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Volume 37, No. 50 March 20, 2023 (715) 478-3640 or 1-800-234-2152 Fax: (715) 478-3540 email: pionexp@newnorth.net

Lakes Country Public Library closes in on \$15,000 match!

Great news! A third anonymous donor match of \$15,000 has already brought in \$11,200. With this latest round of donations, the Building Fund is now over 80% of its \$1.5 million dollar goal. To date, \$1.25 million has been raised in donations, pledges and grants.

"This is so gratifying. We began formal fundraising less than a year ago at our May 2022 Kick-off dinner," says Fundraising Chair Kathleen Marsh. "We're hoping to get to goal with the second annual Library Fundraising Dinner on May 13, 2023. The beautiful McCauslin Brook Golf and Country Club will again host us, with dinner tickets at \$50/person and a 70 guest maximum seating capacity. Call or text 920-841-6235 for advance registration."

If you would like to be part of this historic effort to renovate and expand Lakewood Library, help us send the Fund-o-Meter red line to the top. Have your contribution doubled by donating online at lakescountrylibrary.org or by mailing a check to LCPL Building Fund; 15235 State Highway 32, Box 220; Lakewood, WI 54138. Please write "Building Fund" on the memo line.

In other important Lakewood Library news, architect Jeff Musson is busy getting contractor bids for the library expansion and renovation. Jeff anticipates the process should be complete by early April, at which point the Joint Library Board will chose a contractor to build the project. The Board encourages local contractors and subcontractors to participate in bidding for this work. Contact Jeff at jrmusson@frontier.com for more information.

Crandon International Raceway Nominated for Governor's Tourism Legacy Award

We are pleased to announce that our Chamber Member the Crandon International Raceway's Nomination for the Governor's Tourism Legacy Award has been accepted by the State of Wisconsin Department of Tourism.

The Legacy Award is presented to an individual/business who has shown a long-lasting contribution to the industry over the years. Nominee should have 25 or more years of distinguished service to the tourism industry, including 15 or more years in Wisconsin.

Out of the 2 Nominations that were submitted through the Forest County Chamber of Commerce we are proud to say that one has been accepted, once again putting Forest County on the map!

The WIGCOT conference will be held Sunday through Tuesday, the awards ceremony taking place Tuesday evening!

Please like and follow the Forest County Chamber to keep up with this story and all of the other things we will continue to provide to Forest County, its visitors and our Chamber Members

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.

By the time you read this, we'll have 'sprung ahead' with Daylight Savings Time. This also means that spring is near and that brings commercial and hobby production of maple syrup to Forest County.

Sugar camps have a long history, dating back to Native American tribes who utilized syrup and sugar made from the trees. Sugar and syrup also became an important trading item for many people, especially in North America. Historically there were thousands of sugar camps dotting the forests across the Northwoods.

What makes the sap flow?
 Sap flow from sugar maple trees is entirely temperature dependent. The rise in the temperature of the outer layers of the tree (the sapwood) to a temperature above 32 degrees F causes a positive pressure in the tree fibers. This pressure produces the sap flow. Many people assume that sap flows only from the roots, actually on warm spring days which follow cold nights, sap flows down from the tree's branches and then out the spouts or taps. Sap also flows back and forth laterally within a tree, depending on temperature and pressure. Sap flows out breaks in the sapwood. When tapped and the internal

Continued on page 05



Ruffed Grouse on a cold morning

Ruffed Grouse Banquet Saturday March 18 in Crandon

The Annual Nicolet/Wild Rivers Chapter 31st Annual Conservation Banquet will be at the Crandon Community Center on Saturday, March 18, with the doors open at 5:15.

If you don't have a ticket, don't worry, you can still attend. Tickets should still be available at the door, but if you want to make sure you can get seats, call Dave Z at this number: 715-336-2523 and leave a message if there is no answer. It assures that you will have tickets waiting for you.

The money raised helps maintain habitat for ruffed grouse, woodcock and other species as well. The event is also a lot of fun, with good food, good stories and a chance to buy or win some fine items. If your stock of hunting supplies and clothes needs some more items, be sure to attend! Your wife will be glad that you are a well-dressed hunter when you take to the woods next fall, and you can always use more gear of any kind.

Candidate Spotlight

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

Cora Campbell Candidate for Town of Nashville Supervisor

My name is Cora Campbell and I will be on the April election ballot for Town of Nashville Supervisor. Most of you know me personally, but if not personally, then perhaps through some of the community work I have been involved in, both past and present.

I have spent many years of hard work for the advancement of animal welfare in Forest County, being one of the founders of the Forest County Humane Society, serving as President, and seeing our shelter built. This feat was accomplished without securing a loan of any type. When I resigned my position at the Humane Society, the organization was still debt-free, and left with a six-figure bank account.

I presently serve as president of Animal Resource Fund – commonly referred to as ARF - providing financial aid to families unable to incur the cost of veterinary care or basic food and shelter needs. We have funded numerous free spay/ neuter/vaccination clinics, etc. We have paid thousands of dollars in veterinary bills for pets that would most likely have perished without our intervention. We still do.

I am NOT a politician. I do not have a personal agenda in seeking your vote for this position, only my sincere interest in our township. I desire to see progress and growth. I understand fiscal responsibility, and if given the opportunity to serve the Town of Nashville, you have my word that I will be a careful steward of the tax dollars with which I would be entrusted. I also (being an old school thinker) am a strong believer in taking good care of the Township's assets, whether it be maintaining our Town Hall, community building, garages, equipment, and of course, our roads.

I have been the caretaker of our Town Hall for many years and I have taken a great deal of pride in the appearance and upkeep of this structure, reporting needed repairs and upgrades.

As a volunteer for many years, I do all the renting of our town hall; mailing contracts, accepting payments, showing the town hall to prospective renters, and being available to assist with any concerns.

Also as a volunteer, I serve as the Chairman of the Nashville Cemetery Committee, addressing any concerns related to repairs and maintenance. This is a committee that I serve on passionately.

If I am entrusted to serve on this Board, I know I will have much to learn, but I offer you my dedicated service and will work to meet the needs of our Township.

Lastly, I will always listen to your thoughts, concerns, and suggestions. I promise that I will be approachable and available to the citizens of the Town. Call me – 715-478-2398!

Pickrel St. Patrick's Day Parade



The Pickrel St. Patrick's Day Parade last Saturday was a huge success with a very large turnout. There have been warmer years for this event, but it didn't matter if it was a bit chilly. Everyone had a great time. There were some great floats and the crowd was happy!

First place went to Ruby Mays, second place to Pine Grove, and third place to Northwoods Inn and Shell. Here is a sampling of the parade.



More parade pictures on page 02

Local businesses partner to create Special Needs Ride

The Forest County ATV Association has partnered with Hiles-Pine Lake Campground to create a fun-filled day for families with special needs children and adults.

Being parents to a special needs child is very close to the hearts of Greg and Jamie Schab, the owners of Hiles-Pine Lake Campground. Their son Nolan has autism, and he is the inspiration to create a special day for families and those that support them.

Nolan's Northwoods Expedition: First Annual Special Needs Ride is on June 10, 2023. Participants can meet at 11 a.m. at Hiles-Pine Lake Campground, 8896 W. Pine Lake Road in Hiles. The Forest County ATV Association is organizing two rides. The long ride will be 60 miles, while the other ride will be about 20 miles. Forest County ATV members can provide rides, and you can bring your own ATV/UTV or you can rent one. Registration is required. You can contact the ATV Association at 715-889-3617 or forestcountyatv@gmail.com.

The American Legion Post 94 will be serving food for a fee. Entertainment includes a face painter, balloon twister and a band in the evening. Families can stay for the weekend or just come for the ride. For accommodations, you can contact Hiles-Pine Lake Campground at 715-902-9331.

Online at pionexp@newnorth.net



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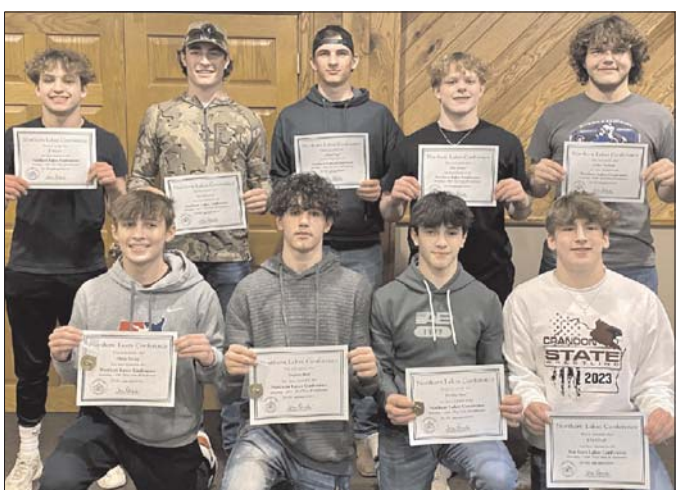


Pickerel Parade
Cont. from pg. 1

Pickerel Parade Cont. from pg. 1



9 Crandon Wrestlers earn All Conference



Congratulations to all nine wrestlers that earned a Northern Lakes Conference First Team All Conference award for the 2022-23 season!
 Pictured: Back Row L to R: Ty Dennee (145#), Cole Shepherd (160#), Rowyn Pagel (182#), Silas Dennee (195#), and Ethan Thorbahn (220#) Front Row L to R: Mason Dewing (113#), Brayden Madl (126#), Brexden Kane (126#), and Elias Glinski (132#)



Four Crandon Wrestlers earn Academic All Conference



Congratulations to Cole Shepherd, Mason Dewing, Ethan Thorbahn, and Caden Palubicki (not pictured) for achieving Academic All Conference standing! To earn Academic All Conference a student-athlete must be a 2nd year letter winner in that sport while maintaining a 3.5 or higher GPA and have no athletic code violations.



AREA EVENTS

Lumberjack Memorial Trails
MEAT RAFFLE
Saturday, March 18, 2023
Wild Cat Den in Wabeno
12:00 - 3:00 p.m. Meat Raffles
Chainsaw Raffle @ 2:00 p.m.

Proceeds for LMT Trail Maintenance.
THANKS FOR YOUR PARTICIPATION!



Nicolet/Wild Rivers Chapter
31st Annual Conservation
Banquet
Saturday, March 18 at the
Crandon Community Center
Open at 5:15

Good Food, Prizes and Items
to Bid On

\$60 which includes your
membership in the
Ruffed Grouse Society
Junior Members \$25
Bring Your Wife-Both Tickets
\$85
Support the Grouse Habitat!

Northern Lakes Conference

Boys Basketball 2022 - 2023

Conference Champions: Florence Bobcats
Coach of the Year: Bryan Bomberg, Florence Bobcats
Offensive Player of the Year: William Kelley, Florence Bobcats
Defensive Player of the Year: Dominic DeMuri, Florence Bobcats
ALL-CONFERENCE SELECTIONS

FIRST TEAM		
PLAYER	TEAM	YEAR
Dominic DeMuri	Florence	12
Evan Johnson	Florence	12
William Kelley	Florence	11
Carter Janesch	Laona / Wabeno	12
Jared Kaufman	Three Lakes	11
SECOND TEAM		
PLAYER	TEAM	YEAR
Devin Headson	Crandon	12
John Slowik	Elcho	12
Keegan Klingler	Elcho	12
Ryan Ehlert	Goodman / Pembine	11
Adam Seeber	Laona / Wabeno	12
HONORABLE MENTION		
PLAYER	TEAM	YEAR
Jaxon Keepers	Crandon	10
Omar Bailey	Crandon	11
Eugene Reinke	Elcho	11
Logan Schuls	Florence	11
Ryan Erickson	Goodman / Pembine	12
Hunter Cronauer	Laona / Wabeno	12
Toby Volkmann	Three Lakes	11

***bold denotes unanimous vote**

Spring Craft & Vendor Event

Saturday, March 25th
 9:00 a.m. - 2:00 p.m.

LAONA COMMUNITY BUILDING

Crafts, Pampered Chef,
 Scentsy, Color Street, L'Bri
 Jewelry, Baked Goods & More!

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.



NOTICE

Taking orders for Easter Weekend
 Homemade FRIED PIES.
 Flavors apple, peach, blueberry, raspberry and cherry. Please have your orders placed by March 31st.
 Call 715-290-0477 & Leave a message with your name & number

Fried pies are similar to Hostess half moon pies



Wabeno Post 44 American Legion Social

Enjoy the fellowship of your comrades at Waubee Lake Lodge, Lakewood, hosted by Roger & Bonnie Vandenberg, 4:30 P.M. Cocktails, 6:00 P.M. Dinner. Reservations/payment payable to Waubee Lake Lodge in the amount of \$20.00 includes tax and tip, should be sent to Roger & Bonnie Vandenberg, 118 S. Fidelis Street, Appleton, WI 54915-3266 For information, contact Roger or Bonnie at 1-920-739-7900.

Reminder postcards are being mailed to persons attending at least one of the 2022-2023 socials. All that is required to receive notice by postcard is to attend one of the socials. Dates of socials are listed in the Bugler Newsletter, submitted to the newspapers and posted at the Legion Hall.

Northern Lakes Conference Girls Basketball 2022-2023

Conference Champions: Crandon and Laona/Wabeno
Coach of the Year: Andrew Harrison, Laona/Wabeno
Offensive Player of the Year: Mara Stamper, Crandon Cardinals
Defensive Player of the Year: Mara Stamper, Crandon Cardinals

ALL-CONFERENCE SELECTIONS

FIRST TEAM		
PLAYER	TEAM	YEAR
Holly Palubicki	Crandon	12
Mara Stamper	Crandon	12
Isabella Millan	Florence	11
Grace Krawze	Laona/Wabeno	12
Kallie Volk	Three Lakes	12
SECOND TEAM		
PLAYER	TEAM	YEAR
Lauren Littleton	Crandon	10
Kamdan Johnson	Florence	10
Kaylyn LaRock	Laona/Wabeno	12
Riley Yaeger	Laona/Wabeno	11
Karlee Weavers	Three Lakes	12
HONORABLE MENTION		
PLAYER	TEAM	YEAR
Karsen May	Crandon	12
Madelynn Erdmann	Crandon	10
Emily Moore	Elcho	12
Rebekah Strietzel	Goodman/Pembine	11
Allison Albrecht	Laona/Wabeno	10
Malerie Krawze	Laona/Wabeno	11
Kaya Szews	Three Lakes	11

***bold denotes unanimous vote**



A note from the Four Busmen (Mike, Mark, Christ & Bob) of Forest County...

We were excited to see a nice jump in new riders last month. We are interested in getting Wabeno area riders to join us on our trips to Antigo. How about Armstrong Creek riders to Iron Mountain? (First on-first off for a nice easy trip). It's exciting to notice that so many people are repeat riders. Perhaps it's the character of our drivers. (They're characters all right!)

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

NEW MONDAY TRIPS

Thursday, March 16: Antigo
Monday, March 20: Rhinelander
Thursday, March 23: Rhinelander
Monday, March 27: Iron Mountain
Thursday, March 30: Rhinelander

Forest County Commission on Aging Nutrition Program SENIOR MEALS

CRANDON, WABENO, LAONA

Monday - March 20 - Sloppy joe on a bun, roasted potatoes, baked beans, grape salad

Monday - March 27 - Chicken enchilada casserole, Wisconsin blend vegetables, biscuit, mandarin oranges, peach upside down cake

CRANDON, WABENO, LAONA, ARMSTRONG CREEK

Tuesday - March 21 - Kielbasa with sauerkraut, German potato salad, peas, whole wheat bread, pineapple

Tuesday - March 28 - Meatloaf, mashed potatoes, gravy, country trio veggie blend, whole wheat bread, applesauce

CRANDON, LAONA, ARMSTRONG CREEK, WABENO

Wednesday - March 22 - Chicken breast, mushrooms and bacon sauce, baby reds, brussel sprouts, dinner roll, vanilla yogurt and berries

Wednesday - March 29 - Lasagna, carrots, mixed greens, dressing, garlic breadstick, fruit jello dessert

CRANDON, LAONA, ARMSTRONG CREEK, WABENO

CONGREGATE & HOME DELIVERED, ALVIN (Alvin now serving at 12:30 p.m.)

Thursday - March 23 - Chicken and noodles, green beans, broccoli salad, mashed potatoes, dinner roll, cupcake

Thursday - March 30 - Vegetable soup with beef, peaches, salad, toasted cheese sandwich, brownie

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.

Northern Lakes Conference Wrestling 2022-2023

Conference Champions: Crandon Cardinals
Male Wrestler of the Year : Ryan Roy, Laona/Wabeno/Three Lakes
Female Wrestler of the Year : Caitlyn Kelley, Florence
Coaches of the Year: Paul Cleereman, Crandon and Colin Schubert
and Seth Senter, Laona-Wabeno-Three Lakes

ALL-CONFERENCE SELECTIONS			
WEIGHT	WRESTLER	TEAM	YEAR
106	Max Clark L/W	Three Lakes	9
113	Mason Dewing *	Crandon	10
120	Brayden Madl *	Crandon	11
120	Caitlyn Kelley **	Florence	12
126	Brexden Kane	Crandon	9
132	Elias Glinski **	Crandon	11
138	Cole Chitko	Florence	9
145	Ty Dennee	Crandon	10
152	Levi Newman L/W	Three Lakes	9
160	Cole Shepherd **	Crandon	12
170	Ryan Roy ** L/W	Three Lakes	12
182	Rowyn Pagel	Crandon	12
195	Silas Dennee	Crandon	12
220	Ethan Thorbahn	Crandon	12
285	Augustus Fink * L/W	Three Lakes	12

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1 acre lot with 100' of sand frontage on Big Twin Lake **\$69,900**



Kathy Flannery
 Broker-Owner
 715-889-0330
kathyflannery@gmail.com



Hunter Flannery
 Realtor
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hunterflannery16@gmail.com



Shane Packard
 Realtor
 715-889-1735
spackard1986@gmail.com

NICE FURNITURE FOR SALE: DR table, extensions, 8 chairs, 2 double wood bed frames, 2 pc couch, recliner, 2 dressers, small desk, 2 occ chairs, 2 lamps, rocker, coffee table, mower, Crandon area. Call 715-584-0994 P49

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.



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 We also sell & trade them. Stop in to see Jamie at **CONWAY TRUE VALUE**, Pioneer Plaza, Crandon or call 715-478-3617

FOR SALE: 1986 Ski-Doo 377 Safari with electric start. Excellent shape. \$1,200. Call 715-853-8649 or 715-478-2253. Betc45

FOR SALE: Taurus Compact Semi Auto .25 Cal. Pistol. Comes with ammo, soft case and holster. \$250.00 Call 715-622-0085 P50

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For Old Times Sake



This photo was taken in 1926 on a farm near Argonne. Airplanes, or aeroplanes as photographer Dave Gibbs spelled it, were quite a novelty in the Northwoods. No doubt WWI veterans had seen plenty of them, but they were quite the novelty in the northern countryside. These barnstormers in their army surplus biplanes flew into a town, drew a crowd and sold rides. As can be seen, they drew a crowd.

"The Way the Body Works" by Paul Levenson, MSPT at Health in Motion



HEALTH IN MOTION
 Keeping YOU Moving!

Our bodies are truly amazing structures. There's a quote I've read where it says we're "fearfully and wonderfully made". But amazing doesn't necessarily have to mean complicated.

The body is very intricate in its workings...but it's also remarkably simple. Multiple systems and structures overlap in harmonious function with primary, secondary and even tertiary

responsibilities. Each structure senses almost immediately when its neighbor needs help and comes along side in support. Each system is able to function at much less than maximum before it becomes symptomatic.

But because of the body's intricacy and submaximal ability, it becomes more difficult to identify and fix problems. In fact, despite our thousands of years of study, we still are finding things out about the frontier of how our

bodies really work. Physical therapists have been trained to better understand how the neuromusculoskeletal system is supposed to work, identify imbalances in that system and design/implement treatments to help restore balance.

If you're feeling a little out of balance, why not stop by the clinic and see if we can lend a hand. The body is a great example of how we should be with each other. Coming along side and helping out. Just like in the body ... it's what families do.

"Stop in to see us at 501 W Lincoln St, Crandon, WI 54520 or give us a call today at 715-478-6168."

BIDS AND NOTICES

FORST COUNTY FORESTRY DEPARTMENT Accepting Bids



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
Mar. 20-24
NO SCHOOL ALL WEEK**

**Wabeno School Lunch Menu
Mar. 20-24
NO SCHOOL ALL WEEK**

ATTENTION: SBE/EBE/MBE/DBE/WBE DVB/SDVOSB/VOB

Subcontractors and Suppliers

Greenfire Management Services will be requesting proposals on the following project:

**New Laona EMS Building
3788 State Highway 32
Laona, WI 54541**

**for Bid Package #2
(Remaining Trades)**

For Bid Schedule and Documents please contact Ed Person at:
ed.person@greenfire.com

**Greenfire Management Services
3215 W. State St., Suite 200
Milwaukee, WI 53208
Ph: 414.290.9400**

"An Equal Opportunity Employer"

Morgan Wilson & Cole Shepherd advance to the State Solo & Ensemble Festival



Congratulations to Cole Shepherd and Morgan Wilson on their outstanding performances during the District Solo & Ensemble held at Florence High School on March 3rd, 2023. Students who perform Class A pieces at District Festivals and earn a one star (1*) advance to the State Solo & Ensemble Festival which will be held at UW Green Bay on May 6th, 2023.

Cole earned a 1* playing "Andaluza" by Granados on the piano as well as another 1* with a trumpet solo by Hummel titled "Concerto" (first movement) accompanied by Mrs. Eunice Keepers.

Morgan, also accompanied by Mrs. Eunice Keepers, earned a 1* singing "Sento nel core", an Italian Baroque piece by Alessandro Scarlatti.



BID NOTICE

Headwaters Inc. is accepting bids on the following bus that is being retired.

2012 Ford Bus E450

This vehicle can be seen by appointment at Headwaters Inc, 1441 East Timber Dr, Rhinelander WI, between the hours of 9:00 a.m. and 3:30 p.m. Monday through Thursday. To make an appointment call 715-369-1337 ext. 1241 or ask for Becky Wilson.

Bid sheets can be obtained by stopping in at Headwaters Inc, located at 1441 East Timber Dr, Rhinelander between the hours of 9:00 a.m. and 3:30 p.m. Monday through Thursday or can be sent via email to bwilson@headwatersinc.org. All bids must be sealed and received at the Headwaters Inc office by 4:00 p.m. on April 12, 2023.

March is

National Kidney Cancer Awareness Month

In recognition of National Kidney Cancer Awareness Month, Aspirus Health aims to bring awareness to kidney cancer and encourage individuals to show support for those affected.

Kidney cancer, also known as renal cancer, is one of the most common cancers in the United States, with more than 79,000 new diagnoses and 13,920 deaths in 2022, according to the National Institutes of Health.

In the early stages of kidney cancer, most people don't have signs or symptoms. Kidney cancer is usually detected by chance during medical evaluations of unrelated issues. However, as the tumor grows, some symptoms may include blood in the urine, pain in the lower back, a lump in the lower back or side of the waist or unexplained weight loss, night sweats, fever or fatigue.

"Early detection leads to a very high rate of cure. Once detected, surgery provides maximum chance of cure in early-stage disease. Immunotherapy can also play an important role in preventing the cancer from recurring. In advanced stage disease such as stage four kidney cancer, targeted therapy in addition to immunotherapy can be utilized to manage the disease," says Rezwan Islam, MD, Aspirus Oncologist. "We ensure each patient is educated in their options and their concerns are voiced when it comes to making any sort of decision about their future health care."

Many cases tend to be in those over the age of 45 and occur more often in men than women, but kidney cancer can affect anyone.

Some risk factors for kidney cancer may include family history, long-term exposure to certain harmful chemicals, high blood pressure, smoking, obesity, certain medications, and a history of kidney disease. Talk with your primary care provider with any questions or concerns about your risk factors.



Conservation Corner Cont. from pg. 1

pressure of the tree is greater than the atmospheric pressure the sap flows out, much the same way that blood flows out of a cut.

Here are some interesting facts about maple syrup and sap:

- Pure maple syrup is only made on a commercial scale in North America, nowhere else in the world
- It takes approximately 40 gallons of sap to make one gallon of pure maple syrup, depending on the sugar content of the sap in that year and at that time of the year.
- Each tap can yield 10+ gallons of sap per season. Vacuum collection systems yield approximately twice the sap as gravity systems.
- A gallon of maple syrup weighs 11 pounds as compared to 8 pounds for a gallon of water

There are quite a few commercial grade operations of maple syrup production that have developed within Forest County over the last 10 years. These operations are bringing economic development and business production to our forest in the form of alternative products.

Production of maple syrup is an agricultural operation, however many associate it with forestry because of the trees involved. Depending upon production capabilities and industry standards, property used for maple sap production may receive property tax breaks under agricultural use.

Here in the Land & Water department, we are striving to get an inventory of what is actually produced and any contact with information on location of sugar camps and syrup production within Forest County, please give us a call or send us an e-mail.

To those of you that produce maple syrup as a hobby, have fun this spring. To those of you that produce maple syrup as a business, we appreciate you for choosing Forest County!

The Forest County Forestry Department is accepting the following bids for the Veterans Memorial Park on Lake Metonga. The Campground has 65 sites and will be open from May 1, 2023 until October 1, 2023.

Six (6) face cords of firewood: All firewood must be dry hardwood, 16 inches long, split to a diameter not to exceed 6 inches wide. **Please provide one bid for 6 face cords bundled, delivered and stacked at Veteran's Memorial Park.** When bidding, please include the cost per face cord.

Pumping holding tanks: The Campground has tanks at the shower/restroom facility, manager's cabin, RV dump station and one pit toilet (men's and women's). When bidding, please include the cost per gallon for pumping all tanks as needed for the 2023 summer camping season.

"ALL" bid specifications must be met to be a valid bid.

Please submit bids to the Forest County Forest Administrator, Courthouse, 200 East Madison Street, Crandon, WI 54520 by 4:30 p.m. by Friday, April 7, 2023. Please designate on the envelope "Firewood Bid" or "Pumping Tanks Bid". Bids will be opened and awarded at the next Forestry Committee Meeting in the County Board Room of the Courthouse in Crandon.

If you have any questions, please contact the Forestry department at (715)478-3475 or travis@co.forest.wi.us.



Final frozen road declarations to end Wednesday in Wisconsin

The Wisconsin Department of Transportation (WisDOT) is ending the frozen road declaration for northern Wisconsin Zones 1 and 2 as of 12:01 a.m. Wednesday, March 15 and enacting Class II road restrictions. Declarations for other zones in Wisconsin were lifted within the last month based on frost tube readings.

Class II roads include about 1,400 miles of state highways susceptible to damage from heavy trucks during the spring thaw period as frost leaves the ground. More information regarding frozen road declarations, Class II roadways, and roadway postings can be found on WisDOT's website under "Weight Restriction Programs."

Seasonal posted road restrictions for Zones 1 and 2 begin 12:01 a.m. Tuesday, March 21. Learn more about seasonal posted road restrictions for state highways only.

County highways, town roads, city and village streets may also be posted or limited to legal load limits or less. Decisions to place or lift weight restrictions on those roads are up to local units of government.

More information on overweight permits can be found on the WisDOT website by searching "oversize overweight permits." Haulers with specific questions can contact WisDOT's Oversize/Overweight Permits Unit at (608) 266-7320. A recorded message with general information on road restrictions is available by calling (608) 266-8417.

Vehicles & Heavy Equipment



Late season Cub Cadet snow thrower clearance

Up to \$200 off walk behind snow throwers through March 10



PROTECT YOUR SNOW BLOWER WITH A 2-YEAR EXTENDED WARRANTY. Ask your dealer for details.

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See store associate for details. | © 2020 Cub Cadet

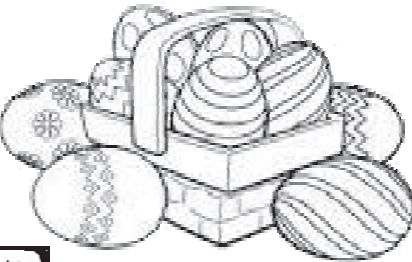
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Tomorrow is the most important thing in life. Comes into us at midnight very clean. It's perfect when it arrives and it puts itself in our hands. It hopes we've learned something from yesterday.
John Wayne



5 Nicolet DECA students advance to international business and entrepreneurship competition after strong showing at state



Attending the event were, left to right, Nicolet DECA Advisor Dwight Webb, students Tabatha Wilson, Darci Joslin, Brynlei Kuhn, John Krueger, Katelyn Abbott, Nicolet DECA Advisor Curt Drumm.

All five Nicolet College students competing in the recent DECA State Career Development Conference will advance to the international competition in Orlando, Fla., in April thanks to their strong showing at the state level.

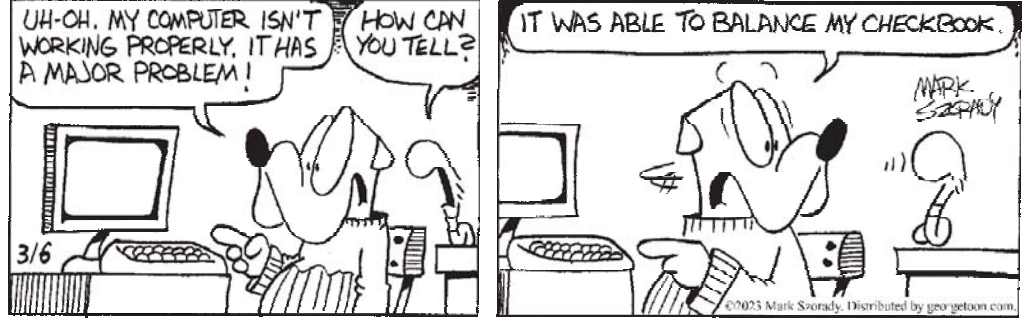
"They all turned in impressive performances and really demonstrated the skills they learned in Nicolet classes and also really how to think on their feet," said Dwight Webb, Nicolet DECA advisor and admissions advisor at the college.

Advancing to the International Career Development Conference April 22 to 25 for the business and entrepreneurship competitions are Tabatha Wilson, Darci Joslin, Brynlei Kuhn, John Krueger, and Katelyn Abbott. At the state competition Wilson and Joslin took third place in the team event Business Ethics; and Krueger and Kuhn took third place in the Entrepreneurship: Starting a Business team event.

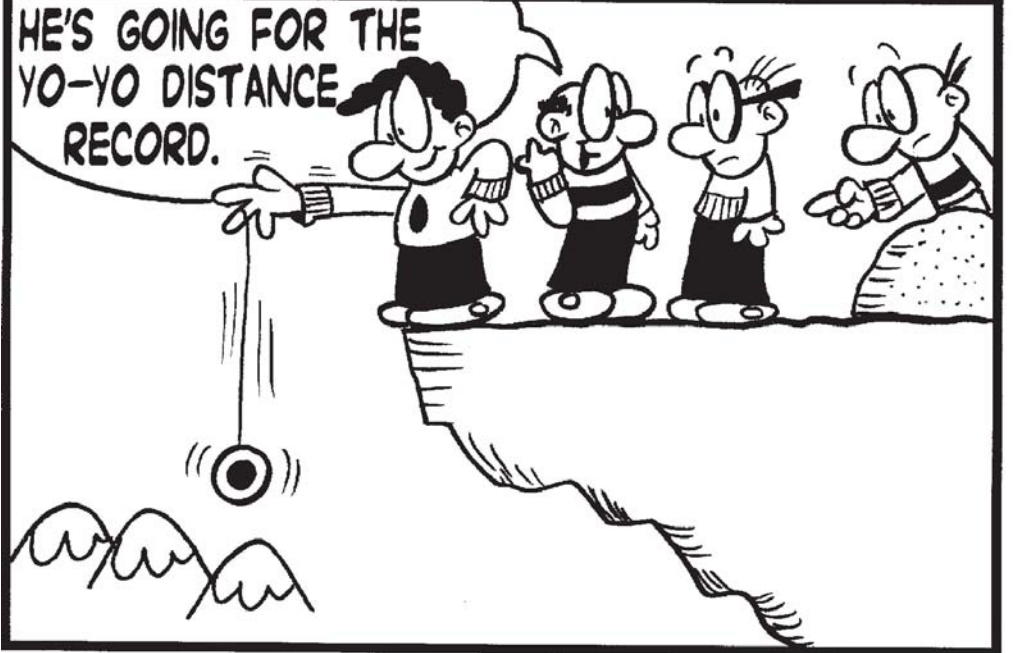
The recent state competition in Delavan attracted about 150 competitors. The international competition is expected to attract several thousand students, teacher-advisors, and business professionals from around the world.

The Nicolet DECA Chapter is also currently conducting a fundraising event to help cover the costs of attending the international competition. For a donation starting at \$150 sponsors will have their logo placed on the Nicolet DECA banner, which will be displayed in numerous locations. For more information about making a donation, contact Webb at dwebb@nicoletcollege.edu or (715) 365-4470.

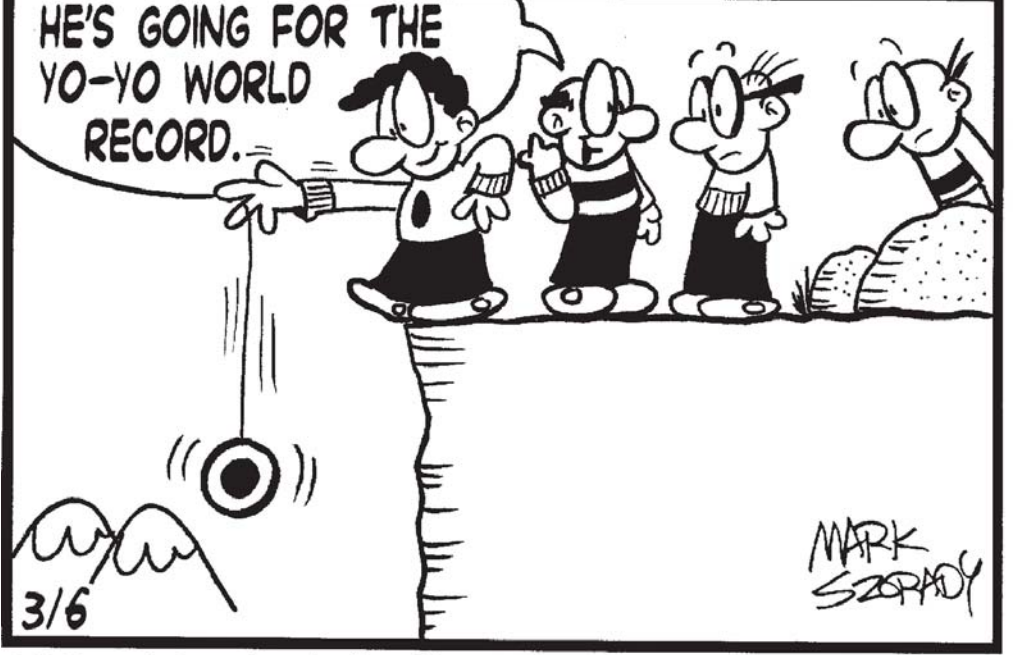
For more information about Nicolet, visit nicoletcollege.edu or call (715) 365-4493.



DOUBLE TAKE By Mark Szorady



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ANSWERS: 1. CLIFF DIFFERENT 2. YO-YO LARGER 3. LEG DIFFERENT 4. ROCK ADDED 5. MOUNTAIN MISSING 6. "DISTANCE" CHANGED TO "WORLD" 7. ARM MISSING

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WIENERS
3 Lb. Box



\$6.49

Oscar Mayer
DELI SHAVED LUNCHMEATS
9 Oz.



\$4.49

Louis Kemp
IMITATION CRAB FLAKES
8 Oz.



2/\$5.00

Dole
RUSSET POTATOES
3 Lb. Bag



2/\$4.00

Hass
AVOCADOS



3/\$2.00

Dole
ITALIAN BLEND OR SPRING MIX SALAD 5 or 9 Oz.



2/\$4.00

Dole
FRESH SPINACH
8 Oz. Bag



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Tender
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SWEET ONIONS



99¢ Lb.

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ZUCCHINI OR YELLOW SQUASH



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SALAD DRESSINGS
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26						

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We reserve the right to limit quantities

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BATH TISSUE
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 Rice & Sauce or Pasta & Sauce
 10 Kinds



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Best Choice
CAN TUNA
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 4 Kinds



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PORK & BEANS
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Hunt's Snack Pack
PUDDING
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CAKE MIX
 15.25 Oz.
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 16 Oz.
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Best Choice
CAN GRAVY
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TRASH BAGS
 Tall Kitchen
 22 & 35 Ct.



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FACIAL TISSUE
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99¢

Fiora
NAPKINS
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\$3.99

Pearl Milling
PANCAKE MIX
 32 Oz.
 4 Kinds



\$3.49

Pearl Milling
SYRUP
 24 Oz.
 3 Kinds



\$3.49

Quaker
OATS
 42 Oz.
 Quick or Old Fashioned



\$5.99

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 OR
TOSTITOS



Reg. \$5.99
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CHEETOS,
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 OR
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Reg. \$5.69
 Reg. \$5.69
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POWERADE
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DASANI 16.9 Oz./24 Pack



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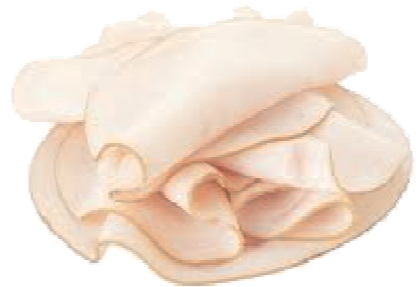
Bring in any
photograph, picture, or drawing
and we will put it on your next party cake

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RETIREMENT
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PHOTOGRAPH**

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DUTCH APPLE PIE



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Blueberry, Raspberry,
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2 Ct.



\$2.29

**MAPLE PECAN
DANISH**

2 Ct.



\$2.29

HAMBURGER BUNS

8 Ct.



\$2.69

\$5.09 Lb.

\$5.89 Lb.

24 Hour Notice On Party/Deli Tray Orders Please

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FROZEN ENTREES

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FROZEN

Kraft Deluxe
AMERICAN CHEESE SLICES

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New York
TOAST OR BREADSTICKS

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BUTTERY SPREAD

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NOVELTIES

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Brew Pub
**LOTZZA MOTZZA
PIZZA**

12"

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Dannon Danimals
DRINKABLE YOGURT

37.2 Oz.

\$5.49



Suave Essential
SHAMPOO

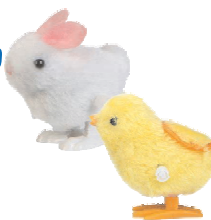
22.5 Oz./5 Kinds - Cherry,
Strawberry, Clarifying,
Ocean Breeze or Coconut
Reg. \$2.69

\$2.09



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Wind Up
**HOPPIN'
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\$4.99
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YARD
DECORATIONS**

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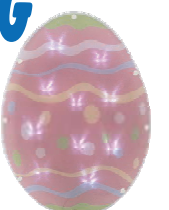


Easter
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1.5 Oz.

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22.5 Oz./5 Kinds - Cherry,
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SCHAEFER'S FOOD MART PULL-OUT SECTION

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PURE LEAF TEA
OR
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16.9 Oz./6 Pack
Bottles



\$6.99

SHINE WATER
16.9 Oz. Bottles



3/\$5.00

VITAMIN WATER
16.9 Oz./6 Pack



2/\$11.00

TRUE NORTH
12 Oz./4 Pack



\$3.99

Good Cook
SKEWERS
100 Ct.
Reg. \$1.93



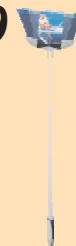
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Good Cook
CANDY THERMOMETER
Reg. \$4.23



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8 Bars/3 Kinds -
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HELP WANTED

Full & Part-time Law Enforcement Dispatchers NEEDED at the Forest County Sheriff's Office

Minimum qualifications are a High School Diploma or equivalent as well as a valid drivers license. No experience necessary. \$19.91 per hour to start and 40 hours vacation at 90 days. \$20.51 per hour and 80 hours of vacation at 1 year of employment. APPLICATIONS AVAILABLE IN THE LOBBY.



HELP WANTED

CORRECTION'S SGT. POSITION

\$20.66 Starting wage
40 hours vacation at 90 days, 80 hours vacation at 1 year. Insurance & competitive benefit package with protective status retirement. Requirements: valid drivers license, high school diploma or GED 1 year supervisory experience, preferably in Correction/Security setting
APPLICATIONS AVAILABLE IN THE LOBBY.

Extra-Curricular Position for the Spring 2023 Goodman-Pembine Patriots High School JV/Assistant Golf Coach

If you are interested in this position, please submit a letter of interest to Brian Esqueda (Goodman) or Eric Swanson (Pembine) by Wednesday, March 20th, 2023. Letters may be dropped off at either school or emailed. Brian Esqueda besqueda@goodman.k12.wi.us
Eric Swanson eswanson@pembine.wi.us

Help Wanted

Full time Corrections Officer positions at the Forest County Sheriff's Office. Minimum qualifications include a high school diploma or G.E.D. as well as a valid drivers license. No law enforcement experience required. \$20.51 per hour and 80 hours of vacation at 1 year of employment. APPLICATIONS ARE AVAILABLE IN THE LOBBY.

Town of Riverview
Attendant Needed for the Tar Dam Recycle Center.
Saturday, Sunday, Wednesday
1:00-4:00pm Winter
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Applications can be found at our website:
Tn.Riverview.Wi.Gov
or at the clerk's office, MW 12:30-4:00pm - 715-276-6914
Starting wage \$12/hr during probationary period.

For Old Times Sake



This postcard reads Crandon, April 28-07, Snow 8 inches. The Methodist Church sits where this Presbyterian Church sat in 1907. Past the church, in the courthouse grounds, sits the sheriff's quarters. This house now sits next to the Baptist Church. The fence around the courthouse grounds is in place to keep horses from grazing on the grounds when farmers came to town for supplies and used to use the grounds as a place to tie their horses. Seems the horses left some horse apples behind!
Things change as time goes by, and this same scene isn't much different today.

The Deadline For ads in the Pioneer Express is 4:00 pm on Tuesday

**Don't carry a grudge!
While you're carrying the grudge, the other guy is out dancing.**

Buddy

For Old Times Sake



Older Crandon folks will remember Lynn Paul and his grocery store that is now the home of the chiropractor on the north end of Lake Avenue.
Lynn is shown here with the little guy from Oscar Meyer that was no doubt here for a promotion of their meat line.
Lynn was a lifelong resident of Crandon. He went off to fight the Kaiser in WWI, returned home and married Adah Moe, a lifelong Crandon girl. Both were well liked. They raised two daughters and a son, but the son lost his life fighting in WWII. We will never know if he would have stayed in Crandon and eventually ran Paul's Grocery.
As a retired man, he liked to drive around in his big blue Buick and pass out Tootsie Rolls to groups of kids, earning the name the "Tootsie Roll" man.


GEORGE by Mark Szorady



Dining & Entertainment



Daily Specials

Wednesday
\$5 Cheeseburgers

Thursday
\$5 Egg Rolls, \$5 Chicken Fried Rice, \$5 Potstickers

Friday
Friday Fish Fry, Scallops, Shrimp, Cod and Walleye dinners

Saturday
Saturday Surf N Turf, Steak and Shrimp, Crabby Burger, Po Boy- pulled pork & shrimp sandwich

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Wolf's River Inn

Cty. Rd. K in Post Lake

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SERVING SATURDAY & SUNDAY
9am - 12pm
Sausage, Ham, Biscuits, and Gravy, Hashbrowns, French Toast, and Syrup plus other breakfast items, Cinnamon Rolls, and Donuts.
All for \$10.95

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Open Wednesday and Thursday from 11 am to 8 pm
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Sunday 11 am to 8 pm.



ST. PATRICK'S SPECIAL
Serving Friday 4 to 8 & Saturday 4 to 8
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\$10.95

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3 Dining / Banquet Rooms - Seats 250
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Rueben skillet, baby reds, sauerkraut, corn beef smothered with white cheese sauce in a skillet.
Corn beef flatbread
Many St. Patty's Day drink specials
Green beer plus our awesome fish fry!



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JARS BAR & GRILL
OPEN THURS 4-8, FRI 4-9, SAT, 11-8, SUN. 4-8 P.M.

Thirsty Thursday
NEW FOOD & DRINK SPECIAL EACH WEEK!

Friday Fish Fry
Steak Available
Everyday

Grandma Jane's
Sunday Chicken Dinner

YOUR HOSTS
RICK & JANE

4863 Elm Street, Laona

For Old Times Sake



Most of us are quite tired of snow this March of 2023, but over a hundred years ago, when this picture was taken, they were likely even more tired of snow.

The Subway is now in this Page & Landeck company store, and for sure, those big snowbanks represent a lot of tired muscles in the people who did the shoveling. There wasn't anything resembling a snow blower back then, and the City of Crandon likely didn't own much snow plowing equipment. And, whatever they had was horse-drawn.

Life went on, however. People still needed the necessities of life and if they had to wade a bit of snow to get groceries, they did it. Of course, when this snow melted, the unpaved streets gave everybody a mud season.

The second building down is the Shaw building. This was lost to fire in the years ahead. The next building was the first courthouse in the beginning of Forest County, but it is impossible to tell what was in it back then. After that, was the Park Hotel. This, by the way, is a shot looking east on Madison Street.

Crandon Senior Spotlight Ellie Jaeger



Ellie Jaeger, daughter of Jodi and Jeff Jaeger, said her best high school memories or accomplishments are homecoming, winterfest, and their AP Psychology class trip to Six Flags. An accomplishment of hers is maintaining a 4.0 GPA throughout high school.

In the past 12 years, she has learned to work hard, be kind and always push herself to do her best.

In the future, she

plans on attending either UW Eau Claire or Nicolet Technical College. She is currently undecided on a major.

She would like to thank her parents and friends for always supporting her and her teachers for pushing her to always do her best.

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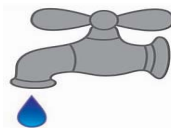
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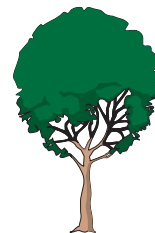
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5 Myths and Facts about Food & Weight Loss

March is National Nutrition Month

Dieting is defined as restricting oneself to small amounts or special kinds of food to lose weight. It is a common practice in the United States, with an estimated 45 million Americans going on a diet every year.

According to a CDC study, almost 50 percent of Americans, regardless of weight status, think they should lose weight. Body dissatisfaction makes people incredibly vulnerable to messaging about diets and weight loss.

A person's health choices can be heavily influenced by social media, which can play a big part in dieting, including the psychological aspect of how we view food and health.

"Social media too often implies that weight loss leads to improved happiness and leaves out other important factors. Because of social media's fast-paced and flashy style, users are hyper-focused on quick and easy weight loss solutions that tend to overlook viewers' wellbeing, long-term weight maintenance, and actual nutrition," says Ashley Chrisinger, Aspirus Registered Dietitian. "The direction of weight loss messaging on social media is chaotic and conflicting and ultimately leaves people feeling defeated and hopeless."

Diet culture emphasizes fad or quick diets that claim fast weight loss results and health improvements. Diet trends may offer food-specific fad diets that rely on the myth that some foods have special properties that can cause weight loss or gain.

"What rarely gets mentioned are the unsexy strategies: finding enjoyable ways to be more active, getting in control of emotional eating, learning to prepare your own meals, and enjoy more veggies," says Chrisinger. "It's not new or trendy, but it is the most sustainable strategy for most people."

Although society has normalized dieting, it is still a harmful and risky practice. People can develop eating disorders, depression, nutrient deficiencies, alter their gut microbiome, and suppress their immune function focusing on weight loss in an unhealthy manor.

For those interested in losing weight, it's important to remember that everyone's body is different, making everyone's diet and nutrition plan unique. Misinformation regarding health and nutrition is everywhere, especially on social media.

Here are five debunked myths about food and weight loss to remember, according to the National Institutes of Health and the Office of Disease Prevention and Health Promotion:

Myth #1: Carbs make you gain weight.

Fact: Carbs, or carbohydrates, are an important food group that helps your body create energy to support bodily function and physical activity. Carbohydrates are an essential part of a healthy diet.

Tip: Keep complex carbs such as whole wheat bread, beans and fruits on the menu, as these foods have a lot of nutritional value. Simple carbs found in foods such as cookies and candy, on the other hand, lack vitamins, minerals and fiber. It's best to limit these foods.

Myth #2: Doing regular juice fasts/detox/cleanse helps rid the body of toxins.

Fact: Fast/detox/cleanse are unnecessary and don't remove toxins in the body. They can even have serious side effects such as fainting, weakness, dehydration, dangerous electrolyte imbalances and kidney problems.

Tip: As long as we are hydrated, the body can rely on organs like the liver and kidneys to remove toxins from food, alcohol and medication.

Myth #3: Late night snacking causes weight gain.

Fact: Eating at night will not make you gain weight. Weight gain is not determined on what time you eat but rather by how much and what types of food are consumed throughout the whole day.

Tip: If you're hungry after dinner time, choose healthy foods and be mindful of portion sizes.

Myth #4: You should aim for 1,200 calories a day to lose weight.

Fact: A 1,200-calorie diet is much too low for most people and can result in negative side effects like dizziness, extreme hunger, nausea, micronutrient deficiencies, fatigue, and headaches. Everyone's body is different and needs a different number of calories to function.

Tip: Calorie needs vary based on age, sex, height, weight, and level of physical activity. Talk with a registered dietician to determine what's best for your body.

Myth #5: All sugar is bad.

Fact: Sugar is a type of carb which provides energy to the body and fuels the brain. However, like most foods, too much can be harmful to the body. Maintaining a healthy weight is most effective when individuals eat balanced meals, incorporating foods from all food groups, including sugar.

Tip: It's OK to eat sugar and sweet foods, especially when you're fueling intense physical activity! Just have them in moderation.

Diet culture and nutrition myths are everywhere which is why it is important to question what you read and educate yourself so that you can develop a nutritious and sustainable eating pattern that works for your individual needs.

If you are seeking help with your diet, talk with your primary care provider. They can connect you with a registered dietitian in your area.

CONGRATULATIONS



Congratulations to Wabeno School District Educator, Teresa Romprey, for being selected to receive a Teacher Scholarship from the Center for the Collaborative Classroom. Collaborative Classroom is a mission-driven, nonprofit organization committed to ensuring that all students become readers, writers, and thinkers who learn from, care for, and respect one another. Mrs. Romprey will be receiving SIPPS® Intervention curriculum. SIPPS® (Systematic Instruction in Phonological Awareness, Phonics, and Sight Words) is a research-based foundational skills program proven to help both new and struggling readers in grades K-12, including English learners and students identified with dyslexia. We appreciate you, Teresa, for all your hard work and dedication to your students, colleagues, and community!

Some people's idea of free speech is that they are free to say what they like, but if anyone says anything back, that is an outrage.

Winston Churchill

Crandon Spanish Honor Society inducts new members



Fourteen new members were initiated into the Spanish Honor Society on March 7. President Cole Shepherd and Secretary Peyton Krause ran the ceremony which is conducted entirely in Spanish.

To earn membership, students must earn an A in Spanish in three consecutive semesters.

The CHS Spanish Honor Society currently has 35 members making this our largest group to date.

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