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Postal Patron Local

Volume 28 No. 01, April 22, 2013 (715) 478-3640 or 1-800-234-2152 Fax: (715) 478-3540 email: pionexp@newnorth.net

Town Hall Players Variety Show

We hope everyone has their calendars marked for the 27th of April. This year's show is called "Happy Days." We think it will make everyone Happy and looking forward for the day when Spring does arrive.

This year we have many of your favorite entertainers and some new talent. There are so many talented people in this area. The show is in its eighth year and donates all the proceeds to the Food Pantry. So bring an item for the pantry and save a dollar on your tickets. Show times are: 1:30 and 7:00 pm. at the Townsend Town

Alive to Life Conference for Seniors

Older adults from across the north who want to "stay alive for as long as they live" are invited to attend the ninth annual "Alive to Life" event being held on Wednesday, May 8th from 8:00 a.m. until 3:00 p.m. at the Rouman Cinema in Rhinelander.

Rennes Health & Rehab Center in Rhinelander is the sole Major Sponsor of this event.

Forest County Office on Aging is a supporting agency of this offering of workshops and entertainment which reinforce the positive aspects of aging, provide information to help meet the physical, mental, emotional and spiritual needs of older adults and to provide unadulterated fun.

The program starts with Keynote Speaker, Ruth Almen kicking-off the day with inspiration and motivation. The rest of the day participants will choose from a wide variety of workshops such as; "Staying Limber for Life", "Porcupines, the Pokiest Critter in the Woods", "Changing the Way We Age", "What's so Great About Grains", "Animal Rehabilitation", "Eat Your Way to Happiness", "Glaciers, The Power of Ice in Wisconsin" and "Joggin' your Noggin'"

For the ninth year the event is being held at Rouman Cinema. The huge lobby is ideal for the continental breakfast and luncheon. The individual workshops will be located in the theaters with comfortable high back seating. All facilities and restrooms are located conveniently and accessible for person with disabilities.

Participants will also enjoy a continental breakfast, a delicious luncheon and an afternoon dessert accompanied by music at the closing session. Registration fee for this full day of speakers, workshops, resources, meals and all conference materials is only \$17.00 for persons age 60 or older and only \$20 for anyone under age 60. If you have not received a registration form by mail, please call the Office on Aging or stop-in the office which is located on the first floor of the Courthouse across from the County Board Room.

Carpools or group transportation may be available from your area. Contact Gayle Webster, Forest County Office on Aging (715-478-7712) for help locating transportation. Registration is limited, so register soon to avoid disappointment.

National Library Week Open House, Crandon

The Crandon Public Library is joining hundreds of public libraries around the country in celebrating National Library Week 2013. This year's theme is "Communities Matter @ Your Library" and we are reinforcing that philosophy by offering opportunities for our community members to stop in and learn about what the Crandon Public Library has to offer. If you haven't been to the library lately, you are overdue for a visit! (All events are free with no registration required!)

Saturday morning, April 20th beginning at 10:30 a.m. the Crandon Public Library will host an Open House with a variety of events for all members of the community.

Families can learn about how one of their favorite foods is closely connected to the garden as we plant a community Pizza garden. The first 25 families to attend the program will also be able to take home a plant to grow and enjoy. We will provide the seeds, soils and the pots. This program will be presented by Jill Krueger, Forest county Health Department, and Gail Spaniol, Forest County UW-Extension Agent.

Laurel Peterson and her dog Sam, members of the Tail Waggin' Tutors organization, will also be here to offer individual reading opportunities to youngsters beginning at 10:30 a.m.

Lego League will also be held on Saturday morning at 10:30 a.m. Lego League is for children of all ages and their families. Participants are invited to use their imaginations and build creative projects using LEGO and DUPLO® blocks! We provide the Legos, you provide the fun!

Also, join local historian R.T. Krueger for "Revolutionary

Continued on page 9



Tired of winter? You can bet this fox is tired of scrounging a living with his nose in the snow looking for a mouse for dinner. It makes you glad you aren't a fox, or a mouse for that matter. But, like all things in nature, spring will come when it comes, and not before. There were geese on open water in some of the rivers, and when in Green Bay a week ago, the fields were covered with geese. Spring is inching its way north. Antigo has far less snow than Forest County and the surrounding area, so warm weather must be just around the corner!

BC Painting is open for Business



Townsend native Ben Christianson is proud to announce the opening of his new business, BC Paintings. Ben is a 2007 graduate of Wabeno High School. He received his degree from the Milwaukee Institute of Art and Design. Ben has perfected his painting over the past

BC Paintings offers commercial and residential paintings. A person can get a large mural, signs, and also decorate a childs' room. Ben also can do textures, faux marble, brick and wood grain are just a few. Ben also can also give a room a rustic Wisconsin look, landscapes, wildlife, or psychedelic realism. BC Paintings will make the painting fit the room.

If you are not sure of what colors you want, Ben also offers interior design consulting so that your home or business will be amazing. Ben is located on Cavour Street in Wabeno. Ben is available seven days-a-week. Please make an appointment by calling 715-889-0748 The Pioneer Express wishes Ben good luck with his new business

Town of Townsend elects new officers



Presenting the newly elected Town of Townsend Officers. Clerk Linda will have temporary office hours on Tuesday's from 10-4:00 p.m. and plans to add an additional day soon.

Pictured are: Supervisor Joanne Jones; Supervisor Carla VanCamp; Town Clerk Linda Adamczyk; Town Treasurer Julie Schroeder; Town Chairman Bruce

Check us out online at www.pioneerexpresscrandon.com

Senator Tiffany announces Bobcat Forum with DNR Furbearer Specialist John Olson

Madison-Today, State Senator Tom Tiffany (R-Hazelhurst) announced an upcoming forum with DNR Furbearer Specialist John Olson. On Thursday, April 18th, Mr. Olson will be discussing bobcat numbers and management practices in the state. The specifics are Thursday, April 18th, 6:30-7:30 in the Crandon High School Auditorium, 9750 U.S. 8, Crandon.

Members of the public are encouraged to attend to share their questions, concerns, or experiences with Wisconsin's bobcat management practices.

Larry the Logroller improves!



Just in! Larry is improving says Ron Plontek. He is all in one piece but isn't on his feet yet. Shouldn't be long!

OF CRANDON

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2012 Chev Malibu LS \$15,900



2010 Chev Equinox LS-28,300 miles \$18.900



2005 Chev Cobalt LS \$4,500

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Open Saturday, April 20 & 27; 10-4 Beginning May 1st open for the Season. Mon-Sat from 10-4.

"Like us" on facebook and receive a coupon page for the store.

We have expanded the store & now have over 3,000 sq. ft of inventory to choose from with a new line of lotions, hand-made soaps, hand-woven linens, & curtains. Wine center opening soon!

Look forward to seeing all of you soon!

1440 Neva Rd., Antigo, 715-627-7357

CARS

2012 CHEVY MALIBU LT - 18k, alloy wheels, loaded	\$14,995
2012 CHEVY IMPALA LT - 34k, alloy wheels, loaded	\$14,995
2010 CHEVY MALIBU - 49k, 4 doors, auto, loaded	\$12,995
2010 FORD FUSION SE - V6, 4 doors, like new	\$11,995
2009 CHEVY COBALT LT - 56k, 4 doors, loaded	\$9,995
2006 FORD MUSTANG GT - 60k, leather loaded	\$13,995
2005 PONTIAC GRAND PRIX GT - V6, 4 dr, loaded	\$6,995
2004 SATURN ION - 4 cyl., 4 doors, automatic	\$4,995
2002 GRAND AM GT - 2 door, V6, loaded	\$5,495
2000 PONTIAC GRAND PRIX GT - leather, loaded	\$4,995
1999 PONTIAC GRAND AM - V6, 4 doors, auto, loaded	\$3,995
1999 OLDS ALERO - V6, 4 doors, allow wheels	\$3,495
1998 PONTIAC GRAND PRIX GT - 2 dr, loaded	\$3,995
1994 BUICK REGAL GRAND SPORT - 2 dr, V6	\$2,995

VANS

2009 DODGE GRAND CARAVAN - 4 doors, automatic	\$8,995
2008 CHEVY UPLANDER LS - V6, rear heat, loaded	
2008 CHRYSLER TOWN & COUNTRY - Rear heat & air	\$8,995
2008 DODGE GRAND CARAVAN - rear heat, sto-n-go	
2007 DODGE GRAND CARAVAN SXT - 80k, leather, DVD.	
2006 DODGE GRAND CARAVAN - 77k, pwr seat, loaded	
2006 CHEVY UPLANDER LS - V6, rear heat, loaded	
2005 SATURN RELAY - 98k, leather seats, DVD player	
2002 DODGE GRAND CARAVAN SPORT - V6, loaded	
2001 DODGE CARAVAN - 113k, V6, 4 door, loaded	\$4,495

TRUCKS & SUVS

2005 GMC ENVOY XUV - 4x4, truck box, loaded	\$8,995
2004 CHEVY BLAZER LS - 87k, 4x4, new tires	\$7,495
2004 CHEVY TRAILBLAZER LS - 6 cyl, 4x4	\$7,495
2001 CHEVY SILVERADO Z71- 4x4, ext. cab, loaded	\$7,995

125 N Lake Ave., Crandon • 715-478-3640

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CHIEF'S CHOICE KITS INCLUDE:





Store Hours: Mon. - Thur.: 6 a.m. - 7 p.m. Friday: 6 a.m. - 8 p.m. Saturday: 8 a.m.- 8 p.m. Sunday: 8 a.m. - 5 p.m.

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YOUR NEW SEPTIC SYSTEM

Alan Flannery 8888 E Pioneer, Good for year 2013. Limit 1 Coupon. Crandon, WI 5420

For Old

Times Sake

Area Events



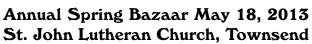


St. Ambrose Annual Fish Fry

Saint Ambrose Parish in Wabeno invites everyone to the Annual Fish Fry on Friday, May 3. 2013 in Madonna Hall. The meal includes fish, potato salad, French fries, cole slaw, salad, dessert and beverage.

Serving is from 4:00 - 7:00 pm and carry outs are available. Prices are adults \$8.00, children 5 - 12 years \$3.00 and age 4 and under are free.

Please join us for an All-You-Can-Eat fish fry and bring your family, friends and neighbors for a great meal and good time.



The Ladies Aid of St. John Lutheran Church in Townsend will be holding their Annual Spring Bazaar on May 18, 2013 from 9:00 a.m. to 2:00 p.m.

Ladies & guys... when you are cleaning houses, garages and basements... and find items you don't know what to do with and that other guys and gals would be able to use, please call us and we will be happy to accept the items you wish to donate. Pick up service available. Give the church office a call at 276-7214, or call Kathy J. at 276-7782. Items will be accepted now thru Thursday, May 16th.

All proceeds go to support our community and missions, locally and nationally.

Forest County Health Department May Activities & Announcements

WIC DRAFT PICK UP:

Monday, May 6th -- Wabeno Presbyterian Church, 12:00 pm to 1:30 p.m.; Laona Senior Citizens Building, 2:00 p.m. to 3:30 p.m.

Wednesday, May 1st and 8th at Crandon -- County Health Department, Courthouse, 8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:30 p.m.

If you are pregnant, breastfeeding a baby, a new mother, or have children under 5 years old, you may be eligible for the WIC "Woman, Infants & Children" nutrition program. WIC provides free healthy food (including formula for infants), breastfeeding support and nutrition information. Phone Julie at 478-3371 to see if you are eligible

CHILDHOOD IMMUNIZATION CLINICS: Call 478-3371 for an appointment.

Tuesday, May 14th -- Wabeno Town Hall, 3:30pm to 4:00

Monday, May 20th -- Laona Town Hall, 3:30pm to 4:00 pm Wednesday, May 22nd -- County Health Department, Courthouse, Crandon, 1:30pm to 4:00 pm FREE BLOOD PRESSURE CLINIC:

Wednesday, May 22nd -- Crandon City Hall (Community Building), 11:15am to 11:45 am

Senius Norman Moe with a nice catch of Metonga

walleyes in the 1920's



Andy Moe ran a jewelry store where the Forest Republican now operates. This was a visiting niece from Eau Claire. She was probably posing in the store prior to World War I, judging by the dress



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 County Big Book Closed AA Meeting: Thurs.7 p.m., Crandon Library. 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. Call
- for more info 715-478-2098. •FREE Road Construction Class: Starts in January, Mon - Thurs. Space limited. For info call 715-478-7633.
- AA Meeting Every Saturday at 9 a.m., Wabeno Fire Station, side door
- 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 month at Crandon Library at 7:00 p.m. (downstairs). Member Meeting - 3rd Monday of the Month at 5 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-
- 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 our monthly meetings on the 1st Saturday of each month at Goodwill, Antigo at 10 a.m. Ride or activities at Noon. Call George (715) 350-1679.
- Highway 55 Flea & Craft Market Every Wednesday, Nashville Town Hall, Hwys 55 & B, Crandon. Vendors or more info call 715-484-7271 • 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 Market & Craft Sale Every Thursday, Mole Lake Casino Bingo Hall. 9-4. Free coffee & soda. \$5 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.

□ AUCTIONS □ □ □

ANOTHER AUCTION WITH

MR. & MRS. WILLIAM GREB SUNDAY. APRIL. 28, Starts 10:30AM, View, 9:30, Lunch 4 miles South of THREE LAKES, WI on Hwy. 32 to Chicken In the Woods Rd., then 1 ½ miles to 667 Rupple Rd. MOST ITEMS EXCELLENT!

Pickup truck: 1990 Dodge 4x4 w/ plow. Car: 2005 Ford 500 Limited AWD w/ only 77,000 miles! (Leather)-loaded-Must Hunting: Oneida bow, like new ten poin see! H.D. trailer: Nice 16' enclosed .ATV: 4x4 w/ winch & only 800 miles. crossbow, arrows, 3 bow targets, 3 tree stands, turkey & deer decoys, battery duck decoy, 12 traps, camp stove, & more! Mounts: Deer head, bison, bear. 9 Guns: (Must be WI resident/18 yrs. old. FFL licenses accepted.) Ruger 44 mag., S&W pistol, 2-20 ga's., single shot shotgun, Mossberg 3" shotgun, 7mm mag., 300 WSM, black powder rifle. Sporting: Kayak, snowmobile & helmets, like new 150cc dirt bike, paintball guns, bike hauler, old slide in truck camper, snowshoes, & more! Yard: Like new Husqvarna lawn tractor, like new woodsplitter, Stihl chain saw, Stihl backpack blower, 2 beach chairs. Weber grill, & more! Tools,etc.: 110 wirefeed welder, trailer hand truck, gas air compressor garage scooter, some tools, etc. Home: Washer, dryer, table, wood stove, love seat, computer, sm. appliances, dishes glass, turntable, albums,& more! Collectible:Beer cans, Jeff Gordon picture, collector pins, jewelry,& more! Terms Cash or good check. Credit cards w/ 4% convenience fee. Sales tax on some items. Not responsible for loss or accidents. Settlement made before removing items . Conditions: Sold as is, where is. Announcements made on auctior day take precedence over printed material. Auction conducted by St. Louis Auctions LLC., 6728 Whitefish Lk. Rd., Three Lakes, WI 54562. PH: 715-367-1668. R.W.A. Col. Rene' Brass #424, Col. Robert St. Louis #450.

ST. LOUIS AUCTIONS. LLC 715-367-1668



Mrs. Romprey's First Grade students have again won the traveling trophy for stepping it up this year. Her class has been working on classroom and hallway expectations. Keep up the good work First Grade!

FOR RENT: 2 bdrm. trailer home w/stove & fridge. All enclosed, on Old 139, near Long Lake. References Call 715-674required. 2548. Betc45

FOR SALE:

Beautiful home or cabin site, somewhat secluded but good access with electric available. Call 715-478-3566. Betc43

THIRD PRICE REDUCTION!



Brand new vacation home on beautiful Crane Lake with boating access to Pickerel Lake. 2720 sq ft half log home with a 960 sq ft 3-car attached garage. Home includes 4 bedrooms, 2 ½ baths, great room with fireplace, family room with bar,

large deck overlooking the lake, and is loaded with custom woodworking to enhance the northwoods décor. Call for an appointment to see this beauty today: 920-323-9331.

LAONA MANOR APARTMENTS 5269 Beech Street

Move-In Specials

• One bedroom apartments - includes utilities • Newer appliances and carpet

• Walking distance to grocery store, bank, pharmacy, clinic, post office & restaurant • \$385/mo plus security deposit

LDT Properties, LLC • (920) 606-2942

Real Estate (715) 276-6528



Remodeled Home on Star Lake 15124 Heller Lane

Enjoy sunrises and expansive views of the lake from the deck of this fully remodeled, open concept cabin. Everything is new; flooring, granite

countertops, roof, bathroom and fixtures, electric and plumbing. This 2 BR property comes furnished and sits on .97 acres with 173' of frontage.

WATER FRONT HOMES

Rose Lake-4+Acres, 500 ft. frontage, 4 BR, 4.5 BA, fieldstone fireplace, hot tub room, LL walk-out w/additional kitchen & family room, two decks.

White Potato Lake-5 BR, 3 BA, custom wood stove, sunroom, wall of vindows, deck, dock, 104'sandy frontage. \$349,000

White Potato Lake-5 BRs, 2 BAs, 2 Cottages, 2 Fireplaces, 2 garages, 2 piers, 90' sandy kid friendly frontage.\$319,000

Grindle Lake-Large 4 BR, 3 BA, mother-in-law suite, extra large rooms, fireplace, 3 season room, deck, dock, attached garage, huge pines, 130' sandy frontage-\$299,000

Townsend Flowage-116' frontage, 5 Bedrooms, 2 Baths, C/A, Walkout, Landscaped back yard. \$279,000

Oconto River - 3BR, 2BA, FP, LL walkout, large deck, 125' frontage at headwaters to Chute Pond, landscaped. \$259,900

Little Perch Lake-5 BR,2 BA, private road, 2.92 Acres, 131 Sandy Frontage,

fireplace, 2800 sq. ft. pole building. \$259,000 Boundary Lake -16.44 wooded Acres, 400' frontage, 3 BR, 2 BA, fireplace,

Sunroom, garages& outbuildings. \$225,000

Townsend Flowage-2 BR, 1 BA, screened porch, recently updated, garage,

110' frontage. \$199,900 Wolf River Home-3 BR, 2 BA, 3 season room, custom cabinetry, 180'

frontage, red steel roofs, 2 garages \$199,900

Sawyer Lake - 2 BR, 2.5 BA, fireplace, 2342 sq. ft., deck, 145' frontage, walk-out lower level, appliances. \$199,900

Star Lake - 2 BR, 1 BA, totally remodeled, detached garage, 173' frontage,

.97 acres. \$199.000 Munger Lake-2BR, 1 BA, large family room with woodstove, 100'frontage,

attached garage, full basement, \$189,000

Sawyer Lake-2 BR, 1 BA, .6 acres, 116' frontage, garage, dock, tall pines,

Bog Brook Lake - 3 BR, 1 BA, fireplace, sunroom, 4+ car garage, 200' frontage. \$159,000

Benson Lake-292' Frontage, Wooded 2.6 Acres, Great room with loft bdrm. (2) \$109.900

Star Lake - Lot #9, 1.52 acres, 94' frontage, includes older mobile, well and septic. \$75,000

CALL. STOP IN OR VISIT OUR WEBSITE FOR A COMPLETE LIST OF OUR PROPERTIES



14140 Hwy 32, P.O. Box 219, Mountain, WI 54149 (715) 276-6528

Look at our listings at www.upnorthrealestate.com e-mail: higley@upnorthrealestate.com ber of NE W1 Multiple Listing Service, and The Greater North Multiple Listing Service-reaching over 3,000 Wisconsin Agents

⇉

May 3rd, 4th & 5th - 8 a.m. - 4 p.m. N8719 Hwy 52 • Lily, WI Lots to choose from, too much to mention!

HOU 4.

2+ Bedroom on 8+ acres Sat., May 4 from 10 a.m. - 2 p.m.

Real Estate

FOR RENT: Older one bedroom upper apt available immediately; no pets please: rent of \$425 per month includes heat; stove and refrig included. Contact Peggy or Jim Houle at 715-478-2531.

FOR RENT IN CRANDON: 2 bed, 1 bath home. \$475 plus security and utilities. Call 715-889-1551. Petc1

FOR SALE: Lake home with 150' frontage on Arbutus Lake Pickerel, WI. 26 x 46 one owner home with beautiful lake views from the huge picture windows. 3 bedrooms with large closets, 2 baths, 2 fireplaces. Large living room and kitchen. Full walk out basement, partially finished with kitchen, bath and shower & living room with fireplace. Work shop area with garage door. Unattached 1 1/2 car garage, great fishing, swimming, boating, snowmobiling. Reduced \$235,000 or make offer 715-484-7192 P28Betc 29

HOUSE FOR SALE: 4 bedroom, two full bath, two story home with full basement and front and rear decks. Attached 2 car garage, one stall storage shed, gas or electric laundry hook-up, very spacious kitchen with an abundance of cupboard space. 5 city lots within walking distance to Forest County Fairgrounds, downtown Crandon, and Cardinal Park. Asking \$115,000 OBO. Call 715-902-1027 for more information or to set up a EmpEtc40 viewing.

BEAUTIFUL BUILDING FOR SALE IN CRANDON:

Corner of Kendall Lane and Short "S", zoned commercial, this building is beautifully made with bathroom, hot & cold water, drilled well. Strong workbenches on either side, electric doors and office, all in place. Gas heat from ceiling, all ready to go. Just think of all the possibilities:

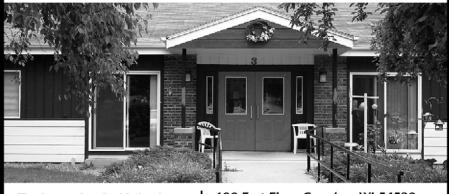
- 1. Snowmobile club or ATV, this building is well insulated and lined with steel sheeting, could be headquarters with a set of bunks and lived in.
- 2. Snowmobile or ATV Sales Headquarters with parts, repairs and clothing sales.
- 3. Rental Store, rentals of all types of merchandise.
- 4. Used Auto and equipment sales, plenty of room, this building is 40' x
- 5. Machine shop, welding or woodworking.

Building is clean and the grounds could be used for self storage units. What else are the possibilities? I'm sure there are many. Call me, Bud Ison for a tour, take a look, you'll be surprised. Call 715-889-1633. 10258 Cemetery Lane, Crandon, WI. Betc19

Fairfield Homes

SENIOR HOUSING 50 YEARS OF AGE OR OLDER

1 Bedroom, 1 Bath Ground Level Apartments Heat & Lights Included in Rent NOW TAKING APPLICATIONS



FOR RENT: 2BR, 1BA A-

Frame with large loft. Gas

fireplace. 1.5 miles east of

Lakewood. \$575.00 per

month with 1 month

- Handicapped or disabled welcome
- HUD subsidized facility
- Laundry room in each building
- · Community room available

400 East Elm • Crandon, WI 54520 For Appointments:

(715) 478-5990

Resident Managers: Larry & Debbie Schunk

PICKEREL, WI -- 3 totally secluded lake front lots on Crane Lake in Forest County. Lot #2 -- 106 ft. Lot #3 -- 121 ft. Lot #4 --910 ft. with 90 ft. point. All 3 lots as a parcel - 1.137 ft. Call 262-862-2769 or 262-331-0752

WABENO - Immediate openings for the two and three bedroom apartments. Rent is based

on 30% of income and includes water, sewer, garbage and 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



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

DON'T MISS THIS

White Lake Apartments Near spring fed fishing lake and National Forest! Up to 1 months free rent, like new, 2-3 bedroom. Includes heat, water, air, microwave, appliances, full size washer/dryer in unit, security system. Senior discount, on site management. Call Bryan (715)216-5147. Betc1

CRANDON -

Come and enjoy the comfort of worry free living at the Glenview Senior Apartments. Specifically built for persons 62 years of age or older

handicapped/ disabled individuals regardless of age. Rent is based on 30% of annual gross 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

security deposit. No pets. 715-850-1616 Bect42

80 ft. sand frontage on full recreational lake. 5 miles west of Crandon. Electric and perk test. 27' trailer and outbuildings included. \$77,900. Call 920-766-7503 or 920-810-5764.

Renee Irish

Broker/Owner
Website: c21nwds.com

FOR SALE: 1.5 acres with

Looking for Waterfront? Residential? Vacant Land? Call or E-mail us for a Complete List of Properties



Cell (715) 216-1063 Office (715) 478-3744 Toll Free (877) 221-6937

Fax (715) 478-5665 Email: reneeirish@newnorth.net



We are the only local Century 21 office serving Langlade and Forest Counties
Also Serving Oneida and Oconto Counties

FOR SALE: 3 Bedroom, 1.5 bath ranch-style home on an almost 2 acre lot is situated near three public access lakes, ATV trails, snowmobile trails, and public hunting land. New in 2007: septic, gas furnace, updated electrical, reclaimed well, and bathroom fixtures. Hardwood maple floors in the living room & 2 bedrooms. Asking \$99,000. Call Eric at 715-336-2211 or 906-282-3965. P1

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: Level lake lot on 341 acre Crane Lake Pickerel, WI. 100' of lake frontage on quiet dead end blacktop road. Lot Size: 100'w x 354'd x 322'd x 80'w. Crane Lake adjoins Pickerel Lake (1299 acres) by boat. Great fishing, swimming, boating, snowmobiling. Reduced: Asking \$160,000 or make offer 715-484-7192 P28Betc 29

Home For Sale-Crandon



3 or 4 Bedroom home located on just over 1.5 lots with walking distance to the City Beach. Hardwood floors, formal dining room with built-in cabinets. Fireplace. Stove and refrigerator available. Full basement with cement floor. Garden/KOI pond adjacent to brick patio. Cement slab for parking or basketball. Blacktop driveway & small garage/outbuilding.

Price is \$85,000, Call 715-889-2011



HOURS:

Mon. - Sat. 8 am - 7 pm Sunday 8 am - 4 pm Laona, WI (715)674-6108

MON TUE WED THU FRI SAT SUN 22 23 24 25 26 27 28	(Prices Effective Mon., April 22, 2013							
22 23 24 25 26 27 28		MON	TUE	WED	THU	FRI	SAT	SUN	
		22	23	24	25	26	27	28	

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



Packaged Meat Specials Fresh

USDA Choice **Boneless Shoulder Cut Charcoal Steak**



\$3.19/lb.

Klements - 14 Oz. Reg. or Beef Ring Bologna \$3.59/Lb.

USDA Choice **Boneless Chuck Arm Roast**



Sugardale Reg. or Thick Cut - 16 Oz **Bologna or Cotto Salami**

²/\$3.00

Farmland Whole Pork Butt Roast



\$1.49/Lb.

Johnsonville - 12 Oz.

\$3.29

Chefs Choice - 10 Lb. Bag **Fryer Leg Quarters**

\$7.89 \$2.29

Sugardale - 16 Oz.

Hot Dogs

Original, Beef or Garlic Summer Sausage

79¢

S2.99

\$3.29

^{2/}\$6.00

8/\$3.00

\$2.49

S3.99

Sugardale - 8 Oz. Sliced Pepperoni





Farm Fresh Produce

Grocer

HBC/GM

California

Fresh Crisp

Dole Celery

\$1.48

Seedless Black Grapes

1.98/Lb_ Fresh Express - 12 Oz.

Garden Salad

Quaker Chew - 6.7 Oz

Oatmeal Bars

Doritos - 10-11.5 Oz.

88¢/Lb. **98¢**

Hunts - 24 Oz. Squeezable Ketchup

TJ Farms - 16 Oz. Salad Dressing

DC Amish - 16 Oz.

Egg Noodles

Clorox - 24 Oz.

Milwaukee - 32 Oz.

Nestle - Sel. Var. 1 Ct.

Shur Fine - 8 Oz.

Candy

Toilet Bowl Cleaner

Plain or Kosher Dill Pickles



²/\$5.00

\$3.59

98¢



S1_88 Bear Creek - 8.6-12.2 Oz.

5/**\$3.00** 50 Ct. Caplets or Tablets

Aleve

Pasta Sides

Shur Fine - 12-14 Oz.

Ceamy or Crunchy Peanut Butter

\$1.99

^{2/}\$4.00

S5.99

\$2.69

Juicy Juice - 8 Pk. Fruitfuls or Slim Pacs

Chips

lSoda

Wildwood - 20 Oz.

Shur Fine - 30 Oz. Salad Dressing

Tree Top - 64 Oz. Apple Juice

²/\$6.00

Orville Redenbacher - 6-10 Pk. **Popcorn**



Deli

Bakery



^{2/}\$4.00

ACAD - 300" invisible lape

Old Spice - 3 Oz.

Cady Creek Medium Cheddar Cheese

\$3.69/Lb.

Assorted Danish Rolls

Mini Cheese Danish or



Electrix - AA or AAA 2 Ct. Batteries

99¢

Chicken Breast



\$5.69/Lb.

Fresh Baked - 19 Oz.

French Bread



Morning Glory - 16 Oz. **Cottage Cheese**

Shur Fresh - 8 Oz.

Frozen

Mrs. Gerry's **Potato Salad**

> Shur Fine - 12 Oz. Steamin' Vegetables

99 t

\$1.89/Lb.

Waffles

Deans Dips - 8 Oz.

French Onion. or



Shredded Cheese

Shur Fresh - 8 Oz.

Cheese Bars

Café Compliments - 32 Oz. **Coffee Creamer**



\$2.29

Minute Maid - 10-12 Oz.

Premium Orange Juice



Tyson - 10-13.25 Oz.



Rosetto - 19.25 Oz. Ravioli, Manicotti, **Stuffed Shells or Tortellini**

\$3.09

Ranch Veggie or Chip Dip

Chicken Tenders, Nuggets or Wings



TOWN OF LAONA SPRING CLEAN UP DAYS

Spring clean up is scheduled for April 29, 2013 for the Monday route and May 1, 2013 for the Wednesday route. Please have all trash curbside by 7 a.m.

Waste Management will NOT ACCEPT the following: building demolition, yard waste, un-bagged trash, boats, batteries, waste oil, liquid petroleum products, electronic products and hazardous waste.

Appliances that contain Freon must be labeled by certified technician that all Freon has been removed. NO AUTOMOTIVE PARTS WILL BE ACCEPTED.

THE BIG CLEAN UP IS DESIGNED FOR RESIDENTIAL, HOUSEHOLD WASTE.

/S/ Erin Lane, Clerk, Town of Laona

Work Session Meeting Laona Board of Education Monday, March 25, 2013 5:00 p.m. Library - Laona High School

Vice-President Rick Krawze Called the Work Session Meeting to Order at 5:02 p.m. Present: Scott Reeves, Kay Connors, Rick Krawze, Jim Bradley and Laurie Asher. There was also one (1) guest in attendance. Notice has been posted in accordance with Wisc. Stat. 19.84.

Kay Connors led the Pledge of Allegiance.

PUBLIC FORUM(10 minutes):

COMMUNITY INPUT SESSION REPORT AND DISCUSSION:

•Areas were listed that had been shared at Community Input Sessions.

·Categorized areas into themes and prioritized for Board and Administration work.

Jim Aschinger arrived at 5:35 p.m.

The community has spoken highly of the 6th grade field trip. The Board feels there is value in class and field trips. The Board will look at the current class trip policy to determine if changes need to be made at the next regular school board meeting.

Fundraising: The current fundraising process was discussed. Overall, the community is supportive of fundraising. A discussion followed about individual class accounts or one general account that would be overseen by an organization such as the Parent/Teacher Organization (PTO). Concessions at events were discussed and suggestions made for more formal procedures. The Board will review the current fundraising policy and discuss at a future meeting.

Motion by Connor, seconded by Aschinger to Adjourn the meeting. All in favor, motion carried. (6:51 p.m.)

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

School Dist. of Crandon Board of Education Notice/Agenda - Monday, April 22, 2013 **Organizational Meeting** Elementary IMC at 4 p.m.

The agenda could be subject to last minute change(s).

This meeting of the Board of Education is held for the purpose of conducting the school district's business and is not to be considered a public community meeting.

A. Opening Items

- 1. Call to Order
- 2. Pledge of Allegiance
- 3. Roll Call
- 4. Approve Agenda

B. Separate Approvals

- 1. Board Member Resignation(s)
- 2. Swearing in of New Board Members
- 3. Election of Officers
- 4. Designation of Bank
- 5. Designation of Official Newspaper 6. Designate Meeting Date/Location
- 7. Approve Secretary to Take Minutes at School Board Meetings as necessary
- 8. Establish Finance Board Committee 9. Select Representative to CESA 8 Annual
- Convention 10. Select CESA 8 Board of Control
- Representative C. Adjournment

Bids & Notices



(715) 473-5033

SCHOOL DISTRICT OF **WABENO AREA 2013** April 22 - 26 **LUNCH MENU**

MON: Chicken nuggets, mashed pot. & gravy, sliced carrots, roll, resh strawberries

TUES: Crispito, cheesy rice, Mexican corn, fruit pizza WED: Spaghetti, meat sauce, garlic toast, green beans, apple slices w/ car.

THURS: Brd. chicken patty, bun, baked beans, pepper fries, watermelon wedge

FRI: Stuffed crust pizza, fresh cut fruit, romaine, sherbert PLEASE NOTE - ROMAINE SALAD BAR & MILK AVAILABLE DAILY. BREADS, **BUNS & PASTA ARE WHOLE GRAIN.** Menus are subject to change

SCHOOL DISTRICT OF WABENO AREA 2013 April 22 - 26 BREAKFAST MENU

MON: Pancakes - plain or blbry., sausage patty, fresh blbry. topping TUES: Mini corn dogs, potato, orange wedges WED: Breakfast pizza, strawberry

& grapefruit sections THURS: Cheese omelet, sausage links, tri-tators, banana FRI: Belgian waffle, strawberry

SAUCE, Whipped topping
PLEASE NOTE - 100% FRUIT JUICE&
MILK AVAILABLE DAILY. BREADS, **BUNS & PASTA ARE WHOLE GRAIN.** Menus are subject to change.

Regular Meeting Laona Board of Education Monday, March 11, 2013 5:00 p.m. Library - Laona High School

President Jim Aschinger Called the Regular Meeting to Order at 5:01 p.m. Present: Jim Aschinger, Rick Krawze, Scott Reeves, Kay Connors, Laurie Asher, Jim Bradley, Dawn Cote, and Sherry Kramer to take the minutes. There were also three (3) guests in attendance. Notice has been posted in accordance with Wisc. Stat. 19.84.

Kay Connors led the **Pledge of Allegiance**.

Motion by Krawze, seconded by Connors to approve the Agenda after being amended to include 8th Grade Basketball Coach Resignation and Co-op Program. All in favor, motion carried.

Appearances: None

PUBLIC FORUM (10 minutes):

Shelly Chitko inquired on the possibility of purchasing a van for school use. A study will be done for the next meeting estimating student numbers and possible cost savings to the district.

Kathy Krawze said Dr. Seuss Day was wonderful and the high school students did a great job reading to elementary students. She also said that the senior class trip plans have been finalized.

ADDITIONAL OPEN ACTION ITEMS:

Rick Krawze asked that the Open and Closed minutes from the Monday, February 11, 2013 be pulled from the consent agenda and approved separately.

Consent Agenda items:

School Disbursements and Wires paid from 2/8/13 - 3/6/13 = \$187,395.45

Cash Receipts for period 2/1/13-2/28/13 = \$64,516.62

Purchase Orders for period 2/7/13 - 3/6/13 = \$7.495.00

Motion by Reeves, seconded by Connors to approve the **Consent Agenda** as presented. All in favor, motion carried.

Motion by Reeves, seconded by Aschinger to approve the Open and Closed Regular Meeting Minutes dated Monday, February 11, 2013. Motion passed with Aschinger, Reeves, and Connors voting yes. Krawze abstained.

Rick Krawze read the Retirement Letter from Carol Bartlein. The Board would like to thank her for her 37 years of dedicated service. Motion by Krawze, seconded by Aschinger to accept the retirement of Carol Bartlein with regret. All in favor, motion carried.

Jim Aschinger read the Retirement Letter from Laura Bobbe. The Board thanks her for her 21 years of dedicated service to the district. Motion by Krawze, seconded by Connors to accept the retirement of Laura Bobbe with regret. The motion passed with Krawze, Aschinger and Connors voting yes. Reeves voted no due to referenced retirement date.

Laurie Asher discussed the CESA 8 Service Agreement. She outlined services that may be put on hold or non-renewed for a savings of \$55,000. This will be taken into closed session.

Three (3) students have applied for the Youth Option Program for the fall of 2013-14. Information on attendance, GPA, and behavior was presented. Motion by Reeves, seconded by Connors to approve the three (3) youth option applications for the fall of 2013-14 school year. All in favor, motion carried.

The First Reading was done for the School Volunteer Policy. No changes were made.

One (1) letter of application was received for the 7th Grade Basketball Co-Coach Position. Motion by Krawze, seconded by Aschinger to approve Scott Reeves as 7th Grade Basketball Coach. Motion carried with Connors, Aschinger, and Krawze voting yes. Reeves abstained.

Dan Lazzeroni submitted a letter of resignation from the 8th Grade Jr. High Basketball Coaching Position. Motion by seconded by Reeves to accept the resignation as presented. All in favor, motion carried.

Mrs. Asher informed the Board about an upcoming Co-Op Meeting with Wabeno to clarify questions and concerns that have arisen about the program.

<u>INFORMATIONAL ITEMS:</u>

A written Maintenance/DASHIR Report was included from Brent Stamper.

Dawn Cote gave her Business Manager's Report with information on budget and a federal funding workshop attended.

Jim Bradley presented the Board with a written Principal's Report giving information on attendance, Environmental Science field trip, Compass Learning Odyssey, student data base, a demonstration done by Forest County Sheriff's Dept., high school fun day, leadership conference, cyber bullying presentation, Rebel Drama musical, band students who are advancing to the state Solo Ensemble competition, forensic students who are advancing to the next level of competition, and upcoming events. He also stated that he would like to implement a rewards system for honor students in recognition of good attendance and grades. This will be piloted for the 3rd quarter.

Laurie Asher gave her Administrator's Report. She stated that the mock intruder drill and building walk-thru by the Forest County Sheriffs Dept. was very well done. A thank you was given to the Forest County Potawatomi Community for the grant money received and to the Laona Lions Club for their donation to the 4th grade for transportation to NuRoc Nursing Home. She also gave nformation on an upcoming NLC meeting, the musical being held this week, and family board game night.

Board Member Reports - Scott Reeves announced that Zack Reeves was given the "Ethical Hunter of the Year" award. He also stated that the teachers and sheriff's dept. did a great job with the mock intruder demonstration.

Kay Connors and Rick Krawze thanked those who attended any of the community input meetings.

Rick Krawze thanked the taxpayers of the district for the opportunity to attend the State Educational Convention where he received useful information for the school. He gave information on a grant opportunity for seedlings for the reforestation process at the School Forest. He also noted that with only \$3000 received as a Payment In Lieu Taxes (PILT), the tax burden to members of the Laona School District is very high. He stated the importance of fighting for money for the Federal lands within our district to stay competitive with

Jim Aschinger thanked Mrs. Bobbe and Mrs. Bartlein for their dedicated years of service to the district. He also congratulated the participants of our winter sports program for the great job done. He informed the Board that Jim Schuessler will be testifying in Washington this week concerning area federal land payments.

Motion by Reeves, seconded by Krawze to enter into Closed Session pursuant to the following statutes for the following reasons: Wisc. Stat. 19.85(1)(c) for personnel matters and 19.85(1)(e) for Deliberating Public Business. The motion carried with the following roll call vote: Aschinger, Reeves, Krawze, and Connors voting yes.

After returning from closed session, the following action was taken:

Motion by Reeves, seconded by Connors to approve the CESA 8 Service Agreement for the 2013-14 school year as presented. All in favor, motion carried.

Motion by Reeves, seconded by Aschinger to Adjourn the meeting. All in favor, motion carried. (8:51 p.m.)

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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-Closed for winter. Re-opening in May 2013.

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.

Bids & Notices

School Dist. of Crandon Board of Education Notice/Agenda - Monday, April 22, 2013 **Workshop Meeting** Elementary IMC at 4:30 p.m.

The agenda could be subject to last minute change(s).

This meeting of the Board of Education is held for the purpose of conducting the school district's business and is not to be considered a public community meeting.

- A. Opening Items
 - 2. Roll Call: Establish a Quorum
 - 1. Call to Order 3. Approval of Agenda

B. Information

- 1. 1:1 Computer Proposal
- 2. Garbage/Recycling Bids
- 3. Weight Room
- 4. Minutes of Instruction
- 5. Elementary/Middle/High School Summer School
- 6. Disproportionality
- 7. Teacher Contracts
- 8. Employee Handbook
- 9. Board Member Vacancies/Appointment

C. Closed Session

- 1. Motion to Adjourn to Closed Session Pursuant to WI Statutes 19.85 (1) (c) (f) (c) Considering employment, promotion, compensation or performance evaluation data of any public employee over which the governmental body has jurisdiction or exercises responsibility. (f) Considering financial, medical, social or personal histories or disciplinary data of specific
- 2. Special Education Bus Route Bids
- 3. Support Staff Staffing
- 4. Crandon Board of Education Academic Excellence Scholarship
- D. Return to Open Session
 - 1. To Take Possible Action on Items Discussed in Closed Session
- Adjournment

Northwoods Immunization Coalition Celebrates National Infant Immunization Awareness Week April 20-27

National Infant Immunization Week (NIIW) is an annual observance that brings to light the importance of protecting infants from vaccine-preventable diseases and to celebrate the achievements of the immunization programs in promoting healthy communities throughout the United States.

Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death. They not only help protect vaccinated individuals but also help protect entire communities by preventing and reducing the spread of infectious diseases.

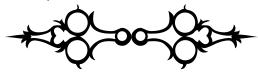
Immunization is a shared responsibility. Families, healthcare professionals, school nurses, and public health officials must work together to help protect the entire community. Local healthcare providers and health departments have teamed up together as the Northwoods Immunization Coalition to address local immunization rates, professional educational opportunities, local supply and community access to vaccines.

Vaccinations are safe and have been proven to prevent serious diseases. Giving babies the recommended immunization by age two is the best way to protect them from serious childhood diseases. Parents are encouraged to talk to their healthcare provider to assure their child is up-to-date on immunizations.

Because of the success of vaccines in preventing diseases, parents may not have heard of some of today's vaccines or the serious diseases they prevent. These diseases can be especially serious for infants and young children. That is why it is important to follow the recommended immunization schedule to protect infants and children by providing immunity early in life, before they are exposed to potentially lifethreatening diseases.

Vaccine preventable diseases still circulate in the United States and around the world, so continued vaccination is necessary to protect everyone from potential outbreaks. One example of the seriousness of vaccine-preventable diseases is the increase in whooping cough (pertussis) cases or outbreaks that have been reported in a majority of states during 2012. Today, there are cases in every state, and the country is on track to have the most reported cases since 1959. As of November 16, 2012, more than 35,000 cases have been reported across the United States, including 16 deaths. The majority of these deaths were among infants younger than 3 months of age.

Local health departments offer vaccinations through the Vaccine for Children program which are available at no charge to eligible children. Contact your healthcare provider or local health department to see if your child is up to date.





Alive to Life Conference

Space Still Available for Alive to Life Conference!

Older adults from across the north who want to "stay alive for as long as they live" are invited to attend the ninth annual "Alive to Life" event being held on Wednesday, May 8th from 8:00 a.m. - 3:00 p.m. at the Rouman Cinema in Rhinelander.

Rennes Health & Rehab Center in Rhinelander is the sole Major Sponsor of this event. Forest County Office on Aging is a supporting agency of this offering of workshops and entertainment which reinforce the positive aspects of aging, provide information to help meet the physical, mental, emotional and spiritual needs of older adults and to provide unadulterated fun.

The program starts with Keynote Speaker, Ruth Almen kicking-off the day with inspiration and motivation. The rest of the day participants will choose from a wide variety of workshops such as; "Staying Limber for Life", "Porcupines, the Pokiest Critter in the Woods", "Changing the Way We Age", "What's so Great About Grains", "Animal Rehabilitation", "Eat Your Way to Happiness", "Glaciers, The Power of Ice in Wisconsin" and "Joggin' your Noggin'" For the ninth year the event is being held at Rouman Cinema. The huge lobby is ideal for the continental breakfast and luncheon. The individual workshops will be located in the theaters with comfortable high back seating. All facilities and restrooms are located conveniently and accessible for person with disabilities.

Participants will also enjoy a continental breakfast, a delicious luncheon and an afternoon dessert accompanied by music at the closing session. Registration fee for this full day of speakers, workshops, resources, meals and all conference materials is only \$17.00 for persons age 60 or older and only \$20 for anyone under age 60. If you have not received a registration form by mail, please call the Office on Aging or stop-in the office which is located on the first floor of the Courthouse across from the County Board Room.

Carpools or group transportation may be available from your area. Contact Gayle Webster, Forest County Office on Aging (715-478-7712) for help locating transportation. Registration is limited, so register soon to avoid disappointment.

Forest County Commission on Aging DOT Bus Schedule

MONDAY April 22 - Alvin and Nelma to Iron Mountain *Crandon, Laona and Argonne Standby Bus Driver: Hal Weisnicht

TUESDAY April 23 - *NEW SHORT ROUTE* Laona, Wabeno and Crandon (local) to Rhinelander by 9 a.m. Wal-Mart Complex/Aldis only. NO lunch. Depart Rhinelander at 11:45 a.m. Bus Driver: Bob Shepherd

WEDNESDAY April 24 - Cavour and Armstrong Creek to Iron Mountain *Crandon and Laona Standby Bus Driver: **Hal Weisnicht**

THURSDAY April 25 - Argonne, Hiles and Crandon to Rhinelander Bus Driver Bob Shepherd

For Reservations Please Call the Bus Driver For That

Hal Weisnicht: 715-478-2961 **Bob Shepherd: 715-478-2683**

TOPIC OF THE MONTH "Meat"

MEAL SCHEDULE CRANDON, WABENO, LAONA

MONDAY - April 22 - Baked chicken, ½ baked potato w/sour cream, broccoli, sourdough bread, chocolate chip cookie - EARTH DAY -

MONDAY - April 29 - Pork chops, parsley potatoes, beets, dinner roll, banana cake

CRANDON, WABENO, LAONA

TUESDAY - April 23 - Meatloaf, mashed potatoes, herbed arrots, corn muffin, tres leches cake

TUESDAY - April 30 - Beef pot roast, mashed potatoes, green beans, wheat sourdough bread, strawberry mousse

CRANDON

WEDNESDAY - April 24 - Vegetable lasagna, tossed salad, fruit, garlic bread, ice cream

WEDNESDAY - May 1 - NO MENU RELEASED YET **LAONA**

THURSDAY - April 25 - Vegetable lasagna, tossed salad, fruit, garlic bread, ice cream

THURSDAY - May 2 - NO MENU RELEASED YET **ARMSTRONG CREEK**

TUESDAY - April 23 - Tacos w/lettuce, tomatoes & sour cream, jell-o w/mixed fruit, bars

TUESDAY - April 30 - Pork chop suey, rice, mixed vegetables, wheat bread, cake **ALVIN**

THURSDAY - April 25 - Beef tips, noodles, cauliflower blend vegetables, applesauce, bread, birthday cake THURSDAY - May 2 - NO MENU RELEASED YET

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.

PIONEER EXPRESS PAGE 07, APRIL 22, 2012

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 Dann at 715-674-2191 (Home) or 715-889-3321 (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 Shirley Maruszczak at 715-336-2622 (home) or 715-336-2218 (site). Meal served at 11:15 a.m. on Tuesday.



Free Blood Pressure Checks Offered Monthly

High blood pressure cannot be cured, but it can be controlled in most cases. The treatment for high blood pressure must be tailored to the specific needs of the individual, as guided by their doctor. Detecting it is the first

Ministry Home Care provides free blood pressure checks every month. On the first Tuesday from 10-11am, they are at the Rhine Haus CBRF, 1207 Mason Street in Rhinelander. On the first and second Mondays, 3-5pm, they provide this free service at the Rhinelander Area Food Pantry (436 N. Brown Street).

Crandon Police Report

CITY OF CRANDON POLICE DEPARTMENT FROM THE DESK OF CHIEF PACKARD

March 2013 CPD Activity Report:

5 Accident(s)

10 Animal Complaint(s) (1 CITATION ISSUED)

3 Assault/Battery (2 ARRESTS)

1 Assist to Citizens/Motorists

9 Assists to Forest County Sheriff's Dept.

4 Burglary/Breaking and Entering Complaint(s)

4 Custody Matter/Disputes

6 Disorderly Conduct/Fight (5 ARRESTS/1 CITATION 4 Domestic Dispute/Disturbance (2 ARRESTS)

2 Drug Possession/Investigation (1 ARREST)

3 Fraud Complaint(s)

7 Harassment/Threat Complaint(s)

29 Health/Safety/Welfare Complaint(s)/911 Calls

1 Liquor Law Violation(s)

13 Noise/Disturb Peace Complaint(s) (1 CITATION ISSUED) 2 O.W.I. (2 ARRESTS)

1 Property Dispute

2 Resist/Obstruct Officer(s) (2 ARRESTS)

1 Smoking Complaint(s) (1 CITATION ISSUED)

1 Snowmobile Complaint 1 Stalking Complaint

3 Suspicious Person/Activity/Vehicle Complaint(s)

2 Theft Complaint(s) (1 ARREST)

5 Traffic/Parking Complaint(s)

9 Vehicle Lockout(s)

34 Warnings to Drivers (re: Vehicle or Traffic Safety)

2 Warrant Arrests

9 Citations Issued re: Traffic-Related Matters

Nicolet Empty Bowls event April 30 to raise money for area food pantries

A fundraiser to help ease the problem of hunger in the Northwoods will take place Tuesday, April 30, at Nicolet College when the Empty Bowls event takes place from 5 p.m. to 7 p.m. in the Learning Resources Center.

Participants will enjoy a tasty meal of soup and bread prepared by students in Nicolet's Culinary Arts program. Those attending will also choose a hand-made ceramic bowl crafted by local potters that they will be able to take home after the event.

Cost to attend is \$15. All proceeds will go to area food pantries.

Reservations can be made by Friday, April 26, by calling the Nicolet College Welcome Center at (715) 365-4493, 1-800-544-3039, ext. 4493; TDD (715) 365-4448.

The event is being sponsored by the Nicolet College Faculty Association, the Nicolet Art Gallery, and the Ceramics area in the college's Art Department.



Sears of Antigo

445 Hwy 64 • Antigo By Kwik Trip

(715) 627-4407

Hours: M-F 9-7. Sat. 9-6, Sun. 10-4

NORTHWOODS

In the North Town Centre Mall

Hours: Mon. - Fri. 8-5 , Sat. 9-1, Closed Sunday.

Carol's \$5 Jewelry & Accessories Buy 12 Get 1 FREE!

Specialty Shops

Formal Wear Rentals

Wedding Invitations

available at

FLOWERS FROM THE HEART

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

#13919

715-478-0756 carol_welch@rocketmail.com

\$5.00 + Taxl

Wednesday's from paparazzi 9:00-4:00 p.m. Nashville Town Hall **Carol Welch** Everything is Independent Consultant

Please call us at 715-478-5202 to reserve your chair!

You are Invited To

"Restore Your Health"

When: Thursday, April 25th, 5:30 p.m.

Where: Big Easel Gallery and Bistro, Wabeno

A gluten free group supporting healthy

lifestyle choices. Stop by with family and friends to learn about new recipes.

tips and find your encouragement to help

you on your journey to restoring your health.

Human Restoration



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Antigo's Best Buy Elst's ALL WORK DONE On Diamonds Elst's IN STORE Timeless Treasures

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715-623-7242

DIAMOND RINGS, PENDANTS & EARRINGS, WATCH & JEWELRY REPAIR Featuring Wonderful Selection of Howard Miller Clocks
Formally House Of Diamonds

306 North Lake Ave., Crandon "Adjacent to Curves" Mon.-Fri. 10 a.m.-6 p.m.

Sat. 10 a.m. - 2 p.m. 715-478-4660





Locally roasted & fresh coffee. Experience a great coffee taste!



Call Dave at 715-649-3414

and Engagement Rings! * Anniversary * Weddings - Attendant Gifts and Accessories, \$10 and up! * First Communion and Confirmation! * Prom! * Mother's Rings! -Order Now! HOT NEW ITEM! Sideways Cross Necklace and Bracelet

Vliner Jewelers

Administrative Professionals Week April 22 thru 26

YOUR ADMINISTRATIVE PROFESSIONALS FILL MANY ROLES IN YOUR



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Huber, May Schallock



Chocolate

Chocolate is a raw or processed food produced from the seed of the tropical Theobroma cacao tree. Cacao has been cultivated for at least three millennia in Mexico, Central America and Northern South America. Its earliest documented use is around 1100 BC. The majority of the Mesoamerican people made chocolate beverages, including the Aztecs, who made it into a beverage known as xocolatl, a Nahuatl word meaning "bitter water". The seeds of the cacao tree have an intense bitter taste, and must be fermented to develop the flavor.

After fermentation, the beans are dried, then cleaned, and then roasted, and the shell is removed to produce cacao nibs. The nibs are then ground to cocoa mass, pure chocolate in rough form. Because this cocoa mass usually is liquefied then molded with or without other ingredients, it is called chocolate liquor. The liquor also may be processed into two components: cocoa solids and cocoa butter. Unsweetened baking chocolate (bitter chocolate) contains primarily cocoa solids and cocoa butter in varying proportions. Much of the chocolate consumed today is in the form of sweet chocolate, combining cocoa solids, cocoa butter or other fat, and sugar. Milk chocolate is sweet chocolate that additionally contains milk powder or

condensed milk. White chocolate contains cocoa butter, sugar, and milk but no cocoa

Cocoa solids contain alkaloids such as theobromine and phenethylamine, which have physiological effects on the body. It has been linked to serotonin levels in the brain. Some research found that chocolate, eaten in moderation, can lower blood pressure.[1] The presence of theobromine renders chocolate toxic to some animals, [2] especially dogs

Chocolate has become one of the most popular food types and flavors in the world. Chocolate chip cookies have become very common, and very popular, in most parts of Europe and North America. Gifts of chocolate molded into different shapes have become traditional on certain holidays. Chocolate is also used in cold and hot beverages, to produce chocolate milk and hot chocolate.

Cocoa mass was used originally in Mesoamerica both as a beverage and as an ingredient in foods. Chocolate played a special role in both Maya and Aztec royal and religious events. Priests presented cacao seeds as offerings to the deities and served chocolate drinks during sacred ceremonies. All of the areas that were conquered by the Aztecs that grew cacao beans were ordered to pay them as a tax, or as the Aztecs called it, a "tribute".[3]

The Europeans sweetened and fattened it by adding refined sugar and milk, two ingredients unknown to the Mexicans. By contrast, the Europeans never infused it into their general diet, but have compartmentalized its use to sweets and desserts. In the 19th century, Briton John Cadbury developed an emulsification process to make solid chocolate, creating the modern chocolate bar. Although cocoa is originally from the Americas, today Western Africa produces almost two-thirds of the world's cocoa, with Côte d'Ivoire growing almost half of it.

WE WAN

Death Notices



LAWRENCE (BUD) BRYANT, age 97 died April 12, 2013 at Golden Age Manor in Amery, Wisconsin. Bud was born in Maple Plain Minnesota on January 29, 1916. He was the youngest of seven children born to Rufus and Minnie Bryant. He was preceded in death by his parents, siblings, his daughter Linda and wife of 44 years, Hazel. Bud will be missed by family and friends who respected his wise and gentle manner.

Bud began his career with IBM and eventually became a founding partner

of Associated Typewriters in Milwaukee, Wisconsin. He and Hazel spent as much time as possible at their cabin on Lake Metonga in Crandon, Wisconsin. Bud was an outdoorsman who enjoyed many sports, particularly fishing and football. He was a loyal and enthusiastic Packer and Badger fan.

A memorial service will be held at 2:00 p.m. on Friday, April 19, 2013 at Evergreen Village, 611 Harriman Ave S., Amery WI. Interment will be at 11:00 a.m. on Monday, April 22, 2013 at Forest Home Cemeterv. Milwaukee, WI. (meet at Cemetery office at 10:45 am).

To sign an online guest book and view a video tribute please visit www.williamsonwhite.com Williamson-White Funeral Home and Cremation Services, Amery, Wisconsin is assisting the family with the arrangements.

RICHARD D. VOTIS, 74, of Hiles, died Tuesday April 9, 2013 at St. Marys Hospital in Rhinelander. He was born February 14, 1939 in Crandon to William and Margaret (Harkins) Votis.

Richard attended the Crandon High School. Afterward he enlisted in the United States Army. On April 28, 1973, he married Cathleen Zahn at St. Joseph's Catholic Church in Crandon. Richard enjoyed many years working as a logger. He retired from the Town of Hiles; where he worked for 10 years doing road maintenance. Richard loved spending time outdoors; especially hunting and fishing.

He is survived by his wife Cathleen, two daughters Sara (Michael) Droege-Votis of Sheboygan, and Mandy (Andy Kuns) Votis of Eden Prairie, MN. One granddaughter Kelsey Votis. He is further survived by brothers Patrick and Glen (Geraldine), sisters-in-law, Joanne and Shirley all of Hiles, and brother-in-law Bernie Burzynski of Neenah. Richard was preceded in death by his parents William and Margaret, sister Anna Burzynski, and brothers William 'Bud' and Donald.

A memorial service for Richard was held on Friday April 12, 2013 at 11:00 a.m. at the Weber-Hill Funeral Home with Rev. Niall Philyaw officiating. Visitation was held from 9:00 a.m. until the time of service. Burial will be in the Town of Hiles Cemetery. Weber-Hill Funeral Home is assisting the family. Online condolences at www.weberhillfuneralhome.com

PATRICIA 'PATT' ZASTROW, age 74, Townsend, joined her beloved son, Greg, in heaven on Wednesday, April 10, 2013 and is now at peace. She was born on November 11, 1938 in Milwaukee, WI.

Patt married Kenneth 'Ken' Zastrow on June 22, 1957 at the Pentecost Evangelical Lutheran Church, Milwaukee. She enjoyed the Northwoods, the pontoon boat and many fond memories with family and friends. She will be dearly missed and forever remembered.

Patt is survived by her husband, Ken, Townsend, daughter, Cherie Schuckert, Milwaukee, granddaughter, Jessica (Omero) Lopez, West Allis and Becca (Spencer) Fix, Alabama, grandson, Devin Schuckert, West Allis and sister-in-law, Dolores Gross, Milwaukee. She is furthered survived by many nieces, nephews and many dear friends.

A gathering of family and friends will be held on Saturday, April 20 from 11:00 a.m. until 12:00 noon at the Weber-Hill Funeral Home, Wabeno. A memorial service will follow at 12:00 noon at the funeral home. Inurnment will be at a later date in the Sunnyside Cemetery, Lannon. Weber-Hill Funeral Home is assisting the family. Online condolences at www.weberhillfuneralhome.com.

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VIVIAN LINSMEIER LANGER, age 86, of Lakewood and Green Bay, passed away Tuesday, April 16 from Progressive Supranuclear Palsey. Born in Milwaukee on April 24, 1926, Vivian was a lighthouse keepers daughter. When Vivian was born her father, Charles Linsmeier, was serving at the North Point Lighthouse in Milwaukee. Later they were transferred to Sheboygan. When Vivian was just nine years old, her mother, Esther Phillips, passed away. At that young age, Vivian assumed many family responsibilities. When she was sixteen, her father was transferred to the Rawley Point Lighthouse about seven miles north of Two Rivers. She graduated with honors from Washington High School, Two Rivers, class of 1944. There she met her future husband, Norbert. They were married on January 24, 1948.

Vivian and Norbert have eight children; David (Laura) Langer, FL children April Gibson (husband Patrick, children Anna & Sophia Gibson); Sarah Zeske (husband Tom, children Nicole & Cassie Henson, Tommy & Tiana Zeske); Rachael Rhodes (husband Drew III, child Drew Rhodes IV); Joy Wood (deceased husband Avery); Carol Langer, MN & special friend Diane Knust: Mary (Tom) Mitchell, WI children Matthew Mitchell, wife (Flor) & Daniel Mitchell (fiancé, Andrea Bliss); Ruth Langer Noack, MN children Kristen Christopherson (husband Ryan, child Emily), Jacob Noack; Katie Posey, husband Brandon, children Patrick, Lebron, Jalen; Bruce Langer (Jean) KY children Jennifer Downs (husband Michael), Jessica Langer; Anne (Aaron) Vanden Avond, WI children, David Vanden Avond (wife Heidi, children Rudy & Austin Vanden Avond), Rory (Amber) Vanden Avond, Mark Vanden Avond; Andrew (Cathleen) Langer, TX children Amy Kimlinger, (husband Rob), Kari (husband Jeriahme, children Cade & Caleb Miller), Brandon Langer and; Therese (Andy) Woelfel, WI, children Ryan Woelfel (wife Stephanie children Ashlynn & Brynlee Woelfel), Cody Woelfel, Kelsey Woelfel, Jami La Haye.

Vivian was the most generous and kindest person her family has ever known. She lived for her family. After the children were all educated, she and Norbert, who was a pilot for American Airlines, traveled extensively. Throughout their marriage, Vivian and Norbert lived in Illinois, Wisconsin, Arizona, Texas and Florida. Although Lakewood, WI has felt like their family home as they owned a cottage on Maiden Lake for over 31 years and later a home on Lakewood Airpark.

For seven years, they monitored a trail of 150 bluebird nest boxes for the Lakewood division of the U.S. Forest Service and for 20 years they managed the Holt-Balcom Logging Camp Museum near Lakewood, for the McCaslin Lion's Club and the Oconto County Historical

Vivian is further survived by brother-in-law John Schubert, and countless nieces and nephews who held a special place in her heart. Vivian was preceded in death by her mother, Esther, father Charles, step-mother Dula, brother Charles Linsmeier, sister Judy Schubert and sisterin-law Marlene Linsmeier.

Family and friends may visit at St. Mary of the Lake Catholic Parish, 15232 County Road F, Lakewood, from 9:30am until the hour of Mass on Saturday, April 20. Mass of Christian Burial will be celebrated at 11:00am, at the church, with the Rev. Jason Blahnik officiating. Interment will be in the church cemetery. Cotter Funeral Home, De Pere, is assisting the family. Online condolences at www.cotterfuneralhome.com.

The family would like to thank Director Marilyn Lance and staff of Carrington Manor and Dr. David Kaufman for their compassionate care. A special thank you to Carlie and Brittany for accompanying mom and dad to their home in Lakewood last fall, we couldn't have done it without you.

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Crandon Library Cont. from pg. 1

Ideas" a bit of literature and genealogy tie in celebrating "Patriot's Day" the day commemorating the opening battle of the American Revolutionary War on April 19, 1775.

The Open House will finish up with cake and ice cream at 12:00 o'clock noon. While enjoying your cake and ice cream, you can take in some fantastic youth art as during the month of April we are also hosting an art show of Crandon Middle School student's best work. The work is the same work that went to the Northern Lakes Conference Art Show in Elcho last month. We look forward to seeing you at your public library!

Display Case

During the month of April the David Brezovar Memorial display case features the needlework talents of the Stitch'n Sisters who meet every Tuesday morning to knit, crochet, quilt, embroider, make rugs or complete any project having to do with needlework. Their display offers plenty of examples of needlework and includes knitted slippers, many different types of socks, infant sweaters with hat and booties, and a teddy bear which members give as donations to hospitals or homeless shelters. These talented ladies have also shared with us samples of a needlepoint pillow, counted cross-stitch ornaments and an embroidered bell along with macrame and crocheted items. There are also a few handspun, hand-knit items. The Stitch'n Sisters welcomes anyone interested in needlecraft to join them on Tuesday mornings at 9:00 a.m. to Noon each Tuesday morning in the lower level of the library. **New Books**

New adult fiction titles recently added to our collection include Prairie Romance Collection, Orphan Train by Christina Baker Kline, Wishing on Willows by Katie Gashert, Snow White Must Die by Nele Neuhaus, Secrets from the Past by Barbara Taylor Bradford, The Frontier Family by Lyn Cote, Unintended Consequences by Stuart Woods, Tuesday's Gone by Nicci French, A Place to Belong by Lauraine Snelling, The Guardian by Beverly Lewis, Tapestry of Fortunes by Elizabeth Berg, Don't Go by Lisa Scottoline, A Perfect Proposal by Katie Fforde, The Edge of Earth by Christina Schwarz, and The Whiteness of the Whale by David Poyer.

Library Hours

The Crandon Public Library is open Mondays 9-5, Tuesdays 9-5, Wednesdays 9-7, Thursdays 9-7, Fridays 9-5 and Saturdays 9-Noon. Learn more about what your library has to offer at our website at www.crandonpl.org.



Chequamegon-Nicolet National Forest to Host Free Open House and Art Showing

Rhinelander, Wis., April 15, 2013 The Chequamegon-Nicolet National Forest (CNNF) is celebrating 80 years as a National Forest. The public is invited to this free event to celebrate the anniversary on Thursday, April 25, 5:00 to 7:30, at the Rhinelander Supervisor's Office at 500 Hanson Lake Road.

Artist Ruth Lull, associate professor of art from Northland College will be showing her exhibit of art work titled "Retrospective of the Chequamegon-Nicolet National Forest". Lull's work includes natural settings in a variety of forms ranging from oil paintings to drawings. Ms. Lull will be giving a presentation about how the CNNF has inspired her work.

Another showcase of artistic talent will be the premiere of CNNF promotional videos that were created by Nicolet Technical College Graphic Design students. These creative videos will eventually be featured on the CNNF web site.

'This is open house and other anniversary events offer an opportunity for all of us to celebrate and reflect on the 80 years of the CNNF being an integral part of the northwoods community." said Forest Supervisor, Paul Strong.

Free refreshments will be available including cakes celebrating the 80 year anniversary, designed and donated by Nicolet Technical College Culinary Arts students.

From 5:30 to 6:00 the Nicolet College Video Project Premiere will be held, and from 6:00 to 6:45 is a presentation from artist Ruth Lull

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Born wild: Babies best left in nature

MADISON -- With the arrival of spring so, too, will be the arrival of baby wildlife. Well-intentioned animal enthusiasts may mistakenly assume some wildlife babies are abandoned and in need of their help without realizing the babies' mothers most likely are nearby and on the job.

Department of Natural Resources wildlife biologists remind outdoor enthusiasts that these wildlife babies are best left in their natural homes and near their mothers, which are likely hiding from sight in an effort to protect their babies.

"Wildlife animal mothers protect, conceal and feed their babies in ways that may be easily misinterpreted by humans who want to help the animal baby that appears vulnerable," said Amanda Cyr, a DNR wildlife biologist. "Unlike humans one way they protect their babies is to conceal them and leave them hidden from predators under

Cyr says the mother returns to feed the babies, but often under the cover of darkness or brush. This is something humans may not understand because it is so removed from what a human mother does. The wellintended but uninformed person may attempt to rescue or feed a wild animal baby because, in the human world, we perceive the baby as being afraid, alone and abandoned.

"It often is not. Its mother is following natural behavior instincts to help the babies survive and thrive." Cyr said. "Human interventions, while done with good intentions, instead can damage the health and well-being of the baby animal."

Cyr says feeding a wild animal with human foods can cause more damage to the wild animal because their digestive systems are different. Wild animals require different foods and nutrient levels that cannot be met with human diets. Too much human or domestic animal disturbance or activity near a baby animal could also cause the mother to shy away from the area. Especially keep a close watch on pets when they are outdoors so they don't disturb a nest of baby animals.

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in a building or too close to human activity, place caps on chimneys, vents and window wells, and seal up any unintended openings or hollows.

Born without body scents for a reason; fawn's spots for survival

Some wild animals are born with little body scent. Their protection from predators, Cyr says, is for them to remain motionless and concealed within the environment.

"Their mothers are keeping watch from afar," Cyr said. "The mother returns a couple of times each day to quickly feed the babies. After feeding, the mother will quickly hide them again from the predators."

Cyr says this is the natural behavior of white-tailed deer and fawns. "Fawns have little scent to attract a predator and their spots help them blend in to the environment," she says. "They move very little in their first weeks while they are alone in a place the mother selected. If you see a fawn lying on the ground by itself, you should leave the fawn where it is and not disrupt the area."

Baby rabbits also are usually alone in their nest during the day when the mother is not there. The baby rabbit's best protection from predators is to remain in their nest which is concealed with grass or vegetation.

"The mother will come back to the nest a couple times each day to feed the babies," Cyr said.

If you find a baby wild animal, Cyr says the best policy is to leave them alone. "A good option to really help the animal is to call the DNR Call Center (1-888-936-7463, 1-888-WDNRINFo). We can evaluate the situation and determine if you should be connected with a wildlife rehabilitator in your area."

CONT ON PG 22

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Fighting Back Against Allergy Season

How to arm yourself better to breathe easier:

Spring allergy seasons continue to start earlier each year (it was February in 2012), and pollen counts continue to go up. It's not a fluke; scientists say the effects of climate change are making allergy seasons worse. Research presented at the American College of Allergy, Asthma and Immunology in November 2012 suggests that by 2040, pollen counts are expected to double. "I do think that the allergy seasons seem to be longer. When winter is shorter and less severe, it means there will be pollens and molds present for a longer period of time," says Dr. Stacey Gray, an allergy expert at the Harvard-affiliated Massachusetts Eye and Ear Infirmary.

The offenders:

Grass, weeds, and trees release tiny pollens into the air each spring, summer and fall. Inhaling these pollens can trigger a reaction of the immune system. It's known as hay fever. Symptoms vary, but commonly include a runny nose, sneezing, itching, and burning or watery eyes. If you have asthma or chronic obstructive lung disease, pollen can increase your risk for flareups. Other floating pollutants in the air can cause allergic reactions as well, such as mold spores and dust mite droppings, although mites aren't a seasonal problem, and mold can be a year-round problem in warm climates.

You can find out what you are allergic to by having allergy testing. This is done in a doctor's office, using either a blood test or a skin test. The skin test involves pricking the surface of the skin and exposing it to allergens. Redness and swelling at a test spot on the skin indicates an allergic reaction.

The medical fix:

Once you know which allergen you're dealing with, you can develop a treatment strategy with your doctor. This usually involves medications. Which drugs your doctor prescribes depends on a number of factors, such as the symptoms you're having, and the medications you're taking for other conditions because of possible interactions.

Antihistamines counteract a protein called histamine, which is released by tissue cells deep inside the skin during an allergic reaction. Over the counter (OTC) examples are chlorpheniramine (Chlor-Trimeton) and diphenhydramine (Benadryl). "Antihistamines like Benadryl are an old stand-by, but there are several newer non-prescription medications that work well without causing drowsiness, which is one of the main side effects of Benadryl," says Dr. Gray. These include fexofenadine (Allegra), loratidine (Claritin), and cetirizine (Zyrtec). Cetirizine can sometimes still cause some drowsiness for some patients. By prescription, there are now topical nasal antihistamine sprays—azelastine (Astelin) and olopatadine (Patanase)—which can help with sneezing and runny nose. There are also topical antihistamine eyedrops that can be used for the symptoms of watery eyes, such as ketotifen (Zaditor), available OTC, and olopatadine (Patanol), available by prescription.

Corticosteroid nasal sprays are steroids similar to hormones your adrenal glands produce. They reduce inflammation and help reduce nasal congestion, runny nose and nasal itching. These are available by prescription, such as mometasone furoate (Nasonex) and fluticasone propionate (Flonase), and can be used long term.

Non-steroidal nasal sprays that contain cromolyn sodium (NasalCrom) are available OTC. These target the root cause of symptoms by keeping allergens from reaching cells that release histamine. They can be used long term. However, Dr. Gray says the sprays are often not quite as effective as nasal steroid sprays.

Decongestants help by reducing swelling in the nasal passages, but they can cause problems for people with high blood pressure or heart problems, and in general should not be used long term, points out Dr. Gray. Decongestants are also available in sprays, but they should not be used for more than a few days, since they can actually make congestion worse when used long-term. Decongestants are available without a prescription, such as pseudoephedrine (Sudafed), but are kept behind the counter because some people use them to make illegal methamphetamines.

Immunotherapy is a series of allergy shots that help build up immunity over a period of 3-5 years. This is usually a last resort for people who don't respond to medications.

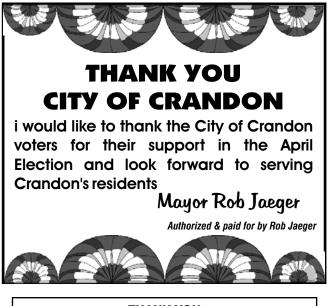
Since allergy seasons appear to be worsening, Dr. Gray suggests starting medications early, before the allergy season starts. "For instance, start using a nasal steroid spray a few weeks before the spring allergies begin," says Dr. Gray.

Other strategies:

Fighting allergies with medicine alone may not be enough, says Dr. Gray. She recommends minimizing allergens in the house and in the work environment. "Make sure the air conditioning and heating filters and vents are all clean."

During peak pollen season, close your windows and consider wearing a mask for outdoor yard duties. Better yet, avoid going outside when pollen levels are highest. Dr. Gray also recommends using nasal saline irrigations. "They're especially helpful to clean the nose

Thank Yous & Personals



THANK YOU

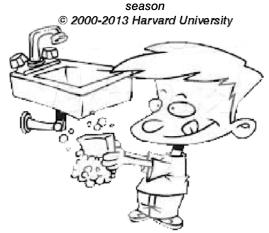
Everyone who helped me in any way when I fell and broke my leg. The EMT's and Paramedics, Nurses at the Hospital, my Doctor, all the wonderful nurses and people at the Nursing Home. All my wonderful family and very dear friends, thank you so much for all the cards, gifts and visitors.

God Bless! Love you, Frog

after an exposure to an allergen like working in the yard."

Remember, too, that certain irritants in the environment can make allergy symptoms worse, like exposure to cigarette smoke and pollution. Dr. Gray suggests avoiding such exposure if possible.

Source:https://www.health.harvard.edu/newsletters/Harvard_Health_Letter/2013/March/fighting-back-against-allergy-





Kathleen Atkinson named Eastern Regional Forester

MILWAUKEE, Wisconsin (April 15, 2013) Kathleen Atkinson is the Eastern Region's new regional forester. She replaces Charles L. Myers, who retired in September 2012.

Atkinson comes to the Regional Office from the Forest Service's national headquarters in Washington, D.C. where she has served as associate deputy chief for business operations since June 2011. Prior to this, she was the Agency's director of strategic planning, budget and accountability. Her 30-year Forest Service career has encompassed a variety of positions and geographical locations.

"I am honored to be the next regional forester for the Eastern Region. The diversity of the Region, both in its forests and people, make it a beautiful and inviting place to work. I look forward to this opportunity," stated Atkinson.

Atkinson began her Forest Service career as a seasonal employee in Wyoming. She has held several line officer positions, including forest supervisor for the Chattahoochee-Oconee National Forest (Georgia), deputy forest supervisor for the National Forests in Florida, and district ranger on Lousiana's Kisatchie National Forest. Before this she was a recreation planner on the Kaibab National Forest (Arizona), a timber management assistant on the Ocala National Forest in Florida, and a silviculturalist on the Black Hills National Forest in South Dakota.

Atkinson grew up on a farm in southwestern Michigan. She holds a bachelor's degree in forestry from the University of Michigan, and a master's in public administration from the University of South Dakota. She enjoys horseback riding, bicycling and art.

Her effective date was February 10 and her reporting date is April 14.

THANK YOU Tombstone-Pickerel Snow-Club and the volunteers who came over and groomed the snow for our Annual Easter Egg Hunt St. John Lutheran Church, Pickerel

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Team Julie & Team Power Surge would like to thank the

following businesses and individuals for their donations to our 3rd Annual Gutter Bowl. We also would like to thank everyone who participated by bowling, buying raffle tickets, drinks or food. Your support benefits the Relay for Life of Forest County and helps us get one step closer to a cure for cancer. Super Bowl & Bar, Gregg Tallier, Nevaeh Salon, Northern Lakes Service Inc., Best Wash of Crandon, NuRoc Nursing Home, Pine Lake Pub, Hayes Metals, Tangles, Flowers From the Heart, She's All That, Paul Lamon, CoVantage Credit Union, Nortrax, Emy's, Sue Deer, Thirty-One-Erin Mayer, Laona State Bank, Lake Forest Trading Post, American Family Insurance - Ken Winkelman, Subway, Palubićki Eats & Treats, Kathy's Inn, Crandon Hotel, Wolf River Valley Seeds, Sinnerman Tattoo, Citgo - Crandon, Hook in the Foot Cafe, A. Ehlinger Electric LLC, Dean's Distributing - Budweiser, Rusty's Wabeno Bowl, WD Flooring, Main Street Ed's, Smith Concrete, Beachside, General Beverage, Central Beer Distributors, Palubicki Electric, Pack 'Em Inn, Backhaus' Sportsman's Retreat, Badger Liquor, Water's Edge, Zastrow Distributing. Winners of the board raffles were: Travis Stamper -Bicycle and Dawn Hines - Brewers Tickets.

THANK YOU!

The Hope for the Next Generation team has completed their 2nd annual Juvenile Diabetes Research Foundation (JDRF) 9 pin bowling tournament. It was a great success. We could not have raised the money to support a great cause without the help of all of you. The winners for the bowling tournament are as follows: In the individual bracket 1st place Paul Newton 2nd placeScott Kevilus 3rd placeCarl Vanzile 4th placeChuck Matuszewski. The 3 teams with the top scores were: 1st 2nd place Team place Team Kevilus and One Pollock Vanzile 3rd place NuRoc 1. We would like to thank all the teams for participating and we hope that you will join us again next year. We would like to take the time to thank our sponsors and also just people and businesses that have sponsored the team.

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Thanks again for another year of supporting JDRF and the fight to find a cure.

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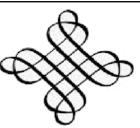
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Wabeno Students Honored at Lions' Banquet



Fourteen Wabeno High School students were honored by the Wabeno Lions Club at its 38th Annual Student Honors Banquet on Monday, April 8, at The Springs. Each year, the Lions ask teachers from Wabeno High School to select a student that can be called outstanding in that teacher's particular field of study. They are the students of whom teachers can say "This is the student that I can point to as an example for other students in my class to follow." The students and their teachers are then invited to be guests at a banquet at which the teachers talk briefly about the students and then present them with award certificates designed by the Lions Club. Parents/guardians; other faculty, school staff, administration, and school board members; a guest speaker; and Lions Club

This year's honored students were seniors Megan and Miranda Tarlton (daughters of Timothy and Marilyn Tarlton) in girls physical education, senior Andrew Sheppard (son of Frank and Lorrie Shepard) in boys physical education, senior Brandon Oberleitner (son of Scott Oberleitner) in technology education, senior LeiVaughna Aaron (daughter of Donnie Renard) in English, junior Miranda Vogel (daughter of Ted and Renee Gust) in chemistry, senior Kacy Piontek (daughter of Greg and Debbie Piontek) in life science, freshman Alexis Christianson (daughter of Jacob and Sherry Christianson) in art, seniors Stone Koenig (son of Tom Kroll and JoAnn Koenig) and Robert Rocole (son of Mike and Michele Rocole) in social studies, senior Stephanie Prasser (daughter of Bob and Cheri Prasser) in foreign language, senior Hali Nygard (daughter of Chuck and Bonnie Nygard) in mathematics, senior Jake Pakulski (son of Pat and Tiffany Pakulski) in business education, and senior Alyssa Mangold (daughter of Ken and Lisa Mangold) in vocal music.

In addition to an excellent meal, the students and guest were treated to an inspirational presentation by guest speaker Val VanEperen Hoffmann a 1992 graduate of Wabeno High School. Val was a Lions Honor Student in 1991. As a high school, she was active in sports and extra curricular activities. She is married to Troy Hoffmann, and they have three children who also attend Wabeno Elementary and High School. She graduated from Nicolet Area Technical College in 2004 with an Associates Degree in Nursing and is currently working on her Bachelors Degree in Nursing through the University of Wisconsin Green Bay. She is employed at NuRoc Community Healthcare as the Director of Nursing and has been there since 2007. Val enjoys spending time with her family, camping, gardening, and their many pets.

Val talked to the students about the fact that what she saw as her goal when she graduated from high school was not what she ending up pursuing. The students should not be afraid if their circumstances change and they find themselves unable to meet the goals they originally set. The key to success is to keep setting new goals, working hard, and with the support of family, friends and community you can succeed.

In addition to the Wabeno High School Honors Banquet, future Wabeno Lions sponsored events include a dinner for local senior citizens on April 26 and the Wabeno High School Senior Banquet on May 15. The Lions will also select high school students to receive scholarships and service awards. The Wabeno Lions, whose motto is "We Serve," also financially support many other school and community activities. Those interested in becoming part of the Wabeno Lions Club should contact any member.



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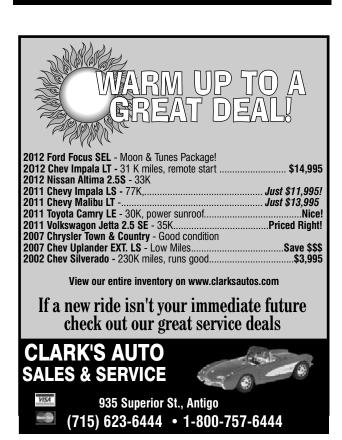
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Think Fit, Be Fit

Fitness goes beyond physical activity. It is also about attitude and self-esteem. People who are committed to becoming physically fit increase their self-confidence, which encourages them to continue their efforts.

Even people who have hectic work schedules and overwhelming personal obligations manage to fit in regular exercise - despite weather, daycare, lack of time and other barriers.

- 7 Traits Successful Exercisers Share:
- They love feeling fit. Regular exercise imparts many positive results the ability to cope with stress, sounder sleep and most important, the strength and energy to enjoy life.
- They don't make excuses. Rather than always look for a way out, they avoid dwelling on the when, where or how of exercising and just do it.
- They make time. Some people need to plan ahead or develop a set routine to stay on track. For others, the need to exercise is ingrained and they automatically seek opportunities for it every day.
- They find activities they enjoy. Whether it be walking, weight lifting, golf or gardening, physical activity becomes a regular and pleasurable part of their lives.
- They don't feel guilty if they miss a workout. They behave in consistently healthy ways but accept that sometimes things (work, family, travel or fatigue) will interfere with their fitness activities.
- They set realistic goals. These can be as a daily walk around the block or as ambitions as jogging 15 miles a week. They make personal choices based on health, age, time and other variables.
- They view physical fitness as a long-term pursuit. In addition to feeling energized today, they want to be strong decades from now. For them, fitness is about good health for life.

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High Blood Pressure And Cholesterol

The number one killer in America is heart disease. And, two huge health risks that can lead to serious heart conditions are high blood pressure and high cholesterol. But, these can be prevented.

Let's start with high cholesterol. The American Heart Association says that one in five Americans have too high a cholesterol level. But first, just what is cholesterol? Cholesterol is a waxy, fat-like substance called a lipid that is found inside cells and blood. It is produced naturally in the liver, but some of the "bad" cholesterol comes from the food we eat, mainly in animal fats. While too much cholesterol can be harmful, a certain amount is necessary for bodily functions, such as making cell walls and acting as a building block to produce various hormones, bile acids, and Vitamin D.

Having too much cholesterol can block blood flow, resulting in a thickening and hardening of artery walls, a disorder called arteriosclerosis. Since this also narrows the arteries, blood flow can be slowed down, or even blocked. With less blood, the heart therefore gets less oxygen. That can result in chest pain, heart attack, or something as drastic as death. Lowering your blood cholesterol level is one of the best ways you can decrease your risk of heart disease. And, even if your cholesterol is close to the desirable range, 200 milligrams per deciliter of blood, you can lower it and reduce your risk of heart disease.

With all this thickening going on, water can play a very important role. Drinking water can actually thin the blood, making in a natural way to help the blood pump more smoothly. When the body is dehydrated, the blood becomes acidic which can lead to a build-up in LDL levels of cholesterol. Drinking plenty of water will keep your blood ways clean and eliminate excess buildup of cholesterol waste from the body. Drinking plenty of water will keep your blood ways clean! Since exercise, along with a healthy diet, is an important contribution to the lowering of cholesterol, once again, water needs to be drank in order to replenish what was lost. In fact, consumption of water so you are fully hydrated can increase your metabolic rate!

Let's move on to high blood pressure, also known as hypertension. Blood pressure refers to the force of blood pushing against artery walls as it makes its way through the body. Just like air in a tire, blood fills arteries to a certain capacity, and anything over that capacity can have damaging effects. (Ever have too much pressure in your tires?) Just like high cholesterol, high blood pressure can threaten healthy arteries and lead to life-threatening conditions such as heart disease and stroke. And what's scary is that there are not any real symptoms until, which is why high blood pressure is known as the silent killer.

Hypertension can be combated in many ways, such as quitting smoking, drinking alcohol or overweight. Water can also help lower this pressure, as blood is mainly comprised of water. Excessive salt consumption can adversely affect blood pressure, but luckily sodium can be flushed out of the body by drinking clean purified water daily. So, drinking a healthy amount of water each day can maintain a healthy heart but what happens if we don't drink enough water? Dehydration will definitely affect your blood pressure adversely. Our kidneys clean our blood. When we are dehydrated and have high blood pressure, the blood flow to our kidneys is reduced which makes our bodies think they are low on water. They will thus react by telling the brain to constrict veins and arteries, which will make the blood pressure even higher.

The quality of the drinking water can also have an effect on our cholesterol levels. Animal studies have shown that chlorine in drinking water can raise levels of plasma cholesterol. This is something we must be aware of because most tap water in the US is chlorinated. Therefore, it is a good idea to install a quality water filtration system that can remove chlorine and other harmful chemicals from your drinking water.

Heart disease is a serious issue in America today, with two of the top causes being high cholesterol and high blood pressure. Drinking plenty of clean water can help combat both of these. Remember it is also never too late to improve your heart health with the help of regular exercise, balanced nutrition and a positive outlook on life. The human body is very resilient and if you treat yourself well, you will be surprised by your body's own natural ability to heal itself and lower bad cholesterol. Here's drinking to your health and achieving your goals. We know you can do it!

http://www.freedrinkingwater.com/water-education/medical-water-cholesterol-page2.htm



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Submit completed application/resume to:

Human Resource Department

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Crandon, Wisconsin 54520 Email: <u>hr@molelake.com</u> Phone: 715-478-7549

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HELP WANTED

The Crandon Public Library is accepting applications for two part-time positions of Public Library Clerk.

The positions are part-time positions (10 hours per week) with possible evening and Saturday hours. Duties include patron assistance, circulation, collection maintenance, planning and executing library programs. Excellent customer service, organizational skills, and high comfort level with technology required. High school diploma and library experience preferred. To receive an application, stop at the library during regular business hours or visit our website at www.crandonpl.ora

Full Time Emotional Behavior Disabilities Teaching Position

Job Description: The School District of Wabeno Area is accepting applications for the position of Special Education Teacher in our Emotional Behavioral Disabilities-Cross Categorical program at the elementary school level. This is a full-time position to begin in the 2013-14 school year. The program primarily services students with Emotional Behavioral Disabilities, but also services students with other learning needs. Responsibilities may include, but are not limited to: Creating, updating, and implementing the IEP's for all assigned students in a timely and professional manner, and evaluating new students as assigned. Applications need to reflect a willingness to participate in academic/behavioral grade level teams and to promote and contribute to our positive school climate. **Qualifications:** Candidates must have appropriate DPI license(s) (830-Emotional Behavior Disabilities/801-Cross Categorical) Successful applicants will need to have strong communication skills along with the ability to administer and interpret test data.

How to Apply: Interested and licensed candidates should submit a letter of interest, resume, transcripts, copy of license(s), and three (3) current letters of reference by Friday, May 10, 2013 to: Dr. Kimberly Odekirk, District Administrator, PO Box 460 Wabeno, WI 54566.

The School District of Wabeno Area in accordance with Wisconsin Fair Employment Practices Act, Wisconsin Statute 111.31, does not discriminate in hiring practice on the basis of gender, age, race, color, creed, religion, genetic information or testing, physical, mental, emotional, or learning disability or handicap, national origin, political affiliation, marital status, veteran status, sexual orientation, arrest record or conviction record. The School District of Wabeno Area is an equal

HELP WANTED

Full Time Learning Disabilities Teaching Position

Job Description: The School District of Wabeno Area is accepting applications for the position of Special Education/Learning Disabilities Instructor. This is a full-time position to begin in the 2013-14 school year. Our program primarily services LD students at the Middle School and High School levels but also services students with other Emotional Behavioral needs. Responsibilities may include, but are not limited to: Creating, updating, and implementing the IEP's for all assigned students in a timely and professional manner, and evaluating new students as assigned. Applications need to reflect a willingness to participate in academic/behavioral grade level teams and to promote and contribute to our positive school climate.

Qualifications: Candidates must have appropriate DPI license(s) (811-Learning Disability/830-Emotional Behavior Disabilities/801-Cross Categorical). Successful applicants will need to have strong communication skills along with the ability to administer and interpret test data.

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CONT. FROM PAGE 10

To get the name of a wildlife rehabilitator in your area, you can contact the WDNR's Call Center (1-888-WDNRINFo / 936-7463) or Bureau of Wildlife Management (608-266-8204), or search for "wildlife rehabilitator directory" on the DNR website.

"Animals tend to be on the move during specific times during the day and the hours around dusk and dawn are especially busy," Cyr said. When driving in more rural or woods areas slow down and watch for animals on the move. Just like humans, animals start getting more active when the weather makes a transition into the warmer temperatures.

What is the law on assisting wildlife?

State and federal laws prohibit the possession of live native wild animals without a license or permit from the Wisconsin Department of Natural Resources or the U.S. Fish and Wildlife Service. A permit from the USFWS is required to possess all native birds protected under the Migratory Bird Treaty Act. A few species are allowed to be possessed without a license, but the take of these species must be from a legal source.

If it is absolutely necessary to help a young animal that is injured or its mother has been killed, a person may legally have the animal in their possession for up to 24 hours for the purpose of transporting the animal to a licensed wildlife rehabilitator.

People can learn more about assisting wildlife by searching the DNR website for "orphaned wildlife".

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Hungry Deer





The photos above are of a hungry deer that was pruning a cedar tree on the Roy and Mary Lu Lewis property on Rollingstone Lake.

This winter has been a long one for many of the animals, and for sure this deer is longing for green grass. During deep snow winters that persist for months, many deer die from starvation, and loggers will tell you that they are in constant sight on a logging job during those rough times, often eating buds or boughs off of the tree being sawn up.

From the Net Too old for technology!

When I bought my Blackberry, I thought about the 30-year business I ran with 1800 employees, all without a cell phone that plays music, takes videos, pictures and communicates with Facebook and Twitter. I signed up under duress for Twitter and Facebook, so my seven kids, their spouses, my 13 grand kids and two great grandkids could communicate with me in the modern way. I figured I could handle something as simple as Twitter with only 140 characters of space.

My phone was beeping every three minutes with the details of everything except the bowel movements of the entire next generation. I am not ready to live like this. I keep my cell phone in the garage in my golf bag.

The kids bought me a GPS for my last birthday because they say I get lost every now and then going over to the grocery store or library. I keep that in a box under my tool bench with the Blue tooth [it's red] phone I am supposed to use when I drive. I wore it once and was standing in line at Barnes and Noble talking to my wife and everyone in the nearest 50 yards was glaring at me. I had to take my hearing aid out to use it, and I got a little loud.

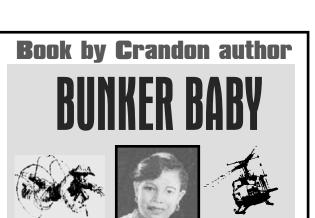
I mean the GPS looked pretty smart on my dash board, but the lady inside that gadget was the most annoying, rudest person I had run into in a long time. Every 10 minutes, she would sarcastically say, "Re-calc-u-lating." You would think that she could be nicer. It was like she could barely tolerate me. She would let go with a deep sigh and then tell me to make a U-turn at the next light. Then if I made a right turn instead. Well, it was not a good relationship..

When I get really lost now, I call my wife and tell her the name of the cross streets and while she is starting to develop the same tone as Gypsy, the GPS lady, at least she loves me.

To be perfectly frank, I am still trying to learn how to use the cordless phones in our house. We have had them for four years, but I still haven't figured out how I lose three phones all at once and have to run around digging under chair cushions, checking bathrooms, and the dirty laundry baskets when the phone rings.

The world is just getting too complex for me. They even mess me up every time I go to the grocery store. You would think they could settle on something themselves but this sudden "Paper or Plastic?" every time I check out just knocks me for a loop. I bought some of those cloth reusable bags to avoid looking confused, but I never remember to take them with me.

Now I toss it back to them. When they ask me, "Paper or plastic?" I just say, "Doesn't matter to me. I am bisacksual." Then it's their turn to stare at me with a blank look. I was recently asked if I tweet. I answered, No, but I do



The true story of a Vietnamese woman, born in war who overcame all obstacles to raise a family and come to the United States



A new book by Crandon writer Nga Walker tells the true story of the wars in Vietnam, her struggles to raise her children and her eventual move to Crandon and the success of her marriage and family.

Available from Nga Walker at 715-478-3530 or at the Pioneer Express office

Tips for Cleaning Windows

Windows, windows, everywhere you look there are windows. Windows may appear to be clean but when the sun shines on them we get the true picture. Every little smudge, finger print or nose print shows. Window cleaning is a large task but can be simplified by using techniques and equipment made for doing windows.

A professional brass or stainless steel squeegee, available at janitorial supply stores is a helpful tool. Use a window cleaning solution, which contains ammonia, vinegar and/or a liquid dishwashing detergent. These work well if used sparingly. You may purchase these products or make them yourself. Too much chemical or soap solution causes streaks and leaves residue on the windows. Ammonia cuts heavy greasy soil and vinegar helps remove hard water spots.

Techniques for Cleaning Windows:

Wipe very dirty windows with a damp cloth. Don't rub dirt because it will scratch the glass. A vacuum cleaner with an attachment will work for this job, too. With a clean sponge or cloth lightly wet the window. Don't flood it! When using a squeegee, tilt at an angle to the glass, so only about one-inch of the rubber blade presses lightly against the top of the window glass. This will leave a dry area across the top of the window and stop drips from running down on your clean window. Wipe the blade of the squeegee with a damp cloth each time. A dry blade on dry glass will skip. Next place the squeegee horizontally in the dry area and pull down, lapping over the dry clean area each time. Continue until you have finished the window. Finish by wiping off the window sill. Windows can be cleaning from either side or from the top using this technique.

You may use a cloth or paper to clean also, use overlapping strokes so you cover all the window and don't miss spots.

Helpful Hints:

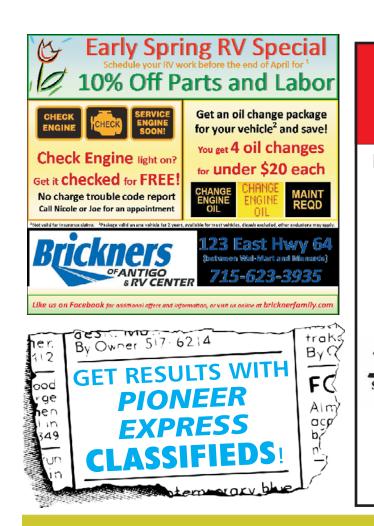
- Don't clean windows in direct sunlight the window may dry too fast and streak.
- · Exterior windows should first be washed with a lean water to remove grease and grime.
- Wash windows side to side on the inside and up to down on the outside. If there are streaks, you will know which side they are on.
 - Change wash and rinse waters often.
 - Vacuum screen to remove dust, etc
- ·Outside screens can be scrubbed with warm water and rinsed with clean water. Allow to air dry.
- ·Squeegees do not work on textured or stained glass windows.
- Choose a "hard" paper towel (soft ones leave lint) or cotton cloths such as old t-shirt or socks.

The new micro-fiber cloths work well for cleaning windows. Follow the instructions for use of the cloths. When washing micro-fiber cloths or towels do not use fabric softener as it reduces the absorbency.

Homemade Cleaners for Windows:

- ·Mix two tablespoons of ammonia OR white vinegar with two quarts or warm water.
- · Mix one-half cup ammonia, one pint of 70 percent rubbing alcohol and one teaspoon of liquid dishwashing detergent. Add enough water to make one gallon liquid.
- Mix one tablespoon liquid dishwashing detergent with one quart water.

Choose a time when you feel good and energetic to do windows, you will feel better and the job will go faster. http://lancaster.unl.edu/home/articles/2003/windowcleaning.shtml





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9 a.m. Small Changes Lead to Big Results in Weight Loss - Ministry Weight Management 9:45 a.m. How to Create a Bird Sanctuary In Your Back Yard - Northwood Wildlife Center 10:30 a.m. The Three Truths About Golf with Dan Buckley, PGA Professional -Northwoods Golf Club

> 11 a.m. Tips to Reel in the Big Walleye - Muskie Matt 8:30 a.m. & 10 a.m. Power of Attorney for Health Care

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> Appointments are not necessary. For more information call 715.361.2835

*There is no need to fast for the cholesterol or diabetes screen. Cholesterol patients must be 18 years and older. PSA Prostate screens are for men 50+ or 40+ years with a family history of prostate cancer. Results from cholesterol and PSA screens will be mailed to participants.



MINISTRY HEALTH CARE

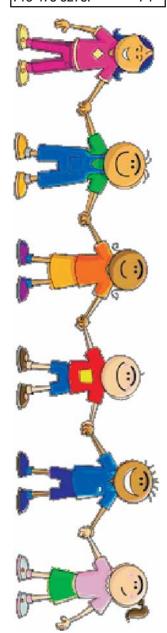
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Sincerely, Brian McGinnis Brian McGinnis General Manager



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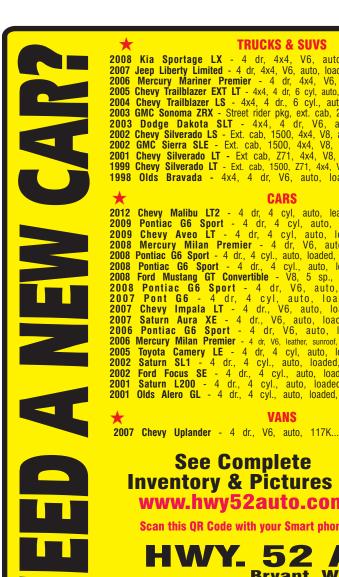
Shower **Invitations**

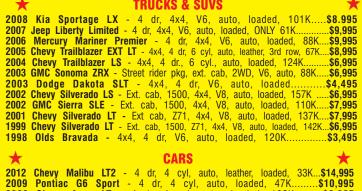
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