Aspen Regeneration/Waushara County – Wisconsin DNR

--Woodboro Lakes Wildlife Area Hunting Trail Development/Oneida County – Wisconsin DNR

Nine of the sixteen approved projects in 2014 are taking place on Wisconsin's county forests. According to Jane Severt, executive director of the Wisconsin County Forests Association, "Wisconsin County Forests Association truly values continued conservation efforts and fiscal resources directed toward county forest lands by the Ruffed Grouse Society. Together, county forests and RGS have completed countless outstanding projects benefiting our environment and sportsmen and women alike. The partnership between our county forests and RGS clearly demonstrates the importance of ensuring that the ecological benefits and sporting opportunities provided by young forest communities remain a part of our forested landscape across Wisconsin."

"Though the Wisconsin Drummer Fund originated in 2010, RGS has been very active supporting habitat work in Wisconsin since 1985. Since that time, RGS has contributed over \$900,000 to fund over 110 projects in 44 of Wisconsin's 72 counties," reports RGS Biologist Gary Zimmer.

Established in 1961, the Ruffed Grouse Society is dedicated to preserving our sporting traditions by creating healthy forest habitat for ruffed grouse, American woodcock, and other wildlife. We work with landowners and government officials to develop critical habitat using scientific forest management.

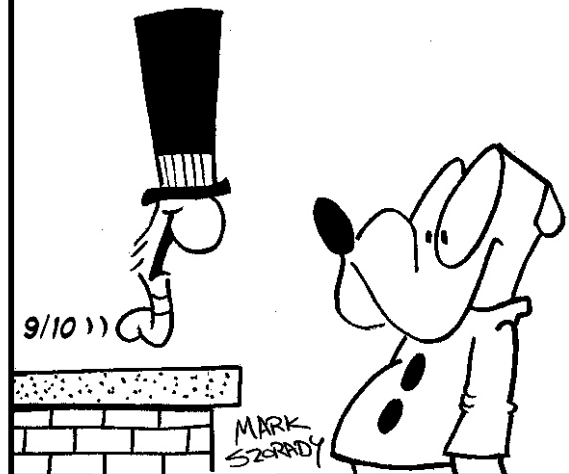
Information on the RGS, its mission, management projects and membership can be found on the web at: [www.ruffedgrousesociety.org](http://www.ruffedgrousesociety.org).



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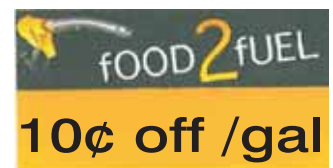


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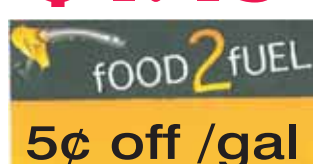
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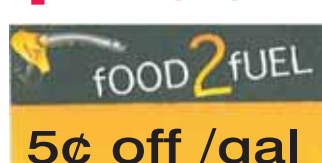


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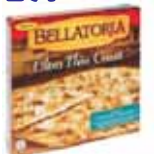
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**Big House Dirt Riot Cont. from pg. 1**

Buggies, Modified & Stock Trail Rigs), along with a popular UTV class.

"Everyone at Crandon is geared up to try out our new Playground 4x4 off-road terrain park with these rock crawlers from W.E. ROCK's Dirt Riot Series," said Cliff Flannery, President of Crandon Raceway. "We've worked hard to get the Playground ready for an event like this, and look forward to the Mid-States Dirt Riot Series opening the door for this new type of off-road competition here at Crandon."

Depending on the facility, W.E. ROCK Dirt Riot Series race courses are four to eight miles of rugged terrain where you'll find various obstacles of rock, concrete and wood, high-speed sections, natural climbing sections, trees and frame/body-twisting sections. The Crandon event, which will have the Dirt Riot vehicles running on the short course race track as well as in the Playground, is the final event of a three-event series that includes similar events in Pennsylvania and Kentucky.

"Everyone at W.E. ROCK and the Dirt Riot Series are pumped to open new courses and introduce new spectators and new competitors to our style of off-road racing," added W.E. Rock Events founder Rich Klein. "Crandon is a legendary facility with roots dug deep in the sport of off-road. Our Dirt Riot Series competitors were beyond thrilled when we told them of our partnership with Crandon Raceway for 2014 and beyond. So expect a big turnout at Crandon this August 2nd and 3rd and be ready to check out some amazing off-road action for the first time in Crandon's new Playground off-road terrain park."

Joining the W.E. ROCK Dirt Riot Series to make for an unforgettable weekend of off-road action at Crandon Raceway will be the stars of MORR, racing two rounds of TORC-sanctioned points series in all of its truck bashing, buggy flying far out racing action ... the same local racing legends that share the track with TORC Series PRO division at Crandon and Bark River events! And, as an added bonus, the side-by-side high horsepower blower & injected mud drag racers return to action to blast down Crandon's famed Forest County Potawatomi Land Rush Start straight at unheard of speeds through the dirt.

With racers and trucks/buggies, crews and off-road fans converging from all points on the U.S. map, the small logging town of Crandon, Wisc., (population: 1,961), is awash in activity. And since 1970 the off-road phenomenon has played out in Crandon, celebrating 45 years and making it the nation's longest-running short course off-road competition.

For more information on W.E. ROCK and Dirt Riot, check out their website at: www.werocklive.com For schedule, camping, grandstands and ticket information please visit www.crandonoffroad.com

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**Red Arrow 39th Annual Fish A Ree was Huge Success**

The Saturday and Sunday prior to Valentine's Weekend (Feb 8-9) was cold but clear. This brought huge crowds to our annual winter fundraiser event as folks looked for ways to have fun despite the cold weather. Many local and weekend snowmobilers helped support the event while enjoying the trails which are in ideal condition this winter.

Everyone enjoyed raffles, music, liquid refreshments and lots of good food. Club President Joe Kampf wants to express a great big thank you to all the club members who worked at the event and the many businesses who contributed prizes for our raffles. Most every business from Wabeno to Mountain helped us and we appreciate it...return the favor by shopping locally!

Special guest AWSC Miss Snowflake Chelsie Popp of Tomah was our special guest and she picked all of the raffle prize winners. First Prize \$750.00 cash was Robert Derks of Lakewood. The 2nd prize Samsung Galaxy Note 10.1 donated by Townsend Self Storage was Richard Hieberg of Townsend and Pat Weidner of Casco won the won the 3rd prize 42 inch TV partially donated by Forest TV of Lakewood. The 4th prize Ice Auger partially donated by Pintsch's Hardware/Bait was won by Jim Weyers of Townsend and the fifth prize shotgun donated by Jim Griesinger was won by Joe Harrison off Little Suamico. The 6th prize lap quilt made by Carol Renteria was won by Patrick Weyenberg of Lakewood and Al Ehlenbeck of Elkhart Lake won the 7th prize \$300.00 cash provided by Red Arrow. Tom Karagianis of Townsend won the 8th prize Northwoods Print donated by First Merit Bank of Townsend and Paul Heimmerman of Riverview won the 9th prize rooms from Best Western of Ishpeming, Mi. The 10th prize 100.00 gift card partially donated by Townsend Shell was won by Mark Stehula of Appleton.

11th thru 16th Prizes were \$50.00 gift certificates donated by Mikes Supermarket, Lakewood Super Valu, Sunset Resort and Maiden Lake Supper Club and were won by John Royce of La Crosse, Tammy Michalkeiwicz of Neenah, Deanna Tachhick of Breed, Vince McCabe of Townsend and John Kasel of Green Bay. The 17th prize \$50.00 gas card from Townsend Shell was won by Lisa Pankow of Townsend and the 18th prize. 50.00 gift

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certificate partially donated by Mikes Supermarket was won by Mike of Animal's Bear Trail. Finally the 19th and 20th prize 25.00 gas cards from Townsend Shell were won by Bill Dersnoh and Bob Mengel...both of Lakewood. Dan Hoppe of Kaukauna won the Packer Football donated by the Packers, Dan Franzen won the money basket, Larry Market the big basket of booze, Diane Fitzpatrick the small basket of booze and Julie Pommering the gift certificate from the Beach Club.

Saturday first prize fishing contest winners were Bill Gleffe, Townsend with a 5lb, 4oz northern, Mike Clapps, Milwaukee with a 3lb,12 oz bass and Erin Kiszalinski, Townsend with a 1lb,14 oz panfish. No Walleyes were registered. Other Saturday winners included Bailey Van Eperen, Willy NanNoer, Cade Radish, Chuck Wagner, and Rick Nitecki. Sunday winners were Jake Kroll of Townsend with a 5lb, 12 oz. Northern (biggest fish of the weekend), Allen Wendt of Gillett with a 5lb, 1 oz. Walleye and a 4lb 0oz Bass. Allen also had the biggest pan fish at 1 lb., 4oz. making him a triple first prize winner...wow!!! Other Sunday winners included Chad Pantz of Townsend and Bruce Beno of Green Bay.

A best ever event profit will help the Red Arrow Snowmobile ATV Club maintain their record of having some of the finest snowmobile and ATV trails in this part of the state. Our appreciation to all who helped make this event such a success. Red Arrow club meetings are held on the 2nd Wednesday evenings of the month. Check our website for meeting locations and up to date club information.



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**Dart Tournament to Benefit Hospice**  
 (RHINELANDER, WI) – On Saturday, March 1, the annual Chicago Style Dart Tournament, "On Target for Quality of Life," will be held to raise funds for Ministry Home Care's hospice program.

This fun event will be held at Bucketheads Sports Bar & Grill, located at 46 North Brown Street in Rhinelander. Registration will begin at 11:30 a.m., and the tournament starts at noon.

The tournament will feature a women's doubles/luck of the draw, men's doubles/luck of the draw; as well as open luck of the draw to follow. Cost is \$10 per person, per tournament, and five dollars from each entry fee will be donated to Ministry Home Care's hospice program. In addition, there will be a raffle with prizes donated by local businesses and plenty of action for everyone in the community to enjoy. All raffle proceeds will support hospice services.

While the tournament is in progress, there will be a bake sale at Sacketts Bar, located at 66 North Brown Street in Rhinelander, to support Ministry Home Care hospice. Please drop off donated baked goods at Sacketts Bar by 10:00 a.m. on Saturday, March 1.

Spectators and competitors are welcome to attend this fun event. For more information, please contact Trisha Schultz at 715.493.7119, or Melissa Houg at 715.361.2263.

Hospice is end-of-life care for people of all ages, of any diagnosis, provided in the place they call home. While the majority of hospice care occurs in private homes, Ministry's team also supplements the care provided by the residential staff at nursing homes, assisted living facilities and other community-based residences. Their expertise in pain and symptom control, as well as their ability to provide extended support to the family members, brings great value to these collaborations. Medicare, Medicaid and most private insurance companies provide some funding for this comprehensive care, but many who need it are under-insured or uninsured. As part of their mission, Ministry provides this important end-of-life care to anyone who is medically eligible, regardless of their ability to pay.



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**Laona Lions Peace Poster Winner**



Peace Poster Chair Lion Sue Laskowski and Rebekah Nevala

The Laona Lions Club presented Rebekah Nevala with a certificate and \$50.00 for winning the 2013-14 Laona Lions Peace Poster Contest. Rebekah received her award at the Lions dinner meeting held Monday February 10th at Mudslingers. This years theme was Our World, Our Future. Rebekah is a 6th grade student in Laona.

Congratulations!

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## The Simple Secret to Great Sleep

### Sweet dreams at every age

You already know that pregnancy pains and hot flashes can keep you tossing and turning at night. But there's a host of other, less-heralded health concerns that may be silently interfering with your shut-eye. Here's how to deal with these stealth sleep stealers, decade by decade.

#### Your 20s and 30s: Check your thyroid

New moms usually blame sluggishness or insomnia on the demands of parenthood, says Laura Corio, MD, an OB-GYN in private practice in New York City and attending physician at Mt. Sinai Medical Center. But the true culprit may be postpartum thyroiditis, which 5 to 10 percent of women develop in the year following delivery.

Typically, it starts with mild hyperthyroidism (overactive thyroid), which can rev you up and set off insomnia. After a couple of months, the condition may swing to hypothyroidism, in which a lack of thyroid hormone slows your body's functions, leaving you feeling constantly tired. If you're too jumpy to sleep or have extreme fatigue postpartum, see your doctor.

#### Your 20s and 30s: Say goodbye to sadness

Feeling blue can pack a double whammy when it comes to sleep: Not only can depression cause sleep problems such as insomnia, but some antidepressant medications may have sleep-related side effects.

Donna Arand, PhD, clinical director of the Kettering Sleep Disorders Center in Dayton, Ohio, and an American Academy of Sleep Medicine spokeswoman, recommends a two-fold treatment for insomnia with depression: cognitive behavioral therapy, a therapeutic approach which can be used specifically to target insomnia and bad sleep habits, plus talk therapy aimed at alleviating depression, adding or adjusting medication as appropriate. (The antidepressant trazodone may help with both insomnia and depression.)

#### Your 40s: Notice when you go at night

If you're waking up to pee a lot more lately, don't assume it's a sign of aging—you might actually have a urinary tract infection (UTI). "Decreasing estrogen levels in the mid-40s leads to a thinning of the lining of the vagina and bladder, which makes perimenopausal women more prone to infection," says Dr. Corio, author of *The Change Before The Change*. Corio adds that women in their early 40s are often very sexually active, which can also lead to more UTIs. Talk to your doc if you notice a change in your bathroom habits.

#### Your 40s: Deepen zzz's with exercise

Deep, restorative sleep (called delta or slow-wave sleep) decreases in your late 40s, making nighttime awakenings more frequent. Working out more may help. Your muscles and tissues are repaired during slow-wave sleep, Arand explains. When you give your body more repair work to do thanks to increased physical exertion, it responds by stepping up the amount of slow-wave sleep you'll get.

The type of exercise that's best for triggering slow-wave sleep isn't clear, but aim for 30 minutes of moderate aerobic activity on most days, suggests Wilfred R. Pigeon, PhD, director of the Sleep and Neurophysiology Research Lab at the University of Rochester Medical Center.

#### Your 50s+: Mind your meds

Prescription drugs you may be taking for high blood pressure and cholesterol could affect your pillow time. Diuretics (used to treat hypertension) can necessitate nighttime visits to the bathroom, says Annabelle Volgman, MD, a cardiologist and the medical director of the Heart Center for Women at Rush University Medical Center in Chicago.

If your doc says it's OK, try taking your pills in the morning instead of the evening. And statins for cholesterol-control can deplete your body's muscles of co-enzyme Q10, a natural protein required for normal functioning of muscle cells; the resulting muscle aches might make falling asleep a challenge. If that sounds like you, Dr. Volgman suggests asking your doctor if you might benefit from taking a co-Q10 supplement.

#### Your 50s+: Saw less wood

Chronic snoring is a major sign of obstructive sleep apnea (OSA), a disorder in which breathing briefly stops periodically while you sleep, interrupting and worsening the quality of your snooze time.

OSA can have some heavy consequences, such as worsening or increasing the risk of developing diabetes, hypertension, or stroke. "The risk of developing sleep apnea increases after menopause when progesterone levels drop," Arand says—possibly because progesterone may help the muscles of the upper airway stay open. Being overweight is also a big risk factor for OSA (and weight gain is a common occurrence during menopause); in some cases, slimming down can actually cure the disorder.

[http://www.health.com/health/gallery/0,,20432140\\_last,00.html](http://www.health.com/health/gallery/0,,20432140_last,00.html)

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### Wisconsin Invasive Species Council calls for 2014 Invader Crusader Nominations

MADISON - The Wisconsin Invasive Species Council is calling for nominations for the 2014 Invader Crusader awards to take place during Invasive Species Awareness Month in June.

Invader Crusader Awards honor Wisconsin citizens and organizations -- both volunteer and professional -- for significant contributions to the prevention, management, education, or research of invasive species that harm Wisconsin's land and waters. The award recognizes efforts working at all scales - from neighborhoods to statewide parks, lakes, and forests. Last year, five awards were given to various individuals and groups statewide for their efforts. The nomination form can be found on the Wisconsin Invasive Species Council website. The deadline for nominations is April 18.

2014 marks the 10th anniversary of Invasive Species Awareness Month, a statewide effort to teach people about invaders in our landscape and our waterways.

"Invasive plants and animals threaten Wisconsin's water and land by outcompeting native plants and animals and by disrupting natural habitat systems," said Jennifer Feyerherm, invasive species coordinator for the Department of Natural Resources. "They also threaten the productivity and economic viability of Wisconsin's agricultural lands by creating overwhelming competition with crops. Millions of dollars, both public and private, are spent each year for the control of invasive plant and animal species in Wisconsin's waters, natural areas and agriculture lands."

Invasive Species Awareness Month brings many opportunities to help raise awareness about invasive species as well as help control them. In addition to Invader Crusader Awards, there will be a video contest offering everyone the opportunity to show how easy and even fun invasive species prevention can be. For more information, check out: University of Wisconsin Sea Grant Institute website. There will be events throughout Invasive Species Awareness Month where you can learn more and lend a helping hand. Check the Wisconsin Invasive Species Council website to find an event.

The Wisconsin Legislature created the Wisconsin Invasive Species Council in 2001. The Council is charged with providing recommendations to the Wisconsin Department of Natural Resources on invasive species classification and allocation of funds of invasive species control, and conducting studies of issues related to controlling invasive species.



### Northwoods Saves participates in America Saves Week

America Saves Week (February 24 - March 1, 2014) is a national movement for promoting healthy savings habits. Locally, Northwoods Saves, a personal financial coaching nonprofit, encourages community members and organizations to by making a personal savings plan, pledging to save money or increasing contributions to retirement accounts.

Tracy Beckman, Program and Volunteer Coordinator explained that educators, nonprofits, governments, civic groups, businesses and financial institutions can help promote saving. Beckman stated, "America Saves Week is a great opportunity to help people in our community Set a Goal, Make a Plan, and Save Automatically. Savers make better employees, better customers, better borrowers and are overall less stressed about day-to-day life."

Most Americans do not have adequate savings to meet major emergencies, let alone accumulate enough for retirement. The typical American household has less than \$100,000 in net wealth, including home equity and 401k

## Help Wanted

### EMPLOYMENT OPPORTUNITY FO. CO. VETERAN'S SERVICE OFFICER

Forest County is currently accepting applications for the full-time position of County Veteran's Service Officer (CVSO). The CVSO is responsible to provide services to Veterans as outlined in Section 45 of Wisconsin Statutes.

Any interested Veteran who meets the statutory criteria for the position is encouraged to apply. Application materials, including the position description, eligibility criteria, and summary of benefits may be obtained at [www.co.forest.wi.gov](http://www.co.forest.wi.gov) or in the County Clerk's Office, Forest County Courthouse, 200 E Madison Street, Crandon, Wisconsin 54520 or by calling (715) 478-2422. The deadline for applications returned to the County Clerk is Monday, March 3, 2014 by 4:30 p.m.

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accumulations. By helping to promote healthy savings habits, Northwoods Saves hopes to help local residents improve personal financial stability.

During America Saves Week, Northwoods Saves will focus on youth by partnering with educators at the grade-school level and by participating in Mad City Money on February 25th at the Rhinelander High School. Northwoods Saves is also offering a Teller Contest at participating financial institutions. Participating institutions are First National Bank of Eagle River, Three Lakes, Phelps and St Germain; BMO Harris Bank Eagle River and Three Lakes; River Valley Bank Eagle River; Park City Credit Union Rhinelander and Minocqua; Co-Vantage Credit Union Rhinelander and Crandon. Institutions continue to sign up so residents are asked to call for a current list.

America Saves was founded in 2001 to encourage Americans to save through a social marketing approach. About 2000 organizations in over 50 local areas participate in America Saves Week and have successfully encouraged and assisted hundreds of thousands of savers.

America Saves Week is coordinated by America Saves and the American Savings Education Council. Northwoods Saves received a grant from Bank of America Foundation in order to help promote America Saves Week. To participate or to sign up as a saver visit [www.AmericaSavesWeek.org](http://www.AmericaSavesWeek.org) or [www.NorthwoodsSaves.org](http://www.NorthwoodsSaves.org) or call 715.362.2752.

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 2013 Chevy Impala LTZ - Heated Seats, Sunroof  
 2013 Chevy Cruze LT - 39K, Priced Right!  
 2013 Ford Escape SEL - AWD, Eco Boost, Great MPG!  
 2012 Chevy Malibu LT - 27K Miles, One Owner!  
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 2006 Buick Terraza CXL - Local Trade, 102K Miles  
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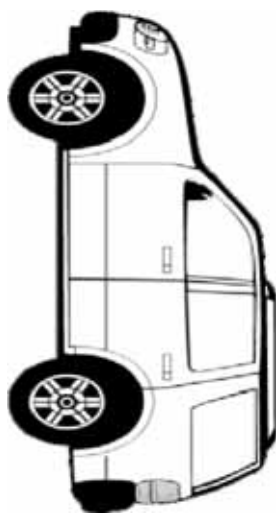
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From the net...  
 Bill & Hillary Clinton  
 The younger years....



**Executive meeting** Cont. from pg. 1  
 proposed ORV park. Recently, Dick Steffes, a retired DNR employee, has let it be known to County Forester Dave Ziolkowski that he had a contract to buy land for Forest County and the ATV park, and that Ziolkowski was also dealing on some of the same property so they were working at cross-purposes. Ziolkowski explained that he couldn't have a contract with the county without it being approved by the county board, but that his efforts at land acquisitions through the County Forest offices were approved. This brought on speculation that a contract had been signed by Chairman Millan.

Millan was explicit in saying that he hadn't signed a contract with Steffes. Further inquiry into the issue by attendees of the meeting were directed at Supervisor Albrecht, who said that he had present at a meeting between Steffes, Millan, FCEDP Director Schuessler and himself, but wasn't aware of any contract signing.

This issue was left hanging in the air until further information is obtained.

Other issues were raised on the proposed park by Supervisor Bunda, who as Chairman of the Off-road Park Oversight Committee isn't happy about the lack of information supplied by the Wisconsin Off Road Vehicle Park Inc. (WORVPI). According to Bunda, a list of 14 questions was presented to WORVPI last month, and to date, he has had no answers, which he says makes it hard to chair an oversight committee.

Supervisor Albrecht made a surprise suggestion when he said that Forest County should make its own study of the proposed park even if it costs some money, and not rely on the Ripon College study of the enterprise. There were a number of supervisors who expressed some positive thoughts on this proposal, and it will likely be brought up for further consideration at following meetings.

A proposal by WORVPI to help with the ongoing task of acquiring an ATV trail from the raceway to town was instantly and forcefully shot down by Supervisor Chaney, who said that no help was needed, and that work on getting the trail was moving ahead.

Further discussion took place on the ORV park, much of it negative, but some positive. A citizen made an argument that there wouldn't be enough customer base to support a park. There were some comments on how secrecy of facts pertaining to the park are turning the public against the idea, and there was an emotional comment from Supervisor Kincaid supporting the park and asking for patience on the issue.

**Townsend Cribbage**

The winners of the Townsend Cribbage Tournament for Sunday, February 16, 2014 are 1st place-Ray Wolff, 2nd place-Jerry Fischer and 3rd place-Jim Bursek. The 24-hand jackpot winner was Dan Keso. Door prize winners were Norm Wilda and Milt McPherson. The tournament will be held on Sunday February 23rd and March 2,9,23 and 30th. Play begins at 1:00 PM sharp at the Townsend town hall, 16564 Elm Street, Townsend.

Everyone is welcome to play so come join us. For more information, please call 715-276-3603.

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Have you seen me? My name is Olivia and I am missing from my home since 1/29/14. Female Black Great Dane (spayed) with black & white collar, 150lbs, very friendly. Name is Olivia (nickname Lovey). Reward offered!! Please, if you see me, contact Scott at 715-889-4504 or Erin at 715-889-2404. Or someone at Main Street Ed's at 715-649-3810. P45



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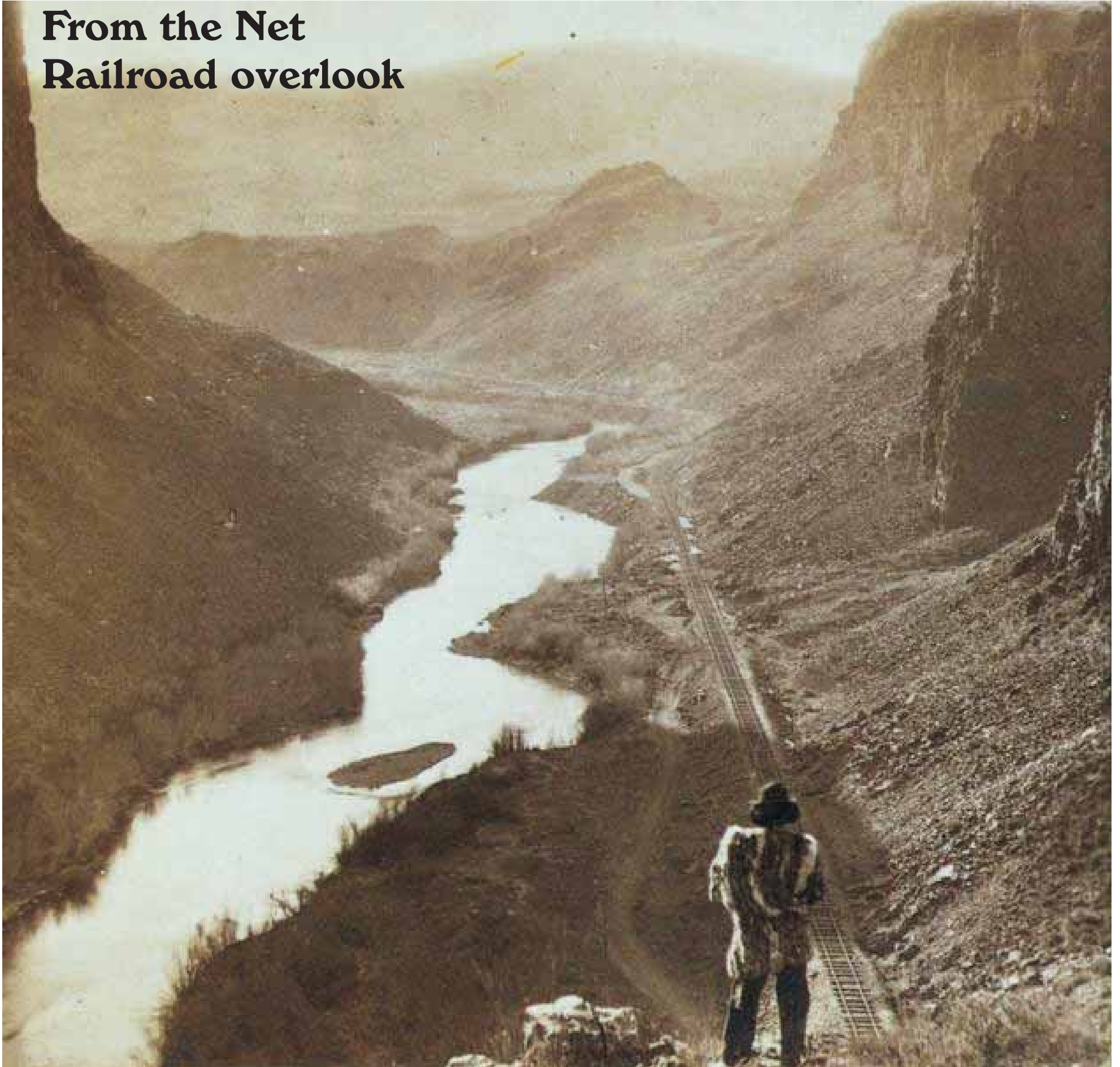


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## From the Net Railroad overlook



### Wabeno Junior High Forensics a Success!



Students at Wabeno Jr. High recently participated in two levels of Forensics competition. Forensics is a public speaking activity in which students choose from a variety of categories to demonstrate their skills. Public speaking has long been considered a dreaded task and one that many people avoid. Forensics allows kids the opportunity to overcome fear, hone their skills, and prepare for future speaking activities. Events range from play acting and poetry to radio announcing and demonstration. It is a challenging activity that builds teamwork, and a lot of credit goes out to those who try it. Students at Wabeno participated in the Level 1 contest held in Crandon on February 1st. A solid performance by the students earned them the opportunity to perform at the Level 2 contest held in Tomahawk on February 10th. All of the students performed well and earned blue ribbons for their efforts. Congratulations to the team on a job well done.

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# Senior Chatter

Submitted by Kate Schultz

## Helpful Hints To Become Healthier

### Lift Blue Moods

**You're already: Eating breakfast.** A morning meal cuts your risk of the blues by 75 percent, Harvard University research shows. The reason: Eating in the morning signals the brain to produce mood-lifting serotonin.

**Even Better: Adding a banana.** The fruit is rich in compounds that amp up serotonin output, boosting happiness and focus for 4 hours, say British researchers.

### Dodge Diabetes

**You're already: Brushing your teeth.** Taking steps to avoid gum disease can slash your diabetes risk. That's because when gum inflammation spreads body-wide, it triggers insulin resistance.

**Even Better: Starting without toothpaste.** Brushing with only water for 1 minute before adding toothpaste removes 6 percent more plaque, say Amsterdam scientists. That's because toothpaste makes bristles less abrasive.

### Ease Aches and Pains

**You're already: Taking fish oil.** Dozens of studies, including one at the University of Pittsburgh Medical Center, prove that supplementing with 2,000 mg of anti-inflammatory fish oil each day can cut the risk of back, joint, head and muscle pain in half.

**Even Better: Supplementing at dinnertime.** Studies at the University of Texas show that fish oil is 22 percent more effective at fighting pain when taken in the evening as opposed to earlier in the day, since the body is best able to absorb oils while you sleep.

### Banish Belly Fat

**You're already: Making most meals.** Homemade dishes are less likely to be packed with trans fats, which fuel belly fat. That means eating at home most of the time can help you trip 16 pounds from your belly in 7 months, asserts Howard M. Shapiro, M.D., author of Dr. Shapiro's Picture Perfect Weight Loss.

**Even Better: Spicing them up.** Antioxidant-rich ginger, basil, cloves and other spices switch on genes that burn belly fat. Stanford University researchers say that helps women flatten their tummies 18 percent faster than those who skip the seasonings.

### Outsmart Colds and Flu

**You're already: Washing your hands.** Canadian research shows that sudsing up 7 times a day can cut your risk of colds, flu and sinus infections by 75 percent.

**Even Better: Using a nail brush, too.** In a study published in *The American Journal of Surgery*, even diligent hand-washing didn't make a dent in the germ count under the nails. But follow-up research suggests that scrubbing with a nail brush can eradicate these germy troublemakers in as little as 15 seconds.

### TOPIC OF THE MONTH "Color Meals Red" MEAL SCHEDULE

- CRANDON, WABENO, LAONA**  
**Monday - February 24** - Ham, breakfast potatoes, fruit, pancakes with praline topping, applesauce  
**Monday - March 3** - Chicken Ala King, brown rice, tossed salad, biscuit, peach cobbler  
**CRANDON, WABENO, LAONA**  
**Tuesday - February 25** - Beef pot roast, mashed potatoes, Monte Carlo blend vegetables, sunflower flax bread, ice cream  
**Tuesday - March 4** - Pork chop, parsley potatoes, herbed carrots, wheat bread, spice cake  
**CRANDON**  
**Wednesday - February 26** - Tuna salad sandwich on whole wheat, cucumber salad, fruit, brownie  
**Wednesday - March 5** - Spaghetti w/meatballs & sauce, tossed salad, fruit, garlic bread, chocolate chip cookie  
**LAONA**  
**Thursday - February 27** - Tuna salad sandwich on whole wheat, cucumber salad, fruit, brownie  
**Thursday - March 6** - Spaghetti w/meatballs & sauce, tossed salad, fruit, garlic bread, chocolate chip cookie  
**ARMSTRONG CREEK**  
**Tuesday - February 25** - Beef pot roast, mashed potatoes, Monte Carlo blend vegetables, sunflower flax bread, ice cream -**BINGO-**  
**Tuesday - March 4** - Pork chop, parsley potatoes, herbed carrots, wheat bread, spice cake -**MUSIC-**  
**ALVIN**  
**Thursday - February 27** - Lasagna noodles, salad, pears, garlic bread, birthday cake  
**Thursday - March 6** - Pork, potatoes, sauerkraut, pineapple, dinner rolls, bars  
**WABENO HOME DELIVERED MENU**  
**MONDAY, TUESDAY same as CRANDON**  
**THURSDAY same as LAONA**  
 Please register with Commission on Aging - 715-478-3256  
 Crandon site manager Pat Raml is at 715-478-0742 (home) or 715-478-3040 (site). Serving at 12:00 p.m. On Monday, Tuesday and Wednesday.  
 Alvin site manager Florence Kostka at 715-545-4063 (home) or 715-545-3323 (site). Meal served at 4:30 p.m. on Thursday.  
 Laona site manager Peggy Alderton at 715-889-3116 (cell). Meal served at 12:00 p.m. Monday, Tuesday and Thursday.  
 Wabeno site manager Diana Reed at 715-850-0626 (home) or 715-473-4333 (site). Meal served at 11:30 a.m. on Monday and Tuesday. Home delivered on Monday, Tuesday and Thursday.  
 Armstrong Creek site manager Jill Criel at 715-336-3178 (home) or 715-336-2218 (site). Meal served at 11:30 a.m. on Tuesday.

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AGI Healthcare is now offering meals to dine in or take out. Advanced notice and payment would be expected.

**If interested, call Casey at 715-478-3324**

## Better-for-you Sweets

These all-natural treats are made with real sugar instead of health-harming high-fructose corn syrup.

What frightens us most at this time of year are the candy displays lurking around every corner. Those goodies are hard to resist, but we know we should steer clear since most are loaded with the Frankenstein of sugars: high-fructose corn syrup. This man made sweetener has been shown to hinder memory and increase diabetes risk. Even scarier: In a Princeton University study, subjects consuming a diet rich in high-fructose corn syrup gained 48 percent more weight than those favoring foods made with table sugar. So this year we've set a goal of satisfying our cravings with sweets made from real sugar and other natural ingredients. Bring on the candy bowl!

Today we have found a healthier offering than those peanut-buttery sweets: Funley's delicious peanut butter sticks in the mud chocolate clusters. In addition to being free of man-made sugar, these crunchy, creamy nibbles contain half the sugar grams of our former pick. Now that's sweet!

Our secret weapon for instant pep: sour gummies. When we start to drag, it takes just one tangy bite to give our senses a jolt. Plus, science shows that a small dose of real sugar triggers the release of feel-good brain chemicals to perk us up. But when we saw that our go-to treat is laced with high-fructose corn syrup, trans fats and artificial colors, our mood faded fast. Luckily, we found Surf Sweets Sour Worms, at health-food stores. These tart chews are made with organic sugar and real fruit juice - and each serving has 100 percent of the daily value of stress-relieving vitamin C. Why stop at one bite?

Apples, vanilla ice cream, lattes...a hit of caramel ups the yum factor of just about everything. And when chewy nuggets of this confection are combined with chocolate, we're in sweet heaven. We found out that our favorite chocolate-caramel bites are made with high-fructose corn syrup, though, so we ditched them in favor of a new discovery: Natural Nectar Nugget Milk Chocolate Caramel Cups. This treat is sweetened with real cane sugar, and the combination of rich chocolate and sea salt delivers magnesium, a mineral shown to balance blood sugar. Perfection!

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## Lakewood Area Chamber Sock Drive



The Lakewood Area Chamber of Commerce held a Sock Drive recently to benefit local children. Over 10 dozen pairs of warm socks were collected and distributed to the Wabeno Elementary School and the Riverview Park and Recreation Department Skate Rink.

Pictured here are Chamber Board Member Gigi Bartels of Coldwell Banker Bartels Real Estate and Chip Maule, Chamber President.



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**Coats for NewCap**



Representatives of the Mission/Evangelism Committee of Forest Larger Parish (Lakewood, Laona, and Wabeno) are pictured with the 27 winter coats purchased for the clients of NewCap in Crandon for distribution Fall of 2014. Kohls East of Green Bay helped the shoppers to maximize their bargain hunting.  
 Pictured are Suzanne Bell, Joanne Gipp, Pam McCulloch, Linda Mentz and Karen Prueter.

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