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Volume 28 No. 37, December 30, 2013 (715) 478-3640 or 1-800-234-2152 Fax: (715) 478-3540 email: pionexp@newnorth.net

# Early Snow builds excitement for beginning of Snowmobile Season



By John Brantmeier-Red Arrow Snowmobile Club

Wonder how those snowmobile trails magically appear each year just in time for riding fun? Snowmobile club volunteers spend countless hours working with landowners, putting up signs, brushing trails and getting grooming equipment ready. There are over 20,000 miles of trails across Wisconsin. With good snow conditions it is possible to ride most anywhere in the rural areas of the state. Trails are maintained by nearly 600 clubs across Wisconsin with local club efforts coordinated by the Association of Wisconsin Snowmobile Clubs. More information about AWSC can be found on their website at <a href="https://www.awsc.org">www.awsc.org</a>

Safety is always on the minds of responsible snowmobilers. The AWSC encourages riders to watch their speed and drink alcoholic beverages responsibly if at all while riding. There is a nighttime 55 MPH speed limit for snowmobiles. Riders are also reminded that machines must slow to 10MPH when in the vicinity of pedestrians, dwellings or fishermen. Trails are monitored by county Recreational Officers and DNR wardens. Anyone born on or after January 1, 1985 must obtain a Snowmobile Safety certificate to ride legally. The course is available on line at or from classes that individual clubs hold yearly. A list of upcoming classes across the state can be found at <a href="https://dnr.wi.gov/org/es/enforcement/safety/coursereq.htm">https://dnr.wi.gov/org/es/enforcement/safety/coursereq.htm</a>.

Did you know that the Snowmobile (and ATV/UTV) sports are entirely self-funded by users. All monies spent on trail placement, upgrading and maintenance comes from machine registrations and a small rebate from the state gas tax calculated by how much fuel each machine burns in off highway use. Most clubs have fundraisers and club dues to supplement the cost of maintaining the trails. Equipment, insurance and fuel are major expenses for clubs and can total hundreds of thousands of dollars when you include the cost of replacing groomers and drags.

If the snowmobile sport is to grow more people need to experience the thrill of riding our great trails. If you are an active rider make it a point anytime this winter to take someone riding who has never been on a sled or who hasn't gone for years. Also get active in your local club. There is a lot of "grey hair" on the heads of most of the very active members. The sport can't survive without younger folks getting involved to carry on the volunteer work.

The Oconto County Snowmobile Alliance consists of 9 clubs including the Oconto Falls Snow Jokers, , Sno-Chasers, Gillett Sno Riders, Lena Snow Drifters, Chute Pond Snowmobile Club, Paul Bunyan Riders of Lakewood and Red Arrow Snowmobile ATV Club of Townsend. The Iron Snowshoe Snowmobile Club of Marinette County also belongs to the Alliance as they have trails coming into the eastern side of Oconto County. These clubs spend nearly 10,000 volunteer hours each year preparing, brushing and grooming the 475 miles in the county. For example, the Bagley & Brazeau Joyriders maintain just under 100 miles of snowmobile trails. They estimate that their club members put in nearly 600 hours just getting their trails ready for the season. They also have to get permission from nearly 60 landowners and 6 Townships every year to maintain them. Overall coordination of the county wide trail system is the responsibility of the Oconto County Parks and Recreation Department. A major Alliance project is printing a new map every two years of our entire trail system. The newly printed 2014-2015 edition is available now by contacting the Oconto County Tourism office at 1113 Main St., Oconto, WI 54153. Enclose \$3.00 for postage and handling please.

More information about the individual clubs and links to their websites can be found at <a href="https://www.ocontocounty.org">www.ocontocounty.org</a>.

**Continuted on page 15** 

# The Staff at the *Pioneer Express*wishes one and all a safe, prosperous, healthy and Happy New Year

# Phragmites-be on the lookout for this invasive species!



By Mike Monte

While we usually hear more about invasive species in the warm months, phragmites is a plant we can easily spot in the winter, as the photo above shows.

John Preuss is the Lumberjack Aquatic Invasives Coordinator for Lincoln, Langlade and Forest Counties. His goal is to locate these stands of phragmites so they can be eradicated.

When following your winter outdoor pursuits, whether it be snowmobiling, snowshoeing, or skiing, note the location of any of these stands of grass and let Preuss know where you found them.

John can be called at (715) 369-9886 or use his Email: johnpreuss@frontier.com. Any help you can give him will be greatly appreciated, and it may help stem the tide of another invasive here in the Northwoods.

# Laona Lions Predator Hunt & Fundraiser



The Laona Lions will be holding their 2nd Annual Predator Hunt and Fundraiser at Mudslingers, in Cavour, on January 11th. The festivities begin at 1:00 p.m., but hunters must pre-register the day before up until midnight at either T-Bobs or Danz Bar in Laona, or at Mudslingers in Cavour. The hunt is open to callers and dog hunters.

Besides cutting back on the predator population, the participants in the hunt will enjoy a complete return of the entry fee for prize money, raffles, prizes, a silent auction, and a huge bonfire after dark.

Everyone is welcome and encouraged to come and have fun in the great outdoors and at Mudslingers.

# Kettlebowl Ski



Kettlebowl Ski Hill, operated by volunteers from Langlade County Ski Club Inc., will be opening for the 2013-14 season on Friday, December 27th from 12 noon to 4 p.m. It will continue to be open each day during the holiday vacation through January 1st, weather and conditions permitting. Lift ticket prices are \$2, \$3 and \$5 depending on age. Kids 5 and under are free. Antigo Ski will have a ski and snowboard rental trailer on site.

Kettlebowl is located on Highway 52 five miles west of Lily, WI. and seventeen miles east of Antigo on Highway 52. There is a modern chalet with food and refreshments available. The hill is open on Saturdays and Sundays from 12 noon to 4 p.m. during the rest of the ski season.

Visit us online at www.pioneerexpresscrandon.com

# **Guest Editorial**

As a county board supervisor, two of our goals should be to increase jobs and help to keep taxes down. It seems that this off-road park hopes to do both, but not in exactly the way that we as taxpayers might want.

I am not in anyway against anything that would create new jobs, but on the other hand, I also believe that is we as taxpayers are going to invest a substantial amount of money in a project such as this, you, the people of Forest County, should have a right to vote on it.

Please contact your county board supervisor and let them hear your concerns. If you would like to have a referendum put on the spring ballot concerning the offroad park, you will have to contact your supervisors before January 15th. That will give them time to send something to the county clerk by January 22nd.

William Chaney
District 15 County Board Supervisor.

# Oversight committee formed to look in on ORV issue

By Mike Monte

County Board Chair Paul Millan and the Executive Committee of the Forest County Board have formed an Off-road Vehicle Park Oversight Committee to deal with the proposed ORV park. The Chairman of the Committee is Steve Bunda, County Board Supervisor from the Town of Lincoln.

Other members of the committee include: Paul Millan, Paul Cleereman, Mike Albrecht of the county board, and Ray Gudowicz and Cheryl Ehlinger from the public.

Bunda opened the meeting with an explanation of some of the goals and responsibilities of the new oversight committee.

Bunda stated that should the grant go through for the ORV park, the \$46,000 supplied by the taxpayers of Forest County and the matching \$46,000 would go through this committee for oversight and disbursement.

He also said that the committee would scope the project as to county involvement, with all correspondence recorded.

Bunda used a proposed but as yet unbuilt ORV park in Tennessee called Coalmont as an example of a project that has made its business plan available to the public and is online with their plan.

Paul Cleereman asked if the information about the park will be shared with this committee, and Chairman Millan said he though it would.

The meeting then was moved to the Chamber office across the street to meet with people from WORVPI.

### Blood Donors Needed in Crandon Blood drive Jan. 9 at St. Pauls

APPLETON, DEC 23- A Crandon Community Blood Drive is planned for Thursday, January 9 from 9:00 a.m. to 1:00 p.m. The drive will be held at St. Paul Lutheran Church, at 501 N. Park Avenue in Crandon.

"As we move further into January, I urge you to make a resolution to donate blood at least 4 times in 2014. January is National Blood Donor Month, a time when we recognize and thank volunteer blood donors," said Jan Hadsell of the Community Blood Center. "If you are a blood donor, thank you for taking the time to help others in this special way. If you're not a blood donor, please consider becoming one!"

Advance donation appointments are highly recommended, and may be made by calling the Community Blood Center toll-free at (800)280-4102 or visiting. Walk-in donors are welcome, but scheduling an appointment helps ensure a fast and convenient process.

Blood donors must be at least 17 years old (16 with parental permission), weigh at least 110 pounds, be in general good health, and bring a photo ID. Donors are encouraged to eat a regular meal and drink plenty of fluids prior to donating.

# Good Thinking

By Christine Mattheis, Health News

You can't remember where you parked your car. Your house keys are MIA. And what's the name of your son's soccer coach? If little slip-ups like these worry you, you aren't alone. Surveys show that Alzheimer's is the second most feared disease, after cancer. But minor memory lapses are normal, especially once people hit their 40's, according to Gary Small, M.D., coauthor of The Alzheimer's Prevention Program (Workman). To keep your mind sharpand even reduce your risk of Alzheimer's - make these simple lifestyle changes.

Eat Like A Greek - A Columbia University study found that people who follow a Mediterranean-style diet - heavy in fruits, nuts, legumes, vegetables, olive and fish oils - have up to 67% lower risk of Alzheimer's disease. Additionally, having a daily glass of red wine has been shown to boost brain health.

Think Positive - Training yourself not to freak out under pressure may help preserve your memory as you age. Scientists believe that an overproduction of stress hormones can cause the brain to deteriorate over time. For simple ways to bring on calm, got of amilycirde, com/stress.

Banish Belly Fat - Being overweight or obese during middle age may increase the risk of dementia, and excess belly fat in particular may make your brain shrink asyou age. Fill up on fiber-rich fruits and veggies- recent research. shows they're among the best foods for battling the bulge.

Get Fit - Exercising doesn't cause just muscles to grow, the brain gets bigger, too, especially in regions associated with memory. And according to a Harvard University study, walking just 15 minutes a day delays cognitive decline and may reduce the risk of Alzheimer's.

Cross-Train - Puzzles, word garres, reading and writing all stimulate the mind and help maintain memory over time. In a Brandeis University study, people between the ages of 32 and 84 who regularly engaged in these activities preformed significantly better on tests of verbal fluency, word recall and backward counting.





Hwy 32, Townsend 715-276-6888 Store Hours: Nbn-Fri 7-6, Sat. 7-5 Sun 8-3

Pintsch's Hardware, Inc. Jrue Value. Conway True Value Hwy 8 East Pioneer Plaza, Crandon Open: Man-Fri 7:40-6, Sat 8-5, Sun 9-1 478-3617

> Crandon Lions cook Holiday Popcorn



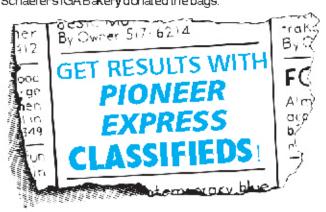
Lion Larry Sommer, Mary Jane Schultz, Lions Wanda Erdman, Shirley Guinther, Dave Tupper and Sandi Guinther.

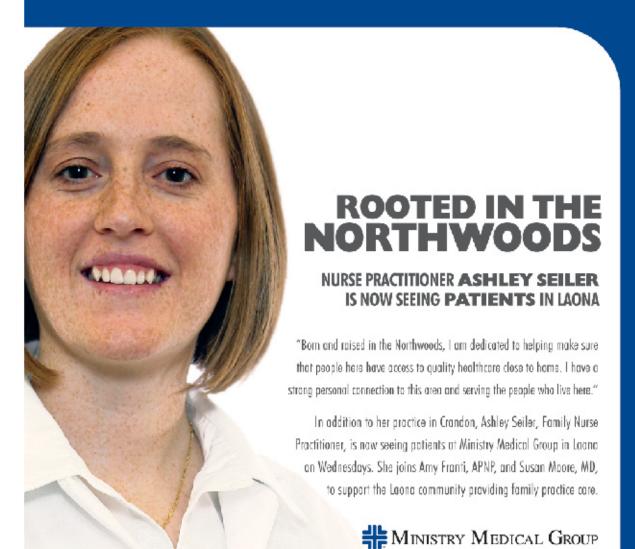
The Crandon Lions members assembled at the elementary school on Thursday to pop approximately 500 bags of popcorn. The popcorn bags plus a \$5 tood certificate were passed out by Mr. and Mrs. Santa Claus to students at the their annual Christmas party on Friday.

The \$5 certificate is good for a breakfast, lunch or dinner at the following local restaurants: LaFettas, Ducks, Hotel Crandon, On Deck Platter, Tricia's Bistro, Log Cabin. and Main St. Ed's. The certificates expire on February 28th, at which time the Lions will pay \$3 to each restaurant for redeemed certificates.

The Lions group felt a nourishing meal would be betterthan candy.

The Liquor Lode donated \$50 in popcorn and Schaefer's IGA Bakery donated the bags.





4876 Mill Street\*, Laona | For Appointments 715.674.5233 400 West Glen Street\*, Crandon | For Appointments 715.478.3318 \*Outpatient department of Ministry Saint Mary's Hospital

ministryhealth.org

Ashley Seiler, FNP

# Come Worship With Us

Rev. Callistus I. Elue Mass Times: Saturday's - 5:00 p.m.

Sunday's - 9:00 a.m. Confessions: Saturday's 9-10 a.m.

Daily Mass Times (Consult the weekly bulletin for any week day Mass changes) •Tuesday's - 6:00 p.m.

•Wednesday's - 12 Noon Thursday, Adoration & Mass - 6:00 p.m. •Friday - 12 Noon

St. Joseph Catholic Church 208 North Park Ave., Crandon 54520 • 715-478-3396

# **COMMUNITY BILLBOARD**

- AA Meetings Back Door Group Open meetings Monday & Thurs. Nights @ 7 p.m., Lakewood Lakes Country Library, Call Mary 715-276-2318 or Bill 715-889-3512.
- Forest Co. Big Book Closed AA Meeting Thurs. 7 p.m., Crandon Library, 715-478-2598 or 715-889-1829.
- Al-Anon Meetings Courage to Change Group, Every Friday, 7-8 p.m., low er level Crandon Library
- Forest Cty. Humane Society Open to public every Sat. from 1-4 p.m. Call for more info. 715-478-2098.
- FREE Road Construction Class Starts in January, Mon. Thurs. Spacelimited, Forinfo, call 715-478-7633.
- AA Meeting Saturdays, 9 a.m., Wabeno Fire Station, side entrance.
- Crandon V FW Post Meets every first Tuesday of the month. 6 p.m. at the VFW building, 104 N. Forest.
- Support Group for Parents of Children with Disabilities Call Chris at 715-784-0058.
- Crandon Lions Board Meetings 1st Monday of the month at Crandon Library at 7 p.m. (downstairs). Member Meeting - 3rd Monday of Month at 5:30 p.m. at Ducks Bar for November. DECEMBER'S MEMBER MEET IN GWILL BE TUESDAY, DEC. 17TH AT DUCK'S BAR.
- Bridge Community Dental Health Clinic This project serves people of all ages in Forest County for people who have Badger Care, medical Assistance & UNINSURED. To schedule an appointment call (715) 848-4884. Call the Health Dept. for more information at 715-478-3371.

  • Good Shepherd Lutheran Church - Hwy. 55N, Crandon. Sunday
- service 9:30 a.m. No Saturday services.
- Christian Motorcy clist Association Spirit Ryders Chapter of Langlade & Forest Co. Invites you to attend out monthly meetings on the last Saturday of each month at Goodwill, Antigo at 10 a.m. Ride or activities at Noon, Call George 715-350-1679.
- Crandon PTO 1st Monday of month, 6-7 p.m., Elementary Cafeteria.
- Wellbriety 12 Step Meeting (AA/NA) Monday nights, 6 p.m. ? Lower level of the FCP Museum, Mish - Ko - Swin Lane, Crandon, Call Brooks Boy dfor more info. at 7158-889-4 902.
- Mole Lake Flea & Craft Sale Every Thursday, Mole Lake Casino Bingo Hall, 9-4 p.m. Free coffee and soda, \$5.00 tables. Everyone welcome. Call 715-478-7557 for more information.
- Town of Lincoln Board meetings 2nd Monday of each month, 6 p.m., Town of Lincoln Hall.
- AA Meeting Antigo Hospital, Saturdays at 7:00 p.m.
- Forest County Humane Society Meeting Every third Monday of the month, 6:30 p.m., Crandon Library.
- Women's Closed AA Meeting Sundays from 6:30-7:30 p.m., 300 S. Lake Ave, Crandon. Questions 715-478-1117 or 784-0680
- •CLC Meetings Second Tuesday of every month at 1:00 p.m., Northwoods Veterans Center, Crandon.
- Senior Citizen Soup & Sandwich Serving 12:00 noon on Fridays at the Northwoods Veterans Center, Crandon. Donations appreciated.



## Area Events

## Bible Study Anyone interested in the study of God's word

in an informal non-denomonational setting. Bring your Bible and a note book and join us. We will meet on Tuesdays at the Double Buck Café at 5:00 p.m., starting on January 7th.

The first Bible study after the resurrection of Jesus, was given by Jesus to two deciples on the road to Emmaus. Luke 24:13. Jesus encouraged them by revealing to them all the things concerning himself in the scriptures. Beginning at the beginning (Genesis)then the Prophets and then the Psalms.

They were kept from recognizing Him, until they invited him to stay with them. At supper Jesus gave thanks and broke bread, then their eyes were opened to who He was and He disappeared from their sight.

The Holy Spirit put this verse in the Gospel of Luke in devine order, right after the empty tomb.

He leveled the field for all that would come to him and invite Him in. So it is written the Just will walk by Faith and not by sight. So come and walk the given mile road to Emmaus and discoverhow much God loves you.

PIONEER EXPRESS PAGE 3, DECEMBER 30, 2013

# Tombstone-Pickerel Sno-Club Annual

Tombstone-Pickerel Clubhouse on Cty. "DD", Pickerel

January Annual General Meeting 11 a.m.

Saturday, Jan. 11, 2014 12:00 - 5:00 p.m.

Complimentary Chili & Hot Dogs Beer, Soda & Water Available

- Paddle Raffles
- Basket Raffles
- Silent Auction

Drawings Throughout the Day

Groomer Rides

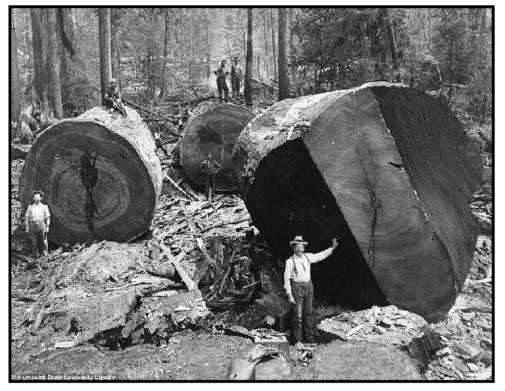
Many Nice Prizes You Won't Want to Miss!

www.tombstonepickerel.com





# Cutting redwoods in California, turn of the century.





# FOR SALE BY OWNER



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

### CRANDON: FOR RENT:

1 bedroom upper apartment. Very clean -UPDATED! Appliances heat & water included. Available January 1st. \$410 per month + sec. deposit. Call for an application 715-499-2404. Betc36

FOR RENT - CRANDON: 1 bedroom upper apt., nicely updated. \$375.00/month, rent includes heat. Available February 1st Call Sam Marvin (715)478-1258. Rental references required. Betc32

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



### Smoke Lake -Townsend Lake Lot for Sale \$39,900

Beautiful, Quiet, Wooded. No-Thru Road. 125' of Lake Frontage. Natural Shoreline with Loons and other wildlife. 20' pier will get you to open water. Connected by channel to Little and Big Pickerel Lakes for more recreational enjoyment. 414-897-6713 P37

### DON'T MISSITHIS White Lake Apartments

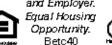
Near spring fed fishing lake and National Forest! Like new, 2-3 bedroom Includes heat, water, air, microwave, appliances, full size washer/dryer in unit, security system Senior discount, on site management. Call Gordon (715) 216-5147. Betc26

### CRANDON -

1 bedroom apartments available at Glenview Senior Apartments. Specifically built for persons 62 years of age o older handicapped/ disabled individuals. Rent is based on 30% of your adjusted income and includes water, sewer, garbage pickup, HEAT, rnajor 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





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FAIRFIELD HOMES APARTMENTS 400 ELM STREET IN CRANDON

Affordable 1 Bedroom Aportments for Adolfs 50+ 8/or Persons with a Disability

Rent is Based on Income & Utilities Are Included RENT ESTIMATES:

\$100 Income/Month = \$30 Rer I \$500 Income/Month = \$150 Rent \$900 Income/Month = \$270 Rent

HUNTING LAND FOR

SALE: 70 acres with new

cabin, metal roof, siding

and attached garage.

Approximately 1200 sq. ft.,

no water or electricity.

Although it is fully wired for

use with generator.

propane lights installed

throughout the cabin.

Includes the essential

outhouse. Mature

hardwoods, ridges and

cedar swamp with small

brook running through the

property. Snowmobile/ATV

trails run through a comer

of the property so they are

readily accessible.

Located 5 miles West of

Hwy. 55, off Hwy 8 near

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1,136 acres all

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FOR SALE: Level lake lot

on 341 acre Crane Lake

Pickerel, WI. 100' of leke

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,

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PICKEREL, WI - (3 LOTS)

- All beautifully secluded

Lakefront property located

on Crane Lake (341 Acres)

in Kasson Bay in Forest County, WI. Lots are

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Can be sold separately or in

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for below appraised value

LOT #2 - .871 Acres, 106

ft. of Lakefront. In this

section, only 4 property owners in over 65 acres. \$160,000. LOT #3 - .63

Acres, 121 ft. of Lakefront. \$145,000 LOT #4 - 1.049

Acres, 910 ft. of Lakefront

with 90 ft. point. A one of a

kind loti \$250,000. 1,137 ft.

of total Lake frontage!

Crene Lake is connected by

a channel to Pickerel Lake

(1300 Acres). Swimming, fishing, boating, hunting, & 2 casinos within 20 miles.

All prices negotiable. Call 262-862-2769 or 262-331-

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P28Betc 29

available.

P38

HUD's Minimum Total Tenant Payment is \$25/Month. www.meridiongroupinc.net 715.478.5990

**金**佐

monthly. 3BR with lake shorel Call Dick at (913) 558-8931 IOU/etc7

Realt

FOR RENT: In Crandon, : born house with attached garage. \$550/month plus utilities. Security deposit and references required. Cal 1715-784-0985. Betc35

Jeff Radish, Broker

Vicky Radish, Sales Associate

715-276-6027

Cell: 715-850-0455 Fax: 715-276-1108

17585 Red Maple Lane

Townsend, WI 54175

COTTAGE FOR RENT ON LAKE LUCERNE: Weekly or

## ON THE MARKET!!!



8768 Eagles Way, Pickerel-Tuckedback on scenic and private Crass Lake (which is situated in the middle of Pickerel's numer ous lakes) is this custom built home. From the road it may seem like your typical why sided home but once you walk in you will be taken back by the pine hand heavn walls, woodwork, rallings and steps. There is a wood burning threplace with a blower that will heat the whole main floor and open loft. The custom made cabinets are finished off beautifully along with the granite look counters and island with breakfast bar. There is all glass to the lakeside which offers a specta cular view from both floors. The bedrooms have spacious closets and there's a full bath. The walkout full basement has solid French doors that allow you to drive in and cut with cars, boats, snowmobiles etc. You can put it in your plans to finish it off with a nice family room and an extra bedroom. There's already a full bath with laundry completed Priced alone ys \$189,900



1015 Hwv 45. Pelican Lake - 3100 Acre Pelican Lake offers 10 15 Hwy 45, Pelican Lake - 3100 Acre Pelican Lake offers these 2 well-built 1139 square foot 3 bedroom ontages that sit right on the shoreline. The view is fabulous and the sunsets are breath taking. The wood walls and built in in the bedrooms make this coey yet spacious home the picture per fect take cottage. The 20' long living room is takeside with large sunlit windows and side entry door. The frontage is all sand and has a very nice pier, storage shed, zement walkways and paved driveway. There have many updates such as cabinets, siding and roofing. Be ready to make one or both places your own at less than \$150,000. The interested in rening they have had great rental history and are ready to be booked for the whole summer. Priced #1\$145,000 and \$149,900 each.



www.radishrealty.com

3701 Ferry Ranch Lu, Carler - Pack Up and Let's CO!! Up North 3701 Ferry Ranch Lu, Carfer - Pack Up and Let's CO!! Up North that is! We will be heading to a day on tage with 3 bedrooms and 1 bathroom on almost 21 wooded acres that touches the Nicolet National Forest Hun ing Hiking! Camping Fishing! Refavation! There's something that's en joyable for all aged. The bestpart is you won't have to bring a thing except for your food and diothes. The dishes, furniture, bedding, bwds, pots 5 pans, tools, you name it already there. What's that' You're worned about where everyone will sleep? Well there's two sets of bunks, a full size bed, a couch, 3 easy chairs, and for those brezzy summer nights a fully endosed screen porch to camp out in. If you're a hunter what more could you ask for? The deer practically walk right up to your back door! If you are interested in 1shing the Oconto River it is just down the road a ways. All this is located on a societic dead end road right of they? ways. All this is located on a scenic dead end road right off Hwy 32 in Carter and only a 1-1/2 hour drive to Green Bay and Appleton and priced atomly \$124,900.



9530 Crystal Lake Rd, on Crystal take - Crystal Lake is one of 9530 Crystal Lake Rd, on Crystal Lake: Crystal Lake is one of Forest County's most sought after lakes. The dear blue waters and sand frontage is ready for you to enjoy along with this coay 2 bedroom home on 5 fully wooded private acres. There are 2 driveways and a small one can grage. The grage is all ready to be used for storing your loys, etc., plus it has an attached outdoor privy and a lorf. The home sits on a full walkout basement with new poured floor, new metal roofand is heated with toe warming freestanding wood stove. There are large southern exposed windows and a patio door, remoded to throom (with electric heatend open sun deck. The fully wooded parcel has a deared area for the free pit and cut in path leading to the lake frontage and pier. All this is located on the northern pocket of the lake and ready to move into for only\$ 134,900.

### Check out our other fine listings on the web: c21nwds.com



Cell: (715) 216-1063

108 N. Lake Street (Laona State Bank Building) Email: reneeiris h@newnorth.net Crandon, WI 54520 1-877-C21-NWDS (715) 478-3744

Renee Irish Broke g'Owner

Bringing more buyers & sellers together everyday. Serving Forest, Langlade & Oneida Counties

\$400 per month plus one month's security References required and no pets, please. Contact Peggy Houle @715-478-2531. B37

HOUSE FOR RENT: 3935, P40



## FOR RENT IN CRANDON: 2 bedrm furnished apt for rent; \$375 per month plus one rmonth's security. ALSO AVAILABLE: 1 bedroom upper apt. Includes heat.

LAONA - Quiet house in rural Laona, 4 bdr., with appliances (stove, fridges/freezer, washer), partly furnished, nonsmokers only, \$475.00/ rronth, plus utilities & 1 rronth security deposit. Please call David Karl at 715-889-0290 or 715-674-



# FIND PAST REAL MA 1111 M AMBIMB 111

### Governor Signs Mursau's Shoreland Zoning Bill into Law

Madison ... Governor Scott Walker has signed Representative Jeff Mursau's (R-Crivitz) bill to streamline municipal shoreland zoning in Wisconsin. The law will allow cities and villages to have one zoning law instead of a patchwork of laws when they annex land from towns without their own zoning.

"I appreciate Governor Walker's support for this law," Mursau said. "It was ridiculous to expect cities and villages to implement more than one shoreland zoning standard."

The law narrow sregulations to ensure they apply only to natural water bodies. Previously cities and villages. had to regulate land adjacent to some drainage ditches and retention ponds the same as they did lakes, streams

Senator TornTiffany (R-Hazelhurst) was the lead authorinthe Wisconsin State Senate.



forty acres of land with

numerous apple trees and

excellent hunting. Price

\$175,000. Call 715-478-

**WABENO** - Three bedroom apartments. The basic rent is \$524,00 per month and includes water.

sewer, garbage & HEAT!! Major appliances off street parking and laundry facilities. To receive an application, please call 1-800-938-5648

This institution is an Equal Opportunity Provider and Employer. Equal Housing Opportunity.

Betc36



3517.

FOR SALE: Lake home with 150' frontage on Arbutus Lake, Pickerel, WI. 26 x 46 one owner home

with beautiful take views from the huge picture windows. 3 bedrooms, 2 baths, 2 fireplaces. New shingles & exterior paint. 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 ½ car garage, great fishing, swimming, boating, snowmobiling. Reduced \$230,000 or make offer.



630-6875.

FOR SALE: Horne or 4wooded 2 acres, overlooking Bishop's Lake, 3068 Black Lane, WI. 2 bedrooms, 1 bath, full stall detached garage, furnished/unfurnished, boats, lawnmower, snowblower, golf cart. 490-9699. P51

715-484-7192 P28Betc29

FOR SALE: Custom 2 bdırm. 2 bath mobile home in Muellers Pine Grove Resort, Pickerel. On slab, 2 decks, shed & landscaped vard. Lake and snowmobile trail access. Microwave, stove, fridge, dish washer and washer/dryer included. \$29,900. Call Sue at 715-P36Betc39

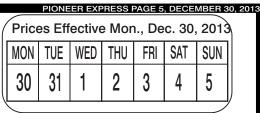
Season Cottage. 2 hours North of Green Bay, basement, fireplaces, 2.5 \$84,900 OBO. Call 920-



# **HOURS:**

Mon. - Sat. 8 am - 7 pm Sunday 8 am - 4 pm

Laona, WI (715)674-6108



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



# Fresh & Packaged Meat Specials

**USDA Choice Black Angus Boneless** Shoulder Cut Chuck Roast

**Family Pack Ground Round** 

Farmland (Sold Whole) Whole Pork Butt

**Tyson Boneless Skinless** Chicken Breast

Farmland - 16 Oz.

**Reg. or Thick Sliced Bacon** 

\$3.29<sub>/Lb.</sub>

\$2.99/Lb.

\$1.79<sub>/Lb.</sub>

\$2.99/Lb.

# Fresh & Packaged Meat Specials

Sugardale - 16 Oz.

**Bologna or Cotto Salami** 

Johnsonville - 19 Oz.

Brats, Italian Sausage or Beer & Brat Johnsonville

Cher Make - 14 Oz.

Reg., Beef or Garlic Ring Bologna

Cher Make - 12 Oz. **Summer Sausage** 

Klements - 14 Oz.

Jumbo Chicago Style Hot Dogs

Cottonelle

\$2.99

**\$2.99** 

\$3.49

Fresh Express - 12 Oz. Garden Salad

Fresh Juicy **Bartlett Pears** 

<sup>4</sup>/\$5.00

\$4.99

\$1.69

<sup>2</sup>/\$5.00

99¢/Lb. Potatoes



<sup>2</sup>/\$1.50

\$1.88

\$2.00

PITOCITCE Jumbo Premium **Jonagold Apples** 

**Cottonelle - 4 Roll** 

**Bath Tissue** 

Pace - 16 Oz.

12 Pack

**Picante Sauce** 

Indian Summer - 128 Oz.

Wildwood Soda

Shur Fine - 250 Ct.

**Asst. Napkins** 

Lays - 8.5-10 Oz.

**Potato Chips** 

**Deli Fresh** 

Deli Fresh

**Deli Fresh** 

**Apple Cider or Juice** 

Sweet Seedless - 4 Lb. Bag **Navel Oranges** 

99¢/Lb.

\$2.89

**\$2.99** 

<sup>2</sup>/\$4.00

\$4.39

**\$2.99** 

\$1.99

<sup>2/</sup>\$6.00

Xtra - 75 Oz.

**Laundry Detergent** 

Chicken of the Sea - 2.5-5 Oz. Tuna in Water or Oil

GW - 10 Lb.

**Granulated Sugar** KC Masterpiece - 18 Oz.

**BBQ Sauce** 

Hidden Valley - 16 Oz. **Dressing** 

Clorox - 24 Oz. **Toilet Bowl Cleaner** 

Pop Secret - 6 Pk. **Microwave Popcorn** 

Fresh Baked - 19 Oz.

**Light Rye Bread** 

Freshly Baked - 4 Pk.



Bakery

\$3.99

# Grocer

Shur Fine - 14.5-15 Oz.

**Tomatoes** 

Malt-0-Meal - 16-24 Oz.

Cereal Mait & Meal

Shur Fine - 32 Oz. **Noodles** 

Shur Fine - 14.5-15.25 Oz.

Vegetables

Shur Fine - 19 Oz.



<sup>3/</sup>\$4.00

Liquicaps - 16 Ct.

**Dayquil or Nyquil** 

**Oral B - 1 Ct.** 

**Toothbrush** 

Durable - 1 Pk.

TJ Farms - 24-32 Oz.

Rosetto - 19-25 Oz.



\$6.99

**Farmers Cheese** 

\$4.99/Lb.

Deli

\$4.99/Lb.

Fresh - 4 Pk.

Luigis - 6 Pk.

**Italian Ice** 

Jacks - 12"

**Onion Rolls** 

**Cinnamon Rolls** 

TJ Farms - 32 Oz.

**Reg. or Crinkle Cut Fries** 



\$2.59

\$2.49

**All Purpose Pan** 



99¢

**Summertime Pasta Salad** 

Hard or Genoa Salami

Minute Maid - 59 Oz. **Orange Juice** 

\$2.99/Lb.

\$3.49

Marie Calender - 16 Oz. **Pot Pies** 

**Original Pizza** 



Manicotti, Ravioli

Frozen

**Shredded or Southern** 

**Style Hash Browns** 



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

**Cheese Spread** 

Merkts - 14 Oz.



Peppridge Farms - 19.6 Oz. **Layer Cake** 

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

### Cellulite Sisters/Crandon red HAT LADIES

January Activities: 1.)Red Hatter Open House At Jo Altman's 50.90 W. Silver Lake Road, Thursday, Jan.9, 2014, Noon.

Come see Jo's Christmas House, Please bring an Hors d'oeuvre. Call 715-674-4401 With your reservation.

2.)Christmas Party & Lunch on Wednesday, January 15th, 12:00 p.m. At LaFetta Please bring a wrapped white elephant gift Reservations: Please call by Jan. 13, 2014 JoAnn: 715-674-3204 or Judy 715-674-3081

NOTE: If Crandon Schools are closed due To weather, this event will be cancelled.



### 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 DISTRICT OF WABENO AREA 2014 January 2 - 3 <u>LUNCH MENU</u>

THURS: Beef & bean burrito, Mexican corn, Pineapple/ Mand. Danish

FRI: Grilled chicken, bun, steamed carrots, baked cinn.

PLEASE NOTE - ROMAINE SALAD BAR & MILK AVAILABLE DAILY. BREADS, BUNS & PASTA ARE WHOLE GRAIN Menus are subject to change

SCHOOL DISTRICT OF WABENO AREA 2014 January 2 - 3 BREAKFAST MENU

THURS: Cereal, diced pears, mini

FRI: French toast sticks, turkey sau sage links, sliced peaches PLEASE NOTE - 100% FRUIT JUICE& MILK AVAILABLE DAILY, BREADS, BUNS & PAISTA ARE WHOLE GRAIN. Menus are subject to change.



Submitted by Kate Schultz

### Twas the Month After Christmas

Twas the month after Christmas and all through the house, Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste. All the holidays parties had gone to my waist.

When I got on the scales there arose such a number!

When I walked to the copier (less a walk than a

lumber) I'd remember the marvelous meals I'd prepared;

the gravies and sauces and beef nicely rared, The wine and the rum balls, the bread and the And the way I'd never said, "No thank you, cheese,

please." As I dressed myself up in my husband's old shirt and prepared once again to do battle with dirt--- I said to myself as I only can, "You can't spend a winter disguised

So -away with the last of the sour cream dip, get rid of the fruitcake, every cracker and chip.

Every last bit of food that I like must be banished

till all the additional ounces have vanished I won't have a cookie---not even a lick

I'll want only to chew on a long celery stick. I won't

have hot biscuits or combread or pie, I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore-But isn't that what January isfor?

Unable to giggle, no longer a riot Happy new years to all and to all a good diet!!! Happy New Year and Eat Healthy for 2014!!!! Forest County Commission on Aging DOT Bus

Schedule MONDAY December 30 - DIAL-A-RIDE 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





# Bids & Notices



The Laona lions are in need of Fruitcakes for the toss on Saturday January 11th. This is part of the predator hunt fund raiser being held at Mudslingers in Cavour. After the event all Fruitcakes will be for the birds and the profit from the Toss will be given to the food pantry. The event starts at 1 pm.

# The Nicolet Sportsman's Club

will meet Thursday, January 2nd, 2014 at 7:00 p.m. at the Wabeno Town Hall. 4473 North Branch Street. Everyone is welcome!

SCHOOL DISTRICT OF WABENO AREA PL81-874 Impact Aid Meeting Agenda Tuesday, January 7, 2014 - 6:00 P.M. Community Room - Wabeno Elementary School A GENDA

- Call meeting to order
- Attendance
- 3. Discuss the minutes of the January 2, 2013 meeting.
- 4. Explanation of the Impact Aid Program
- 5. Review School Board Policy 811-Tribal and Parental Involvement in Decision Making
- Building Updates
  - \* Allison Space, Elementary School Principal, will report on Native American participation, events and goals at the elementary school.
  - \* Matthew Paulsen, Junior/Senior High Principal will. report on Native American participation, events and goals at the Jr/Sr High School.
- Public Input Future Goals
- 8. Any other business allowed by law
- 9. Adjourn

TOPIC OF THE MONTH "Food Safety - Leftovers" MEAL SCHEDULE

### CRANDON, WABENO, LAONA

Monday - December 30 - Beef stew with potatoes, carrots, onions and celery, fruit, com muffins, banana

Monday - January 6 - Roast turkey with gravy, sweet potatoes, cauliflower, dinner roll, Oh Henry Bar

### CRANDON, WABENO, LAONA

Tuesday - December 31 - NEW YEAR'S EVE!! Chicken dijon, roasted potatoes, California blend vegetables, sourdough bread, peach cobbler

Tuesday - January 7 - Beef lasagna, tossed salad, fruit, garlic bread, Jell-O

### CRANDON

Wednesday - January 1 - No Meal Site, NEW YEAR'S DAY

Wednesday - January 8 - Chicken fajitas w/peppers & onions, flour tortillas with sour cream, Spanish rice, fruit, tres leches cake -BINGO-

### **LAONA**

Thursday - January 2 - Pulled pork sandwich on a bun, German potato salad, colesiaw, oatmeal cookie

Thursday - January 9 - Chicken fajitas w/peppers & onions, flour tortillas with sour cream, Spanish rice, fruit, trestechescake

### ARMSTRONG CREEK

Tuesday - December 31 - NEW YEAR'S EVE!! Chicken dijon, roasted potatoes, California blend vegetables, sourdough bread, peach cobbler -BINGO-

Tuesday - January 7 - Beef lasagna, tossed salad, fruit, garlic bread, Jell-O - MUSIC-

Thursday - January 2 - Boiled dinner, potatoes, carrots, pineapple, wheat bread, bars

Thursday - January 9 - Soup & sandwich, noodles, tornatoes, peaches, rye bread, cookies

WABENO HOME DELIVERED MENU

MONDAY, TUESDAY same as CRANDON

THURSDAY same as LAONA

Please register with Commission on Aging - 715-478-3256

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

Tuesday, January 7, 2014 - 6:30 P.M.

Approx. 6:30 p.m. - Immediately Following Impact Aid Hearing Community Room - Wabeno Elementary School

- Call to order
- Roll call.
- III. Pledge of Allegiance.
- M. Approval of the agenda.
- Appearances:
- A. There are no appearances scheduled at this time. VI. Action items:
  - A. Review and possible approval of the minutes of the regular School Board Meeting held on December 4, 2013. B. Review and possible approval of vouchers and payroll.
  - C. Resolution authorizing the school district budget to exceed revenue limit for three years for non-recurring
  - D. Resolution providing for referendum election on the question of the approval of a resolution authorizing the school district budget to exceed revenue limit for three years for non-recurring purposes.
  - E. Discuss and take possible action on accepting a bus driver's letter of resignation.
  - F. Discuss and take possible action on approval of a contract for a new bus driver for the remainder of the 2013-2014 school year.
  - G. Discuss and take possible action on approval of a contract for the elementary special education EBD teacher for the remainder of the 2013-2014 school year.
  - H. Discuss and take possible action on the Co-op Golf Coach positions for 2013-2014.
- VII. Information items:
  - A. Allison Space, Elementary School Principal.
  - 1. PBIS updates
  - 2. Rtl updates
  - 3. Home and School upcoming events
  - 4. Holiday Celebration recap
  - 5. Winter Concert recap
  - 6. End of quarter on Jan. 22
  - 7. Updates on other Elementary news and events.
  - B. Matt Paulsen, Jr/Sr High School Principal.
  - 1. Rtl and PBIS updates
  - 2. PLC updates
  - 3. Staff Recognition
  - 4. Personalized Learning
  - 5. Civil Rights Audit
  - 6. Updates on other Jr/Sr High newsand events.
  - C. Kimberly Odekirk, District Administrator.
  - 1. Final plans for School Board Convention, January 21-
  - 2. Update on school board candidates for spring election and drawing of lots for ballot order.
  - Update on preparations for the referendum.
  - 4. Discuss next steps, if any, for future changes in the Valedictorian/Salutatorian policy or moving to a Laude system
  - 5. Update on other District news and events

VIII. Enter closed sessions under Wisconsin State Statutes 120.13 and Wisconsin State Statutes 19.85 (1) (c) (e) to:

- A. Discuss employment, promotion, compensation or performance evaluation data of any public employee over which the governmental body has jurisdiction or exercises responsibility.
- B. Review academic progress of expelled students.
- C. Update on other student issues.
- IX. Return to open session and take possible action on items discussed in closed session.

NOTE: THE AGENDA IS SUBJECT TO CHANGE AS ALLOWED BY LAW.

Crandon site manager Pat Raml is at 715-478-0742 (home) or 715-478-3040 (site). Serving at 12:00 p.m. On Monday, Tuesday and Wednesday.

Alvin site manager Florence Kostka at 715-545-4063 (home) or 715-545-3323 (site). Meal served at 4:30 p.m.onThursday. 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 (horne) or 715-473-4333 (site). Meal served at 11:30 a.m. on Monday and Tuesday. Home delivered on Monday,

Tuesday and Thursday. Armstrong Creek site manager Jill Criel at 715-336-3178 (horne) or 715-336-2218 (site). Meal served at 11:30 a.m. on Tuesday.

### ~ PAYING 60 CENTS FOR POPPLE POLES 2 INCHES TO 4 INCHES IN DIAMETER, 100 INCHES IN LENGTH. FOR MORE INFORMATION, CALL 715-889-2922

### Laona Basket Raffle Winners

The Laona Education Association appreciates everyone who supported our Basket Raffle and Chili supper fundraisers, especially the Retired Laona Teachers. All proceeds go to Technology and Scholarships for the Laona School District.

- Below is a list of the winners:
- Basket 1-Fishing- Dawn Sheldon Basket 2- Movie Basket- Bob Keller
- Basket 3- Ski Brule- Karen Guth
- Basket 4- Pine Mountain- Shelly Tinsman
- Basket 5- Wooden Toys- MacKenzi e Krawze
- Basket 6- Golf-TimTucker
- Basket 7- Sports- Jason Babich
- Basket 8- Scrapbook- Mike Krawze
- Basket 9- Relaxation- Michael Dinkelman (MJ) Basket 10- Craft- Jen Harris

# Death Notices

BRIAN F. STEFANSKI, 53, Newald, passed away unexpectedly at his home on Sunday, December 22, 2013. He was born in Laona, WI on March 14, 1960 to Rudolph and Carol (Cunningham) Stefanski,

Brian graduated from Laona High School in 1978. He married Christine Albrecht on November 3, 1984. Brian enjoyed the outdoors, snowshoeing, hiking, berry picking and fishing

camp. His favorite pastime was listening to telephone time. Brian loved the Packers and his family; he put his family before anything else in life.

He is survived by his wife, Christine, daughters, Jessica (Russ) Gehm, Stacy (Travis) Matuszewski and Chelsie Stefanski, son, Brad Austinson, grandchildren, Shawn (Brook) Stefanski, Zachary Koch-Gehm, and Braelyn and Addie Matuszewski, mother, Carol Stefanski, brother, Bruce (Debbie) Stefanski, sisters, Shelley (Gary) Austinson and Terri (Terry) Seymour, father and motherr-inlaw, Jug (Elaine) Albrecht and brothers-in-law, Rick (Jane) Albrecht, Mike (Brenda) Albrecht and Todd (Sam) Albrecht. Brian is further survived by many nieces, nephews, other relatives and friends.

He is preceded in death by his father, Rudolph Stefanski, Jr.

Visitation will be held on Friday, December 27 from 10:00 a.m. until 12:00 noon at the Weber-Hill Funeral Home, Crandon. Funeral Service will follow at 12:00 noon with Father John Cerkas officiating. Weber-Hill Funeral Home is assisting the family. Online condolences at www.weberhillfuneralhome.com.

GERTRUDE "JIMMIE" BROWNELL, age 91, of Boise, ID formerly of Crandon, WI passed away December 11, 2013. Visitation will be held on Saturday, December 28 from 10-11 a.m. at the Weber-Hill Funeral Home, Crandon. Funeral service will follow at 11:00 a.m. Interment will be at Crandon Lakeside Cemetery. Online condolences www.weberhillfuneralhome.com

# Classifieds Work!

Call Pioneer Express 715-478-3640

# PIONEER EXPRESS

Published Weekly

125 N. Lake Ave., P.O. Box 333 Crandon, WI 54520 email: pionexo@newnorth.net

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CRANDON, WI 54520

# Letters to the Editor

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

Duffy & 5 Wisconsin Congressmen to Sebelius, "Extend HIRSP Federal Plan"

"Not offering this extension nationwide could leave some of our poorest and most medically vulnerable Americans without coverage."

Washington D.C. - U.S. Congressman Sean Duffy, with a bipartisan group of Wisconsin Congressmen, asked United States Health and Human Services Secretary Kathleen Sebelius to extend the federal Health Insurance Risk-Sharing Plan (HIRSP) through March 31, 2014. Wisconsin Governor Scott Walker signed legislation on Friday to extend current coverage for Wisconsin citizens under several medical assistance programs, including HIRSP, through March 31, 2014 citing the failed rollout of Obamacare. The group of Federal lawmakers pleaded with the Secretary to offer all Americans with preexisting and, in some cases, life threatening conditions to be afforded the same courtesy. Rep. Duffy offered the following comments:

"Not offering this extension nationwide could leave some of our poorest and most medically vulnerable Americans without coverage. These individuals should not lose their healthcare coverage due to technical difficulties. This Administration is delaying multiple pieces of its signature legislation on an almost daily basis because it is politically convenient for them. It is our hope that the Secretary will also offer an extension to the numerous Americans who have had their lives inconvenienced by this ill-conceived law."

Rep. Duffy was joined on the letter by Representatives Paul Ryan (WI-01), Ron Kind (WI-03), Jim Sensenbrenner (WI-05), Tom Petri (WI-06) and Reid Ribble



Are you or your children spending way too much time in front of the television or computer screen?

The Forest County CAN! Coalition for Activity and Nutrition 52 10 Let's Go! Second quarter health campaign is focusing on 2 hours or less recreational screen time.

Health experts say this is the recommended amount and more than 2 hours a day can lead to health problems. According to the American Academy of Pediatrics, children under two years old should not have any screen time and the focus should be interactive play. Older children should limit entertainment time to less than two hours of nonviolent programs.

Screen time includes the leisure time you spend in front of the TV, computer, video games, handheld games and devices, including smart phones. Too much of it can lead to decreased interest in school or other activities. poor grades, increased behavior problems, sleep problems, less physical activity, unhealthy snacking, and weight gain.

For many of us, limiting our screen time can be a real challenge. Here are sometips to help you get started. Track your family's screen time and your physical activity time for a few days. If you see room for improvement, start decreasing screen time 15 minutes per day. Make a habit of eating meals together at the table and turn off all cell phones, computers and televisions while you eat. Involve other family members in the meal preparation. As a parent or caregiver, you can set a good example by setting limits, removing televisions from bedrooms, don't use TV time as a reward, focus on fun alternatives, and choose programs that the entire family can watch together. Instead of automatically turning on the television, sit down and read the new spaper or check out a book from your local library.

There are plenty of ways to stay active over the winter months. Utilize the ski trails, try ice skating, build a snowman, go for a walk, check with your local schools as they allow use of the facilities with permission, join a club, take a fitness class, or go swimming at the local hotel.

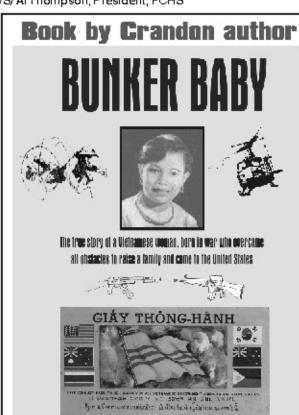
The coalition is encouraging businesses, schools, day cares, churches, healthcare providers and community members to decrease screen time by providing healthy alternatives, sponsoring activities, hanging posters, or participating in challenges.

Stay tuned for activities this winter that can help you focus on decreasing your screen time and look forward to a healthier spring. For more information and resources go to our website at www.forestcountycan.org

To the Editor:

This letter is being written to address a problem at the Humane Society. This problem is not the makings of the Humane Society but caused by some inconsiderate residents of the county. As everyone knows the Humane Society is open for business every Tuesday through Saturday from 8am until 4:30pm. During these hours the public is free to contact the society for any related animal problem including surrendering of any unwanted dogs and cats. However it seems that some citizens not only don't want their animals but also appear to go out of their way to rid themselves of these helpless animals. This comment may seem harsh but I think the majority of the citizens would agree if they knew what is happening.

In the last 3-4 weeks the Humane Society has received numerous dogs and cats, which were surrendered to us by their owners. However several of these individuals merely left their animals at the door of the closed Humane Society. Just recently someone left two beautiful young black lab dogs inside the shelter fence. This may not seem bad to some but the outside temperatures were -25 to -30 degrees. Luckily an employee found the dogs and put them inside the shelter before they froze to death. The most recent incident occurred several days ago and involved two small very friendly kittens that were left in a large cardboard box outside the shelter door after hours. Again the outside temperatures were approximately -20 below zero. Again lucky for the kittens a worker found them but they were outside for several hours. The humane society and the majority of the residents of Forest County would feel this behavior is deplorable. If you can't care for the animals then you shouldn't have them. Because of what appears to be deplorable and illegal behavior the Humane Society will be installing security cameras around the shelter and anyone seen abandoning animals at the shelter will be referred to the District Attorney for prosecution. /S/AlThompson, President, FCHS



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 Ploneer Express office

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Both stores closed New Years Dav

Thank you for your support over the past year. We look forward to 2014

# Tricia's Treasures

Downtown Crandon (715) 478-1160 \*Some Exclusions Apply. Sale not good on previously

purchased merchandise or markdown merchandise. Discount cannot be combined with any other sale or promotion.



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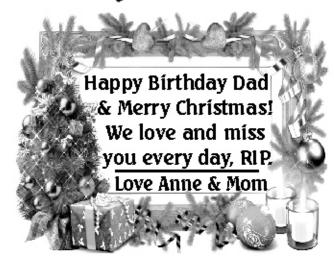




# Thank Yous & Personals

I would like to give a thank you to AGI Healthcare and all the staff, Hospice of Rhinelander, Cancer Center of Antigo, Weber-Hıll Funeral Home, and Ambulance staff from the family of John Hackey.

Thank you all from: Connie & Larry Melloh, Jackie & Joe Brown





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**S2.49** 

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CLEMENTINES 3 Lb. Bag

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Super Select **CUCUMBERS** 



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Juicy VINE TOMATOES



\$1.79 6

ACORN OR

OPEN NEW YEAR'S DAY 8 -1 PM





05

SUN MON TUE

30

31

02

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03

04

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**50¢** 

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**Domestix** BATH TISSUE 12 Roll, Double Roll



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WATER

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PIONEER EXPRESS PAGE 13, DECEMBER 30, 2013



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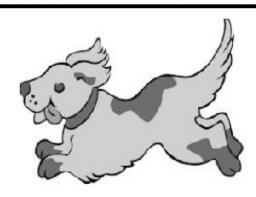
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### Snowmobile Alliance Cont. from pg 1

The Alliance realizes that everyone lives a busy life these days. We encourage you to join a club and get involved in keeping the trails in the shape we all expect. We are only a "round trip tank of gas" away from Green Bay and the Fox Valley, making Oconto County an ideal snowmobile destination. Even if you don't ride a sled but own a business or just want to get involved we welcome your assistance. Check the website just above for the club nearest you and volunteer to join or help...either financially or with your time.



# Nighttime speed limit permanent for Snowmobiles

The 55 mile per hour nighttime speed limit applies to all areas statewide from half an hour after sunset to half an hour before sunrise.

"During past snowmobile seasons a high percentage of our fatal accidents occurred at night and were speed related. During the four years of the temporary nighttime speed limit, our fatality rate has steadily dropped, despite having some excellent snow conditions. It's a proven fact that night time speeds over 55 mph greatly reduced your ability to react in time to avoid a collision with a fixed object," states Gary Eddy, Snowmobile Administrator for the Department of Natural Resources. The speed limit will assist law enforcement with addressing unsafe night operation and will hopefully continue to reduce nighttime crashes which all too often results in injury accidents or fatalities.



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P29

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**P44** 

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Mira: Dad always says that family comes first. That's why I've learned everything I can about diabetes so I can help and support him.

### Seafood Marinara

8 oz. cleaned and deveined, large fresh shrimp 2 tbsp. olive oil

1 jar (25 oz.) Paul Sorvino Foods® marinara sauce 8 oz. fresh lobster meat

12 fresh clams\*

1 lb. hot, cooked low carb pasta

In a medium skillet, saute shrimp and olive oil until shrimp are pink. In a large skillet, heat sauce to slow boil. Add cooked shrimp and lobster, cut in pieces. Cook 2 minutes, stirring every 30 seconds. Pour in fresh, shelled clams with juice. Stir and cook for another minute. Serve over pasta, prepared according to the instructions on the box. Makes 6 servings.

\*Note: fresh clams are preferred, but if unavailable, jarred clams can be used as a substitute. For best quality, Paul and Mira recommend Italian-imported jarred clams.

Nutrition Facts Per Serving: 445 cal., 10 g total fat (1 g sat. fat, 3.5 g monosat. fat, 15 g polyunsat. fat), 106 mg chol., 471 mg sodium, 21 g carb. (4 g sugar), 7 g fiber, 30 g pro., 12% DV Vit. C, 11% DV Calcium, 45% DV Iron, 11% DV Potassium. Exchanges: 1.5 starch, 1 vegetable, 3 lean meat, 1 fat.

# Get Cooking With Diabetes

Actors Paul and Mira Sorvino dish on Paul's blood sugar, family and their favorite foods.

Question: What advice would you give someone who has been diagnosed with the disease? Paul: Get informed and do something about it. Since every diabetes treatment plan is individual, people

for them. Question: What lifestyle changes have you made to manage your diabetes?

should speak with their doctor to determine the best plan

Paul: As a part of my overall diabetes treatment plan, I exercise regularly and make healthy food choices.

Mira: Dad and I love to cook together. We make diabetes-friendly meals that the whole family enjoys, and Dad is diligent about taking his medication. We also like taking walks after dinner, dancing and doing activities that make exercising together enjoyable.

Question: How has your family's support helped?

Paul: Being told you have diabetes can be overwhelming, so having a strong support team is very important. Encourage your family and friends to get educated about diabetes. Together, you can also learn how to cook healthy meals and find new ways to be active.







ALL FOR ANOTHER YEAR OF MAKING HOTEL CRANDON YOUR DINING CHOICE

WEEKLY SPECIALS: December 30 - January 5 Mon: Prime Rib Plate \$8.95 • Tues: Oriental Stir Fry \$7.95 WED: CLOSED FOR NEW YEAR'S DAY • Thu: Smoked Prime Rib Sand. \$7.95 Fri: Fish Fry \$8.25... Catfish Dinner \$10.95 (All Dinners Include Soup & Salad Bar)

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New Years Eve Specials Chef Charlie will be serving his favorite Specials

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• 6 & 8 oz. Cold Water

Lobster Tails

Fresh Scallops (breaded or sauteed)

• Prime Rib

• 22 oz. Porterhouse 6 or 8 oz. Cold Water Lobster with 6 oz. Tenderloin

 Lobster Alfredo Lobster Ravioli SUPPER CLUB & CATERING Pearson, WI 5 miles past Mole Lake Casino (715) 484-3211 or 484-2100 Reservations appreciated but not necessary

New Year's Day - Open at 11 a.m. Serving our Famous Buffet Full Menu at 4 p.m. All meals include soup & salad bar!



December 28th

Starting @ 8 p.m.

Brian Molaughlin is a singer and guitarist who has worked as a professional musician in the Wisconsin area for the past 25 years. As a solo artist, Brian delivers a powerful and fun filled performance with hits from the 1970s through today.



No Cover Charge!!









Dining & Entertainment

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New Year's Eve ★ Lobster Dinner - \$19.95 ★ ★ Steak & Shrimp (3 choices) - \$16.95 ★ ★ 18 oz. Porterhouse - \$19.95 ★ Late Night Snacks! Late Happy Hour - 9 p.m. Karaoke

PIONEER EXPRESS PAGE 17, DECEMBER 30, 2013

• Saturday, Jan. 28th Chef Charlie's Cooking • Sunday, Jan. 29th Famous Buffet at 11 a.m.

SUPPER CLUB & CATERING OUR WILDLIFE SCENE INCLUDES THE 2010 RECORD BLACK BEAR FROM BRYANT, WIL

& Orders To Go

Mon. - A.Y.C.E. Walleye Friday - A.Y.C.E. FISH & CHICKEN Sat. - Full menu 4:30 p.m. featuring California Prime Rib Sun. - Full Menu

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# State Health Officials Encourage Flu Shots Now



### Vaccine Highly Effective Against This Year's Main Flu Strain

With the holidays around the comer, and winter break about to start for schoolchildren and college students, state health officials today encouraged Wisconsin residents to give the gift of influenza protection by getting a flu shot. According to the Centers for Disease Control and Prevention, everyone aged six months and older should be vaccinated.

"This year's vaccine is very effective

against the 2009 A H1N1 flu strain, the main flu strain circulating now," said Dr. Henry Anderson, State Health Officer: "This strain especially affects young adult populations, so returning college students should get their flu shots right away." Anderson noted that the vaccine is also available as a nasal mist for healthy, non-pregnant people aged two through 49 yearsold.

Influenza is likely to be at or near peak levels over the holiday season in Wisconsin, making it especially important to get vaccinated now to prevent future cases. Anderson noted. There have already been 112 influenza-associated hospitalizations since October 5

"Getting your flu shot or nasal mist and making sure children are vaccinated can help protect relatives and friends of all ages this holiday season, and will help protect children when they return to school in January."

To get your flu shot and flu shots for your family, contact your health care provider, pharmacy, local public health department or tribal health clinic, or go towww.flu.gov to find afluvaccination center nearyou.

Health officials also suggest these important steps:

- \*\* Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- \*\* Cover your cough or sneeze with your upper sleeve, and try to avoid touching your face with your hand. If you use a tissue, throw it away after one use.
- \*\* Use your own drinking cups and straws.
- \*\* Avoid being exposed to people who are sick with flu-like symptoms.
- \*\* Eat nutritious meals, get plenty of rest and do not smoke.
- \*\* Frequently clean commonly touched surfaces (e.g., door knobs, refrigerator handle, telephone, faucets).
- \*\* If you think you have the flu, stay home, get rest, drink plenty of liquids and avoid using alcohol and tobacco. If your symptoms persist, contact your doctor.

For more information on influenza, visit http://www.dhs.wisconsin.gov/communicable/influenza/index.htm.



# Potawatomi Stone Lake C-Store/Smoke Shop/Deli

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Store Hours: Open Daily 6 a.m. to 10 p.m. / Deli Telephone: (715) 478-4186

### MONDAY 12/30/13

BHEAK-ASI: French toast, sausage or bacon, fruit; \$4,09 LUNC I: Open-face hot beef sandwich, mashed potatoes/gravy, corn, fruit: \$6.09, 2 pc. Chicken mashed potatoes/gravy, com, fruit: \$5.99 SOUP: Cheesy hamburger vegetable: \$2.68

### TUESDAY 12/31/13

BREAKTAST: 2 hard-boiled eggs, toast, sausage, harn or LUNCH. Chicken tenders, french fries, apple stick: \$8.09.

BREAK-AST: Sausage gravy over biscuits, fresh fruit \$4.09 LUNCH: Eapon cheeseburger with segsoned wedges: \$5.99

### THURSDAY 01/02/14

BliEAK-ASI: Deriver scramble, American fries, toast or bagel: \$4.09 LUNCH: Grillop ham & choose sandwich with a cup of chicken.

## FRIDAY 01/03/14

noodle soup: \$4.99

BHEAK-ASI: 2 hard-boiled eggs, sausage or bacon, toast or bagel, hash brown party: \$4.09 LUNCH: Lightly breaded fish, potato, pottage cheese, fruit: \$8.09. Chicken club sandwich, potato cottage cheese, fruit: \$6.09 SOUP: Vegetable: \$2.69

### SATURDAY 01/04/14

LUNCH: talian sausage on bun with onions/green peppers potato wedges, cole slaw: \$6.09

### ----COUPON---

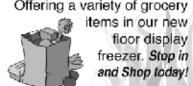
Purchase 8 gallons of fuel use this coupon to receive a FREE Cappuccino or Hot Chocolate (Limit one coupon per visit)



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For more information, Please send your inquiry to: workin3lakes@gmail.com

# Northern Health Centers offers help with Health **Insurance Marketplace**

10 Reasons you should come to Northern Health Centers to apply for health insurance through the Marketplace...

your home.

9. Our Certified Application Counselors are trained by the State Office of the Commissioner of Insurance and also have several hours of Federal training. They can answer your questions about applying for healthcare through the Marketplace (HealthCare, gov) and can also help you enroll and pick the right insurance plan for you and your family. The best part is this is a FREE service that Northern Health Centers is offering to you!

8. When you apply for health insurance through the Marketplace, based on your household size and you get without being admitted to a hospital). income, you could be eligible for Advanced Premium Tax. Credits or cost-sharing reductions to help you pay for your deductible, out-of-pocket costs and co-payments. OurCertified Application Counselors are trained to help you with any questions you have and to help you determine your eligibility.

7. Through the Marketplace, you'll be able to compare prices for four different levels of health plans: "Bronze", "silver", "gold", and "platinum", depending on

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how much of your costs you want the health plan to pay. You'll be able to apply for coverage, and find out how much 10. Northern Health Centers has Certified of a subsidy you could get to help pay for it, depending on Application Counselors in Forest, Florence, Langlade, your incorre. AND....if you are under 100% of the Federal Marinette and Oconto Counties to best serve you near Poverty Guidelines, you could qualify for Medicaid/BadgerCare and our Certified Application Counselors can help you apply for that also.

> 6. The Marketplace is based on the idea of competition and choice arrong private health insurance plans, therefore driving your costs lower.

> 5. You have until March 31, 2014 to apply and pick a plan without paying a penalty.

> 4. There are 10 Essential Health Benefits that every insurance plan must cover.

> · Arribulatory patient services (outpatient care

Ernergency services

· Hospitalization (such as surgery)

• Maternity and newborn care

· Mental health and substance abuse (includes counseling and psychotherapy)

Prescription drugs

· Rehabilitative and habilitative services and devices

Laboratory services

- Preventive and wellness services and chronic disease management
- Pediatric services

These are minimum requirements for all plans. Some plans may offer additional coverage. You will see exactly what each plan offers when you compare them side-byside in the Marketplace.

3. An insurance company can no longer turn you down or charge you more because of a pre-existing health condition. Once you have insurance, the plancannot refuse to cover any treatment. Also, there are no longer any lifetime or yearly dollar limits on coverage.

2. If you are self-employed or retired (but not yet 65) you can use the Market place to buy a plan. Depending on your household size and income, you might get lower costs on your premium and out-of-pocket costs.

And...the #1 reason you should come to Northern Health Centers to apply for health Insurance through the Marketplace... We are right in your backyard! If you live in Forest, Florence, Langlade, Marinette or Oconto Counties, we have a Certified Application Counsel or to help. Please call Northern Health Centers at 715 276-6321 ext. 232 to set up an appointment. Remember you have until March 31, 2014 to avoid a penalty, but the sooner you apply, the sooner your coverage begins!





# Happy Holidays from the staff of NHC!

15397 Hwy 32, Lakewood (715) 276-6321



820 Arbutus Ave, Oconto (Dental Clinic) (920) 516-7107



Find us at: www.nhcmedden.com and 🚮 Northern Health Centers, Inc. is a Community Health Center serving the residents of: Florence, Forest, Langlade, Marinette and Oconto counties.

PIONEER EXPRESS PAGE 19, DECEMBER 30, 2013

# Wabeno American Legion Gun Raffle winners

The winners of the Wabeno American Legion Sylvan Post 44 Gun Raffle are: 1st-30-06 Rifle; R. Henkel, Mountain 2nd 308 Rifle; John Bailey, Gleason 3rd 308 Rifle, Tom Williams, Waukesha 4th 243 Rifle, Tim Alloway Sr, Crandon

\$225 to Craig Gardner, Goodman; \$150 to Phil Jurenk, West Allis; \$100 to Kelly Kuschel; \$50 to Paula Kalata, Laone: Dennis Wanish, Crivitz; "R" Place, Carter; \$25.00 to Mike Morrissay, Neenah; and Robert Boettcher, Shawano.

The money generated is spent on various programs which benefit the community, scholarships for local high school students, essay contests for local youth and donations to veterans hospitals to benefit past and present veterans, and the list goes on.



FOR SALE: 45 x 60 solid oak entertainment center, \$350. Call 715-478-2307.



# Eastured Exent

### ANXIETY AND SELF-CARE **TECHNIQUES**

Tuesdays • January 7, 14, 21 Ministry Medical Group in Tomahawk Spruce Room 401 West Mohawk Drive

Ministry Medical Group in Tomahawk will be offering a three-session group on anxiety and self-care techniques. Topics will include:

What is anxiety?

What are your anxiety triggers? How do you manage your anxiety? How are medications used to manage anxiety?

Ministry Behavioral Health specialists, Lori Decker and Julie Jensen, will lead the free educational group sessions from 5:30 - 7 p.m., on January 7 and 14, and from 5:30 - 6:30 p.m. on Tuesday, January 21.

> Please contact 715.453.7840, or 715.453.7203 to register for this free series.

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

### Respecting Choices -Advance Care Planning

Thursday . January 2 1:30 p.m. Ministry Saint Mary's Hospital Patient and Family Service, Lower Level For information, call 715.361.2120

### Ministry Weight Management Orientations - Rhinelander

Mondays \* January 6, 13, 20, 27 Ministry Rehab Services (YMCA) Conference Room For information, call 715.361.2316



### Free Blood Pressure Checks

Tuesday + January 7 10 - 11 a.m. Rhine Hous CBRF 1207 Mason Street, Rhinelander Hosted by Ministry Home Care For information, call 800.643.4663

### Cancer Support Group

Thursday . January 9 3 p.m. James Beck Cancer Center Conference Room 2251 North Shore Drive, Rhinelander For information, call 715.361.2027

### Ministry Weight Management Orientations - Tomahawk

Tuesday . January 14 Ministry Sacred Heart Hospital Spruce Room For information, call 715.361.2316

### Alzheimer's Support Group

Thursday • January 16 1 p.m. Oneida County Senior Center Conference Roam 1103 Thayer Street, Rhinelander For information, call 715.362.7779







# Still Smoking

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For a complete listing of programs and events, visit our online Health Connection Calendar of Events at ministryhealth.org/events





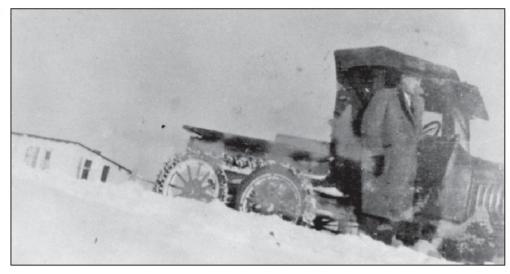


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# For Old Time's Sake



When we hear the stories of the old logging days, we conjure up images of big trees that made the forest floor shake when they were felled. But, cedar poles and posts were an important product of the old logging companies. Cedar didn't rot easily, and made good building material for pole sheds and was used, of course, for fence posts. You don't think all the farmers on the Great Plains had a cedar swamp to cut their fence posts doyou? Many of the posts were shipped from the Great Lakes region, and this cedar crew at Roger's Lumber Co. in Nashville likely supplied a great many. The time frame is around 1900.



We may have used this old photo before, but it is always good for another look. This is Doc Ison, Crandon, doing his rounds with his specially equipped Model T Ford. Without plowed roads, a rig like this could go over the snow, and the skis in the front made this one of the forerunners of the snowmobiles that are popular today.



And you thought you had a tough job! When you see a field here in the Northwoods, somebody worked very hard to make that field. All fields up here were all forest at one time, and people like this made the fields that grew the food. When farming became less profitable in later years, some of these fields were planted back to trees. I wonder how these guys working the stump puller would have felt about that.

