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Volume 30, No. 28, October 26, 2015 (715) 478-3640 or 1-800-234-2152 Fax: (715) 478-3540 email: pionexp@newnorth.net

Pearson-Pickerel Lions ask you to save your pull tabs for Ronald



Soda and beer drinkers, you can do a good deed with the pull tabs from your soda and beer cans!

The Pearson-Pickerel Lions Club is collecting pull tabs for the Ronald McDonald House. In 2013, the Lions donated 110,000 tabs, and in 2014, over 200,000 were donated. This year, the total was 330,000 tabs.

The Lion's goal is to reach 1,000,000 pull tabs for Ronald. It takes 1,550 tabs to make a pound.

Anyone collecting the tabs should drop them off at any Pickerel or Pearson business. If you would like to drop them off at the Pioneer office in Crandon, you can do that as well.

So, the next time somebody tells you that soda and beer has no redeeming social value, mention this Lions project!

Crafters still needed for Friends of the Lakes Country Library Craft Fair

The Friends of the Lakes Country Library will hold their 31st annual craft fair in the Mountain and Lakewood community centers, and the Townsend town hall.

This event, which draws crafters and shoppers from a wide area, will be held on Saturday November 28th from 9:30 a.m. to 3 p.m. We still have openings for crafters, especially in Mountain.

Contact Dave at 414-581-0088.

Forestry presentation at Forest County Board meeting New lands purchases approved

By Mike Monte

The Forest County Board of Supervisors met last Tuesday evening, October 20, to handle county business. Included in the meeting was a presentation by County Forester Dave Ziolkowski and DNR Forester Liz Wood.

The detailed report brought board members and those attending up to date on what is going on with Forest County's forestry program and what the acquisition of new forest lands mean to the county, as well as, how the land purchases are financed. There were also three potential land purchase resolutions on the agenda for a vote by the board.

A background of county forests began the presentation. It was pointed out that 29 counties in Wisconsin have county forest lands, and that these lands lay in the northern counties, where the big cutover took place before and after 1900. Many of these lands became tax delinquent. The lands were clear cut and held few mature timber stands, but the new crop of trees kept growing. The total of Wisconsin county forests is 2.4 million acres. Forest County has the 3rd smallest land base, as much of the county was given to the national forest system. In 1953, Forest County held 10,615 acres with little mature timber to harvest.

In 2009, Forest County started adding to their county forest acreage. Currently, the county owns 13,703 acres. With the next round of purchases, the acreage will increase to 14,103 acres. This amounts to about 23 square miles.

In the early years of the county forest, there was literally nothing to sell, but it was growing. The DNR handled county forests until 1964, after which, the county took over the management. By this time, there were some mature stands, especially aspen, that were ready for harvest. Starting in 1965, timber sales were sold, bringing in revenue to the county. Since then, total sales have reached the \$4 million mark, and revenues are growing these days, as more timber reaches maturity. Two neighboring counties, that weren't enrolled in national forest are, Marinette and Langlade Counties. Both counties own in excess of 100,000 acres, and realize revenue measured in millions of dollars.

There are disagreements over the financial wisdom of the county taking lands off the tax roll for public ownership, and that was covered in the presentation.

Ziolkowski advanced the argument that it makes fiscal sense for the county to own this property. The reason is that the timber lands purchased are lands enrolled in the Managed Forest Lands program (MFL).

Lands under the MFL program provide revenue

Continued on page 22

Kendal Bug Shuffle was a huge success



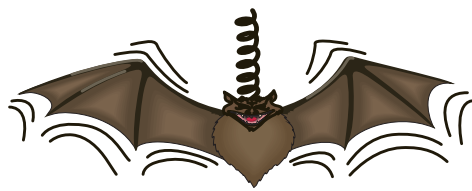
(left to right) Erin Mayer, Jill Krueger, Linda Chaney, Darcy & Kendal Bradley, who dreamed up the successful event.

The Kendal Bug Shuffle 3K Walk/Run, held September 19th, brought in more money for the Children's Miracle Network (CMN) than anyone expected. The Forest County Potawatomi got the ball rolling with a \$3,000 donation that was much appreciated, and the total after the event was \$7,377.

Over 200 people participated in the event at Cardinal Park. It was a fundraiser that was done because Kendal Bradley had more than her share of health problems, and CMN was extremely helpful to her parents, Keith and Darcy, and they wanted to help in return.

The rep from CMN was bowled over at the donation, and she was assured that it would be an annual event.

Good Job Kendal!



Halloween Party at Laona High on October 25!

There will be a Halloween Party at the Laona High School on Sunday, October 25th, from 12:00 until 4:00 p.m. The cost is \$8 for children and parents and guardians free.

First place in the Costume Contest is \$75, so be original! In addition, there will be bounce houses, and obstacle course, games, prizes and more.

Sponsored by the Class of 2019. See the ad inside for more details.

Beef Roast Dinner at Madonna Hall-Wabeno

Bring your appetite to Madonna Hall at St. Ambrose, in Wabeno, on October 24th. There will be Beef Roast Dinner that begins at 4:30 with serving until 6:30.

Carry outs are available. Adults pay \$10, children 5 to 12 years eat for \$5, and children 4 and under eat free.

From mushrooms to lichens



By Mike Monte

We have used space on the front page for mushrooms, so why not lichens? The other day, while bird hunting, I had to adjust the zipper in my hunting pants, and I set my gun on this piece of deadwood. When I finished adjusting, I noticed the lichens on the wood, and tried out the close-up setting on my little pocket camera.

It made an interesting picture, as seen below. It is a lesson that there is life everywhere, if you look for it. I don't have a lichen ID book, so I don't know what species, but if you know, please share.



Readers respond to pretty fungus... pretty?

Okay fungus lovers. We had two people call in on an identification of this mushroom.

George Meister, Jr. said it is a turkey tail mushroom, and a lady named Helen said it was a chicken of the woods mushroom. Former Crandon resident, Rosemary Jahn, called and said it is a fairy stool, with the Latin name *coltricia cinnamomea*.

We don't know who is correct, and there is a possibility that all are common names for the same mushroom. Take your pick!

Fall Harvest Craft Show Saturday October 24th

The Goodman-Armstrong Creek Varsity Club will again be hosting their annual Fall Harvest Craft Show Saturday, October 24th at the G-AC High School Gym from 9am- 2pm. This 11th annual event will be free of charge and offer over 30 crafters. It will feature a Polish food concession, and there will also be a bake sale. The Varsity Club has funded great things such as scholarships; team jerseys, warm-ups, and equipment; athletic camps; school maintenance; and our press box, so please come out and support this worthy cause.

Langlade County Humane Society Fundraiser in Elcho

Have a good time on Saturday, October 24, from 1:00 p.m. till 6:00 pm. at the Elcho Clubhouse in Elcho on Cty K. There will be live music by Bobby Vintage and Dave Drivas.

Bring an item from the Langlade County Humane Society Wish List and your name will be put in for the door prize. There will be basket raffles, 50/50 raffles, the paddle wheel, silent auction, and a bake sale.

Proceeds will benefit the Langlade County Humane Society. For more details, see the ad inside on the Area Events page.

See the Pioneer Online at Pioneerexpresscrandon.com

OLD GLORY STORAGE
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 Crandon
 2655 Hwy 32,
 Wabeno
UNITS AVAILABLE!
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Halloween at Crandon Elementary 2015



COPPER AS SHINY AS A NEW PENNY

Make your copper-bottom pans worthy of display. Sprinkle tarnished bottoms with salt, then scour stains away with a cloth dampened with vinegar. Rinse, then wash as usual. Another tarnish-fighting trick for copper pans: Use a spray bottle to apply undiluted vinegar to bottom of pan. Leave vinegar on pan until you can see tarnish evaporating. Next sprinkle vinegar with salt, and scrub entire surface with scrubbing sponge. Rinse, and repeat if necessary.

From Helpful Household Hints

The School District of Crandon would like to welcome all students and their families in the community to our Annual Community Halloween Party on Friday, October 30th, from 5:00 to 7:00 PM. There will be a variety of costumes from princesses to ghouls and goblins, tasty food, games, and a SPOOKY Haunted House, which is hosted each year by the junior class. The cost is \$3.00 for adults and \$2.00 for children. So come on out and enjoy an evening of fun!



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Stop in to find out how to get a \$25.00 REBATE on motorcraft brakes

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Area Events



Langlade County Humane Society Fundraiser
 Saturday, October 24,th
 Elcho Clubhouse (Hwy. K, Elcho)
 From 1:00 p.m. - 6:00 p.m.

**LIVE MUSIC BY:
 BOBBY VINTAGE & DAVE DRIVAS**

Bring an item from the Langlade County Humane Society "Wish List", found at langladecountyhumanesociety.org and have your name put in for a door prize!



Basket Raffles, 50/50 Raffles, Paddle Wheel, Silent Auction & Bake Sale!

Food Supplied by Dickie's BBQ Pit and Elcho Pelican Lake Lioness \$5.00 A Plate

All money raised will benefit the Langlade County Humane Society
 Sponsored by: Elcho-Pelican Lake Lioness Club & Elcho Clubhouse

2nd Annual Community & 4K-12
Halloween Costume Party
 Hosted by the Family Engagement Team & Crandon High School Juniors
Friday, October 30
 At Crandon School from 5 - 7 p.m.

Admission: \$3/Adults & \$2/Children
 (Children ages 12 & under must be accompanied by adult)
 Nachos, pizza, hotdogs, popcorn, pretzels, caramel apples, and baked goods!

Games, prizes & a HAUNTED HOUSE!

St. Ambrose - Wabeno
Beef Roast Dinner
 at Madonna Hall
October 24th
 Serving 4:30 - 6:30 p.m.
Adults \$10 • Children 5-12 yrs \$5
Children under 4 -Free
 Carry Outs Available

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

PUMP UP THE PARTY HALLOWEEN PARTY
OCTOBER 25th
 12:00 - 4:00 pm
 LAONA HIGH SCHOOL

\$8 PER CHILD - PARENTS/GUARDIANS FREE

Bounce Houses - Combo Units - Obstacle Course - Games & Prizes
 Costume Contest - 1st Place - \$75
 2nd Place - \$50 - 3rd Place - \$25

Concessions will be provided by the Laona High School Class of 2019 for 100% proceeds.
 For more information call: 715-420-0239 or Email pumpupthepartynow@charter.net

ARGONNE FIRE DEPT. HALLOWEEN DANCE
SAT., OCT 31st



Argonne Town Hall
 6 p.m. to 10 p.m.
PRIZES FOR BEST COSTUME - Kids & Adults!
Costume Judging at 8 p.m.
BRING YOUR KIDS & HAVE A GOOD TIME!
FOOD AND BEVERAGES.
Bring your goody bag for lots of treats for kids!

NEED A BREAKTHROUGH?
Looking For Something Good To Happen?

God's grace is available when we ask!
 Come hear Pastor Rogers teach God's grace and let's ask for His grace together!

Sunday, Nov. 1st & 8th

Argonne UMC **St. Luke's Crandon**
 7945 Pine Street 301 S. Lake Ave
 8:30 a.m. Service 10:00 a.m. Service

Wabeno's Christian Thrift Store
 Hwy 32, Wabeno



9th Anniversary CHRISTMAS EXTRAVAGANZA
Saturday, November 7th
Open 10 AM to 4 PM


Many Christmas Items: Clothes, Trees & Tree Ornaments, Household Decorations,
INVENTORY REDUCTION SALES NOW THROUGH NOVEMBER 2ND
We Will Be Closed Nov. 3 - Nov 6 in Preparation
No donations accepted Nov. 3-Nov. 7



4th ANNUAL CRANTUCKY DOE FEST
Saturday, Nov. 21, 2015 10 am
Northwoods Recreation Center
 (Old High School, Crandon)
 100 N. Prospect Ave.

Fry Bread Tacos
Jennifer Sue's Cupcakes
Christine's Caramel Apples
Local Venders & Crafts





Nicolet Students To Hold Special Olympics Fundraiser Nov. 1 At Hodag Lanes

The Business Professionals of America (BPA) student club at Nicolet College will hold a fundraiser for Special Olympics Sunday, Nov. 1, from noon to 3 p.m. at Hodag Lanes in Rhinelander.

The event will feature shoes and unlimited bowling during the event for \$7. Raffles will also be held with all of the money raised staying in the Special Olympics local region, which includes Oneida, Vilas, Forest, Lincoln and Langlade counties. Children 5 and younger can bowl for free.

BPA students are coordinating the event as part of a learning project that combines classroom instruction and community involvement.

"Service learning projects such as this are an important part of a Nicolet education," said Helen Fries, administrative professional/office technology instructor at Nicolet.

"It combines classroom learning with a very worthy community cause."

Monetary donations and donations of tax-deductible raffle items will also be accepted. For more information about the event, contact BPA member Ian Anderson at (715) 360-4681.

Flu shots available

Flu shots are available at the Forest County Health Department, located in the courthouse. They are available any week day from 9 a.m. to 11 a.m. and 1 p.m. to 4 p.m. Cost for the flu shot is \$35, but is covered by Medicare and Medicaid. Bring your card and they will bill them.

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CRANDON - FOR SALE BY OWNER



3 BEDROOM, 1 BATH home with 3 lots and 4 more available. Newly remodeled and not lived in since. Beautiful, sunken back yard for kids.
808 N. Central Ave, Crandon.
Asking \$90,000.
Call 715-784-1133

FOR RENT: Bar on Pickerel Lake with house attached. Great potential. Also cabin to rent with frontage on lake. Call Tim 414-406-0272. Betc48

EFFICIENCY APARTMENT FOR RENT: \$250 per month and security. Call the Hotel Crandon at 715-889-0859. Betc27

Real Estate

For Rent in Crandon

- 1) Upper 3 bedroom, all remodeled. No children as this is over our store. - \$700/month, includes heat
- 2) Beautiful one bedroom with one car garage. New construction. - \$600/month

All require references and are ready to occupy. No pets. All have appliances and garbage pick-up included. Security deposit equal to one month's rent.
Contact Peggy Houle at 715-478-2531.

FOR SALE: Lake Lot - Lake Metonga, Forest County. Big Lot: 100' x 285'. Sand, flat building site prepped. Ready to build on. 715-784-0084

FOR SALE: 6x8 cedar building with metal roof. Ideal shelter for children waiting for school bus, hunting blind, playhouse or storage. ~~\$750.~~ \$600
Call 715-367-2041.
Betc 24

FOR RENT IN CRANDON: Office/store space. Right on main street with great corner location. Available immediately. Owner will build out to suit new business. For details, call Sam Marvin at 715-889-1289. Betc26

FOR RENT IN WABENO: Large upper 2 plus bedroom apt. Laundry hook-up, water and garbage service included. Available Sept. 1. \$550 per month plus security deposit. No pets please. Call Stephanie at 715-616-2499. Betc19

NEW ON THE MARKET!



11326 West Lane, Crandon
On Nature's Doorstep 3 bedroom cabin that could easily become a home, all it needs is water and septic. All rooms are wired with 220 for your installation of baseboard heat. Kitchen and living room are an open concept. Wood burning stove has a fan to pour out the heat. Seller will leave refrigerator, range, microwave, love seat, sofa, easy chair, and 6 twin beds. Snowmobile and ATV trail right out the door plus lands and other public hunting grounds also just a short walk to Full Recreational White Eye Lake. This is a great vacation spot or hunting lodge or, with a few updates, it could be a year around home. Just a few miles to Crandon for all your needs. Come enjoy the Northwoods area with us for only **\$34,900.**



1.5 acres on West Lane, Crandon
Level wooded land to watch the seasons unfold with a Snowmobile & ATV trail between your land and Hwy. 8. This is a great vacation spot being walking distance to White Eye lake and close to Ruffed Grouse and other public hunting grounds. Priced at only **\$7,000.**



4611 Lake Lucerne Drive, on Lake Lucerne
Accent on Views. Big beautiful 1100 acre Lake Lucerne lot with 150' of lake frontage makes this lot so much more appealing giving you that extra privacy. Lot is located on the North East side of the lake with always plenty of water at the shoreline. There is a wide roughed in path for a good start for your driveway. Snowmobile, ATV, fish, hunt or just relax and listen to the sounds of the loons. What more could you ask for? Don't let this one get away for **\$225,000.**



5216 Spruce Street, Laona
The price is right. The price is right for this 3 bedrooms, 2 bath home with detached garage and on a corner lot. Located on a city street in Laona and close to all the conveniences needed. Don't let this one get away, a little work and you could have lots of equity in this one. Priced at only **\$25,000.**



5207 Spruce Street, Laona
Beautiful building used as a church. Could be put to use as a daycare or business. Everything that is in the building remains including the pews, sound system, desk, chairs, furnishings, bookshelves, you name it. There are 5 small class rooms in the basement along with a spacious cafeteria and a huge kitchen. You really shouldn't let this one slip by you for only **\$25,000.**



5270 Spruce Street, Laona
Well maintained, 3 bedroom home situated on a very large level lot. You have an eat-in kitchen along with a dining room. Living room features a brick fireplace. Laundry room is huge, has a closet and lots of storage along with a toilet! There is hydronic heat and a wood burning furnace as well as central air conditioning. There are 2 detached garages, the larger one has a wood burning stove, both have plenty of storage and garage door openers. Blacktop driveway sweeps through the yard for easy in and out, no backing up necessary! A really fine home just waiting for you for only **\$92,900.**



3.4 acres on Buck Run, Town of Freedom.
Nicely wooded lot joins National Forest, near Little Long Lake & Roberts Lake. Snowmobile, fish, hunt, relax or call it home. Situated in an area where all sports and relaxation is available. Covenants are in place to protect your investment, no mobile homes allowed, double wide manufactured homes and stick built homes are allowed. Such a beautiful area for you to enjoy for **\$21,000.**



4260 County W, on Lake Lucerne
Well maintained, 1100 acre Lake Lucerne home has 2 bedrooms and 1 full bath. The vaulted ceiling and open loft gives you a great view of the lake. The stone fireplace graces the lakeside living room which looks out to the decking that gives great views. Home has a Generac generator, and lots of storage in outside storage bldgs. The 2 car garage has door openers and workshop. The 100' of frontage is all level to the lake and is all sand. The yard has beautiful trees and a nice lakeside firepit area. Snowmobiling, ATV, fish, swim, and enjoy the outdoors this property has to offer for only **\$249,000.**



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(715) 478-3744



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CRANDON - Bring a pet! Check out our 1 bedroom apartments at the Glenview Senior Apartments. Specifically built for persons 62 years of age or older handicapped/disabled individuals. Rent is based on 30% of your gross adjusted income and includes water, sewer, garbage pickup, HEAT, major appliances, off street parking and laundry facilities. We accept vouchers. Call 800-938-3229 for an application or more information. This institution is an equal opportunity provider and employer. Betc6

FOR SALE BY OWNER: 2 bedroom cottage, off water, 24x52. Overlooks Archibald Lake, Townsend area. Drilled well, good septic. Approximately 2 acre lot. Borders National Forest land. Vinyl siding, aluminum soffit, perfect condition. 16557 Archibald Parkway. Call 715-850-0054 to see inside. \$99,900. P33

WANTING TO RENT: I'm a young professional who is looking to rent a home or condo within a 30 minute drive of Blackwell, Wisconsin. I do not have any pets. I'm quiet, clean, don't smoke or drink. I have a clean background and references. I pay my rent on time. I would like to move in by December 1st. I am fine with renting a place which is for sale. Please contact me at my e-mail: lookingforrental@gmx.com. Thank you for your consideration and I look forward to hearing from you. P28

HOME FOR SALE BY OWNER: 2 1/2 miles out of Argonne. Like new energy efficient 3 bedroom home with new furnace and appliances, custom-made kitchen cabinets, full basement, patio, maintenance free siding, drilled well, plus a large insulated garage and a nice tool shed. Home was built by a very reputable contractor. This property is beautifully manicured, includes apple, fir and maple trees, flowers, plenty of wildlife and approximately 1.5 acres of land. All ready to move into before winter. Asking only 110,000. Call 715-367-2041. Betc24

Real Estate

FOR RENT IN ARGONNE: 2 1/2 miles out of town. Like new 2 bedroom home plus a 2 car garage. Large yard, non-smoker. References required. No pets please. \$600/month plus security deposit. Call 715-367-2041. Betc23

FOR RENT: One bedroom apartment in downtown Crandon. Fully furnished, includes heat, water and garbage. No pets. For more information, please call 715-902-0308 or 715-902-0203. Available immediately. Betc19

FOR RENT: Available Nov. 1st. 2 bedroom upstairs apt with 1 car garage. Security same as rent. \$475. References required. No pets. Call 715-478-3853. P29

FOR RENT: Crandon updated lower 1 bedroom apartment. \$415/month with store, fridge, heat and water. Security deposit and monthly lease. Call 715-499-2404. Betc28

FOR SALE BY OWNER: Successful, Bar/restrant with 3 bedroom living quarters on Hwy 32. Downtown Wabeno. Serious inquiries only - \$189,900. Call 715-473-4314. Betc17

HOUSE FOR SALE: 3-4 bedroom house located in downtown Wabeno. Needs some work. Land contract available. Call 715-850-0198. Leave message, or email EdDocks@gmail.com. B15etc

FOR SALE: 3 bedroom home on 67 woodland acres. 1,368 sq ft (36'x38'), plus 12'x16' elevated enclosed porch and full walk-out basement. Living room and kitchen have half-log walls and wood ceiling; separate laundry room; gas fireplace; in-floor heating in basement and detached 12x20 storage shed. Built in 2008. PerMar Security System installed. 1000 gal LP tank. Plenty of roads, permanent deer stands and a pond. 5 miles southwest of Crandon, WI on Walnut Hill Road. \$299,900. Contact Jerry Hupf at 715-889-0785. P30

FOR RENT: Langlade lower level duplex opposite of Wolf River. No smoking. Ideal for 1 or 2 people. 1 bedroom, appliances and laundry facilities. Water and heat included. \$400/month. Call 715-842-7607 or 715-470-7195. P29

FOR RENT: 1 bedroom upper apartment. Now available. \$400 per month plus security deposit. Includes heat and water. Call 715-499-2404. Betc25

HOUSE FOR RENT: 2 bedroom, fully furnished, 1 stall garage in Blackwell/Laona area. \$375/month plus utilities. Call Denny at 715-889-2213. P28

FOR SALE: 4.99 acres on Hwy. 8 East in the City of Crandon. Price reduced: \$11,000. Call 715-889-9034. Betc19

COTTAGE FOR RENT/SALE ON LAKE LUCERNE: Weekly or monthly. 3 bdrm with lake shore! Call Dick at 913-558-8931. os/etc

Vacant Lot - Lake Metonga, "A Dandy" 715-784-0084 02 etc

Cub Cadet®



Snowthrowers Available at

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715-627-4331

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WABENO WOMEN'S BOWLING LEAGUE
October 14 - 15, 2015

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Lisa Mermuys	154
Penny Carter	151
Kellee Gallion	150

6-Pack: Penny Carter 208
6-Pack: Penny Carter 589
Pizza: Waters Edge 2132

INDIVIDUAL SCRATCH GAME INDIVIDUAL SCRATCH SERIES

Chris Geske	185
Chris Geske	510
Penny Carter	179
Penny Carter	502
Lisa Mermuys	165
Lisa Mermuys	475

INDIVIDUAL HANDICAP GAME INDIVIDUAL HANDICAP SERIES

Penny Carter	208
Penny Carter	589
Helena Melchert	205
Chris Geske	570
Chris Geske	205
Theresa Johnson	567
Teresa Gilpin	199
Oopie Shepard	199

TEAM SCRATCH GAME TEAM SCRATCH SERIES

Waters Edge	578
Waters Edge	1661
Yaeger Oil	558
Yaeger Oil	1619
Potawatomi Carter Casino Hotel	518
Potawatomi Carter Casino Hotel	1524

TEAM HANDICAP GAME TEAM HANDICAP SERIES

Waters Edge	735
Waters Edge	2132
"Who Knows?"	724
"Who Knows?"	2112
Prospect Lodge	719
Bruce's Misteaks	2090

Still Smoking

207 N. Lake Ave.
Crandon

Lowest Prices on All E-Cigarettes and Juice

650 mah Vaporizer kit was \$20, Now \$15.
900 mah Vaporizer kit was \$25, Now \$20.
1100 mah Evod Vaporizer kit was \$30, Now \$25.
E-Juices starting at \$3.49 per bottle

Still Smoking

on Main Street
Crandon, between Duck's and Pickers.
(715) 478-4059
Betc22

FOR SALE: Stihl 460 Magnum chainsaw. Excellent condition. Spare air filter. \$600. Call 715-784-0014. P29

There's a **better** way to buy insurance.
You can buy your insurance from a **1-800 #** or from **NORTHWOODS INSURANCE AGENCY**
100 S. Lake Ave.
Crandon, WI
715-478-2215

Buying Insurance?

There are so many choices & decisions

- Where should I buy?
- What's a good price?
- How much coverage do I need?
- What types of coverage?
- Will I have enough?

It can be overwhelming



Some companies want you to believe that the only thing you should consider is cost, but insurance is much more than just premiums. Insurance is about loyalty and teamwork and community relationships. It's about stability and consistency, and finding the right coverage at the best price.



Northwoods Insurance Agency - Your Auto Owners Insurance Agent

Crosses added to veteran's memorial park

There has been a wonderful addition to the Wabeno Veteran's Memorial Park. 126 crosses have been added to the park. They were moved from Marsh Memorial Island, located in the Townsend Flowage in Townsend.

The crosses represent the deaths of 126 Wisconsin Troops who served and died in the Iraq and Afghanistan wars. Each of these crosses contain names and hometowns.

The project was started by Jerry LaFond, an Eagle Boy Scout, as part of a requirement for his Eagle Scout Badge. The Eagle Scout Badge is the scouting's highest youth award.

In addition, there are more than 200 bricks with names and branches of service and years served engraved on the bricks. The bricks honor veterans living and deceased.

The Legion felt it was appropriate to purchase a set of carillon chimes in honor of both the crosses and bricks that honor our military. The chimes were placed with the help and equipment from Terry's Welding in Carter, and also with the help from Ron Boldt, Scott Schaeffer and Byron Erdman who completed the job of hanging the chimes.

Also, the clean up of the park has begun. Dennis Larsen, Harvey Hallam and Byron Erdman helped with that job. There will be one more day of clean-up so if you can volunteer, that would be great.

With the cooperation of many, the Veterans' Memorial Park of Wabeno continues to be a place of honoring veterans. It is a wonderful place to visit and show your allegiance to the many who have served our country. The Legion welcomes you to visit. Enjoy the fall.

Eat Right to Feel More Energetic

Be Consistent with Meal Times

You might find that eating your meals at similar times each day helps you maintain a healthier diet, and skipping meals probably doesn't improve your energy levels. Find a daily meal pattern that works for you. You might prefer three larger meals per day, or maybe three smaller meals and two or three little snacks works better for you. All your meals don't need to be the same size. Maybe you prefer a big breakfast and smaller dinner, or maybe you like a small breakfast, a mid-morning snack and a big lunch and a medium sized dinner. But whatever size meals or eating pattern you choose, be sure to stay within your daily calorie needs.

Healthier Beverages

So maybe you don't want to give up your morning cup (or two) of coffee. That's fine, but if you're drinking more, then it might be time to cut back, especially if the caffeine is making you jittery and irritable. Switch to green teas, which has less caffeine than coffee or drink caffeine-free herbal teas. If reaching for another cup of coffee or can of energy drink is more of a habit than a caffeine addiction, try drinking water instead.

Watch your alcohol intake if you regularly enjoy adult beverages. One drink's fine, but even a little too much alcohol can interfere with sleep, and of course drinking a lot of alcohol is going to lead to a hangover and a rough, sleepy morning.

BUYING BALSAM BOUGHS:

Paying 23¢ to 28¢ per pound. Call 715-276-2766. P28

FOR SALE: Slabwood. Delivery available. Call 715-889-1503. B29

FOR SALE: Queen bed, \$125. Electric range, \$125. Call 715-367-2041. Betc28



CELLULITE SISTERS/CRANDON RED HAT LADIES

What: Style Show with fashions from She's All That!

When: Tuesday, Oct. 27, Cash bar at 5:00 Dinner at 6

Where: Hotel Crandon

Cost: \$16.00

Call Paulette - 715-649-3409 or

Mary - 715-478-1140

for reservations

TOWN OF LINCOLN - MEETING NOTICE

Lynne M. Black, Chairperson • Steve Bunda, Supervisor
Michael Wilson, Supervisor • Tressa Votis, Clerk/Treasurer

ANNUAL BUDGET MEETING

Town of Lincoln Town Hall

5376 County Road W, Crandon, WI 54520

MONDAY, NOVEMBER 9, 2015 at 6:00 p.m.

AGENDA:

Public Hearing on Proposed 2016 Budget

1. Call to Order/ Approve Agenda
2. Read and Approve Minutes of the November 10, 2014 Annual Budget Meeting
3. Discuss/Finalize Budget for 2016
4. Discuss Any Other Information Pertinent to Budget
5. Adjournment of Public Hearing Portion of Meeting

Special Meeting of Town's Electors to Approve 2016 Budget

1. Call to Order
2. Motion from Floor to Approve Highway Expenditures, Followed by a Vote
3. Motion from Floor to Approve the Tax Levy, Followed by a Vote
4. Adjournment

**A full copy of the proposed budget is posted at the Town Hall entrance and the trash site.*

NOTICE OF POSTING:

October 16, 2015 • Town of Lincoln Town Hall Entrance & Town of Lincoln Trash Site
October 22, 2015 • Forest Republican & Pioneer Express
October 29, 2015 • Forest Republican & Pioneer Express

All items listed above may or may not be acted upon. Every effort will be made to reasonably accommodate persons with special needs. Please contact the Town Clerk, Tressa L. Votis, to address your concern. If closed session is an agenda item, see reverse side of this notice for compliance checklist with the Open Meeting Law.

**Child Screening
Thursday, November 5th
3 - 6 p.m. Crandon Elementary, Room #13**

All children ages 3-5 years old are encouraged to come to our Child Screening event. The screening will check how your child is developing, and it will provide you with the opportunity to ask questions and get information about child development.

No Appointments Required!

Your child will not be separated from you.
Your child will receive a special surprise!

Questions? Call Valerie Wagoner at 715-478-6142 or email wagonval@sdoofcrandon.com

Bids & Notices

**School Dist. of Laona
Budget Hearing - 5:30 p.m.
& Annual Meeting to follow**

C.L. Robinson Elementary Room 24
Monday, October 26, 2015
BUDGET HEARING AGENDA

1. Call to Order.
2. Elect a Chairperson.
3. Presentation of the 2015-16 Budget.
4. Adjourn.

ANNUAL MEETING AGENDA

1. Action on Minutes of the Budget Hearing and Annual Meeting dated Monday, October 27, 2014.
2. Vote on Taxes/Levy for the Operation of Schools.
3. Resolution to Hire Legal Counsel.
4. Resolution to Provide Free School Lunches & Breakfasts.
5. Resolution for School Board Agenda Postings.
6. Designate Depository for School Funds.
7. Resolution for the Borrowing of Money for School Operations.
8. Approve Salaries of the School Board.
9. Resolution to Dispose of School Property.
10. Resolution to Maintain the Option to Change the Date and Time of the Annual Meeting.

Other Business:

11. Review 2015-2016 District Annual Goals.
12. Adjourn.

BUYING BALSAM BOUGHS

**Drop Off Available
by Appointment Only**

We'll be glad to fit you in.

**BONNEVAL FARM
2467 US HWY 8
ARMSTRONG CREEK, WI
715-336-2700 OR 715-367-5634**

BUYING BALSAM BOUGHS

**at RT Salvage starting
October 6.**

Call 715-889-0287 for more information.

BUYING BALSAM BOUGHS

**Buying boughs for 23¢ a lb.
Accepting boughs
7 a.m. - 7 p.m.
Call Sugar at 715-850-2369**

Our Core Purpose: Personalized Proficiency for All
Our Mission: As a culturally diverse community, the School District of Wabeno Area will work in harmony with respect for one another, providing a safe and superior learning environment, enabling individuals to reach their fullest potential and become caring, contributing life-long learners in our ever-changing local and global society.

**SCHOOL DISTRICT OF WABENO AREA
REGULAR BOARD OF EDUCATION MEETING
WEDNESDAY, November 4, 2015
Elementary Library - Wabeno Elementary
School
6:30PM
AGENDA**

- I. Call to Order
 - II. Roll call
 - III. Pledge of Allegiance
 - IV. Agenda Approval
 - V. Public Comment (5 Minute Maximum per Person)
- This is a listening session for the community to address the Board. The maximum time limit for this section is 30 minutes. The purpose of this segment of the meeting is for the Board to listen to the views of our community. Please understand that although the Board may not necessarily comment or ask questions, this does not mean your concerns have not been recognized or understood.
- VI. Approval of Minutes of the School Board Meetings on October 7, 19, 21, and 26, 2015.
 - VII. Approval of Vouchers and Payroll
 - VIII. Informational Items
 - a. Jennifer Vogler, District Administrator, will present updates and information.
 - b. Allison Space, Elementary Principal, will present updates and information.
 - c. Bill Taylor, Jr./Sr. High School Principal, will present updates and information.
 - d. School Board Members Report
 - IX. Action Items
 - a. Discuss and take possible action on 2016 Senior Class Trip.
 - b. Discuss and take possible action on hiring a Junior High Wrestling Coach.
 - c. Discuss and take possible action on hiring a JV Boys Basketball Coach.
 - d. Discuss and take possible action on hiring JV Reserve Girls Basketball Coach.
 - e. Discuss and take possible action on hiring a person for the Food Service/Custodian Position.
 - f. Discuss and take possible action on the WIAA Cooperative Team Renewal.
 - g. Discuss and take action on high school students participating in Youth Options for second semester.
 - X. Adjourn
- NOTE: THE AGENDA IS SUBJECT TO CHANGE AS ALLOWED BY LAW.



**Wabeno School District
Lunch Menu
October 26-30, 2015**

- Mon.:** Deli turkey/cheese, veggie wrap, Emperor's veggies, pineapple tidbits, garden salad, milk
Tue.: Ham alfredo casserole, brussel sprouts, corn bread, slushie fruit cup, garden salad, milk
Wed.: Breaded fish sticks, cheesy potatoes, glazed carrots, fruit cocktail, apple snackin' puff, garden salad, milk
Thurs.: Meatball sauce, spaghetti, asparagus, garlic bread stick, green grapes, garden salad, milk
Fri.: Stuffed crust pizza, baked beans, banana, carrot cake, garden salad, milk

**Wabeno School District
Breakfast Menu
October 26-30, 2015**

- Mon.:** Fruit juice, strawberries and bananas, French toast sticks, milk
Tue.: Fruit juice, diced pears, cheese omelets, toast, milk
Wed.: Fruit juice, apples with caramel, cereal, mini Danish stick, milk
Thurs.: Fruit juice, applesauce, mini chocolate chip pancakes, sausage patty, milk
Fri.: Fruit juice, cantaloupe wedge, egg patty, cheese slice, croissant, milk

WISCONSIN ENERGY ASSISTANCE 2015-2016

WISCONSIN'S HOME ENERGY ASSISTANCE PROGRAM (WHEAP) provides assistance for heating costs, electric costs and energy crisis situations. Operating with federal and state funding, the program provides assistance to approximately 225,000 Wisconsin households annually. WHEAP assistance is a one-time payment during the heating season (October 1 - May 15). The funding pays a portion of the heating costs. **IT IS NOT INTENDED TO COVER THE ENTIRE ANNUAL COSTS OF YOUR HOME HEATING.** The amount of the heating assistance benefit varies depending on a variety of factors, including the household's size, income and heating costs. In most cases the heating assistance benefit is paid directly to the household energy supplier.

ELIGIBILITY

Your household may be eligible for WHEAP and WAP services based on a number of factors. However, if the gross income for your household is less than the amount shown on the following chart, you might be eligible to receive assistance. Applications for both programs are accepted at your local WHEAP agency.

Program services are available without regard to race, color, sex, age, religion, national origin, or mental/physical handicap. Income for people who are self-employed, farmers or seasonal workers is based on federal income tax forms for the previous year.

3 MONTH COMBINED INCOME

Family Size	Family Income
1	\$6,288
2	\$8,223
3	\$10,150
4	\$12,092
5	\$14,027
6	\$15,961
7	\$16,324
8	\$16,687

An Outreach Worker will be at the following:

- Wabeno Community Building, Mon., Oct. 26, 10:30 - 12:00
- Armstrong Creek Nutrition Site: Tues., Oct. 27, 10:30 - 12:00
- Crandon Community Building, Wed., Oct. 28, 10:30 - 12:00
- Alvin Town Hall, Thurs., Oct. 29, 10:30 - 12:00
- Laona Sr. Center: Tues., Nov. 2, 10:30 - 12:00

WHAT TO BRING WITH YOU:

- Proof of household income for prior 3 months
- Benefit letters for Social Security, retirement & veteran's benefits
- Latest energy bill from WPS or WE Energies
 - Fuel costs from 9/1/2014 - 8/31/2015
- First time applicants need Soc. Sec. cards/numbers for all household members
- First time applicants need a photo ID

**If you have any questions please call
NEWCAP, Inc. (715)478-3871**

Bids & Notices

School District of Laona Notice of Budget Hearing

Wis. Stat. 65.90 (4)

Notice of Annual District Meeting

Wis. Stat. 120.08 (1)

Notice is hereby given to the qualified electors of the School District of Laona that a **Budget Hearing will be held on Monday, October 26, 2015 at 5:30 p.m.** in Room 24, C.L. Robinson Elementary School. Detailed copies of the budget are available for inspection in the District Office at C.L. Robinson Elementary School.

The **Annual Meeting** of said District for the transaction of business will be held on **Monday, October 26, 2015, following the Budget Hearing.**

Dated this 12th day of October, 2015.
/s/Kay Connors, District Clerk

SCHOOL DISTRICT OF LAONA

BUDGET PUBLICATION 2015-2016

GENERAL FUND	Audited 2013-2014	Unaudited 2014-2015	Budget 2015-2016
Beginning Fund Balance	1,322,918.63	1,343,054.23	1,385,127.24
Ending Fund Balance	1,343,054.23	1,385,127.24	1,171,349.76
REVENUES & OTHER FINANCING SOURCES			
Transfers-In (Source 100)	0.00	0.00	38,561.04
Local Sources (Source 200)	2,038,252.19	1,987,176.12	2,104,692.52
Inter-district Payments (Source 300 + 400)	77,955.79	80,441.17	142,321.00
Intermediate Sources (Source 500)	2,330.00	2,591.00	1,934.00
State Sources (Source 600)	949,086.04	1,051,508.99	929,031.00
Federal Sources (Source 700)	203,952.83	165,763.39	182,740.00
All Other Sources (Source 800 + 900)	82,292.47	22,784.48	5,000.00
TOTAL REVENUES & OTHER FINANCING SOURCES	3,383,882.12	3,310,265.15	3,403,279.56
EXPENDITURES & OTHER FINANCING USES			
Instruction (Function 100 000)	1,448,478.74	1,308,429.04	1,492,770.99
Support Services (Function 200 000)	1,410,596.03	1,496,185.17	1,493,620.01
Non-Program Transactions (Function 400 000)	534,871.75	463,577.93	630,866.04
TOTAL EXPENDITURES & OTHER FINANCING USES	3,353,746.52	3,268,192.14	3,617,057.04

SPECIAL PROJECTS FUND	Audited 2013-2014	Unaudited 2014-2015	Budget 2015-2016
Beginning Fund Balance	1,988.12	4,742.21	11,850.95
Ending Fund Balance	4,742.21	11,850.95	25,218.78
REVENUES & OTHER FINANCING SOURCES	431,285.88	411,783.32	445,084.00
EXPENDITURES & OTHER FINANCING USES	428,531.79	404,674.58	431,718.17

DEBT SERVICE FUND	Audited 2013-2014	Unaudited 2014-2015	Budget 2015-2016
Beginning Fund Balance	37,965.54	38,198.80	38,554.17
Ending Fund Balance	38,198.80	38,554.17	0.00
REVENUES & OTHER FINANCING SOURCES	249,855.05	249,980.94	106,738.35
EXPENDITURES & OTHER FINANCING USES	249,625.69	249,625.67	145,292.52

CAPITAL PROJECTS FUND	Audited 2013-2014	Unaudited 2014-2015	Budget 2015-2016
Beginning Fund Balance	0.00	0.00	0.00
Ending Fund Balance	0.00	0.00	0.00
REVENUES & OTHER FINANCING SOURCES	0.00	0.00	0.00
EXPENDITURES & OTHER FINANCING USES	0.00	0.00	0.00

FOOD SERVICE FUND	Audited 2013-2014	Unaudited 2014-2015	Budget 2015-2016
Beginning Fund Balance	0.00	0.00	0.00
Ending Fund Balance	0.00	0.00	0.00
REVENUES & OTHER FINANCING SOURCES	171,628.97	201,841.95	219,455.00
EXPENDITURES & OTHER FINANCING USES	171,628.97	201,841.95	219,455.00

COMMUNITY SERVICE FUND	Audited 2013-2014	Unaudited 2014-2015	Budget 2015-2016
Beginning Fund Balance	0.00	2,898.57	542.80
Ending Fund Balance	2,898.57	542.80	552.80
REVENUES & OTHER FINANCING SOURCES	3,089.11	77,227.70	107,680.00
EXPENDITURES & OTHER FINANCING USES	190.54	79,583.47	107,570.00

PACKAGE & COOPERATIVE PROGRAM FUND	Audited 2013-2014	Unaudited 2014-2015	Budget 2015-2016
Beginning Fund Balance	0.00	0.00	0.00
Ending Fund Balance	0.00	0.00	0.00
REVENUES & OTHER FINANCING SOURCES	0.00	0.00	0.00
EXPENDITURES & OTHER FINANCING USES	0.00	0.00	0.00

Total Expenditures and Other Financing Uses

ALL FUNDS	Audited 2013-2014	Unaudited 2014-2015	Budget 2015-2016
GROSS TOTAL EXPENDITURES - ALL FUNDS	4,213,623.51	4,203,917.81	4,528,550.73
Interfund Transfers (Source 100) - ALL FUNDS	330,524.42	344,654.80	418,286.04
Refinancing Expenditures (FUND 30)	0.00	0.00	0.00
NET TOTAL EXPENDITURES - ALL FUNDS	3,883,099.09	3,859,263.01	4,110,304.69
PERCENTAGE INCREASE - NET TOTAL FUND EXPENDITURES FROM PRIOR YEAR		-0.61%	6.50%

PROPOSED PROPERTY TAX LEVY

FUND	Audited 2013-2014	Unaudited 2014-2015	Budget 2015-2016
General Fund	2,020,541.31	1,922,033.33	2,088,364.00
Referendum Debt Service Fund	209,474.16	209,474.14	0.00
Non-Referendum Debt Service Fund	40,151.53	40,151.53	106,731.48
Capital Expansion Fund	0.00	0.00	0.00
Community Service Fund	0.00	0.00	0.00
TOTAL SCHOOL LEVY	2,270,167.00	2,171,659.00	2,193,095.48
PERCENTAGE INCREASE --		-4.36%	0.99%
TOTAL LEVY FROM PRIOR YEAR			

Forest County Historical Society to meet October 22nd

The Forest Co. Historical & Genealogical Society will meet on October 22 at the Crandon Public Library at 7 p.m.

New Board members will be introduced with election of Officers. Plans will also be made for cleaning and closing of the museum for the winter. Members are asked to bring suggestions for programs for future meetings.

Please be advised

because of severe health problems in my family that are demanding of my time in a very unpredictable manner, **I will be unable to undertake either my Halloween Night Display or my Annual Christmas Light Display this year.** I will be hoping to resume these activities next year, but will be **CANCELLING THEM FOR 2015.** This is a disappointment for me as well as others and your understanding is appreciated.

Rebecca Perry, M.D.

MATERIAL BID REQUEST:

The Weatherization Program of NEWCAP, Inc., 1201 Main St., Oconto, WI 54153 is inviting vendors to submit bids to provide weatherization materials, i.e. caulk, fiberglass, lumber, electrical supplies, etc. for NEWCAP's warehouse in Oconto. This contract will run from November 16, 2015 through November 15, 2016. Contact Kim Fischer for bid specifications at (920) 834-4621 ext. 1126. All bids are due by November 3, 2015. B28

BUYING BALSAM BOUGHS:

Will take all you can pick. Call for appointment. Bonneval Farms, 2467 US Hwy. 8, Armstrong Creek, WI. Call 715-336-2700 or 715-367-5634. Betc26

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 - HOURS: Monday: noon to 5pm, Tuesday thru Thursday: 8:30am to 4pm, Friday: 8am to 12:30pm. Closed Saturday & Sunday • 715-674-4751

Museum Hours

Forest County Museum- Located at 105 W. Jackson in Crandon.

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

Wabeno Museum - Labor Day through color season, open Friday, Saturday and Sunday, 10 a.m. until 2 p.m.

COMMUNITY BILLBOARD

- **Stitch'n Sisters Needlework Group** - We invite anyone interested in needle arts to join us Tuesdays from 9 a.m. - noon in the Associated Bank Community Room, located at 210 S Lake Ave, Crandon.
- **St. John's Lutheran Church (LCMS)** - Worship at 9 a.m. Sunday and 6 p.m. Monday. Wednesday - children's after school. Located at N9834 Hwy. 55 in Pickerel. Call 715-484-3382 for more information.
- **AA Meetings** - Back Door Group - Open meetings Monday & Thurs. Nights @ 7 p.m., Lakewood Lakes Country Library. Call Mary 715-276-2318 or Bill 715-882-3512.
- **Forest Cty. Humane Society** - Open to public Mon-Fri 7 a.m. to 3:30 p.m. and Saturday from 7 a.m. to 1 p.m. Call for more info. 715-478-2098.
- **AA Meeting** - Saturdays, 9 a.m., Wabeno Fire Station, side entrance.
- **Crandon VFW Post** - Meets the second Tuesday of the month. 1:30 p.m. at the VFW building, 104 N Forest.
- **Support Group for Parent of Children with Disabilities** - Call Chris at 715-784-0058.
- **Crandon Lions Board Meetings** - 1st Monday of the month at Crandon Library at 6 p.m. (downstairs). Member Meeting - 3rd Monday of month at 5:30 p.m.; September meeting will be held at the Club House in the Court House Square.
- **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 Shepard Lutheran Church** - Hwy 55N, Crandon. Sunday service 9:30 a.m. with Communion on 1st & 3rd Sunday. Wednesday service at 6pm with Communion on 2nd & 4th Wednesday. No Saturday services.
- **Christian Motorcyclist Association** - Spirit Ryders Chapter of Langlade & Forest Co. invites you to attend out monthly meetings on the last Saturday of each month. Call George 715-350-1679.
- **Crandon PTO** - 1st Monday of month, 6-7 p.m., Elementary Cafeteria.
- **Wellbriety 12 Step Meeting (AA/NA)** - Monday nights, 6 p.m. - ? lower level of FCP Museum, Mish•Ko•Swin Lane, Crandon. Call Brooks Boyd for more information at 715-889-4902
- **Town of Lincoln Board Meetings** - 2nd Monday of each month, 6 p.m., Town of Lincoln Hall.
- **AA Meeting** - Antigo Hospital, Saturdays at 7:00 p.m.
- **Forest County Humane Society Meeting** - Every Fourth Monday of the month, 6:30 p.m., Crandon Library.
- **Highway 55 Flea Market** - Every Wednesday at 10 a.m. - 4 p.m., at the Nashville Town hall, corner of Hwys. 55 & B, Crandon. Interested vendors or for more information, call Linda at 715-484-7271.
- **Tops** - will meet at Wabeno Town Hall on Mondays. Weigh in at 7:30 am with meeting following at 7:45. For more info call 715-473-2613.
- **AA Meeting** - White Lake, Sunday Morning, 10:00 AM at the White Lake Fire House. Mike - 175-882-8901 or Bill - 715-882-3512
- **AA Meeting** - Every Tuesday at 7 p.m. at Carter Springs. Contact Peggy at 715-889-3116 for more information.
- **Survivors of Suicide Support Group** - Support group for those who have lost a loved one to suicide will gather the third Saturday of each month from 10 a.m. until noon at the Curran Building located at 315 South Oneida Avenue in Rhinelander. For more info call Sue at 715-275-5399
- **Senior Snoop Shop meetings** are held the second Thursday of every month from May through September at 9:00 a.m. in the lower level of the Crandon Public Library.
- **Crandon Public Library Board Monthly meeting.** 6:00 p.m. Lower Level. 715.478.3784. www.crandonpl.org.
- **Ske Gish Get (New Day) AA Meeting** held Fridays at 2 p.m. at 5519 Wej Mo Gek Court, Crandon. For more information Debbie or Peggy at 715-478-4370.

Specialty Shops

PICK A PUMPKIN



FOR A DISCOUNT OF 15% TO 25% OFF your Purchase of Regular Priced Items!

FRIDAY & SATURDAY OCT 30 & 31

SHE'S ALL THAT!!
Apparel/Accessories

102 N. Lake, Crandon,
(715)478-1442
FAX: 715-478-1443

*Some Exclusions Apply. Sale not good on previously purchased merchandise or markdown merchandise. Discount cannot be combined with any other sale or promotion.

Hours Mon. - Sat 10-4
Closed Sunday

ON LINE SHOPPING AT SHEALLTHATWI.COM

Formal Wear Rentals
Wedding Invitations
available at

FLOWERS FROM THE HEART
117 N. Lake Ave., Crandon Phone 478-3710

Sears
Hometown Store

<p>Sears of Antigo 445 Hwy 64 • Antigo By Kwik Trip (715) 627-4407</p> <p>Hours: Mon-Fri. 9-7, Sat. 9-6 & Sun. 11-4</p>	<p>Sears of Rhinelander 908 Lincoln St. • Rhinelander By Dairy Queen (715) 365-7800</p> <p>Hours: Mon-Fri. 9-7, Sat. 9-6 & Sun. 11-4</p>
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NORTHWOODS FLOORING L.L.C.
IN THE NORTH TOWN CENTRE MALL
431 Highway 64, Antigo • 715-623-4165
Hours: Mon. - Fri. 8-5, Sat. 9-1, Closed Sunday.
CARPET • TILE • HARDWOOD • VINYL • LAMINATE

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



Call Dave at
715-649-3414

"KEEP IT SIMPLE"
DOWNTOWN WABENO
Where Found Treasures & Primitive Accents are a Must!

Hours: Wed by Appointment Only
Thur - Sat. 11 - 4 pm
or by appointment

715-889-4469

Flea & Craft Market

Nashville Town Hall
Corner of Hwy 55 / Cty B
5 miles south of Crandon

Every Wednesday 10 a.m. - 4 p.m.

Vendors & Info call
Linda at
715-484-7271

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SPECIALIZING IN:

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RUMMAGE SALES

GRANDON

UNITED METHODIST WOMEN'S RUMMAGE SALE: CRANDON - St. Luke's United Methodist Church, 301 S. Lake St. Friday and Saturday, Nov. 6 and 7, 9 a.m. through 2 p.m. Household items, clothing, Rada cutlery. P29



Hormones and Heart Disease

We know that estrogen plays a role in helping women maintain healthy levels of cholesterol before menopause. After menopause, as estrogen levels plummet, LDL tends to rise, HDL drops and triglycerides increase. In theory, hormone replacement therapy (HRT) should solve those problems. And when researcher looked back on large populations of women who chose to take HRT, the numbers seemed to support this theory. But the story isn't so simple after all.

In 2002, the government halted part of a major trial, the Women's Health Initiative, after realizing that Prempro, a brand of pill that combines estrogen and another hormone, progestin, not only failed to protect women from heart disease, it actually increased the incidence slightly. The drug also slightly raise the incidence of breast cancer, stroke, and blood clots in postmenopausal women.

Researchers don't know if it was the form of the estrogen used, the form of progestin, or the combination that caused the problems. Many suspect that another form of HRT would yield different results. Meanwhile, doctors no longer prescribe HRT just for heart protection. So what's a menopausal woman to do?

The Live It Down Plan will help bring HDL and LDL levels back in line. Additionally, some studies suggest a high intake of foods (such as soy) that contain estrogen-like compounds called phytoestrogens can lower cholesterol. The Live It Down Plan recommends soy as one alternative to animal protein. Whether phytoestrogens directly protect against heart disease is still under study, but soy offers valuable nutrients without the saturated fat of meat and thus is a good addition to a heart-healthy diet.

Fun Facts About Halloween

Teng Chieh or the Lantern Festival is one Halloween festival in China. Lanterns shaped like dragons and other animals are hung around houses and streets to help guide the spirits back to their earthly homes. To honor their deceased loved ones, family members leave food and water by the portraits of their ancestors. Halloween celebrations in Hong Kong are known as Yue Lan or the "Festival of the Hungry Ghosts" during which fires are lit and food and gifts are offered to placate potentially angry ghosts who might be looking for revenge.

Both Salem, Massachusetts, and Anoka, Minnesota, are the self-proclaimed Halloween capitals of the world. Boston, Massachusetts, holds the record for the most Jack O'Lanterns lit at once (30,128)

The Village Halloween parade in New York City is the largest Halloween parade in the United States. The parade includes 50,000 participants and draws over 2 million spectators.

In many countries, such as France and Australia, Halloween is seen as an unwanted and overly commercial American influence.

Halloween is thought to have originated around 4000 B.C., which means Halloween has been around for over 6,000 years

In 2010, 72.2% of those surveyed by the National Retail Federation will hand out candy, 46.3% will carve a pumpkin, 20.8% will visit a haunted house, and 11.5% will dress up their pets.

Mexico celebrates the Days of the Dead (Días de los Muertos) on the Christian holidays All Saints' Day (November 1) and All Souls' Day (November 2) instead of Halloween. The townspeople dress up like ghouls and parade down the street.

According to tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight.

Harry Houdini (1874-1926) was one of the most famous and mysterious magicians who ever lived. Strangely enough, he died in 1926 on Halloween night as a result of appendicitis brought on by three stomach punches.

Black and orange are typically associated with Halloween. Orange is a symbol of strength and endurance and, along with brown and gold, stands for the harvest and autumn. Black is typically a symbol of death and darkness and acts as a reminder that Halloween once was a festival that marked the boundaries between life and death.

For Old Time's Sake



You don't have to be very old to remember the Log Cabin in Hiles. It served the public for many years as a restaurant and bar, and in this photo, it shows gas pumps. Foltz's garage is roughly on this spot today.

AUCTIONS

ANOTHER AUCTION WITH COL. RENE' BRASS

www.colrene.net

****2 DAY AUCTION - TWO LOCATIONS - SAT. OCT. 24 & SUN. OCT. 25****

Thomas Karle passed away. Most items excellent. Starts 10:30 AM (View 9:30) (Lunch) SATURDAY OCTOBER 24 - South of Florence, WI on Highway 70 to Blome Helgrin Road to Town Road GG #5649.

Farm Tractors, Machinery, Equip., etc.: John Deere (2840) 4x4 diesel tractor, Degelman rock picker, International 5000 combine, Gruetts 7' (3 point) snowblower w/power chute, **John Deere:** 336 bailer, 8200 seeder, 12' disc, 425 disc, cultapacker, 22 crimper, 2 bottom plow, 640 hay rake, hay crimper, combine, 49 and New Idea manure spreaders. 12' spring tooth drag, Gehl 1090 & 2170 haybines, 2 hay wagons, Century spray tank on wheels, hay & manure elevators, H&S hay rake, approx. 1500 bales of hay, lg. amt. of fence posts, fuel tanks, farm gates, misc. amt. of tools, & more, **Equipment Trailers:** WI (20 ton) tilt bed, Dynaweld (15 ton) w/beaver tail & ramps. **Crawler Loader:** John Deere (450 c), JD (9500) backhoe attachment w/2 buckets, **Dump Truck:** '85 Ford (F800) single axle diesel, **Ford Truck** w/plow.

SUNDAY, OCTOBER 25

(Most items excellent) (Starts 10:30 AM) (View 9:30) (Lunch) Florence, WI - (across from Ford garage) take (Cty. N) 3 1/2 miles to Finntown Rd. #3371.

Farm Tractors, Machinery, etc.: Massey Ferguson 65, (2) Ford 600 tractors, JD 112 lawn tractor, JD sweeper, JD 350c parts, hit & miss engine, lg. amount of starters, generators, & misc. equip. parts, leader posts & more, **Sporting:** Alum. boat w/trailer, **Lg. Amt. of Scrap:** Cans, buses, older farm machinery, **Tools:** Wood workers work bench, portable welder/generator, Mill Rite drill/boring machine, metal lathes, press, parts washer, engine hoist, sand blaster, lg. wrenches, vise, hand tools, Hi Lift jack, iron bars, jointer, Foley Belsaw planer, fiberglass ladder & more, **Yard:** Western snow plow, TV tower, wheel barrow, lawn cart, lumber & more, **Antiques/collectibles:** Dinner bell, iron wheels, Newhouse trap & others, potato baskets, cant hook, snow shoes, chain saw collection, boat motor, wash board, butter churn, wine press, saws, planters, R.W. (15 gal.) crock, milk cans, copper boiler, lanterns, crock bowls, coffee grinder, tea pot collection, kerosene lamps, clocks, old radios, oak phone & more **Home:** Handicap scooter, refriger, freezer, washer, dryer, recliner, hutch, Kirby vac, oak table, glass, dishes & 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 auction day take precedence over printed material. **R.W.A.** Col. Rene' Brass #424, Col. Robert St. Louis #450, 6728 Whitefish Lk. Rd., Three Lakes, WI 54562. **PH:** 715-367-1668.

ANOTHER AUCTION WITH COL. RENE' BRASS

www.colrene.net



Home and 40 acres plus an additional 36 wooded acres! ALL being sold regardless of price! Thomas Karle has passed away. Sun. Oct. 25- (10:30 AM) (Florence, WI) (Florence Co.) (across from Ford dealer) County Road N. 3 1/2 miles South to Finntown Rd. (3371)

(Parcel 1.) 40 acres of fields and woods, many apple trees, machine shed plus an open concept 2 bedroom home w/oak cabinetry + more. A must see! Call for showings. All being sold regardless of price!
(Parcel 2.) 36 wooded acres perfect for a cabin or hunting. All being sold regardless of price!
Terms: \$7,500 down payment, per parcel, non-refundable cashier's check. Closing upon paper completion. (10% buyer's fee). Bidders must request bid form by calling St. Louis Auctions LLC. 715-367-1668. (6728 Whitefish Lk. Rd., Three Lakes, WI 54562). **R.W.A.'s:** Col. Rene' Brass #424, Col. Robert St. Louis #450.

What Determines Your Body Weight?

Here are seven factors that influence how much you weigh on a purely physiological basis.

1. **Genetics:** Biology is destiny to a certain extent, but don't forget that your parents' lifestyle habits also influenced their weight. Their bodies aren't necessarily exact blueprints for yours.

2. **Food:** What you eat and your calorie intake figure into your weight over time. It takes 3,500 calories to gain a pound, so when you gain weight from overeating, it's generally overeating that has happened over many days, months, even years.

3. **Medications:** Some medications, including some antidepressants, contraceptives, antipsychotics, and drugs for bipolar disorder and insomnia may make it harder to lose weight because they alter your metabolism or increase your appetite or both.

4. **Smoking:** Nicotine actually allows your body to stay at a lower weight, as much as 12 to 20 pounds lower, by reducing your set point and dulling hunger. It also gives you something to do with your mouth besides stuff it with food. But smoking simply because you want to weigh less is a terrible idea. In fact, if you smoke, quitting smoking is the single most important health decision you can make.

5. **Involuntary (basal) activity:** Breathing, blinking, pumping your blood -- all those involuntary activities you're barely even aware of cost you calories. They help determine your basal metabolic rate.

6. **Basic activity:** You might think of this as nervous energy; it's activities like pacing, jumping up to answer a phone instead of reaching for it, gesturing when you talk, even fidgeting in your chair during a meeting in the course of a year, all these little moves add up to a big calorie burn-off. In fact, research has shown that thin people tend to do considerably more of this type of activity than heavier folks.

7. **Extra activity:** Anything you do beyond basic activity, whether it's formal exercise, like riding a bike thirty minutes, or just moving, like walking from your car into the grocery store, adds to the amount of calories you burn each day.

6 Steps to a Happy Heart

It's interesting how many people shun this type of emotional-health advice. Heart health requires more serious steps, they say. Medicine, supplements, rigorous diets, formal exercise regimens -- that's how you guarantee health, according to the doctors. Well, don't fall into that trap. Research strongly confirms the healing power of a good attitude, a good laugh, a good round of prayer. This is not "alternative medicine" or the wishful thinking of youth-seeking baby boomers. The finest universities and researchers have spoken: For a healthy heart, happiness does matter. Consider the following six steps essential to the 30-Minutes-A-Day Plan.

1. **Believe - Faith,** whether in a higher being, the power of nature, or even yourself, is both grounding and healthy. A big part of this is optimism. People who use words such as joy and hope to describe their attitudes toward life outlive their more pessimistic counterparts by a decade. No matter what your situation, the power to put down anger and embrace the good things in life lies in your hands.

2. **Enjoy Life - Sometime** between leaving our parents' homes and signing off on a 30-year mortgage on our own, we stop having as much fun as we used to. We all have serious adult responsibilities, but we also have the responsibility to our heart to let loose and have some childlike fun. Studies show that people whose lives are filled with laughter are much less likely to have heart disease.

3. **Practice Relaxing Rituals - As** life gets more hurried, stress rises, and heart disease follows. You can't change the world, but you can change your response to it. Daily rituals such as meditation, yoga, visualization, quiet time, bedtime relaxation, and even just walking a dog can quell stress and reduce your risk of heart disease.

4. **Indulge moderately - Those** who savor a glass of wine with dinner now and again may lower their heart disease risk by up to 40 percent, generally enjoying a higher quality of life than both those who abstain completely and those who don't know when to say when.

5. **Create a Safe Haven - They** say that home is where the heart is. Well, make yours a refuge for your hard-working ticker. Set up soothing surroundings with flowers, plants, good music, a sleep-inducing bedroom, and some quiet space where you can escape when you need to collect your thoughts. Spending most of your time relaxed instead of stressed can slice your heart disease risk in half.

6. **Share Yourself - Hearts** are happiest when they're in the company of others. Make time for family and friends an get involved with the community through volunteer work, religious services, and/or charitable contributions. Your heart will thank you.

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By Mark Szorady



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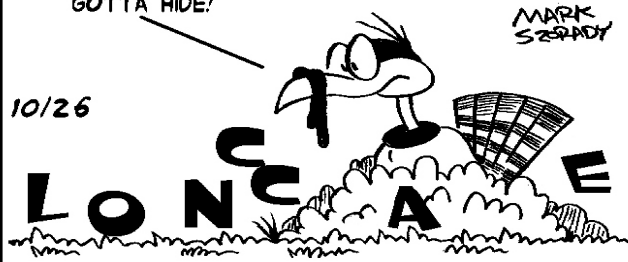
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WORD PILE By Mark Szorady

COMBINE THE LETTERS TO MAKE EIGHT WORDS. EACH WORD CONTAINS AT LEAST FIVE LETTERS.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

GOTTA HIDE!
GOTTA HIDE!
GOTTA HIDE!



ANSWERS: ALONE, CANCEL, CANOE, CLEAN, CLONE, CONCEAL, LANCE, OCEAN

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Death Notices



Karl Joseph Guth, of Hiles, passed away on Friday, October 16, 2015. The first-born son of Marvin and Katherine Guth, Karl was born on August 22, 1938 in Phillips, WI where he spent most of his childhood. In 1952 his

family moved to Argonne, WI, and there Karl became very interested in the Boy Scouts of America and attained his Eagle Scout badge. Some of his fondest memories of his youth were of the adventures and fun he enjoyed in Scouting under the leadership of Irv Shepard, Vic Sparks, and Phil Hansen. He spoke often of their dedication and generosity of time in the many hours spent with their troop. He graduated in 1956 from Crandon High School and later attended Green Bay Business College and earned a degree in Accounting. He joined the family business, the Argonne Dairy, and in 1962 he decided to pursue a teaching degree at the Langlade County Teacher's College. During this time, Karl also joined the 32nd Infantry Division of the National Guard and served his country for six years.

In 1964, Karl met Colette Roberts, and on October 2, 1965, they were married at their little church of St. Mary in Argonne. They celebrated their 50th Wedding Anniversary less than 2 weeks ago and felt so blessed to reach this milestone. Karl had a very strong faith in God and treasured everything about his church. In the early 1970's, he became very involved in the building of St. Michael's Church in Hiles, both as church treasurer and as a laborer. After its closing, he and Colette and their children joined St. Joseph's of Crandon.

Karl enjoyed a long teaching career beginning in 1966 in Crandon and then in Gresham for 5 years. Returning to the northwoods in 1971, they moved to Hiles, where he took a position at Northland Pines Middle School in Eagle River. Karl loved his job as a teacher and believed that each student deserved the patience and kindness that he afforded them. He taught for 32 years, until 1998 at which time he retired. During retirement, Karl refocused his interest on his longtime hobby of photography, both "shooting" and "printing", and especially enjoying the outdoors.

Karl was a wonderful husband and father. He loved his three girls, and was influential in their decisions to all enter the education profession. He is survived by his wife Colette and their three daughters, Jennifer Nickel (Patrick) of Three Lakes, WI, Rebecca VanDuser (Mark) of Larson, WI, and Allison Space (Andy) of Crandon, WI; and grandchildren, Hannah and Nolan Space, Andrew and Spencer Nickel, and Sylvia and Ted VanDuser. Also, a sister, Marlene Pelek (Leo) of FL, and a brother, Marty Guth (Jean) of Las Cruces, NM; mother-in-law, Edna Roberts of Hiles, WI; brothers-in-law, David Roberts of Hiles and Greg Roberts (Chrissy) of Eugene, OR; a special uncle Don Tadich (Mary) of Bloomington, MN, and numerous cousins, nieces and nephews.

He was preceded in death by his parents, Katherine and Marvin Guth; his sister, Jacqueline King; his father-in-law, Ted Roberts and other aunts and uncles.

Funeral services for Karl were held on Tuesday, October 20, 2015 at St. Joseph Catholic Church in Crandon at 11:00 a.m. with Father Callistus Elue officiating. Visitation was from 9:00 a.m. until the time of service at the church. Burial was in the Hiles Cemetery. Weber-Hill Funeral Home assisted the family with arrangements. Online condolences may be left for the family at weberhillfuneralhome.com.



After a valiant fight with breast cancer, **DeLila "Deedy" Petzold**, 72 of Crandon, peacefully departed this life to an eternal life in heaven on October 13, 2015 at St. Mary's Hospital, Rhinelander. Deedy was born in Chilton, September 13, 1943, to Gilbert and Edna (Paul) Hephner. Deedy married Dick Petzold August 8, 1959, at St. Augustine Catholic Church in Chilton. After marriage, Deedy and Dick lived in

Chilton until 1964, when they moved to Plymouth where they raised their family. In 1989, they retired and moved to Crandon.

Deedy and Dick are longtime members of Praise Chapel Community Church. Deedy enjoyed writing poetry, drawing, planting flowers, and being outdoors. She was an avid reader, a lifelong Packer fan and enjoyed watching Brewer games with Dick. She especially enjoyed spending time with her family and grandchildren.

Deedy is survived by her husband, Dick Petzold; daughters, Lynn (Thomas) Schultz of Plymouth and Lisa Petzold of Sheboygan; sons, Thom (Kelly) Petzold of Cottage Grove, MN and Mick Petzold of Seymour; sisters, Dorothy Bowe of Hilbert, Elaine Kramarczyk of Hilbert and Joanne (James) Grych of Fifield; twelve grandchildren, Courtney Richmond, Zachary, Daniele, Pamela, Nikki, Alex, Eric, Jack, Oskar, Barbara Petzold, Joshua Schultz, and Brittney (Matthew) Passini; and two great-grandchildren, Azaria and Enzo Passini.

She was preceded in death by her parents and a brother, William.

Services were held at 12 p.m. Saturday, October 17, 2015 at the Praise Chapel Community Church in Crandon with Pastor Farr officiating. Visitation was held from 10:00 a.m. until the time of services at the church. Weber-Hill Funeral Home assisted the family with the arrangements. Online condolences may be directed to the family at weberhillfuneralhome.com.

Lisa L. Weso, "Gish-gok-kwe", "Day Lady", 49 of Crandon, passed way Sunday, October 18, 2015 at the Aspirus Wausau Hospital after a battle with diabetes. Lisa was born June 27, 1966 in Wausau, the daughter of Alvin and Florence (Daniels) Weso, and Florence preceded her in death in 1993. She graduated at Inter-Mountain High School in Utah. She worked at Forest County Potawatomi as an Economic Support and Parenting Coordinator along with other positions. She enjoyed cooking Fry Bread and Pow-wows and raising her nieces Erlene, Nichole, and nephews Roman, and Cash Leonard.

Lisa is survived by her father Alvin Weso Sr. and step mother Ruth; daughters, Florence Gomez, Brianna Soman and Araena Soman of Crandon; son, Richard Gomez of Crandon; sisters, Pamela (Jose) Mejia of Wausau, Donna Weso of Crandon; brothers, Clarence Daniels of Schofield and Alvin Weso Jr. of Crandon; grandchildren, Damian, Richard and Kendrick; god-children, Amanda Leonard and Giyanah Amie and many close nieces, nephews, cousins, aunts, uncles and other relatives and friends.

Lisa is preceded in death by her mother Florence; son, Christian; brother, Michael and a baby sister, Neva.

Services were held at 2:00 p.m. on Wednesday, October 21 at the Cultural Center in Crandon with Chris Daniels officiating. Visitation was held at 3:00 p.m. Tuesday, October 20 at the Cultural Center in Crandon.

Weber-Hill Funeral Home is assisting the family with the arrangements. Online condolences may be directed to weberhillfuneralhome.com.



Mary Lucille Lewis, age 75 of Pearson, WI, passed away at her home surrounded by her family on Sunday, October 18, 2015 on her youngest daughter Melody's birthday. She was born in the Town of Rolling on August 5, 1940, the daughter of

Conrad and Lorraine (Plautz) Fleischman.

On May 18, 1958 she eloped with the love of her life, Roy Ward Lewis. They soon moved to Sunny Vale, California and lived there until 1967. Back in Antigo, WI, they built a home together on Hwy 45, then in 1973, they moved to a dairy farm south of Antigo until 1982, when they built their beloved final home on Rollingstone Lake in Pearson, WI. On April 23, 2015, she watched the man she built her life with slowly pass from this world and attempted to make her way without him by her side.

Mary Lu was a kind, loving, and compassionate person. Her creativity and intelligence led her to pursue many careers and hobbies. She was a telephone operator, bank teller, school teacher, Crestwood Elementary secretary, Lewis Brothers Trucking bookkeeper, rural route mail carrier, foster parent, 4-H leader, garden club member, and operated a dairy farm, as well as, the Country Flower Shoppe.

Mary Lu spent 24 years in service to the Town of Ainsworth as Supervisor and Chairperson. She loved serving her community on the Langlade County Board of Adjustment and numerous committees for the town, county and state. She taught everyone she came in contact with the importance of voting and getting involved to bring about change. In addition to her political life, she successfully helped her husband operate Lewis Sand & Gravel.

Her time on Rollingstone Lake was also spent teaching her children, grandchildren and great grandchildren the importance of observing and protecting the environment. Whether taking them on long walks through the woods to identify trees, flowers and wildlife or showing them how to garden, pan gold or dig for artifacts, time spent with her was always fun and educational.

She kept detailed journals and photographs of her daily observances at the lake. She loved to fish, read, write, sew, paint, draw, travel, play bingo, watch Nascar, make Christmas wreaths and help with her daughter-in-laws daycare. She made gifts for birthdays, holidays and special occasions. The quilts, paintings, dolls, pajamas, Halloween costumes, wedding dresses and flowers she so lovingly made for her children, grand children and great - grand children will forever be treasured. Many of these very special gifts will be passed on from generation to generation.

Mary Lu was not only mother to her own children but to many nieces, nephews, their friends, foster children and any strays that came along. She greeted you with a smile and always made you feel welcome and if you missed her call, her message would always be ...it's just the old lady at the lake...

She is survived by her mother, Lorraine (Plautz) Fleischman; daughters, Tina (John) Ronfeldt of Antigo and Melody (Don) Gryczkowski of Crandon; sons, Harlan (Ellen) Lewis of Antigo and Shane (Sheila) Lewis of Pearson; grandchildren, Terah (Jeff) Stege, Bethany (Andy) Bauknecht, Trad Ronfeldt (fiancé, Jeana), Jesse (Liza) Lewis, Ginny (Curtis) Draeger, Kyle (Nicole) Lewis, Amanda Gryczkowski (friend, Robert), Eric Gryczkowski, Josh Lewis (partner, Kyle), Tylor (Brooke) Lewis, Amanda Lewis (friend, Kyle) and Bobbi Lewis (friend, Jon). She is further survived by thirteen great-grandchildren, Brenden & Ethen Stege, Cadan, Alonna & Deken Bauknecht, Dylan, Brianna, Ryder and Emmy Lou Lewis, Maddy & Deegan Sieghold and Parker and Rhys Lewis; siblings, Conrad (Linda) Fleischman, Darlene (Jim) Kondzela, Sharon (Roger) Ingalls, Audrey (Paul) Sikora, Jim (Toni) Fleischman, Bob (Denise) Fleischman and Dawn (Dan) Packard.

Along with Roy, she was preceded in death by her father, Conrad Fleischman; brother, Joey Fleischman; sister, Kim Livermore and sister-in-law, Gladys Fleischman.

Honoring her wishes, no formal services will be held.

Online condolences may be sent to the family at www.honorone.com "Don't burn the midnight oil"

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the butterfly knows is only the beginning.*

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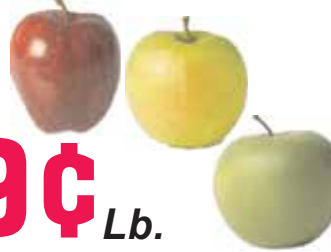
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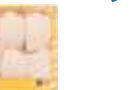
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Betty Crocker CAKE MIXES

15.25 Oz.



99¢

Betty Crocker FROSTING

12-16 Oz.



\$1.19

Shurfine SODA

12 Oz./12 Pack Cans



Campbell's SOUP

10.5 Oz.

Cream of Mushroom
or Chicken



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99¢

Betty Crocker FUDGE BROWNIE MIX

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99¢

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\$2.19

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2 Kinds



\$4.99

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12 Roll
2 Kinds



\$4.99

Puffs FACIALS BASIC

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32 Oz.
Brown
or
Long Grain



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Nestle CANDY BARS

6 Pack
Limit 1



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50¢
with a
Separate
\$10 Purchase

LAYS OR FRITOS OR CHEETOS

Reg. \$4.29
Excludes Baked
or Kettle



Reg. \$3.49
\$1.99

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Wheat or
Light



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 Contact Sheron Quesinberry, Human Resource Manager at 715 - 478 - 3324

Northern Health Centers, Inc. is looking to add a part-time Maintenance Worker to their team.
 This position must be able to lift and carry items that weigh up to 75 pounds. In addition, this position requires performance of general building maintenance, grounds maintenance, snow and ice removal and machinery maintenance and repairs. Assists other trades performing facilities maintenance when required. Travel may be required to additional NHC clinic sites. The candidate must be self-motivated, energetic and dependable.
 Please email your resume to kellys@nhcmedden.com at Northern Health Centers, Inc.

NORTHERN HEALTH CENTERS

POTAWATOMI CARTER CASINO • HOTEL CAREER OPPORTUNITY
COMPETITIVE WAGES • EXCELLENT BENEFIT PACKAGE

FOOD & BEVERAGE MANAGER Status: Full-Time, Exempt
Purpose: Achieve optimal profitability while maintaining a high-quality Food & Beverage (F&B) operation that provides excellence in guest service. Plan, organize and coordinate the daily operations of PCCH's F&B outlets, while managing both the back-of-the-house and front-of-the-house Team Members.
Qualifications:
 • Bachelor's Degree in Hospitality or F&B Management preferred; a minimum of four years verifiable experience preferred.
 • Three years verifiable supervisory experience preferred.
 • A minimum of one year verifiable cooking & bar, departmental budgeting and inventory control experience is preferred.
 • Advanced computer experience is required.
 • Ability to uphold complete confidentiality is required.
 • Must work well with people, possess excellent customer service skills and sensitivity to diverse cultures.
 • Ability to maintain a professional demeanor in stressful situations is required.
 • Must possess high energy, be ambitious & customer service-oriented.
Conditions of Employment:
 • Must be at least 18 years old and have no misdemeanor or felony convictions involving theft, fraud or embezzlement.
 • Must pass pre-employment and random drug testing.
 • Must satisfactorily complete an introductory period.
 • Must know and abide by all PCCH policies & procedures.
Posting Information: TRIBAL/NATIVE AMERICAN PREFERENCE APPLIES
Post Date: October 19, 2015 **Closing Date:** November 9, 2015
 Complete job description available at www.cartercasino.com
 Submit applications/resumes to: Jean Kluss, Human Resources Manager
 618 State Hwy 32, Wabeno, WI 54566 | FAX: 715.473.6021
 E-mail: jkluss@cartercasino.com -or- online at www.cartercasino.com

POTAWATOMI CARTER CASINO • HOTEL CAREER OPPORTUNITY
COMPETITIVE WAGES • EXCELLENT BENEFIT PACKAGE

BINGO MANAGER Status: Full-Time, Exempt
Purpose: Oversee the complete operation of the Bingo Dept. by being compliant with all guidelines while ensuring a high level of guest service; offer ongoing leadership to the Bingo Staff.
Qualifications:
 • Bachelor's Degree in related field is preferred; minimum of four years verifiable experience is required.
 • Three years verifiable supervisory experience is required.
 • Minimum of one-year verifiable departmental budgeting experience is preferred.
 • Must possess a thorough understanding of Bingo operations.
 • Ability to uphold complete confidentiality is required.
 • Must display professionalism when representing PCCH.
 • Must work well with people, possess excellent guest service skills and sensitivity to diverse cultures.
 • Must possess strong oral & written communication skills, excellent organizational skills & the ability to maintain accuracy.
 • Ability to maintain a professional demeanor in stressful situations is required.
Conditions of Employment:
 • Must be at least 18 years old and have no misdemeanor or felony convictions involving theft, fraud or embezzlement.
 • Must pass pre-employment and random drug testing.
 • Must satisfactorily complete an introductory period.
 • Must know and abide by all PCCH policies & procedures.
Posting Information: TRIBAL/NATIVE AMERICAN PREFERENCE APPLIES
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HELP WANTED
Nurturing Healthy Families Program Coordinator
 Salary: Commensurate with Education/Experience; Full-time
 Reports to: Economic Support/Family Services Director

Summary:
 The coordinator's primary responsibility is to promote and develop collaborative relationships among providers. This position also ensures the goals and objectives of the program are met; Prepare agreements for all service providers participating in the CST; Evaluate state, county and tribal resources to ensure families' needs are met and to avoid duplication of services; Plan for sustainability of the system change beginning in the first year by maintaining relationships with families and agencies and creating a consortium to pursue additional funding; Recommend families involved in two or more systems of care (emotionally disturbed children are priority) for CST consideration; Ensure the directives/recommendations of the CST are followed; Establish operational policies and procedures, such as referral and screening procedures, a conflict management policy, and a flexible funding policy, and ensure that the policies and procedures are monitored and followed; Ensure quality, including adherence to the core values of the initiative; Maintain data related to all aspects of the initiative; Write timely and comprehensive grant reports.
Qualifications:
 -High School Diploma, HSED Diploma or GED certification - Required.
 -Have excellent verbal, written, presentation and computer skills.
 -Ability to maintain confidentiality in all department matters.
 -Ability to participate in ongoing trainings/workshops.
 -Ability to work cooperatively and effectively with fellow employees.
 -Must have a valid Wisconsin Drivers License
Pre-employment/random drug tests will be required for this position. A background investigation as required by P.L. 101-630 (Sec. 408 (b)) will be conducted.
Native American preference is granted according to PL 93-638

Submit completed applications to:
 Donna Vodar, HR Director, 3051 Sand Lake Road, Crandon WI 54520
 Phone: (715) 478-7663 • Email: donna.vodar@scc-nsn.gov
Closing Date: October 29, 2015
 (Applications available at Sokaogon Chippewa Tribal Hall)

HELP WANTED
Medicaid Eligibility Outreach Specialist
 Salary: Commensurate with Education/Experience
 Reports to: Health Director; Location: Sokaogon Chippewa Health Clinic

Position Summary:
 This position is responsible for assisting Tribal residents with benefit counseling; Provide leadership and act as an advocate to patients to assist in effectively applying for and utilizing Medicaid, Healthy Start, BadgerCare Plus and related alternate medical resources such as VA, Group Health/Private insurances, Interpret Federal/State rules and regulations to determine patient eligibility for various referral health services; Develop and implement effective screening, outreach and interviewing methods to assure maximum identification of individuals for alternate medical resources; Attempt to find individuals that have lost eligibility but may be eligible, and individuals who have not applied for coverage but may be eligible; Make home visits if needed and assist with applications; Follow up on all pending eligibility claims; Become certified as a Certified Application Counselor to assist individuals to enroll in insurance plans and obtain subsidies through Health Care.gov.
Job Qualifications:
 1. Applicants must have a high school diploma or GED -Associate's Degree preferred. Additional pertinent training or experience is preferred.
 2. Knowledge of Medicaid, Medicare, Social Security and private health insurance is preferred.
 3. Excellent verbal, written, and computer skills are required.
 4. Must maintain confidentiality and abide by HIPPA laws pursuant to State and Federal requirements as reflected in Tribal policies and procedures.
 5. Ability and willingness to attend additional training, as needed/specified is required.
 6. Must possess and maintain a valid driver's license.
Native American preference is granted according to PL 93-638

Submit completed applications to:
 Donna Vodar, HR Director, 3051 Sand Lake Road, Crandon WI 54520
 Phone: (715) 478-7663 • Email: donna.vodar@scc-nsn.gov
Closing Date: October 29, 2015
 (Applications available at Tribal Admin Building)

HELP WANTED

HELP WANTED - Indian Child Welfare

Caseworker/ Director

Salary: Commensurate with Education/Experience; 40 hour per week

Job Summary:

Transports clients to and from appointments; Coordinates, develops and maintains the Child Protection Team; Coordinates/conducts parenting classes; Testifies in court proceedings; Coordinates and presents workshops on the prevention of abuse, neglect and the recruitment of foster and adoptive homes; Develops and monitors progress in treatment plans, reunification plans, and service agreements; Maintains professional and complete case files; Follows the mandates of the Indian Child Welfare Act and the Wisconsin Indian Child Welfare Act; Conducts home visits

Qualifications:

- Bachelor's Degree in Social Work, Human Services, Sociology, Psychology, Counseling or related field or Associate's Degree in Human Services or related field will be considered
- Complete knowledge of the Indian Child Welfare Act and the Wisconsin Indian Child Welfare Act
- Excellent written and oral skills
- Valid Wisconsin driver's license
- Willing to travel for training and ICW assignments
- Willing to take "on-call" hours



Pre-employment and random drug testing will be required for this position. A background investigation as required by PL. 101-630 (Sec. 408 (b)) will be conducted.

Native American preference is granted according to PL 93-638

Submit completed applications to:

Donna Vodar, HR Director, 3051 Sand Lake Road, Crandon WI 54520

Phone: (715) 478-7663 • Email: donna.vodar@scc-nsn.gov

Closing Date: October 29, 2015

(Applications available at Tribal Admin Building)

POTAWATOMI
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CAREER
OPPORTUNITY

COMPETITIVE WAGES • EXCELLENT BENEFIT PACKAGE

FOOD & BEVERAGE PERFORMANCE/EVENT CHEF

Status: Full-Time, Exempt

Purpose Assists and participates in the preparation, production, and control of all food outlets and banquet facilities at PCCH. Works closely with the Managers of each outlet in the areas of ordering food/supplies & monitoring inventory. Responsible for the education and training of F&B Staff in all areas of preparing and cooking food items for both outlets.

Qualifications

- Bachelor's Degree in F&B Management or Hospitality preferred; a minimum of four years verifiable experience preferred.
- Foodservice operations/ management/ training required.
- Min. of one year verifiable cooking & bar experience is preferred.
- A minimum of one year verifiable inventory control is preferred.
- Ability to lead & motivate others along with the demonstrated ability to influence and negotiate; ability to uphold complete confidentiality is required.
- Must work well with people, possess excellent guest service skills and sensitivity to diverse cultures; ability to maintain a professional demeanor in stressful situations is necessary.

Conditions of Employment

- Must be at least 18 years old and have no misdemeanor or felony convictions involving theft, fraud or embezzlement.
- Must pass pre-employment and random drug testing.
- Must satisfactorily complete an introductory period.
- Must know and abide by all PCCH policies & procedures.

Posting Information: TRIBAL/NATIVE AMERICAN PREFERENCE APPLIES

Post Date: October 26, 2015 Closing Date: November 16, 2015

Complete job description available at www.cartercasino.com

Submit applications/resumes to: Jean Kluss, Human Resources Manager
618 State Hwy 32, Wabeno, WI 54566 | FAX: 715.473.6021

E-mail: jkluss@cartercasino.com -or- online at www.cartercasino.com

HELP WANTED

Coaching Position Available

The Laona and Wabeno School Districts are taking applications for a Boys' JV Basketball Coach for the 2015-2016 school year. Candidates should send a letter of interest by Thursday, October 29, 2015 by 3:00 pm to: Terri Palubicki, Laona/Wabeno Athletic Director, P.O. Box 460, Wabeno, WI 54566 or tpalubicki@wabeno.k12.wi.us.

The School District of Wabeno Area is an Equal Opportunity employer. The School District does not discriminate against applicants or employees based on race; age; sex or sexual orientation; creed or religion; color; handicap or disability; marital, citizenship, or veteran status; membership in the National Guard, state defense force, or reserves; national origin or ancestry; arrest or conviction record; use or non-use of lawful products off the District's premises during non-working hours; or any other characteristic protected by law.

CNA's and PCW's

Lakewood Assisted Living is now hiring CNA's and PCW's for full and part time Pms. We offer competitive wages, flexible scheduling and a friendly work environment.

If you are interested please contact Heather or Karen at (715) 276-1680 to set up an interview or stop in and fill out an application.

Help Wanted - School District of Crandon Head Softball Coach

Wage for this position is \$2,500 per year. This coaching position will be for the 2015-16 school year, with no other benefits offered.

Any persons interested in this position should complete a support staff application, located on the District webpage: www.crandon.k12.wi.us, along with a letter explaining your qualifications for the position.

Please return applications to the District Office, Attention: Tracy Cassidy, Activities Director School District of Crandon

9750 US HWY 8 W, Crandon, WI 54520

Questions regarding this position can be addressed to Mrs. Cassidy at 715-478-6124

Deadline for applications:

Friday, October 30th, 2015 at 4:00 p.m.

The School District of Crandon does not discriminate on the basis of sex, race, religion, national origin, ancestry, creed, color, sexual orientation, pregnancy, marital or parental status, or physical, mental, emotional or learning disability.



Wps Projects Heating Bills To Be Lower This Winter

Green Bay, WI – If temperatures this heating season are near normal, typical residential customers of Wisconsin Public Service Corporation (WPS), will likely enjoy lower heating bills due to a combination of low natural gas prices and warmer weather. Temperatures last year were about seven percent colder than normal.

The company projects the typical residential customer will pay about 18 percent less than last winter (\$400 from Nov. 1, 2015 through Mar. 31, 2016 compared to around \$470 during the past heating season).

Also of note, this year's heating bills project to be:

More than 40 percent lower than the polar vortex experienced during the heating season of 2013-2014 (\$680)

Nearly 50 percent lower than the 2005-2006 heating season (\$730)

An adequate supply of natural gas is forecast to keep prices at stable levels through this winter. WPS uses a mix of natural gas purchasing options to mitigate any price volatility that may occur during the winter.

WPS also encourages customers having difficulty paying their utility bills to contact us for information about energy assistance or payment options. More information is available at www.wisconsinpublicservice.com, or by calling 800-450-7260.

5 Heart-Healthy Switches

Make these easy food switches, and you'll automatically cut your risk of heart disease significantly.

1. Cook and bake with olive and canola oils. Toss out the other vegetable oils in your cupboard; unlike canola oil, which is rich in omega-3 fatty acids, they contain high levels of omega-6 fatty acids that can promote inflammation. And they don't offer as much monounsaturated fat, which protects "good" HDL cholesterol, as olive oil. When baking, experiment with the least amount of butter or tub margarine you can use. Try replacing half with canola oil.

2. Go for brown starches. Buy brown rice, whole grain hot cereal, and whole wheat pasta (or a whole wheat/refined wheat mix) instead of the white varieties. You'll get heart-healthy fiber and antioxidants, such as natural vitamin E, and you will help control blood sugar spikes that lead to hunger and ultimately raise the risk of heart disease and diabetes.

3. Prepare hot cereals and soups (when appropriate) with low-fat or fat-free milk instead of water. You'll get an extra serving of blood pressure-lowering calcium.

4. Always add extra veggies to soup, stews and casseroles. When heating canned soups, stir in some frozen veggies. If you're making homemade soup or stew, prepare twice the amount of vegetables called for. Cook and puree half and add them to the dish, then cook the rest as directed.

5. Keep a covered container of washed, bite-size fruit (cut fruit or grapes and berries) in the fridge. Put it on the counter while you're making a meal and on the table when you serve it. Just by nibbling, you'll get an extra fruit serving per day.

Walk This Way

Walking feels easier when you use good form. Here's what proper walking posture should look like.

Head: Imagine that a string is attached to the top of your head, pulling your crown straight toward the sky. Your chin will naturally lift so your ears are directly in line with your shoulders.

Chest: Yoga practitioners often refer to the area on the front of your breastbone as your "heart light." When you walk, keep your heart light lifted and shining forward.

Shoulders: Keep them relaxed, down and slightly back. If you feel them hunching up toward your ears, take a deep breath and pull them back again.

Arms: Keep your elbows bent at about 90-degree angles and cup your hands slightly. Relax your arms and pump them forward and back as you walk; they shouldn't criss-cross in front of your body.

Back: Stand up straight, not hunched forward or arched backward.

Knees: Don't lock them. Keep them soft and pointing in the direction you're walking.

Abdominals: Pull your belly button toward your spine as though you were zipping up a snug pair of pants. Keep your abs firm as you walk.

Feet: As you take each step, plant your heel, roll onto the ball of your foot, and push off with your toes. Avoid rolling your foot inward or outward. Although you can safely walk short distances in casual dress shoes, wear good walking shoes whenever possible to protect your feet and joints. Your shoes should be designed for walking (or jogging, if walking shoes aren't available) and should feel great right out of the box. For proper fit, be sure there's one finger-width between the end of your longest toe and the front of the inside of the shoe.

TAKING APPLICATIONS FOR PART TIME EMPLOYMENT

Laona State Bank is seeking a part time teller for our office in Lakewood. If interested, please stop in and pick up an employment application or call 715-276-7636 to have one sent to you. If you have any questions, call Andy, Matt or Nancy at the above phone number.

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FOOD & BEVERAGE BANQUET CAPTAIN

Status: Full-Time, Hourly

Purpose Responsible for the coordination of events held in the Conference Center in alignment with the objectives & goals of the company & in full accordance with all company policies. Supervises the banquet functions for PCCH to include the planning, set up, execution & tear down of all events. Assist in all management operations, including scheduling, billing, training & control.

Qualifications

- High school diploma or equivalent and a minimum of 2 - 4 years experience in the hospitality industry or similar field.
- Certification in an Alcohol Awareness Program.
- Ability to lead a team to desired results.
- Knowledge of food & beverage preparation, service standards, guest relations, etiquette and budgeting practices.
- Ability to efficiently operate a personal computer with Microsoft and POS software systems.
- Ability to maintain a professional demeanor in stressful situations is required and uphold complete confidentiality when required.
- Must be able to work long hours & flexible schedules when needed.

Conditions of Employment

- Must be at least 18 years old and have no misdemeanor or felony convictions involving theft, fraud or embezzlement.
- Must pass pre-employment and random drug testing.
- Must satisfactorily complete an introductory period.
- Must know and abide by all PCCH policies & procedures.

Posting Information: TRIBAL/NATIVE AMERICAN PREFERENCE APPLIES

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Complete job description available at www.cartercasino.com

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**High blood pressure:
What you need to know**

Hypertension happens when capillaries -- the tiniest blood vessels in the body, which deliver oxygen and nutrients directly to cells -- become stiff and inflexible, prompting blood to rush through at greater pressure. High blood pressure in turn damages artery walls, making them more vulnerable to plaque buildup. It also weakens and enlarges the heart.

How it happens: Genetics may account for 30 percent of cases of hypertension. For the rest of us, it's a combination of higher-than-normal fluid content in the bloodstream, due most often to an overly salty diet plus narrower, stiffer arteries -- the result of atherosclerosis, inactivity, overweight, chronic stress, and/or diabetes.

What's New:

New guidelines. In 2004, the National Heart, Lung and Blood Institute lowered its targets. The old advice that any blood pressure reading below 140/90 was healthy no longer holds; now, staying below 120/80 is the goal.

Damage and death risk rise sooner than expected. Evidence from 61 blood pressure studies shows that risks of fatal heart disease and stroke begin when BP is as low as 115/75. Risk doubles with each 20-point rise in the first number in a reading (systolic pressure) and each 10-point rise in the second number (diastolic pressure).

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FOR SALE: Wood armed futon. Like new. \$100. Elcho area. Call 941-650-6306. Betc10

FOR SALE: 2010 John Deere Gator XUV 825i, 4WD gas, extreme terrain tires, brush guard, power dump box, 2,000 miles. Excellent condition. \$7500. Call 715-336-2350. P29



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blood pressure remains having a doctor or nurse strap that black cuff to your arm, apply a stethoscope, puff up the cuff until it cuts off blood flow, and measure the results as pressure is released. (Home blood pressure devices are great for regular monitoring, but you should also receive regular checks at the doc's office, where the machinery is properly calibrated and the results tracked over time). High blood pressure usually has no symptoms that you can feel or see.

Standard medical care: About 24 million Americans take drugs to lower high blood pressure. The most popular are "water pills," or diuretics, which reduce the amount of fluid in the bloodstream. There are several classes of artery-relaxing drugs that are also widely prescribed, including alpha and beta blockers, ACE inhibitors, angiotensin II receptor blockers, and calcium channel blockers. Together, Americans spend roughly \$15.5 billion a year on these drugs.

Viability of self-treatment: Very high for most people. Dietary changes alone can act as a natural diuretic, lowering blood pressure as effectively as some medications. Meditation, exercise, losing weight, and quitting cigarettes also help.

**UW Oshkosh announces spring
summer 2015 graduates**

Crandon, WI - Jacee Anderson, Bachelor of Science in Nursing, Nursing, Cum Laude

Townsend, WI - Heather Huettl, Bachelor of Science, Medical Technology

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FOR SALE: '92 Toyota Corolla. \$300. Runs good. 146,000 miles. Call 715-478-0608. P29

FOR SALE: 2005 Mazda 6S wagon. 3.0L V6, automatic. 110,000 miles, ABS, traction control, new brakes, tires, starter, battery. No rust. Price reduced to \$5,200 OBO. P28

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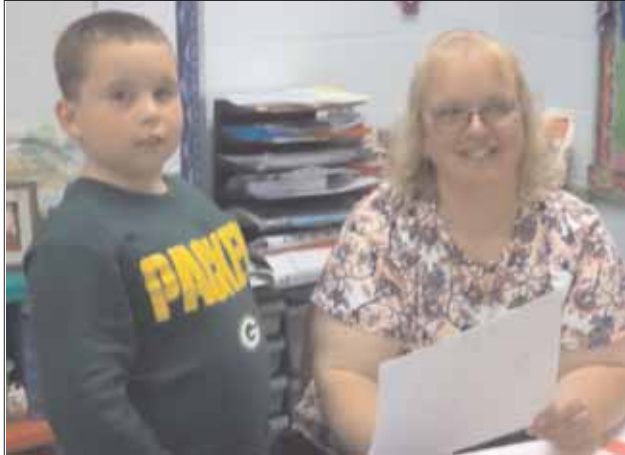
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Freehand maps helps kids learn geography



Ms. Eveland and Korbin Smith review Korbin's freehand map of the world.

In September and October, several Crandon teachers welcomed or will welcome Jackie Hurley into their classrooms to share lessons using freehand maps. Jackie, creator of Freehand Maps, spoke to the *Pioneer Express* about her maps and experiences in the Crandon District.

Pioneer Express: What classrooms have you visited so far?

Hurley: In September, I visited Ms. Marvin, Ms. Eveland, and Ms. McCorkle's third grade classrooms. Third grade social studies curriculum calls for teaching the seven continents. Learning to draw the Freehand World fits into that curriculum. I had a great time and appreciate the effort it takes for teachers to schedule around me.

Pioneer Express: Tell us about the Freehand World.

Hurley: First, the map is free! If you log onto freehandmaps.com, you can watch a free video and learn to draw a quick sketch of the world in less than one minute. The freehand world is intended to act as a kind of "drawer" students can use to organize and hold more social studies maps and concepts. Memory works better when students make connections between maps and ideas.

Pioneer Express: How many maps do you teach?

Hurley: I have six maps so far. Students and teachers can learn to draw and label the World, Fifty States, North and Middle America, South America, Europe, and the Middle East in minutes. (Coming soon: Africa and Asia) These maps may be drawn on scrap paper and tossed when a lesson is finished. Hand-drawn maps make great learning tools.

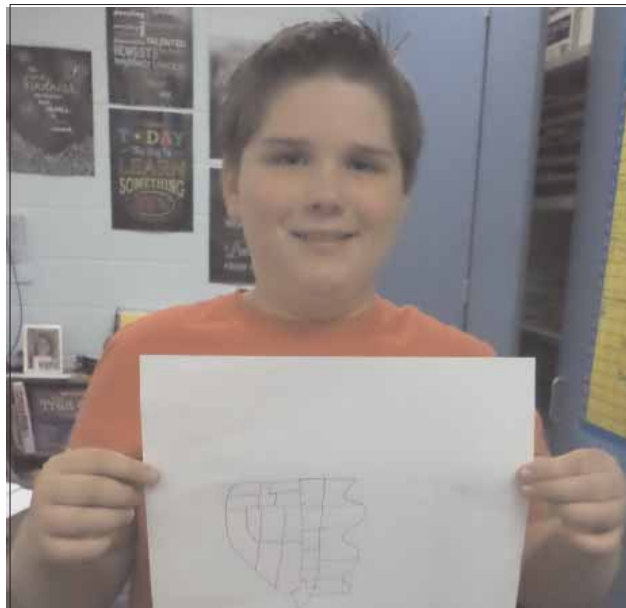
Pioneer Express: What other classrooms have you visited?

Hurley: I was in Mr. Voll and Ms. Palubicki's fifth grade classes to teach the Freehand 50. Throughout October, I will present the Freehand World in Ms. Bostwick, Ms. Deer, and Mr. Plummer's 4th grade classes. Fourth graders study Wisconsin history. The text often requires students to visualize quick maps for comprehension. For example, in five short paragraphs on the French and Indian War, there are 31 geographic references including "France", "European", "North America", "Atlantic coast", and "England". The Freehand World will take care of that. That's the purpose of Freehand Maps... improve reading comprehension!

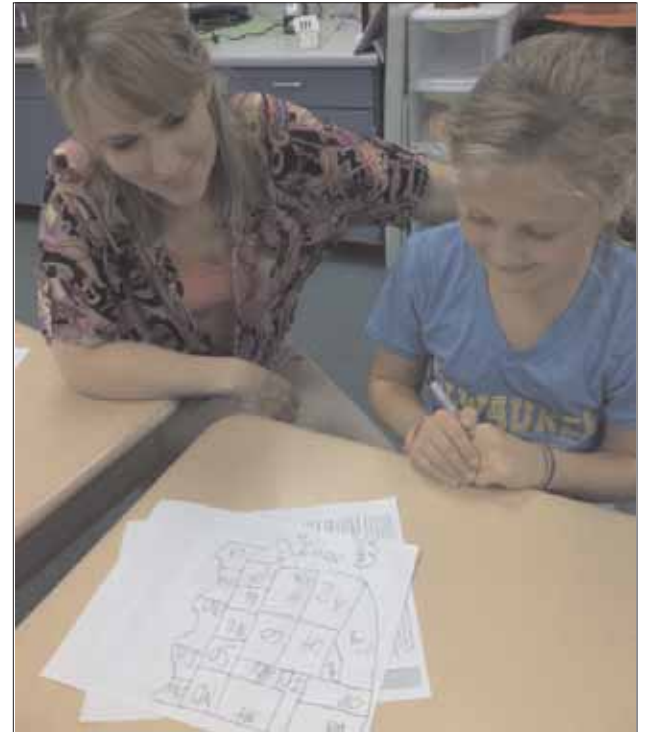
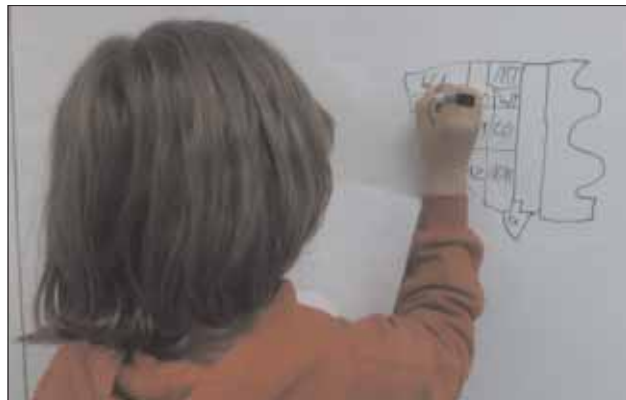
Pioneer Express: What comes next?

Hurley: At the end of October, art teacher, Gail Spaniol, and I will collaborate and 4th graders will make Papier Mache globes. We did this last year and it was a lot of fun. Colored continents students make in their classrooms will

be adhered to the globes, and the project will be complete. I would also love to work in more Crandon classrooms. Teachers can reach me at freehandmaps@gmail.com. I would love to demonstrate the Freehand Europe, Middle East, or any one of my maps; appropriate maps depend on curriculum. I also hope to facilitate school in-services for teachers in the area. Ideally, teachers will learn these maps and teach them to their own students. I picture a time when eighth graders will enter high school carrying eight simplified, imperfect maps in their brain. These maps will make a difference in how well some students grasp history concepts. I know they would have helped me when I was young.



Joey Janikowski and Chase Brockway practice their Western States.



Maya LeMaster shows Ms. Palubicki her freehand drawing of the Western States.
(Day 1, draw 24 western states. Day 2, add 26 eastern states.)

9 Surprising Uses for Cinnamon

A half-teaspoon of cinnamon each day -- sprinkled on your morning toast or spicing up steamed carrots -- could cut your triglycerides and total cholesterol by 12 to 30 percent, report researchers at the USDA Beltsville Human Nutrition Research Center in Maryland.

This pungent spice makes muscle and liver cells more sensitive to the hormone insulin, reducing the insulin resistance that can throw blood fats (and blood sugar) out of whack. Here are ways to sneak more of this amazingly heart-healthy spice into your diet.

1. Sprinkle a little in your morning coffee or cocoa.
2. Double the amount called for in muffin, pie and cookie recipes.
3. Use in place of salt and pepper on baked sweet potatoes.
4. Create a zero-carb cinnamon-sugar: Make a 2-to-1 mixture of cinnamon and a sugar substitute such as Splenda to use on oatmeal, toast and even scrambled eggs.
5. Add it to chili and curries for an authentic flavor.
6. Create sweet breakfast rice by stirring raisins, nuts and cinnamon into reheated leftover brown rice.
7. Stir it into marinades for beef, pork or lamb.
8. Stuff a chicken or Cornish hen with chopped apples, cinnamon, onion and a little sage.
9. In a small baking dish, toss 2 cups of pecans with 3 teaspoons of canola oil, 2 teaspoons of cinnamon and 1 teaspoon of sugar substitute or sugar. Bake at 350° for 8 to 10 minutes.



Senior Chatter

Submitted by Kate Schultz

Tiny Tastes Can Total Big Calories

Extra calories sometimes sneak up on us over the winter holidays. They don't always arrive in the form of large portions of calorie-laden food. Rather, they may tiptoe in through many tiny tastes throughout the day. Let's look at "Holly Day's" food diary for one day and view how those "tiny tastes" can add up. Calories are approximate and will vary, depending on brand, recipe, exact serving size, etc.

Taste 1 - Oops! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. I deserve it for getting up early to bake these cookies. Approximate Calories: 30 calories

Taste 2 - Someone brought me a gift box of holiday candy! I'll just have one small piece of the peanut brittle. Approximate Calories: 80 calories

Taste 3 - It's after noon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I can head home. The grocery store is offering food samples -- I'll just eat a little cracker with spread to tide me over until I get home to have lunch. Approximate Calories: 40 calories

Taste 4 - Two aisles down the grocery store is giving out 1/4 cup samples of its special holiday flavored coffee. I can't pass that up! Approximate Calories: 20 calories

Taste 5 - Still a couple of hours to go before I head over to that holiday dinner tonight. I think I'll check out that holiday gift box again to see what other goodies there are. Some chocolate covered cherries! Chocolate is good for you, right? I'll just have one. Approximate Calories: 60 calories

Taste 6 - It's a great dinner party, but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip. Approximate Calories: 75 calories

Taste 7 - Who can pass up old-fashioned eggnog? I'll just have a half cup. Approximate Calories: 200 calories

Taste 8 - There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them - it might as well be me! Approximate Calories: 60 calories

Taste 9 - The nice thing about helping dish up dessert is you can take a little "preview" taste -- using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up! Approximate Calories: 70 calories

Total Tasting Calories for the Day: 635

If comparable types of "tiny tastes" are continued throughout the holidays, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound. Maybe that tiny taste isn't so small after all...

Bus Schedule

Monday, Nov. 2 - Alvin and Nelma to Rhinelander (Argonne and Crandon standby) - **Bus Driver:** Hal Weisnicht

Tuesday, Nov. 3 - Carter, Wabeno and Laona to Rhinelander (Crandon standby) - **Bus driver:** Dan Pedersen

Wednesday, Nov. 4 - Armstrong Creek, Cavour, Crandon, Laona, Newald and Pople Creek to Iron Mountain - **Bus Driver:** Hal Weisnicht

Thursday, Nov. 5 - Hiles, Argonne and Crandon to Rhinelander - **Bus Driver:** Dan Pedersen

For reservations please call the bus driver for that day.

Hal Weisnicht: 715-478-2961

Dan Pedersen: 715-478-4254

TOPIC OF THE MONTH

"Staying Well"

MEAL SCHEDULE

CRANDON, WABENO, LAONA

Monday - October 26 - Baked ham, scalloped potatoes, green beans, dinner roll, caramel oat bars

Monday - November 2 - Beef tips over egg noodles, Harvard beets, fruit, dinner roll, apple cake

CRANDON, WABENO, LAONA, ARMSTRONG CREEK

Tuesday - October 27 - Bean soup with bacon, tossed salad with dressing, fruit, sourdough bread, jello **-MUSIC: Armstrong Creek-**

Tuesday - November 3 - Pork boiled dinner with potato, carrots, rutabaga and cabbage, wheat bread, Oh Henry bar **- BINGO: Armstrong Creek -**

CRANDON

Wednesday - October 28 - Turkey meatballs over egg noodles, broccoli, fruit, wheat bread, peach crisp

Wednesday - November 4 - Chicken salad with grapes and cashews, cream of tomato soup, fruit, dinner roll, sherbet **LAONA, WABENO CONGREGATE**

Thursday - October 29 - Chicken enchilada with peppers and onions, Spanish rice, fruit, tres leches cake - **Birthday Party and Bingo - LAONA**

Thursday - November 5 - Baked cod with dill sauce, 1/2 baked potato with sour cream, tossed salad, wheat bread, lemon bar **ALVIN**

Thursday - October 29 - Chicken mashed potatoes, pears, dinner roll, birthday cake

Thursday - November 5 - Beef tips, noodles, corn, pears, dinner rolls, bars

The local number for the ADRC: 478-2162 is no longer in service. The only number for the ADRC is the 800-699-6704.

The direct number for Kate, Forest County Elderly Benefit is 715-362-8277

Sorry for any inconvenience this may cause.

Please register with Commission on Aging - 800-699-6704.

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

Alvin site manager Florence Kostka at 715-545-4063 (home) or 715-545-3323 (site). Meal served at 4:30 p.m. on Thursday.

Laona site manager Peggy Alderton at 715-889-3116 (cell). Meal served at 12:00 p.m. Monday, Tuesday and Thursday.

Wabeno interim site manager Chris Geski at 715-473-6312 (site). Meal served at 11:30 a.m. on Monday and Tuesday. Home delivered on Monday, Tuesday and Thursday.

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

County Forests Cont. from pg. 1

of \$2.14 per acre in taxes. A stumpage fee is paid when the property is logged. This, of course, varies with the density of the timber stand and the quality of the timber and occurs, maybe, every fifteen years on hardwood stands and about every 50 years with species like aspen, which are clear cut.

Management of county-owned lands is the same as MFL lands, with the same time between cuttings, but the revenue to the county, state and the towns is substantially more. In 2014, county forest revenue was \$322,917.01, which averaged out to \$25.80 per acre. In addition, the towns receive 10% of the revenues, and the state receives 20%. It should be noted that DNR employees are an integral part of the team that runs lines, marks timber and does the math involved.

What is also appealing, and we have published this before, is the method of financing forest land purchases. When Ziolkowski gets a line on a tract that shows promise for a timber sale in the near future, or a bargain on a tract that borders current county land, he will present the possible purchase to the county board for approval. After approval, he makes an application to the DNR for a project loan and for a Knowles-Nelson Stewardship grant. The grant pays for half the loan, cutting the cost of the purchase in half. The DNR loan is an interest-free contract that is paid back with 20% of the years receipts for timber sales. If there are no sales, there is no payment. If the county sells \$200,000 worth of timber, they pay the DNR \$40,000. As Willy Connors said at the meeting, "Twenty years from now, people will be glad we made these purchases."

At the October 20 meeting, three resolutions were passed authorizing Ziolkowski to go ahead with the purchase of lands with acreage of 273 acres, 240 acres, and 456 acres.

Free Scare Your Shorts Off films to set a Halloween tone Oct. 29 at Nicolet College



A collection of short films packed with suspense and horror will fill the screen in the Nicolet College Theatre when the Scare Your Shorts Off showing takes place Thursday, Oct. 29. The free event starts at 7:30 p.m.

"It's the perfect lead-up going into Halloween," said Steven Schreier, who curated the films along with fellow film buff Tom Jerow.

The two pored through more than 60 scary short films and selected the best eight, each lasting from about one to 13 minutes.

"We looked for variety to show people a wide range of filmmaking techniques and processes," Jerow said. "The styles range from noir to animation to a few foreign films and even parody."

While a solid fright factor was a requirement for all the films selected, "we drew the line on the ones that were too graphic or too violent," Schreier added. "If there's a single theme for all of the films, I think the word to use would be suspenseful."

So why did they pick short films? Why not go for a good full-length feature or two?

"Short films are a genre that most people just don't see anymore," Schreier explained. "It's almost a forgotten art form that people don't get to see unless they seek them out. We thought it would be fun to put together a collection so people can experience just how fun and entertaining short films can be."

During the evening the two long-time film aficionados will give brief introductions of each film and then lead a discussion with the audience at the end to talk about what they had just seen.

While costumes are not required to attend this event, "we do strongly encourage people to dress up in their Halloween finest to help set the tone," Schreier said, adding that prizes will be awarded to those with the best costumes.

Dental Care & Coverage Difficult for Many Adults

By the GWAAR Legal Services Team

Medicare does not cover most dental care including dental procedures, such as cleanings, fillings, tooth extractions, dentures, dental plates or other dental devices. Medicare Part A will pay for certain dental services that you get when you're in the hospital; however, that coverage is very limited. Due to the lack of Medicare coverage, many older Americans go without dental care.

The Affordable Care Act offers premium tax credits to help low-income people purchase health insurance. However, the subsidies cannot be used to purchase dental coverage except as an add-on to health coverage. About 1.4 million Americans have purchased dental coverage on health insurance exchanges since January 2014 when the law took full effect.

No new dental benefit requirements were included for adults covered by Medicaid. Although the ACA does not make Medicaid dental coverage mandatory for adults, it gives states that have chosen to expand Medicaid a potential financial incentive to include dental benefits. In Wisconsin, Medicaid dental coverage for adults includes pain relief, infection treatment, tooth restoration, cleanings, fluoride treatments, crowns and fillings, x-rays, root canals, dentures, and implants apart from preventive dental care checkups.

Another barrier to dental care for low-income adults is the relatively low reimbursement rates offered by state Medicaid programs. Extensive paperwork and oversight also limit the number of dentist willing to take Medicaid patients (the ACA calls for even more intensive oversight and audits). The result is poor access to preventive care for low-income Medicaid beneficiaries in much of the country, ultimately resulting in higher overall costs.

Americans spend as much to treat dental disease -- almost all of it preventable -- as on the treatment of all cancers combined according to DentaQuest, a research and advocacy organization and administrator of dental insurance plans, including Medicaid.

Free or Reduced Dental Services in Wisconsin Wisconsin's Department of Health Services provides a list on its website of free or reduced dental clinics that can be accessed here: www.dhs.wisconsin.gov/guide/freedental.htm.

One such program is the Donated Dental Service. The program is for people who are unable to afford necessary dental treatment because of low income which is linked to a permanent disability, chronic illness, or advanced age (65 or older). Dentist involved in this program agree to volunteer their time to serve this population.

A person needing dental services without coverage may also consider reaching out to local dentistry schools or area technical colleges to see if they offer reduced services with their students.

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Crandon Cardinal Cross Country are Northern Lakes Conference Champions



On Thursday, October 15, Laona/Wabeno hosted the Northern Lakes Conference Cross Country meet at the Nicolet Golf Course. The winning teams earned the title of conference champion. For the first time in school history, the Crandon Cardinals won both the boys and girls conference championship.

This one meet decided the individuals who are first team All-Conference. The top seven individuals earned this honor. In the girls' race, the top seven were as follows: 7th

place: Ellie Donaldson, 6th place: Brittany Kevilus (Laona-Wabeno), 5th place: Cassidy Crump (Three Lakes), 4th place: McKenzie Mischo (Laona-Wabeno), 3rd place: Sarah Kalkofen (Crandon), 2nd place: Micasslyn Crawford (Crandon), and the conference champion was Rhiannon Hooper (Laona-Wabeno).

In the boys' race the top seven were as follows: 7th place: Zach Dinkelman (Laona-Wabeno), 6th place: Elisha Heath (Goodman-Pembine), 5th place: Cooper Chrisman (Laona-Wabeno), 4th place: Rory Massey (Goodman-Pembine), 3rd place: Bradley Mihalko (Crandon), 2nd place: Ty Heuer (Laona-Wabeno), and the conference champion for the third consecutive year was Tanner Moris (Crandon).

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Ministry Saint Mary's Hospital

Shop for a cause this holiday season at the ninth annual Christmas from the Heart vendor fair. Admission is free and features a variety of vendors and crafters who are giving a portion of their proceeds to Ministry Hospice.

For information, call 715.361.2230

Free Blood Pressure Checks

Tuesday • November 3
10 - 11 a.m.
Rhine Haus CBRF
1207 Mason Street, Rhinelander
For information, call 800.643.4663

Healthy Shopping Day - Rhinelander

Tuesday • November 3
2 - 4 p.m.
Trig's Grocery
232 S. Courtney Street, Rhinelander
To register, call 715.361.4366

Healthy Shopping Day - Crandon

Wednesday • November 4
10 a.m.
Schaefer's Food Market
600 East Pioneer Street, Crandon
To register, call 715.478.6325

Childbirth Education Classes

Thursdays • Nov 5, 12, 19 Dec 3, 10
6:30 - 8:30 p.m.
ALL-DAY SATURDAY CLASSES:
December 12
9 a.m. - 2:30 p.m.
Ministry Saint Mary's Hospital
Conference Room 1
This series of five classes, or one Saturday class, should be taken two months before due date. \$25
For information, call 715.361.2088

Advance Care Planning

Thursday • November 5
1:30 p.m.
Ministry Saint Mary's Hospital
Patient and Family Service, Lower Level
For information, call 715.361.2120

Cancer Support Group

Thursday • November 12
3 p.m.
James Beck Cancer Center
Conference Room
2251 North Shore Drive, Rhinelander
For information, call 715.361.2027

Bariatric Surgery Informational Meeting

Friday • November 13
2 - 3 p.m.
Ministry Saint Mary's Hospital
Conference Room 1
To register, call 877.295.5868

Working through Grief Series

Tuesday • November 17
1 - 3 p.m.
Ministry Saint Mary's Hospital
Conference Room 3
Hosted by Ministry Home
Topic: "Getting through the Holidays After a Loss"
For information, call 715.361.2230

Alzheimer's Support Group

Thursday • November 19
1 p.m.
Oneida County Senior Center
Conference Room
100 W. Keenan St, Rhinelander
For information, call 715.362.7779

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

 **MINISTRY HEALTH CARE**

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



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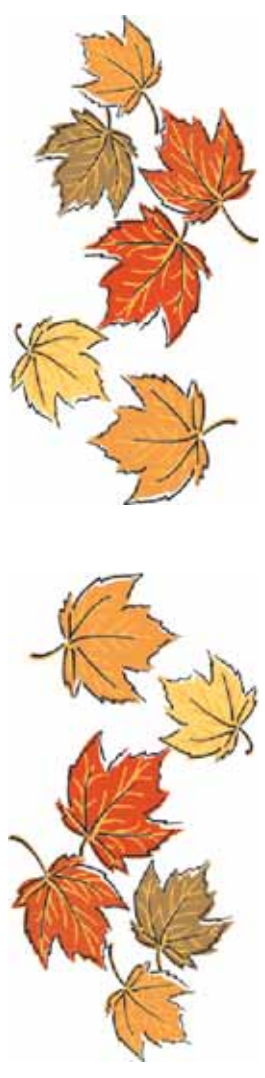
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Sunday, Nov. 8 ~ Matinee 1:00 pm
Thurs, Nov. 12 • Fri, Nov. 13 • Sat, Nov. 14 ~ 7:30 pm
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