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## Crandon Cardinals Trap Team Predator Hunt this weekend



The Crandon Cardinals Trap Team's big Predator Hunt is this weekend. You can help keep these young shooters in shells and clay birds by attending their predator hunt on Saturday, February 11, at the Crandon Community Hall.

There is a \$20 entry fee that includes the big meal. The rules meeting and sign up is Friday, February 10 at May's Bar, six miles west of Crandon, from 4-7 p.m. To register your coyote, be at the Community Hall from 4:30 to 6:30 p.m.

Whether you hunt or not, you are urged to go to the Hall and participate in the raffles which include everything from meat to guns. And, you can enjoy the meal for \$10 if you aren't signed up to hunt.

Support the Crandon Trap Team!

## Laona, named "Wisconsin's Unofficial Capital of Gravel Road Cycling"

Laona, Wisconsin has been named "Wisconsin's Unofficial Capital of Gravel Road Cycling." Unincorporated, with a population of around 400, the community of Laona and the Laona Rescue Squad have been hosting gravel cycling events including The Bear 100, Hibernator 100, Nicolet Frosty Bear and Crystal Bear since 2013. Drawing participants from as far away as Anchorage Alaska, London Ontario Canada and states throughout the lower US, there is something special that draws up to 500 gravel road cyclists per event to Laona, Wisconsin.

At the heart of the Nicolet National Forest, Laona allows easy access to seemingly endless miles of gravel roads to explore. With few large lakes in this corner of the Nicolet, there are fewer cabins, less vehicle traffic, and no reason to pave the roads. The rolling, winding terrain is rideable by gravel novices, but conditions and extended distances challenge even the burliest seasoned pros.

The Rat River Trail is a hidden gem rediscovered. Wisconsin's logging history from the 19<sup>th</sup> and 20<sup>th</sup> centuries unknowingly created the perfect infrastructure for gravel road cycling. Originally a railroad spur for the Connor Logging Company, the Rat River Trail winds along the boulder strewn Rat River and was cleared and redeveloped as a non-motorized trail starting in 2012. (The section linking to the ATV trail was ready for use at the Bear 100 in 2014, while the section linking Blackwell Junction to Bear Lake Campground was completed as funding became available a couple years later.) A ride down the tranquil Rat River Trail is a ride through railroad and logging history.

The Laona Rescue Squad has been providing emergency and on-route support to help to keep riders safe since 2014. Like many small rural EMS squads, funding for training, equipment, and supplies is a constant challenge. Laona Rescue's average transport to a hospital is over 40 miles. Past event proceeds enabled the purchase of a \$40,000 Lifepak 15 monitor/defibrillator to help save lives in the field. All donations, entry fees, and bike raffle proceeds from the events go to the Laona Rescue Squad to help them achieve their EMS mission. Endless gravel, a hidden gem, and a noble cause.

See you in Laona...Wisconsin's Unofficial Capital of Gravel Road Cycling!

## Conservation Corner

Conservation Corner is a weekly article produced by the Forest County Land & Water Conservation Department. For more information contact Steve Kircher, County Conservationist-Land Information/GIS Director, at 715-478-1387 or by e-mail at [lcc@co.forest.wi.us](mailto:lcc@co.forest.wi.us).

During a recent 'grandbaby' visit, one of mine asked me, 'Papa, how do fishes survive under the ice?' His question got me thinking about how they really do make it till spring.

While other animals huddle up for winter hibernation, fish have their own way to cope with winter. First, most fish are cold blooded, meaning their body temperature matches their environment. As lakes, rivers, and ponds freeze over in the winter months, fish utilize a method of survival known as torpor. Torpor is a state of decreased physiological activity where fishes' hearts slow down and metabolic rate drop. This allows fish to conserve energy and reduce their need for food and oxygen, which is essential for survival in these periods of reduced food availability.

For example, Northern Snakeheads are torpid for about 8-9 hours of the day in winter. During those hours

Continued on page 15

## Wabeno Lions support the Wabeno Area Players



Wabeno Lion John Harter presented a \$1,000 check to WAP President Carol Bartlein. The occasion was the Wabeno Area Players' 2023 Launch Party on Sunday, January 15.

The Wabeno Area Players presented information on the upcoming productions for the 2023 season. Information pamphlets, refrigerator magnets, desserts, drinks, and door prizes were all an entertaining part of the launch.

To get access to this information, contact Carol Bartlein at (715)473-5466, or check out [f@wabenoareaplayers](mailto:f@wabenoareaplayers).

Supporting the Arts is one of the many ways the Wabeno Lions serve Wabeno and surrounding communities. If you want to give back to your community, check out the Wabeno Lions Club. The Lions' motto is, "We Serve".

Submitted by Lion Clare Huisman and Lion Norma Johnson

## Vietnam Vets to be honored at Nicolet College Wall That Heals

Vietnam Veterans who died after returning home from Vietnam eligible to be honored at The Wall That Heals exhibit at Nicolet College

The Wall That Heals will be on display at Nicolet College in May and as part of the exhibit, local Vietnam Veterans who died after returning home are eligible to be honored as part of the In Memory Honor Roll display.

Since the Vietnam War ended, thousands of Vietnam veterans have suffered due to Agent Orange exposure, PTSD and other illnesses as a result of their service. The Vietnam Veterans Memorial Fund (VVMF) believes all those who served in Vietnam should be honored and remembered for their service. The In Memory program enables the families and friends of those who came home and later died the opportunity to have them be forever memorialized.

Continued on page 15

## Forest County Health Department Updates:

2023 Child Care and 2023-2024 School Year Immunization Requirements:

On January 30, 2023, the Wisconsin Department of Health Services updated Wisconsin's administrative code for immunization requirements for child care and school entry. The changes will improve protection for children against vaccine-preventable illnesses, including meningitis, whooping cough, and chickenpox. Changes:

Tdap (tetanus, diphtheria, and pertussis vaccine) is now required at the start of seventh grade. Previously this vaccine was required at the start of sixth grade.

Adding Meningococcal vaccine to the requirements for students entering 7th grade, and a booster dose for students entering 12th grade.

Permitting exceptions to the varicella (chickenpox) vaccine requirement only if the child's case has been confirmed by a qualified health care provider. Parental confirmation is no longer accepted.

What has not changed?

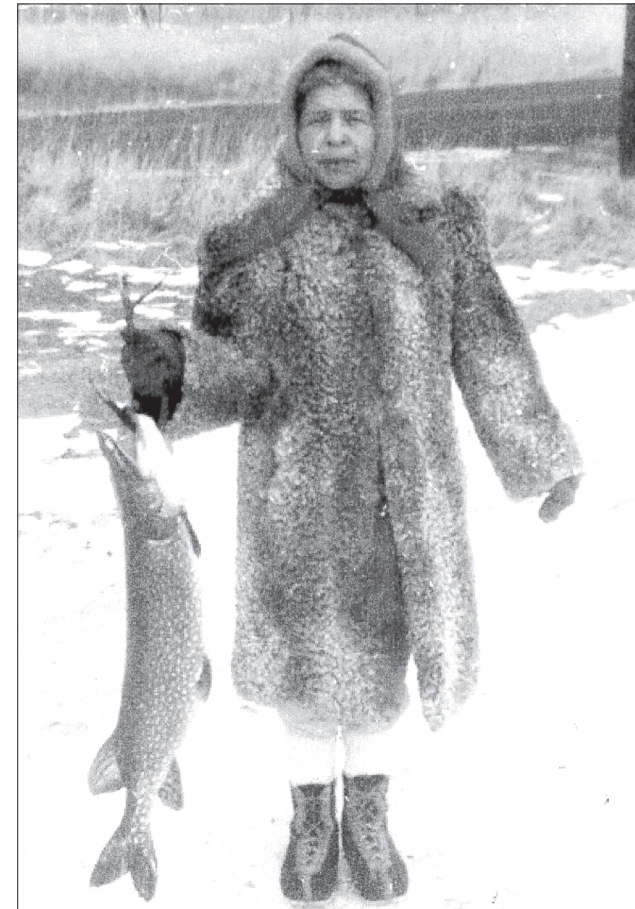
The updated requirements leave in place the established list of required vaccinations.

The existing exemption options for medical, religious, or philosophical reasons are still available.

There is no requirement for flu or COVID-19 vaccination. These remain strongly recommended.

Continued on page 15

## Mole Lake Rod & Gun Club Fish-o-Ree & Family Fun Day



This is Mildred Ackley McGeshick. With a little luck, some lucky fisherman could catch a descendant of this big pike!

The 45th Annual Mole Lake Rod & Gun Club Fish-O-Ree will be at Mole Lake this Saturday, February 11, from 7 a.m. until 5 p.m.

There will be a cash raffle with prizes of \$300, \$200, and \$100. There are also cash prizes for the longest northern, waleye, bass, crappie, perch and bluegill.

All of the drawings will be at Junior's Saloon in Mole Lake. All are invited!

## Learn about Fusion at the Crandon Public Library Info Series

The Crandon Public Library Informational Series will be on Nuclear Fusion, with Brian Schultz. The program will be on, February 16 at 5:30 p.m., in the lower level of the library.

Fusion Energy is replicating here on earth, the energy from the sun. We'll be talking about different forms of energy and the pros and cons of Fusion Energy.

## Post 44 Gunless Poultry Shoot

Don't miss the next American Legion Gunless Poultry Shoot on Saturday, February 18, 2023 at Firelite Lounge, Lakewood, starting at 1 pm.

Bring along your friends. They will be raffling off packages of meat, poultry, sausages, bacon, beverages and items donated by local businesses. There will also be 50/50 raffles. Come on in, win a prize and help a veteran. Everyone is welcome.

The American Legion Sylvan Post 44 of Wabeno is composed of veterans who are committed to helping veterans, their families and the community.

## Crafters & Flea Marketers wanted for Pelican Lake Memorial Weekend Fundraiser

The Pelican Lake Women's Civic Club is seeking crafters/flea market/vendors for their Memorial Weekend Fundraiser, Sunday May 28, 2023 and their Saturday, July 1, 2023 fundraiser. From 10-3 p.m. at the Schoepke Town Hall on Highway 45 in the Village of Pelican Lake. Set up between 7:30 a.m. and 9 a.m. This is a great flea market with good attendance and a good time!

For more information, contact Lucy at 715-487-5173 and leave a message.

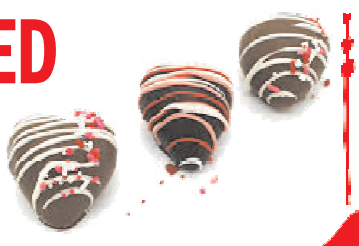
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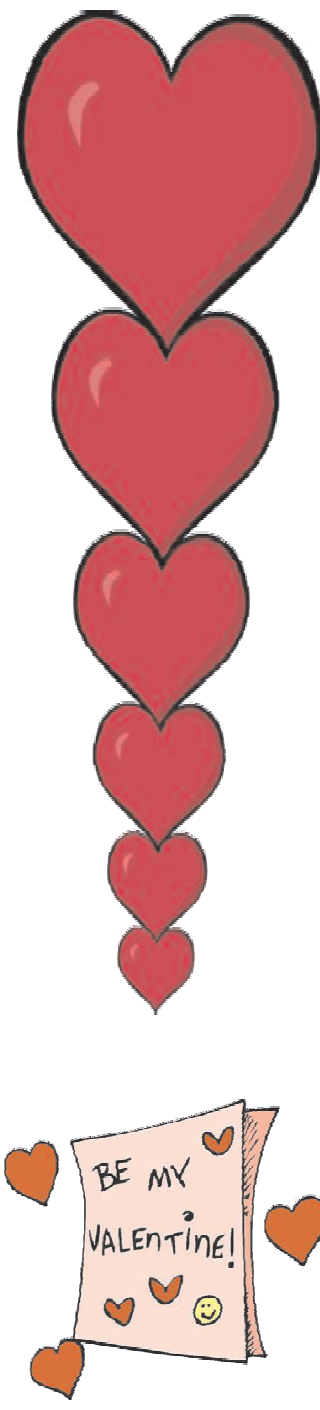


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**Wabeno- Orchard Ridge Apartments.** 2 & 3 bedroom apartments available. Rent is based on 30% of your gross adjusted income. If rental assistance is not available, rent for a two bedroom starts at \$620.00 per month and a three bedroom starts at \$650.00 per month. Rent includes water, sewer, garbage and heat. Major appliances, off street parking and laundry facilities. If you would like an application, please call 1-800-938-5648. This institution is an equal opportunity provider and employer.

**CRANDON:** No snow to shove! 1 bedroom apartment available at the Glenview Senior Apartments. Specifically built for persons 62 years of age or older, handicapped/disabled individuals regardless of age. Rent starts at \$620.00 per month until rental assistance is available and includes water, sewer, garbage pickup, HEAT, major appliances, off street parking and laundry facilities. We accept vouchers. Call 1-800-938-3229 for an application or more information. This institution is an equal opportunity provider and employer.


## Thank You's and Personals

The family of David M. Mentz would thank everyone who called, messaged, sent cards, money or food for Dave's Celebration of Life. We are humbled and grateful for the outpouring of sympathy each and everyone of you have shown during our time of grief. Thanks to Weber-Hill Funeral Home for the help in preparation, Flowers From The Heart, Clubhouse Cafe; Laona, Jars; Laona, Rob Zagar family for the card box, everyone who came to the Celebration and those who helped before, during and after. Special thank you to Tammy Collins for her kind words and prayers!

*The Family of Dave Mentz*

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- 2015 Chevy Crew Cab - 4x4, 89k miles, V8, Silvermist,
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and 1.5 million would lose their subsidies entirely. Similarly, a February 2021 Urban Institute analysis of changes included in this legislation indicates that this bill could significantly reduce out-of-pocket costs for consumers newly eligible for CSR assistance or heightened levels of CSR assistance through lower deductibles.

### Wabeno Jr/Sr High School 2022-23 Quarter 2 Honor Roll

- Highest Honors (4.0 GPA)**  
 SENIORS- Kelsey Beaber, Kierra O'Keefe  
 JUNIORS- Brian Sears  
 SOPHOMORES- Jaden Danielson, Elise Harris, Joseph Lampereur, Ezekiel Sarratt  
 FRESHMAN- Summer Moravec, Bailey VanEperen, Autumn Warden  
 6th GRADE-Caden Champine, Luke Lampereur, Everleigh Shepard
- High Honors (3.99 to 3.5 GPA)**  
 SENIORS- Braden Brauer, Maddysen Calhoun, Theodore Gust, Carter Janesch, Kassidee Linssen, Adam Seeber, Owen Seeber  
 JUNIORS- Korbin VanZile, Lawton Webb  
 SOPHOMORES- Kiana Beaber, Carter Champine, Edgar Christianson, Rayanne Schartz-Licht, Elise Villarín  
 FRESHMAN- Destiny Dudek, Miley Godin, Nolan Milham, Mitsuki Nelson, Jedidiah Sarratt, Yukon Volk  
 8th GRADE- Kyra Beaber, Jaydon Bolssen, Jayse Demerath, SkyRay Denny-Wilson, Alison Hansen, Addisyn Lochen, Isabelle Popp, Reegan Roy, Abigail Seeber, Worawat Thawonwan, Jhulian Villarín  
 7th GRADE- Keira Godin, Jaycee Harris, Ashton Jameson, David Nelson, Ryker Schingeeck, Rya Shampo, Carter Towne  
 6th GRADE- Elijah Beerntsen, Grace Chojnacki, Lily Habeck, Bryanna Gilligan, Aaron Julson, Oceana Lineiro, Braylee Linssen, Taylor Miotke, Finlee Popp, Zechariah Sarratt, Brody Sattler, Bryan Tallier
- Honors (3.49 to 3.0 GPA)**  
 SENIORS- Nathan Deer, Paul Lewis, Domanic Oxendine, Christopher Quinn, Adisun Romprey, Ryan Roy  
 JUNIORS- Jeremiah Alloway, Lauren Harris, Joshua Johnson, Gage Liptack, Hailey Monnot, Ozari Ventura Bishop  
 SOPHOMORES- Kinzey Bereswill, Cheyanne Blasing, William Collins, Hayden Demerath, Lucas Krueger, Michael Milligan, Jenna Monnot, Cain Olson, Jade Sommer  
 FRESHMAN-Breanna Harris, Levi Newman, Hailey Planasch  
 8th GRADE-Ava Hanmann, Conner Harris  
 7th GRADE- Quintin Bohl  
 6th GRADE-Angelina Brunette, Ryan De Mars, Royal Pemma, Joshua Shepard, Oliver Smith, Shaniel Wagner

### Baldwin reintroduces legislation to lower health care costs & expand access to insurance

An estimated 8.9 million Americans have lower premiums thanks to enhanced tax credits passed in Inflation Reduction Act & the American Rescue Plan Act.

WASHINGTON, D.C. – U.S. Senator Tammy Baldwin (D-WI) joined Senator Jeanne Shaheen (D-NH) to reintroduce the Improving Health Insurance Affordability Act, legislation to make permanent enhanced tax credits that led to record enrollment in the Affordable Care Act (ACA) marketplace, while reducing health care costs for millions of additional Americans.

The premium tax credit enhancement provisions were originally put into effect under the American Rescue Plan. This expansion of premium tax credits marked the biggest improvement to the ACA since it became law over a decade ago. Under the Inflation Reduction Act, the enhanced tax credits were extended for an additional three years. The Improving Health Insurance Affordability Act continues to build on these efforts by making these tax credits permanent while also lowering out-of-pocket costs for Marketplace enrollees.

"Thanks to enhanced tax credits, countless American families have access to quality health coverage on the insurance marketplace," said Senator Baldwin. "We need to protect and expand access to affordable health insurance. By making these tax credits permanent, millions of Americans can rest assured they can continue to find the quality health care coverage they need, at a price they can afford."

The Improving Health Insurance Affordability Act would make permanent premium tax credits for individuals signing up for health care coverage through the ACA marketplace, tax credits that were improved and extended through the Inflation Reduction Act. Those enhanced tax credits increased the value of the financial assistance available to people with incomes between 100 and 400 percent of the federal poverty level (FPL) while expanding eligibility for premium tax credits to include individuals with incomes above 400 percent of FPL. The bill would also make the second-lowest-cost Gold plan the benchmark plan upon which premium tax credits are based, which helps substantially reduce deductible and out-of-pocket costs for families of all incomes. Finally, the bill would also increase the value of cost-sharing reduction (CSR) assistance for people with incomes between 100 and 250 percent of FPL (who are already eligible), while also expanding eligibility for CSR assistance to people with incomes up to 400 percent of FPL.

According to the most recent data, nearly 15.9 million Americans have signed up for 2023 individual market health insurance coverage through the Marketplaces since the start of the 2023 Marketplace Open Enrollment. That record-breaking enrollment represents a 13% increase over last year. According to a June 2022 report from the Department of Health and Human Services, absent the enhanced tax credits, 8.9 million Americans stood to have their tax credits reduced





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## HELP WANTED

### Seasonal Employment Opportunity

**Nicolet Country Club is seeking applicants for a Head Grounds Keeper.**

**Responsibilities include day to day golf course operations, mowing/fertilizing, equipment maintenance.**

**Supervision of a six-person grounds crew, good communication skills, basic computer skills, and attend monthly meeting. On the job training as well as additional training seminars will be available. Must be able to work with others and supervise.**

**Starting pay \$17+, depending upon work experience.**

**If interested, send letter of application before March 1st to:**

**Nicolet Country Club**  
**P.O. Box 56**  
**Laona, WI 54541**

## HELP WANTED

**Administrative Assistant**  
**Part-Time & Full Time positions for Tax Season.**

Responsibilities: Manage accounts receivables and customer accounts, answer phone calls, schedules meetings and assist visitors.  
Clerical duties including filing, typing, copying, collating, scanning, etc.  
Maintain both electronic and physical documents and filing systems.  
Send resumes to [kme.jelam@gmail.com](mailto:kme.jelam@gmail.com)



### Middle School Teacher Vacancy

#### School District of Laona

The School District of Laona is seeking a full-time Middle School Science and Social Studies teacher beginning in the 2023-2024 school year. This position will be responsible for science and social studies instruction and curriculum for students in grades 6-8. Candidates must have a valid and appropriate Wisconsin DPI license. The candidate must exhibit a desire and ability to work with and relate to middle school students. The candidate must also be able to communicate effectively with students, parents, colleagues and the community as well as be able to utilize building technology for instructional purposes. Please submit a letter of interest, resume, transcripts, copy of license and 3 current letters of recommendation on WECAN or submit to:

School District of Laona  
Melissa Chrisman - District Administrator  
5216 Forest Ave Suite A  
Laona, WI 54541

The posting will close on March 31, 2023. This institution is an equal opportunity employer.

### EMPLOYMENT OPPORTUNITY FOREST COUNTY

#### Social Services/Commission on Aging Fiscal Agent

Forest County is currently accepting applications for the position of Fiscal Agent. This position is full-time, thirty-five (35) hours per week. The Fiscal Agent will work under the direction of the Department of Social Services Director and Commission on Aging Director.

Applicants must have experience in excel, preparing payroll, maintaining ledgers, general clerical duties, tracking and preparing reports to assist the Social Services and Commission on Aging offices, as well as paying bills and maintaining all ledger journals for auditing purposes, and budgetary needs.

Application materials, including the position description and summary of benefits may be obtained at [www.co.forest.wi.gov](http://www.co.forest.wi.gov) or in the County Clerk's Office, Forest County Courthouse, 200 E Madison Street, Crandon, Wisconsin 54520 or by calling (715) 478-2422. Forest County is an Equal Opportunity Employer

## KITCHEN HELP WANTED

**Full or Part-time**  
**\$12 - \$15 Per Hour depending on skill level**

### Main Street Ed's

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[www.mainstreeteds.com](http://www.mainstreeteds.com)  
715-649-3810

### Employment Opportunity


#### Forest County Director of Social Services

The Forest County Social Services Department is currently accepting applications for a full-time (40 hours per week) Director position. Applicants must have a bachelor's degree in a field related to the provision of human services.

Applicants must have experience in the provision of services for all Children and Family Services, Economic support, and Fiscal.

Application and position description may be obtained at [www.co.forest.wi.gov](http://www.co.forest.wi.gov) or in the County Clerk's Office, Forest County Courthouse, 200 E. Main Street, Crandon, Wisconsin 54520.

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**NICOLET COLLEGE** **Academic Success Instructor (part-time)**

**Nicolet College is seeking qualified candidates to teach Adult Basic Education classes in the Crandon area.**

**Tuesdays and Thursdays from 9 am - 2 pm**

**Bachelor's Degree required, plus DPI certification or 20 credits in specified areas (ie. Elementary, Secondary, Adult, or Special Needs education).**

**View details and apply online at:**  
**[nicoletcollege.edu/employment](http://nicoletcollege.edu/employment)**

Nicolet Area Technical College does not discriminate on the basis of race, color, national origin, sex, disability or age in employment, admissions or its programs or activities.




## HELP WANTED

**ADRC Specialist & Dementia Care Specialist**

Aging & Disability Resource Center of the Northwoods is seeking a part time (20 hrs./Wk.) ADRC Specialist and a part time (20 hrs./Wk.) Dementia Care Specialist which can be 2 part time positions or a full time position. The ADRC Specialist provides the general public, but particularly adults who are older or have a disability, with information & assistance on a wide range of community services, options and assisting in connecting them to programs and services.

The Dementia Care Specialist role is to support people with dementia and their caregivers, in order to ensure the highest quality of life while living at home. Both positions will cover Forest County.

For a position description, please contact John Brensinger, Interim Regional Manager, at [jbrensinger@adrcofthenorthwoods.org](mailto:jbrensinger@adrcofthenorthwoods.org) or 1-800-699-6704. A resume and letter of interest must be received by 4:30 p.m. on February 27, 2023 by email listed above or sent to: John Brensinger, 300A S Lake Avenue, Crandon, WI 54520.

# MORE HELP WANTED ON PAGE 5



# HELP WANTED

## Help Wanted School District of Wabeno Area

**\*ALL APPLICANTS MUST PASS A BACKGROUND CHECK.**

### SUBSTITUTE FOOD SERVICE

- Involves various duties including meal prep and servicing.

### SUBSTITUTE CUSTODIAL

- Involves various duties with the main one being cleaning.

### SUBSTITUTE BUS DRIVERS

- Applicant must possess or be willing to obtain a Commercial Driver's License (CDL) with a passenger and school bus endorsement.
- Preference will be given to those applicants with a high school diploma, HSED, or GED but they are not a requirement.
- Training provided, fees will be covered by the school district.

### SUBSTITUTE TEACHERS

- Any person holding an Associate's Degree or a 4 year Bachelor's Degree is eligible for a short-term substitute teacher license. Please apply on the DPI website.
- Current teachers should submit a copy of your current teacher's or substitute teacher's license.
- All candidates need to complete a Substitute Teacher Information Sheet.

### SUBSTITUTE SPECIAL ED AND REGULAR EDUCATION AIDES

- Duties to include, clerical work, recess duty, study hall monitoring, and working with students in small groups and one on one.
- Individuals must have a high school diploma or equivalent and complete a Substitute Aide Information Sheet.

Call 715.473.2592 for more information.  
Positions will be open until filled.

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

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## Dementia Conversations

**Program explores important conversation topics related to Alzheimer's and dementia that can be challenging for families**

Alzheimer's disease affects more than six million people in the United States. It is the most common form of dementia and causes memory, thinking and behavior problems that interfere with daily living. However, the earliest signs are often dismissed as part "getting older" and the conversation with family and friends about those changes can be challenging and uncomfortable.

The Alzheimer's Association® developed the Dementia Conversations, an education program, to help family and friends become more comfortable with difficult topics such as:

- Why it is important to talk to one's doctor about concerns about changes to memory, thinking and behavior as soon as they are noticed
- How to encourage someone who is reluctant to talk to their doctor about memory concerns to do so
- Strategies for how to talk to someone when there are concerns about their ability to drive safely and to develop a plan for when "retiring" from driving becomes necessary
- The importance of making legal and financial plans for the future
- The necessity of planning ahead, learning about community resources and developing a supportive care team

The Dementia Conversations program will be held on Tuesday, February 21, at the ADRC of Oneida County (100 W. Keenan Street) in Rhinelander from 1:00 p.m. to 2:30 p.m.

To learn more about this program, or to register (registration is requested), please contact Julie St. Pierre at (715) 352-4091 or [jstpierre@alz.org](mailto:jstpierre@alz.org). Individuals can also register by reaching out to the Alzheimer's Association 24/7 Helpline at 1.800.272.3900 or through this link: <https://bit.ly/3Fh8bSe>.

## What is Vertigo?

Having good balance is important for many daily activities. When balance is impaired, simple tasks such as walking across a gravel driveway, going up or down the stairs, or even getting out of bed, can be extremely trying and sometimes dangerous.

70 percent of the nation's population will experience vertigo, dizziness, or balance problems in their lifetime, making it a common issue.

Vertigo is defined as the sensation of spinning or the environment moving around you.

"The balance system or vestibular system is made up of three different systems that work together to keep us upright: the visual system, the vestibular (inner ear) system, and the proprioceptive (sensory nerves) system," says Susanne Schaars, PT, Aspirus Physical Therapist.

The brain receives information from these three systems and then the body responds by engaging muscles and joints to make corrections in our balance.

According to the National Library of Medicine, vestibular dysfunction most commonly occurs due to inner ear problems, medicines, infections, and traumatic brain injury.

"If impairments occur in any of these systems, balance may be affected," says Susanne.

Vertigo can be temporary or permanent, depending on the cause. Symptoms can range from barely noticeable to severe, lasting a few hours or days, to several weeks or even months if untreated.

The most common cause of vertigo is BPPV or Benign Paroxysmal Positional Vertigo.

**Benign** – non-life threatening.  
**Paroxysmal** – It comes and goes in short bursts of dizziness.  
**Positional** – it is dependent on head position.  
**Vertigo** – the sensation of spinning.

BPPV occurs when debris from one part of the inner ear falls into one or more of the fluid-filled semi-circular canals in the inner ear and causes an error signal that tells the brain that your head is moving when it is not. Typically, the sensation of spinning lasts less than a minute, but people will complain of feeling off balance and nauseated even after the sensation of spinning is gone.

"Vertigo can happen at any age, but it is more common in people over the age of 65 and more common in women than men," says Susanne. "Sometimes BPPV can be the result of a brain injury or concussion."

BPPV can be treated by physical therapists, doctors, or occupational therapists that have training in vestibular rehab. Research shows treatment is over 90 percent effective. Sometimes exercises are used for home treatment.

Aspirus therapists, across the entire system, are educated and trained in treating vestibular conditions.

If you experience vertigo talk to your primary care provider to determine if you may benefit from therapy to decrease or eliminate your dizziness.



## Advertise Your Business In the Pioneer Express



We direct mail to all of Forest County, parts of Langlade & Oconto counties.  
Set-outs also available in Monico, Post Lake & Elcho

## Wabeno Elementary Mid-Year Celebration!



The students at Wabeno Elementary have been working hard all year to follow expectations and be kind to others. The students' hard work was rewarded with a school-wide trip to the Forest County Potawatomi Community Center. The students were able to do rotations during their visit, which included working on Valentines for Vets, playing basketball or pickleball in the gym, playing soccer or football in the field house, and going through the bounce house obstacle course. The students and staff at Wabeno Elementary had a great time and appreciate the Forest County Potawatomi Community Center for hosting us.



## For Old Times Sake



This picture is taken in Tom Kleve's cabin in Newald. Bill Cleereman is on the left and Tom Kleve on the right.

Tom Kleve was an interesting man. He ran away from home as a young child, made it to Cavour, where he was raised by Charles Ross. Ross had a farm just north of Cavour, and Ross Lake is named after him. Eventually, he learned how to be a millwright in a sawmill. We don't know which one. He then went to Newald and did his millwright work in the Cleereman-Jauquet sawmill. He had a young kid that spent time with him and learned to be a millwright. His name was Francis Cleereman, Bill Cleereman's son.

Francis took it another step and invented the Cleereman sawmill carriage that completely changed small sawmills. It is still manufactured today in Newald, with his son, Fran now in charge.

It is easy to see looking at this photo that Kleve had a wide variety of interests that obviously included taxidermy.



# AREA EVENTS

## Post Lake Improvement Association's 25th Annual Ice Fishing Jamboree

On Upper & Lower Post Lake  
**Saturday, February 18, 2023**  
 Fishing from Dawn to 4pm

**Come Join the Fun, Food, & Games!**

Fish Registration Ends at 4pm  
 Prizes given for Largest Fish by Length

**Raffle Drawing & Awards at 4:30pm**

**Raffle Ticket Cash Prizes**  
 Tickets \$5 or 3 for \$10

**Bonus Raffle**  
 Tickets \$5 Each

**1st Prize: Ion Ice Auger**

All registered children ages 15 & under will receive a prize.

All Activities & Fish Registration will take place at the PLIA Building  
 W8684 County Rd K, Post Lake  
 (Corner of Post Lake Dr & County Rd K)



For more information call  
 715-777-5470

## Cardinals Clinch Conference Championship



The Crandon wrestling team dominated at the Northern Lakes Conference team dual this past Friday, February 3rd. The gym was packed with fans, the Little Cardinals Cheer Squad, and Cardinal wrestling alumni to support the wrestlers as they grappled under the center light. The Cardinal wrestling team defeated Elcho, Florence-Niagara, and Laona-Wabeno-Three Lakes to become the 2022-23 conference champions for the third straight year.

The wrestling dual included honoring 50 years of Crandon wrestling with the acknowledgment of the alumni on the center mat and a video presentation of past, present, and future high school wrestlers. Between matches current wrestlers were honored, as well. Florence wrestler Caitlyn Kelly and Crandon wrestlers Eli Glinski and Cole Shepherd were acknowledged for reaching one hundred career wins this season while Rebel Jay wrestler, Ryan Roy reached his 150th win that night.

Crandon wrestlers will travel to Crivitz this Saturday, February 11th, to compete in the super regional for a chance to advance to sectionals. Good luck wrestlers!

Congratulations to the 2022-23 NLC wrestling conference champions, the Crandon Cardinals!

Photo Caption:  
 Pictured Back Row L to R : Coach Paul Cleereman, Manager Jessilee Dewing, Coach Eric Shepherd, Cole Shepherd, Kolten Keao, Rowyn Pagel, Aiden Mueller, Cruz Palubicki, Caden Palubicki, Carsyn Mayer, Silas Dennee, Ethan Thorbahn, Conner Lawrence, and Coach Isaiah Doane  
 Pictured Front Row L to R: Neveah Alloway, Brayden Madl, Riley Johnson, Eli Glinski, Mason Dewing, Brexden Kane, Tyler Lawrence and Adonis Johnson



## Crandon Masonic Lodge donates Fire TKO Unit



Brother DJ Huddleston gives Sheriff Jeff Marvin the Fire TKO Unit.

The Crandon Masonic Lodge donated a second portable fire suppression unit in Forest County on Monday, February 6. This unit was given to the Forest County Sheriff's Office. The first unit was given to the Laona/Wabeno Rescue Squad in August.

Masonic lodges across the state of Wisconsin are donating these devices to local fire, emergency and police agencies. It takes on average, 5 minutes from the call to the fire station to the scene, all while the fire is gaining energy. These devices called Fire TKO, helps the emergency services save lives and structures. The Fire TKO is a condensed aerosol based fire suppression system that extinguishes and suppresses fires in seconds.

This unit does not remove the oxygen from the air so it is not harmful to people, animals or the atmosphere. The aerosol is also non-corrosive and it lessens the amount of water needed to finish fighting the fire. A portable fire suppression unit could cost up to \$1,300.00



Brothers Jay Wilson, Louie Spaude and DJ Huddleston give Fire TKO Unit to Laona/Wabeno Rescue Squad

## 10th Annual LFD Auxiliary & Cook Elfors UFW Post 6823

# FISH-O-REE

**Saturday, February 25th**  
 Silver Lake, Laona • Fishing: 8 a.m. - 4 p.m.

### RAFFLE DRAWING AT 5 P.M.

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

- 1st Prize: 1,100 • 2nd: 65" Samsung TV
- 3rd: 22 Mag Rossi Semi Auto w/ scope
- 4th: \$400 • 5th: 12 bird/clay pigeon hunt
- 6th: 238 Sq. Ft. 3 1/4 inch unfinished hardwood flooring maple 3rd grade
- 7th: Year supply of Mustard Girl Mustard & small Weber Grill • 8th: \$100 Cash
- 9th: \$50 Shell Gift Card
- 10th: 6 pc. 20 volt Dewalt Tool Combo w/ extra battery

FISH CASH PRIZES 1st THROUGH 3rd NORTHERN, BASS, WALLEYE & PAN FISH

Weigh-ins, Raffles, Food, Etc. start at noon at Silver Lake Beach Pavilion.

**NO WIEGH-INS AFTER 4 PM!**

**CHILI • CHICKEN NOODLE SOUP  
 HOT DOGS, BRATS & BURGERS  
 HEATED PAVILLION • 50/50  
 WHEEL RAFFLES • MEAT RAFFLES**

## Crandon Public Library Storytime

The Crandon Public Library Storytime. Storytime is for ages 0 to pre-school, and is held on Tuesdays at 10:30 a.m. in the lower level of the library.

## Blast From the Past Vintage Snowmobile Weekend in Mountain

Chute Pond Snowmobile Club will be hosting the Blast From the Past Vintage Snowmobile Weekend on Friday and Saturday, March 3 & 4, 2023  
 Friday March 3, 2023

Vintage ride (non-vintage also welcome) leaves

## TIME FOR A CHANGE!

**Vote for James Bocek, for Town of Crandon Supervisor**

As Supervisor, I will take an active role in improving our town for the residents of the Town of Crandon.

Let's work together and vote for me, James Bocek, on Tuesday, February 21st, from 7 a.m. until 8 p.m.

**Proud to Serve as an Army Veteran!**

Authorized & Paid For by James Bocek

from Skinny Dave's 12848 Hwy 32/64 Mountain at 11:00 am Friday, March 5<sup>th</sup>. Return later for dinner specials. Non-club members and general public is welcome.  
 Saturday March 4, 2023

Blast From the Past Vintage Show and Swap Meet at Skinny Dave's 12848 Hwy 32/64 Mountain from 10:00 am 2:00 pm. No cost to enter sled(s) or for spectators. Registration 9:00 am- noon. Vintage sled raffle drawing at noon- 1<sup>st</sup> prize- 1980 Arctic Cat Jag (or \$500 cash), 2<sup>nd</sup> prize \$250, 3<sup>rd</sup> prize \$100. Trophy presentations follow the judging. Food and beverages available at Skinny Dave's. World Famous ALL MEAT NO FILLERS raffle at 10:30 am, bucket raffles, kids prizes, and more. Call Kevin for more details 920-373-8579

### Nearby Lodging options

:Spur of the Moment Ranch 715-276-3726  
<https://www.spurofthemomentranch.org/>  
 Mountain Springs Motel & Campground 715-276-2700  
<http://mountainspringsmotelwi.com/>

Chute Pond Snowmobile Club maintains over 100 miles of snowmobile trails in the area around Chute Pond, just south of Mountain, WI. Our trails run south to Suring, east to Crooked Lake, north to Lakewood, and west to Boulder Lake. Our club owns and maintains four trail groomers to keep these trails in great condition throughout the winter season. Find out more about our club on our Facebook page or at <http://www.chutepondsnowmobileclub.com/>.



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Raw, Peeled & Deveined  
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Great Fish  
**BREADED SHRIMP**  
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**BACON**  
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16 Oz.



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Seedless  
**RED OR GREEN GRAPES**



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**WHOLE CARROTS**  
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**BABY BELLA MUSHROOMS**  
8 Oz. Pkg.



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**NAVEL, MORO "BLOOD" OR CARA CARA ORANGES**



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Hot House  
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Hot House  
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**\$1.59**



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**FRITOS OR CHEETOS**  
 OR  
**DORITOS OR TOSTITOS**  
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**BUBBL'R**  
 12 Oz./12 Pack  
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All cake orders **MUST** be placed with a 24 hour notice!  
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Farm Rich  
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**EGG ROLL**  
22 Oz.

**\$5.99**



Green Giant  
**VEGETABLES**  
7-10 Oz.

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Eggo  
**WAFFLES**  
10 Ct.

**2/\$6.00**



Blue Ribbon  
**CLASSIC ICE  
CREAM**  
128 Oz.  
Pails

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Roma Original  
**PIZZA**  
11"

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**DELI HAM**

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**\$3.79** Lb.



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Yoplait  
**YOGURT CUPS**  
4-6 Oz.

**10/\$6.00**



**DAIRY**

Ore Ida  
**JUST CRACK AN EGG**  
3 Oz.

**2/\$4.00**



Dannon Light  
**GREEK YOGURT CUPS**  
5.3 Oz.

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20 Ct./2 Kinds -  
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500 Points

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32 Oz. Box  
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99¢

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Women's or Men's  
Reg. \$13.23



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\$8.99

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12 Pack



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1,000 Points

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**3 Steak Street Tacos**-Three corn tortillas, Mexican style with sliced steak, onions and fresh cilantro

**Spring rolls with Sweet & Sour Sauce** - Four appetizer spring rolls, vegetable with sweet & sour sauce

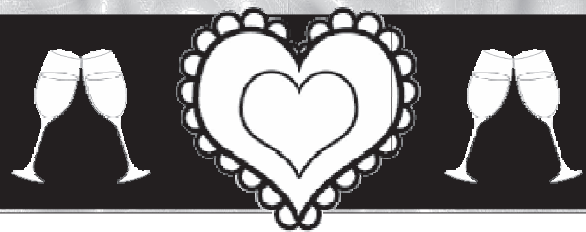
**Chicken Pot Pie** - Creamy chicken pot pie with roasted chicken, carrots, English peas, red potatoes with a flakey puff pastry buttery crust served in a cast iron skillet

**Spice Green Curry Rice Noodles** - Rice noodles tossed in a spicy green curry, Asian vegetables, add chicken or shrimp, gluten and dairy FREE

**7" Dessert Strawberry Studel**- 7" Strawberry filling with homemade strudel with a sweet glaze on our homemade crust



Come join us on Tuesday the 14th for our Valentine's Day Specials!



### Valentine's Specials

We have you covered for both Weekends!!

Saturday, February 11th, and Saturday, February 18

**One 8oz Lobster Tail Dinner is \$29.95**

**Two 8oz Lobster Tails Dinner \$49.95**

**6oz Tenderloin and 8oz Lobster Tail dinner \$42.95**

**Heart Shaped Ribeye for Two and 6 Steamed Shrimp for \$52.95**

**Roast Duck with Plum Sauce and Cranberry Stuffing for \$24.95**

**16oz-T-Bone Steak Dinner for \$22.95**

**1lb of Steamed Shrimp \$18.95**

**Saturday Prime Rib Dinner(3 sizes)**

**Rolling Stone Steak Special \$23.95**

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### GUN RAFFLE

**SATURDAY**

**February 18th**

**2-6 pm**

Benefitting the Scholastic Clay Target Program. 10-12 Firearms will be raffled off.

All proceeds go to the High School Scholarships in Wisconsin

**County W, Wabeno 715-889-3876**



### FISH FRY

**Friday, February 10th from 4-7 p.m.**

**Located at the AMERICAN LEGION HALL at 110 W. Madison St, Crandon**

*Hope to see you there!*

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# LAONA STATE BANK

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**BID NOTICE**

The Laona State Bank will be accepting sealed bids January 30, 2023-February 21, 2023 on the following item:

**2006 PONTIAC GRAND PRIX**

Sealed bids must include: Name, Address, Phone Number & Bid Amount

**BID DEADLINE: 4 P.M. FEB. 21, 2023**  
**FOR ADDITIONAL INFORMATION, PLEASE CONTACT: JULIE ISON AT (715) 674-2911 OR JULIEI@LAONASTATEBANK.COM**

### INVITATION FOR QUOTES

The School District of Wabeno Area is requesting sealed quotes for lawn care. Quotes will be accepted either in person at the District Office, located in the Elementary Building, 4346 Mill Lane, Wabeno, WI 54566 or by mail no later than **3:00 P.M. on Tuesday, February 21, 2023** to: Jeffrey Walsh, District Administrator, P.O. Box 460, Wabeno, WI 54566. Please mark envelope "**Lawn Care Quote**"

The lawn care provider must provide proof of liability insurance and commercial pesticide application business license with the quote. Lawn care quotes should be written to reflect monthly charges. Lawn care is required for a period of six months and the District will make payments for the service once a month for the months of May through October.

Lawn is to be mowed and trimmed around the elementary and high school buildings, elementary playground, the lot next to the bus garage, and the area around the parking lots. Lawn is also to be mowed and trimmed at the football and baseball fields (behind the elementary school) and at the softball field (located downtown).

The lawn care provider is expected to check on the lawn and mow regularly, keeping the grounds looking neat and well kept.

For further questions about this quote, contact Lee Mattern, Transportation/Maintenance Director, at 715.889.0607.

The School Board reserves the right to reject any and all quotes.

### School District of Crandon Board of Education Vacancy

The School District of Crandon currently has two (2) Board positions vacant for three (3) year terms. One incumbent filed candidacy, but the District is seeking any individuals interested in being a write in candidate.

To be an official write in candidate the following forms will need to be completed:

**Campaign Registration Statement and a Declaration of Candidacy, and must be filed in the District by Friday, March 31, 2023.**

The School District of Crandon Board of Education Election will held on Tuesday, April 4, 2023 and will be at your regular polling location.

If you are interested in running as a write in candidate for the Crandon Board of Education, please contact Melanie Flannery for candidacy forms at flannel@sdofcrandon.com or 715-478-6200.

### Crandon Public Library Parenting Series

Children's Wisconsin and the Crandon Public Library invite you to register for the (Parent) Seminar Series, Triple P- or Positive Parenting Program. This is a seminar series offered at the CPL to help parents/caregivers learn the power of positive parenting and how to raise confident, competent, and resilient children. Seminar Schedule: January 25th, 5:30-7:00 pm, February 22nd, 5:30-7:00 pm, and March 22nd, 5:30-7:00 pm. Each seminar has a different focus.

To register, contact: Children's Wisconsin at 715-361-6300 #2.

Join us for this valuable Parent Series.

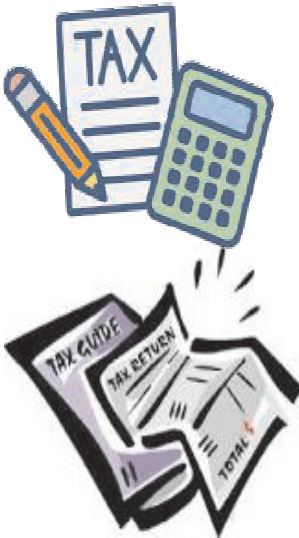
# BIDS AND NOTICES

### Crandon Public Library news

**Free In-Person Tax Preparation Service**

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age, especially if you are 50 or older, or can't afford paid tax preparation

Crandon Public Library  
 110 West Polk St  
 Tuesdays, February 21st through March 21st, 2023, 12:30 p.m. - 4:30 p.m.  
 By Appointment Only: Call (715) 478-3784



### Wabeno School Breakfast Menu Feb. 13-17

- Monday** - Breakfast sandwich, applesauce, fruit juice, milk
- Tuesday** - Scrambled eggs, bacon, tator tots, peaches, fruit juice, milk
- Wednesday** - Early risers, fruit juice, applesauce cups, milk
- Thursday** - Belgium waffles, yogurt, sausage patty, strawberries, fruit juice, milk
- Friday** - No school

### Wabeno School Lunch Menu Feb. 13-17

- Monday** - Salisbury steak, mashed potatoes, broccoli, pears, garden bar, milk
- Tuesday** - Taco bar, Spanish rice, corn, apple slices, garden bar, milk
- Wednesday** - Sloppy joes, fries, mixed vegetable, grapes, garden bar, milk
- Thursday** - Popcorn chicken, buttered noodles, carrots, berry cups, garden bar, milk
- Friday** - No school



### School District of Wabeno Area Regular School Board Meeting Wednesday, January 4, 2023

High School Library – Wabeno Jr./Sr. High School  
 School Board President, Dave Seeber, called the meeting to order at 6:18 P.M.  
 Board members present: Dave Seeber, Katryna VanEperen, Trinity Shepard, Dawn Jakubiec, Janet Opiela, Lori Mattern, and Dan Christianson. Administration: Jeffrey Walsh, District Administrator, and William Taylor, Jr./Sr. High School Principal  
 Administration Absent: Tim Brauer, Elementary Principal, and Robert Tucker, Director of Pupil Services  
 Others Present: Carlton Stealer, Emy Belland, Sarah Thomaschefskey, and Tammy Luzinski

Verification of Meeting Notice (Compliance with Open Meeting Law Notification (Wis.Stats. 19.84(2)).  
 Pledge of Allegiance.  
 Motion made by Janet Opiela seconded by Dan Christianson to approve the Amended Agenda. Carried 7 to 0.  
 Motion made by Katryna VanEperen seconded by Janet Opiela to approve the Regular School Board Meeting Minutes of December 7, 2022. Carried 4 to 0.  
 Dave Seeber, Lori Mattern, and Dan Christianson abstained.  
 Motion made by Dan Christianson seconded by Katryna VanEperen to approve the Special School Board Meeting minutes of December 19, 2022. Carried 7 to 0.  
 Motion by Katryna VanEperen seconded by Trinity Shepard to approve the payment of vouchers by general checks 84345 to 84407 for \$178,376.08 and payroll checks 900047286 to 900047503 for \$294,816.26, and a state tax, 941 tax, and employee trust fund electronic transfer for \$91,817.27. Carried 7 to 0.  
 Jeffrey Walsh, District Administrator and William Taylor, Jr./Sr. High School Principal shared updates and upcoming events with the Board. Tim Brauer, Elementary Principal, and Robert Tucker, Director of Pupil Services, previously shared their updates.

- The Board commended/thanked the following:
- Thank you to our bus drivers for getting the kids to and from school safely with the recent weather.
  - Thank you to Mrs. Boor and Mrs. Statezny; the Christmas concerts were wonderful!
  - Thank you to our custodial staff for keeping our buildings clean and in tip-top shape.

Motion by Katryna VanEperen seconded by Dan Christianson to approve NEOLA Policy po2112.01 (Tribal and Parent Involvement). Carried 7 to 0.  
 Motion by Dawn Jakubiec seconded by Trinity Shepard to approve the overnight Senior Class Trip to Pigeon Forge, TN June 12-16, 2023. Carried 7 to 0.  
 Motion by seconded by Lori Mattern to Dan Christianson accept the guideline to determine the number of seats available for regular and special education, as presented, for the 2023-2024 school year:  
 Regular Education/4K-10 seats; 5K-0 seats; 1st grd-0 seats; 2nd grd-0 seats; 3rd grd-0 seats; 4th grd-15 seats; 5th grd-9 seats; 6th grd-12 seats; 7th grd-5 seats; 8th grd-20 seats; 9th grd-16 seats; 10th grd-12 seats; 11th grd-11 seats; 12th grd-21 seats; Spec. Education/LD elem-0 seats; LD Jr/Sr high-0 seats; EBD elem-0 seats; EBD Jr/Sr high-0 seats; ID elem-0 seats; ID Jr/Sr high-0 seats; SL 4K-12th grds-45 students total-0 seats; Early Childhood Program-3 students total-0 seats; OHI 4K-12-12 students total-0 seats; Autism 4K-12-12 students total-0 seats. Carried 7 to 0.  
 Motion by Janet Opiela seconded by Katryna VanEperen to approve the elementary principal's contract rollover for one more year effective January 31, 2023. Carried 7 to 0.  
 Motion by Lori Mattern seconded by Dan Christianson to approve the Safe Return to In-Person Instruction & Continuity of Services Plan. Carried 7 to 0.  
 Motion by Lori Mattern seconded by Dan Christianson to approve an additional emergency day for 12 month employees and 9 month support staff employees. Carried 6 to 1.

Motion by Janet Opiela seconded by Dawn Jakubiec to approve the overnight wrestling trip to WI Dells January 27, 2023. Carried 7 to 0.  
 Discuss and take possible action on hours of instruction. No action taken.  
 Motion by Dawn Jakubiec seconded by Dan Christianson to go into closed session at 7:05 P.M.  
 Pursuant to Wisconsin State Statute 19.85 (1) (c) (e) and (f). Roll call vote: Dave Seeber, yes; Katryna VanEperen, yes; Janet Opiela, yes; Lori Mattern, yes; Dawn Jakubiec, yes; Trinity Shepard, yes; and Dan Christianson, yes. Carried 7 to 0.

The board may convene in closed session for the purpose of:  
 a. Discuss and take possible action on teacher compensation for subbing for other teachers beyond a prep period.  
 Motion by Janet Opiela seconded by Dan Christianson to return to open session at 8:06 P.M. to announce or take action, if any, and if appropriate on items discussed in closed session. Roll call vote: Dave Seeber, yes; Katryna VanEperen, yes; Janet Opiela, yes; Lori Mattern, yes; Dawn Jakubiec, yes; Trinity Shepard, yes; and Dan Christianson, yes. Carried 7 to 0.  
 Motion by Dave Seeber seconded by Janet Opiela to approve \$20/hour at Elementary or per period at Middle/Jr./Sr. High School, up to a maximum of \$120/day, to compensate teachers for subbing for other teachers for the remainder of the 2022-23 school year. Carried 5 to 0. Dan Christianson and Katryna VanEperen abstained.  
 Motion by Dawn Jakubiec seconded by Katryna VanEperen to adjourn at 8:09 P.M. Carried 7 to 0.

Trinity Shepard, District Clerk

### Goodman-Armstrong Creek School District Honor Roll Term 2 2022 2023

High Honors:

- Seniors:** Lucas Barribeau, Marlie Bednarz, Ryan Erickson, Bryson McVay, Samuel Niven, Joshua Wysocki and Layla Yang
- Juniors:** Wyatt-Paul Champeau, Pietro Ipsa, Katelyn Kalkofen and Jasmine Slawinski
- Sophomores:** Kyle Braaten, Sarah Bruders, Erin

- Goode, Joshua Knutson and Krystal Moddie
- Freshmen:** Nicholas Niven and Joseph Stec
- 8<sup>th</sup> Grade:** : Marie Bruders, Hawk Davis, Robert DeSantis, Vincent Ipsa, Brayden Lewis, Evelyn Pycrz, Zachary Roland and Ethan Squires
- Honors:**
- Sophomores:** Austin Domine, Laynee Dwight, Hailey Moore and Minna Yang
- Freshmen:** Lauryn Dwight and Charlie Johnson
- 7<sup>th</sup> Grade:** James Bruders and Autumn Gentz



# Bids & Notices

## 2023-2024 OPEN ENROLLMENT APPLICATION PERIOD SCHOOL DISTRICT OF LAONA

The School District of Laona will be accepting Open Enrollment applications for the 2023-2024 school year from February 6, 2023-April 28, 2023. Applications must be received no later than 4:00 pm on April 28, 2023. **Late applications will not be accepted for any reason.** Parents may apply on-line at <https://dpi.wi.gov/oe>.

Wisconsin's inter-district public school open enrollment program allows parents to apply for their children to attend school districts other than the one in which they live. Additional information from an open enrollment consultant is available toll-free by calling (888) 245-2732, option 2, or by emailing [openenrollment@dpi.wi.gov](mailto:openenrollment@dpi.wi.gov).

\*Please note: If your child is already attending the School District of Laona through Open Enrollment, you do not need to reapply.

### School District of Wabeno Area PL81-874 Impact Aid Meeting Minutes Wednesday, January 4, 2023 High School Library - Wabeno Junior High / High School

Meeting was called to order by School Board President, Dave Seeber, at 6:00 P.M.  
Board Members Present: Dave Seeber, Trinity Shepard, Janet Opiela, Dawn Jakubiec, Lori Mattern, Katryna VanEperen, and Dan Christianson.  
Administration: Jeffrey Walsh, District Administrator, and William Taylor, Jr./Sr. High School Principal  
Administration Absent: Tim Brauer, Elementary Principal, and Robert Tucker, Director of Pupil Services  
Others present: Carlton Stealer, Emy Belland, Sarah Thomaschefskey, and Tammy Luzinski  
No corrections were made to the January 5, 2022 meeting minutes.  
Jeffrey Walsh explained the Impact Aid Program. Jeffrey Walsh was not contacted regarding any changes to School Board Policy 2112.01-Tribal and Parental Involvement.  
Building Updates:  
Elementary School Principal, Tim Brauer, previously provided his report on American Indian participation, events, and goals at the Elementary School.  
Jr./Sr. High School Principal, Bill Taylor, reported on American Indian participation, events, and goals at the Jr./Sr. High School.  
Sarah Thomaschefskey, Forest County Potawatomi Education Department, shared input on future goals, staffing, grants, etc..  
Motion by Dawn Jakubiec seconded by Katryna VanEperen to adjourn at 6:18 p.m.  
Trinity Shepard, District Clerk

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## AD DEADLINE 4 P.M. TUESDAY

Amount of weeks to run \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Ad \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# DEATH NOTICES

**Henrietta "Granny" Kobylarz** age 90, of Goodman, passed away peacefully at home on Wednesday February 1, 2023. She was born in Chicago on September 27, 1932; daughter of the late John and Rosemary (Bogdanska) Rokicki. She was married to Michael John Kobylarz in Chicago on March 9, 1961. In 1962 the couple moved to Goodman where they raised their two children. Henrietta worked at the Goodman Mill for over 20 years. She thoroughly loved playing bingo and was affectionately known by many as "Granny." She was loved by all and will truly be missed.



Henrietta is survived by her two children: Laura (Joseph) Janczewski of Armstrong Creek and Michael (Bethann) Kobylarz Jr. Woodland Park, Co; six grandchildren: Jennifer Hedemark (Charlie DeLauder), Denise (Jeff) Pitts, Christopher (Rachel) Janczewski, Amanda Janczewski (Brad DuChateau), Michelle Janczewski (Chase Williams), and Ashley (Mary Francis) Benning; 14 great grandchildren; and 2 sisters-in-law: Sylvia Rokicki and Donna Rokicki. She was preceded in death by her husband, Michael; and eight siblings: John, Leo, Henry, Dorothy, Virginia, Sylvia, Esther, and Rose Mary.

Visitation is on Monday February 6, 2023, at the Armstrong Creek Community Center from 10am until the time of her funeral service at 11am with Pastor Terry Martell officiating. Burial will be in Glenwood Cemetery, Goodman this spring.

Roubal Funeral Home of Wausaukee is assisting Henrietta's family with arrangements.

## Letters to the Editor

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

To the Editor:  
Few Americans have ever heard of the Bank of International Settlements (BIS). Time to search it out and learn a bit more.

This is the "off the balance sheet" dollar debt. There are currently \$80 trillion in obligations which exceeds the stock of the U.S. Treasury bills.

The BIS was set up to manage the collection, administration and distribution of the annuities payable as reparations. Reparation payments imposed on Germany (and to a lesser extent on other central European countries) by the Treaty of Versailles following the First World War.

BIS has helped the Federal Reserve in the implementation of U.S. monetary policy and in carrying out its responsibilities for the supervision and stability of the U.S. banking and financial system in today's global financial markets.

BIS is located in Basel Switzerland. It has worldwide diplomatic immunity, is an autonomous institution (it's, it's own country/region) and has freedom to govern itself. They pay no taxes. There were in history five BIS Directors charged with war crimes. BIS accounts for 95% of World GDP.

This bank is owned by sixty three central banks around the world. Sam Bankman-Fried spoke at their 2022 Innovation Summit.

BIS has barred the central bank of Russia from accessing "all BIS services, meetings and other BIS activities".

We must as citizens learn to understand not only our countries debt ceiling, but more about the World Bank, the IMF and for sure the Bank of International Settlements.

Caroline Oberholtzer

### Arts night Feb. 9 at Nicolet College to feature art exhibit opening, woodwind concert

A special night of gallery art and exquisite music will be on tap at Nicolet College Thursday, Feb. 9, when the college hosts both the opening reception for the Wisconsin Regional Art Program (WRAP) art exhibit followed by a concert featuring the Wingra Woodwind Quintet.

"We're excited that everything came together so we could hold both of these events back to back," said Mike Effinger, Nicolet Theatre and Events Services manager. "It's sure to make for a great evening for people to immerse themselves in the arts and enjoy the experience."

The WRAP opening reception, which is free to attend, will take place from 5 p.m. to 7 p.m. in the Nicolet College Art Gallery located in the Northwoods Center.

The event will give attendees the chance to meet the artists, view the eclectic collection of their art, and enjoy light hors d'oeuvres and beverages.

Regional WRAP exhibits are held throughout the state



### A celebratory note from the Four Busmen of Forest County...

**There is life in Alvin!**  
That's right! We finally found some intrepid travelers from Alvin to join our bus trips. We all had a great time in Iron Mountain (especially the Hong Kong Buffet!) and they will join us again. There are still areas in Forest County we haven't served yet and you know who you are! Give us a call and let us show you what a great time you can have. We average 4 to 6 passengers and would love to bump that up a bit.

To jump on board, just give me a call or send a text to 715-889-0859.

NOTE: We are considering a local Crandon area trip for shopping at local stores and other shops. Please contact us to show any interest in developing this service. ALSO, we are thinking about trips to the Nu-Roc facility so riders can visit residents there. We can also drop rider at other nursing facilities in any of our location to visit loved ones. Call me!

- \*\*\*NEW MONDAY TRIPS\*\*\***  
**Thursday, Feb. 9:** Rhinelander  
**Monday, Feb. 13:** Iron Mountain  
**Thursday, Feb. 16:** Rhinelander  
**Monday, Feb. 20:** Rhinelander  
**Thursday, Feb. 23:** Rhinelander  
**Monday, Feb. 27:** Antigo

## Forest County Commission on Aging Nutrition Program SENIOR MEALS

- CRANDON, WABENO, LAONA**  
**Monday - February 13** - Meatloaf, mashed potatoes, gravy, county trio veggie blend, whole wheat bread.  
**CRANDON, WABENO, LAONA, ARMSTRONG CREEK**  
**Tuesday - February 14** - Oven baked rosemary chicken, baked sweet potato, broccoli, cornbread, strawberries.  
**CRANDON, LAONA, ARMSTRONG CREEK, WABENO**  
**Wednesday - February 15** - Ham & Scalloped potatoes, peas, pineapple, multi grain bread, chocolate pudding.  
**CRANDON, LAONA, ARMSTRONG CREEK, WABENO**  
**CONGREGATE & HOME DELIVERED**  
**ALVIN \*Now serving at 12:30 p.m.\***

**Thursday - February 16** - Ham & bean soup, coleslaw, strawberries, toasted cheese sandwich, angel food cake.  
Please register with Commission on Aging - 478-3256.

Crandon site is at 715-478-3040. Serving at 12:00 p.m. on Monday, Tuesday and Wednesday.

Alvin nutrition site manager Tammy Wolfe is at 715-545-3323.

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

Wabeno site manager Linda McEwen at 715-889-0123 (cell). Meal served at 11:30 a.m. on Monday, Tuesday and Wednesday.

Armstrong Creek site manager Sharon Giles at 715-674-3532 (home). Meal served at 11:30 a.m. on Tuesday and Wednesday.



### with the best pieces from each show selected for the Annual State Art Exhibit in Madison.

Then at 7:30 p.m., the acclaimed Wingra Woodwind Quintet will take to the stage in the Nicolet College Theatre for a lively concert that will balance classical works with contemporary and cross-cultural compositions. The quintet tours nationally, receiving acclaim from the New York Times for its "consistently sophisticated, sensitive, and thoroughly vital" performances.

Since 1965, the ensemble-in-residence at the University of Wisconsin-Madison School of Music has earned the reputation of a musically accessible, dynamic, and artistically excellent ensemble. Current members of Wingra Wind Quintet are Conor Nelson, flute; Lindsay Flowers, oboe; Alicia Lee, clarinet; Marc Vallon, bassoon; and Trevor Healy, horn.

Tickets are \$15 and can be ordered online at [nicoletcollege.edu/community/nicolet-live](http://nicoletcollege.edu/community/nicolet-live).



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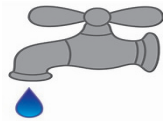
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## Conservation Corner Cont. from pg. 1



Northern Snakehead (pictured above)

they are totally unaware of their surrounding and they do not move at all. In fact, torpid fishes barely respond to any stimuli!

### Where do fishes go in winter?

After I explained how fish are cold blooded, he continued with asking me where the fishes went in winter.

As winter begins and lakes become blanketed in a layer of snow and ice, temperature gradations change in the water. This blanket of ice acts as insulation to the water below. Warmer water settles to the bottom of the lake (known as lake turnover), creating a cozy haven for fishes. It's here that these aquatic creatures congregate in groups, entering torpor and riding out the temperature fluctuations.

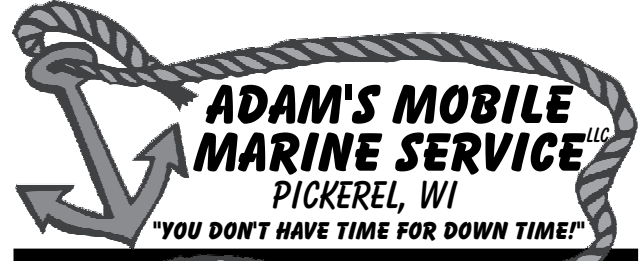
### Torpor vs. Hibernation

So, most animals hibernate in winter. What's the difference between torpor and hibernation? A key distinction is that torpor is temporary, lasting only hours, while hibernation is when an organism spends the winter in a state of dormancy; it is long-term multiday torpor for survival of cold conditions.

Just as there is a seasonality to the woods, a cyclical pattern can also be observed in fishes' behavior. Knowing this can increase our understanding of the intricate ways in which nature operates (and help you catch fish).

A popular winter recreation activity for many Wisconsinites is ice-fishing. Lake conditions change dramatically during the winter months, leading to elusive fishes with unpredictable feeding and movement schedules. It's these challenges that make ice fishing such a thrilling and rewarding sport. For some, braving the cold to catch a fish is not just a hobby, it's a passion, a test of strength and determination.

# Recreational



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## Viet Nam Vets Cont. from pg. 1

All veterans from Wisconsin honored through In Memory will have their photos and names on display as part of the mobile Education Center exhibit when The Wall That Heals is at Nicolet College from May 18 to May 21.

"We want to honor as many Vietnam veterans from Wisconsin as possible. If your loved one served in Vietnam, returned home and later died - we want to be able to proudly display their name and photo in our community. We're asking for the public's help to identify eligible veterans and get their applications into VVMF so their veteran can be on display in Rhinelander," said Casey Lehmann, Financial Aid Advisor and The Wall That Heals-Nicolet College Site Host.

There is no cost to have a veteran honored and the application process is simple. To honor a loved one, you only need to complete a short application and submit the veteran's DD214 showing their proof of service in Vietnam, a copy of their death certificate and two photographs. Additional information on the In Memory program and the application form can be found here: [www.vvmf.org/inmemory](http://www.vvmf.org/inmemory).

In addition to The Wall That Heals display, having a veteran honored through In Memory includes:

- As part of the In Memory Honor Roll, an online personal remembrance page is created for each honoree with their photo and biographical information. Family members can share the page and leave remembrances about their loved one. To see the Honor Roll, visit [vvmf.org/Honor-Roll/](http://vvmf.org/Honor-Roll/)
- An invitation to In Memory weekend in Washington, D.C., which includes a touching ceremony on the site of the Vietnam Veterans Memorial where each honoree's name is read aloud. Each applicant also receives a printed personal tribute certificate with their veteran's photo(s).

The plaque on the grounds of the Vietnam Veterans Memorial site in Washington, D.C. that honors these veterans was dedicated as a part of the Vietnam Veterans Memorial in 2004 and a replica plaque is part of The Wall That Heals exhibit. It reads: "In Memory of the men and women who served in the Vietnam War and later died as a result of their service. We honor and remember their sacrifice."

"The impact of the Vietnam War stretches far beyond the 58,281 names on the Vietnam Veterans Memorial. More than three million Americans served in Vietnam and an untold number of those who served have suffered from service-connected illnesses. No one knew that when the war ended, Vietnam veterans and their families would still be feeling the effects of their service more than 50 years later. In Memory is our way to honor these Vietnam veterans for the sacrifices they made," said Jim Knotts, president and CEO of VVMF, the nonprofit organization that founded the Vietnam Veterans Memorial in Washington, D.C. in 1982 and manages The Wall That Heals and In Memory programs.

For more information on The Wall That Heals coming to Nicolet College, visit [nicoletcollege.edu/community/community-events/wall-heals-3](http://nicoletcollege.edu/community/community-events/wall-heals-3).

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## Health Dept. Cont. from pg. 1

**When will the new rules go into effect?**  
For child care centers, February 1, 2023, and for school-age children, the beginning of the 2023-2024 school year. For more information, go to <https://dhs.wisconsin.gov/immunization/update.htm>

**Radon Kits:**  
Kudos to everyone who stopped by to purchase a radon kit. Radon kits are back in stock and available for purchase at the Health Department!

**Community Health Assessment:**  
Our community health assessment for Forest County is almost complete. We will be compiling all of the data and will hold sessions for community members to participate in reviewing our county's health problems and choosing our priority health problems for the next five years.

**Winter Weather:**  
It is soooo cold! Did you know In Wisconsin, winter conditions cause an average of 50,000 vehicle crashes and 45 deaths each year? An emergency kit for your car is important in case your car stalls in winter weather. This could include: first aid kit, flashlight, booster cables, shovel, bag of sand and blankets.

Visit [readywisconsin.wi.gov/make-a-kit](http://readywisconsin.wi.gov/make-a-kit) for more items and tips.

**COVID-19:**  
County health officials have confirmed 26 individuals diagnosed with COVID-19 and 1 death related to COVID-19 in January 2023. The Health Department encourages community members to get vaccinated, practice good hand hygiene, wear a mask when necessary, and stay alert for symptoms. If you are experiencing symptoms or have been exposed to COVID-19, please contact your health care provider. If positive, isolate for 5 days after symptom onset and wear a mask for 5 days following release from isolation. A limited supply of free COVID-19 test kits are available at the Forest County Health Department. Please call 715-478-3371. Free at home COVID-19 tests are available at [www.sayyescovidhometest.org](http://www.sayyescovidhometest.org). Call the Health Department to assist you in this process. We will update our Facebook page and local newspapers the first week of every month as capacity allows. Please call 715-478-3371 with any questions or concerns.

## Forest Larger Parish Christmas for Critters



JoAnne Gipp and Linda Mentz check out the donations for the "Christmas for Critters" campaign at Forest Larger Parish Presbyterian Church. The collection of pet supplies including food, toys and blankets was delivered in January to the animal shelter in Antigo.





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