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Volume 39, No. 05 May 6, 2024 (715) 478-3640 or 1-800-234-2152 Fax: (715) 478-3540 email: pionexp@newnorth.net

47th Annual Student Honors Banquet Hosted by Wabeno Lions Club



On Monday, April 15, 2024, 16 Lions and 13 honor students and their families were present at the 47th Annual Student Honors Banquet, hosted by the Wabeno Lions Club. District Administrator Bill Taylor and five school board members were also present.

This year's Lions' Honor Students were: Art (Hailey Monnot -Senior), daughter of Travis and Jessica Monnot; Biological Science (Destiny Dudek - Sophomore), daughter of Kayla Ferrington; Business Education (Jaden Danielson - Junior), son of Laura Adkins and John Danielson; Drama (Ezekiel Sarratt -

Continued on page 15

LMT celebrates 50 years



It may have been a bit more crowded last Saturday at the Raceway west of Crandon if the weather would have been a bit better, but it was still a nice crowd.

There was a very good collection of snowmobiles of varied ages going back to the 1960's. It was obvious that the sport has changed immensely through the decades.



Going back to the 60's and 70's, a guy would be proud to have a cutting edge snow machine like the one shown above. There wasn't a lot in the way of groomed trails for these old sleds to run on, but a good time was had in spite of that.

Continued on page 13

Lucas Oil and Crandon Raceway announce ext. Agreement



LANDMARK BARN: Few Crandon landmarks are more recognized than the track's original dairy barn building, located right off of Wisconsin Highway 8. The barn has been renamed the Lucas Oil VIP Barn and proudly carries large illuminated Lucas Oil signage facing both east and west. (Photo: Mike Roth)

Extending a successful relationship between two longstanding cornerstones of off-road racing in the United States, today Crandon International Raceway and Lucas Oil announced a two-year extension to a current collaboration first reached in early 2021. The "Official Lubricant" of Crandon International Raceway, Lucas Oil will continue its support of the legendary 400-acre facility and two massive Crandon short-course off-road events that are the largest in the world.

Crandon International Raceway and Lucas Oil have long been symbols of the American Midwest's patriotic spirit. Their collaboration in 2021 to bolster this era of short-course racing and the burgeoning off-road lifestyle has proven to be a successful one. This alliance extends across the iconic facility, its large-scale racing events, and their joint commitment to contributing to the sport.

Continued on page 04

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.

Fourth Annual Invasive Species Trade-Up Days Event

Get ready! The Fourth Annual Invasive Species Trade-Up Days event is returning this May, with new drop-off locations! The event will kick off May 4th at the Wild Rivers Interpretive Center Grand-Opening in Florence, WI. The rest of the drop-off locations, dates, and times are as follows:

- Dickinson Conservation District: May 6th 10th, 8 AM 4 PM and May 11th, 8 AM 12 PM
- Marinette Land Information Department: May 6th 9th, 8 AM 4 PM
- Wausaukee Fairgrounds: May 10th, 8 AM 11 AM
- Forest County Courthouse, May 13th 16th, 8 AM 4 PM
- Menominee Conservation District: May 16th, 8 AM 4 PM

Trade-Up Days are a chance for landowners to remove an invasive species from their property, such as Japanese Barberry, and exchange the plant for a monetary voucher. Each voucher is worth \$5, and you can receive up to \$50 if you bring in 10 or more invasive species!

Vouchers are redeemable at participating greenhouses and plant sales for the purchase of a native plant replacement. Customers are responsible for any price difference. This year, we have an exciting list of native plant sellers!

- Flowerland Greenhouse
- Chenier's Greenhouse
- Danielson's Greenhouse and Floral
- Dickinson Conservation District Native Plant Sale
- Spread Eagle Garden Center
- Penny's Plants and Pots
- Northern Lights Master Gardeners Spring Plant Sale
- Hanson's Garden Village

For specific details, visit our event's page at www.wrisc.org/events. We encourage you to pre-register, but it is not required! Thank you for doing your part to stop the spread of invasive species!

The Wild Rivers Invasive Species Coalition (WRISC), a multi-partner organization representing five counties in two states, is dedicated to managing invasive species on our lands and waters through cooperation, education, prevention, and control.

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. Or you can contact Katherine Mentel, WRISC Project Manager, at wrisc.pm@gmail.com or 906-774-1550 ext. 104

Correction for V'S Detailing

Our apologies! In last week's article on V'S Detailing, we accidentally left out the number for his shop! If you need his services, pick up the phone and call 920-639-5693. Get your vehicle looking sharp or your boat! Give him a call.

Padus Gun Club opens on the 7th of May!

It's that time of the year again! Has your trigger finger been itching lately? Well, we will be opening the Padus Gun Club up for shooting on the 7th of May! Come on out and knock the rust out of the barrel.

The youth trap team has been at it for a while now, so everything is ready to go! There has been a few changes for the better at the clubhouse and we are excited to get the season underway.

Come out and have a blast! League shooting will begin June 4th. Get those teams together!

Stovewood Building seeks board members & volunteers

The Mecikalski Stovewood Building Foundation is seeking board members and volunteers to help keep our Museum in Jennings running smoothly. We are currently looking to fill the voluntary board positions of Vice President, Maintenance, and Reporter. We are also looking for volunteers for docents and special events during the summer, to include our Stovewood Daze celebration on August 3rd. Anyone interested can contact Board President Karen Shepherd at 414/477-3262.

Goodman/Armstrong Creek Class of 2024



Valedictorian Katelyn Marie Kalkofen



Salutatorian Jasmine Norrine Lee Slawinski

Continued on page 02

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Goodman-Armstrong Creek School District:

- Date and Time: Saturday, May 25, 2024.....1 pm
- Place: LaVerne A. Zimmerman Sports Center
- Guest Speaker: Mrs. Deborah Thompson
- Class Motto: "Look in the mirror. That's your competition." by Tom Platz
- Class Song: "Congratulations" by Post Malone
- Class Flower: Juliet Rose
- Class Color: Chrome
- Class Advisor: Mr. Tom Wysocki
- Valedictorian: Katelyn Kalkofen
- Salutatorian: Jasmine Slawinski

Graduating Class of 2024:
Wyatt-Paul James Champeau, Pietro Elmer Ipsa, Katelyn Marie Kalkofen, Jasmine Norrine Lee Slawinski



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Mother's Day

Brunch SUNDAY

MAY 12, 10:00AM TO 2:00PM
Buffet: Roast Pork Loin, Hash Browns, French Toast and Syrup, Sirloin Tips and Gravy, Mashed potatoes, Corn Beef Hash, Fresh biscuits, Sausage Gravy, Battered Shrimp, Kielbasa and Kraut, Sausage Links Broasted Chicken, Cottage Cheese, Cubed Fruit, Dinner Rolls, Cinnamon Rolls, Pastries, Cakes \$14.95

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AREA EVENTS

ARGONNE COMMUNITY CHURCH
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 Argonne Community Church@gmail.com
Sunday Worship
9:00 A.M.
 All Welcome

Crandon Farmers & Makers Market
 Tuesday's 9-1 May-October
NEW LOCATION COURTHOUSE LAWN
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Good Shepherd Lutheran Church
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 Thru
 Grace Alone, Faith Alone, and Scripture Alone

 1507 N Lake Ave, Worship Service
 Crandon, WI 54520 Sundays at 10:30 am
 Phone (715)478-3555 or (715)889-4610
 All are welcome

Wabeno Post 44 American Legion Social

Enjoy the fellowship of your comrades at Waubee Lake Lodge, Lakewood, for the Social scheduled for June 3, 2024. Cocktails 4:30 P.M. and dinner at 6:00 P.M. RSVP and payment with check payable to Waubee Lake Lodge in the amount of \$22.00 (includes tax & tip) should be sent by 5/23/24 to June hostess, Roger & Bonnie VandenLangenberg, 118 S. Fidelis Street, Appleton, WI 54915-3266.

For more information contact Bonnie or Roger at 1-920-739-7900.

Reminder postcards are being mailed to persons attending at least one of the 2023-2024 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.

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Bruschetta Naan Bread- Homemade Bruschetta Cheese Mix topped on Naan Bread with a Drizzle of Balsamic.

3 Pork Carnitas Tortillas-Marinated Shredded Pork topped with Onions and Fresh Cilantro on Three Corn Tortillas with Fresh Lime.

Alabama White Blackened Chicken-Blackened Chicken Breast fried with a White Alabama Sauce with Bread & Butter Pickles, Lettuce, Tomato & Garlic Cilantro Butter on a Grilled Kaiser Bun served with chips.

Jalapeno Ranch Pork Flatbread-Jalapeno Ranch Cream Cheese, Shredded Pulled Pork & Bacon with Mozzarella Cheese with a Franks Stinging Honey Garlic Drizzel, Baked on Naan Flatbread.

Angus Hawaiian Burger-Fresh Hand Patty 1/3 lb. Angus Burger topped with Fresh Pineapple Ring, Red Onion, Crispy Bacon, Homemade Sweet Hawaiian Teriyaki Honey with Swiss Cheese on a Grilled Brioche Bun with Chips and Pickle.

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VENDORS WANTED

The Mecikalski Stovewood Museum in Jennings will be having our annual Stovewood Daze celebration on August 3rd, and will be closing off Max Road for vendor/craft sales. Tables are \$20 for 10X10 space, and a donation to our raffle is appreciated but not mandatory. Reserve your table space now before it gets filled up! Contact Lori Regni at 715/490-5953.

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Crandon Raceway Cont. from pg. 1
 Lucas Oil is the official lubricant of the 400-acre Crandon International Raceway facility, with its products used exclusively throughout the fleet of vehicles needed to keep operations running smoothly. That includes street vehicles, a large group of Polaris Ranger, General and RZR side-by-sides and heavy-duty John Deere equipment sourced by Wisconsin-based track sponsor McCoy Group.

Preserving its historical significance, the 'Lucas Oil VIP Barn,' a notable feature of Crandon International, will maintain its original name. This structure, once a part of a dairy farm, stands out due to its brightly lit roof signage and wooden facade. Furthermore, the naming rights to the recently finished 'Lucas Oil Tech Building,' constructed during the summer of 2022, are also secured. This modern four-lane edifice is equipped with advanced features to efficiently carry out vehicle inspections during pre and post race events.

In addition to on-track and facility branding, the red, white, and blue Lucas Oil logo will also grace several additional events during the Labor Day weekend at Crandon, including as title sponsor for the annual Lucas Oil Crandon Labor Day Parade.

With June's 31st anniversary Forest County Potawatomi Crandon Brush Run and the 55th Polaris Crandon World Championships set as time-honored foundations for another record breaking season, Lucas Oil and the Lucas Oil-owned MAVTV Motorsports Network are also collaborating to expand their relationship with Crandon as part of an ever-expanding family of corporate partners. For 2024 this partnership once again features high visibility onsite branding and yet-to-be-announced coverage of the Labor Day weekend Polaris Crandon World Championships and 9th annual Red Bull Cup.

"Successful and long term motorsports programs have always been based on continuously honing the benefits both sides bring to a relationship," shared Lucas Oil Director of Partnership Marketing Brandon Bernstein. "The Lucas Oil commitment to Crandon and its events is even more than that -- it's a true partnership. Nothing stands still at Crandon, there is a continuous effort to build, grow and expand their facility and the promotion of off-road racing. Lucas is proud to support one of the finest race tracks in America and looks forward to a long future together."

"The relationship with the folks at Lucas Oil has been a strong one and getting even better with each passing season," added Crandon President and Off Road Motorsports Hall of Famer inductee Cliff Flannery. "The most important part of that is our shared vision for making the track and our world-class events better for the fans and our racers. We have worked together for a long time, and are proud Lucas Oil is making another multi-year commitment to Crandon."

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Noncompetitive and Fun Golf League for Women

Lakewood - The women's 9-hole Wednesday golf league at McCauslin Brook Golf Course will have an informational meeting on Wednesday, May 15th at 11a.m. in the clubhouse (followed by golf and/or social).
 The league is open to all women interested in a fun, noncompetitive league and will begin May 22nd. Beginners are welcome and there is no commitment to golf every week (pay only if you play).
 If you have questions, contact Barb Walters at BarbaraW423@hotmail.com.

Treat Yourself to great rates! **with the Pioneer Express Call for more info. 715-478-3640**

Our beloved mother, grandmother, great-grandmother, and friend, **Persia C Straub** of Lakewood, WI, passed into the loving arms of her savior, Jesus Christ, on Saturday, April 27, 2024. Persia was born on October 22, 1932 in Potsdam, MN to Neil C. and Daisy V. Ferguson.



After graduating high school and leaving Minnesota, Persia went onto college and earned a liberal arts degree in English at UW Milwaukee. Persia had a calling while in college to religious life and entered the Novitiate in Ronkonkoma, New York, remaining there for 2 1/2 years.

While at the Novitiate, she was called back to her former life. During that time, Persia found a position at Bruce Publishing Company which published books in education, history, religion and technical topics in Milwaukee. Persia held a position of copywriter, and it was there that she would meet her future husband, William, who was an editor.

Persia was very involved with The Van Buren Players community theatre in the 3rd ward of Milwaukee in the 1950's and also taught second grade at Saint Veronica's Catholic School. During Persia's early married years, their partnership included being involved with many community outreach programs, including providing shelter to those in need. She left a strong imprint on her daughters with this example.

Persia was a well-traveled lady seeing some wonderful destinations including, Israel, Scotland, Wales, Denmark, Switzerland, Hawaii and the family's ancestral land in England and France.

Persia leaves many deeply missing her on this earth, including her beloved daughters, Caroline (Daniel) Alloy of Lakewood, Wisconsin and Zoe Straub (special companion June) of Escondido, California; grandchildren, Abby Beisner, Jacob (Christel) Wirth, Robert (Keila) Alloy, Tony (Kacie) Alloy; great-grandchildren, Giuseppe, Gianna, Salvatore, Pearl, Dominic, Gabby, Jack, Hayden; and friends.

Persia now joins those waiting to greet her in heaven, including the father of her children, William; beloved Kathleen; beloved mother, Daisy; grandmother, Caroline; and we are sure many others.

The family would like to thank Father Praveen with St. Mary's of the Lake- Lakewood and the staffs of Unity Hospice and Bellin's Lakewood Clinic, especially Peggy Christianson, for their compassionate, tender care of our beloved Mother, Grandmother and "GG."

Per Mothers wishes, a celebration of life will be held over summer - her favorite time of the year. Gruetzmacher Funeral Home of Suring is assisting the family with arrangements. Online condolences can be expressed at www.gruetzmacherfuneralhome.com.

"There are no goodbyes for us. Wherever you are, you will always be in my heart." — Mahatma Gandhi
 "Look behind you, I'll be there"
 "God bless my Mother" - Caroline

Death Notices

David (Dave) Plummer, 74 of Crandon, WI peacefully passed away April 26, 2024. He was surrounded by his loved ones.



David was born to Eugene and Veronica Plummer on January 19, 1950 in Kenosha, WI. He was a Vietnam veteran an electrician, and an avid outdoors man. He enjoyed hunting both bow and gun, fishing (all seasons) and maintaining his property. He also really enjoyed spending time with all of his closest family and friends.

David is survived by his loving wife Diane of 25 years, daughters, Melanie (Steve) Lyon; Melissa Plummer and husband Justin Campbell; all of Sheboygan. Step-daughter Jodi Hatala (James Adams) of Madison, WI; step-son, Sam Hatala (Lauran Brice) of Appleton, WI; granddaughter, Veronica (Chris) Jolma of Georgetown, TX; granddaughter Jenelle Adams of Madison, WI and grandson, Mason Campbell of Sheboygan, WI. Also many other family and friends.

David was preceded in death by his parents, Veronica and Eugene, two grandsons, Keegan and Vincent and other cherished aunts and uncles. He will be greatly missed by all who loved him.

A memorial service will be held on Tuesday, May 7th, 2024 at noon at the Lake Lucerne Gospel Chapel, 5132 Jaeger Road, Crandon, WI. Visitation will be held at 11:00 a.m. until time of the service



A note from the three busmen (Mike, Bob & Kevin)...

On May 15, 2024 we are going to Eagle River to the Farmers & Artisans Market! The hours for this event are from 8:30 a.m.-1 p.m. Jump on the bus and see what Eagle River has to offer at their market.

We must also welcome back Kevin from this winter spent in Florida. We missed you!

Please let us know if there are any special trips on your bucket list and we will see if we can make it happen!

Please call 715-784-1497 if you would like to join us for these trips or for any other rides you'd like to attend.

TUESDAY AND THURSDAY TRIPS: Forest County to Rhinelander, Antigo and Iron Mountain.

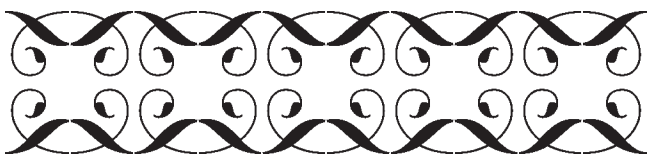
We pick you up at your home sometime between 8 and 9 a.m. and typically arrive at the destination town around 9:45.

Walmart is a popular stop but we will attempt to take you wherever you wish. Then...LUNCH!!! (Optional) We talk about where to eat and all riders are encouraged to voice their opinion. Then return home, arriving between 1:00 and 2:00 most days.

- Thursday, May 9:** Iron Mountain
- Tuesday, May 14:** Rhinelander
- Wednesday, May 15:** Eagle River Farmer & Artisan Market
- Thursday, May 16:** Antigo
- Tuesday, May 21:** Iron Mountain
- Thursday, May 23:** Rhinelander
- Tuesday, May 28:** Antigo
- Thursday, May 30:** Iron Mountain

Forest County Commission on Aging Nutrition Program **SENIOR MEALS**

CRANDON, WABENO, LAONA
Monday - May 6 - Swedish meatballs, mashed potatoes, broccoli salad, whole wheat bread, applesauce
Monday - May 13 - Kielbasa and kraut, twice baked mashed potatoes, Wisconsin blend vegetables, whole wheat dinner roll, raspberry sherbet jello
CRANDON, WABENO, LAONA, ARMSTRONG CREEK
Tuesday - May 7 - Baked seasoned fish, tartar sauce, baked potato, sour cream, coleslaw, rye bread, berries
Tuesday - May 14 - Swiss steak, parsley buttered potatoes, carrots, whole wheat bread, pineapple upside down cake
CRANDON, LAONA, ARMSTRONG CREEK, WABENO
Wednesday - May 8 - BBQ chicken, diced seasoned potatoes, Texas caviar, multi-grain bread, pineapple cake
Wednesday - May 15 - Roast beef, mashed potatoes, gravy, squash, oat bread, fresh fruit mix
ALVIN (Alvin now serving at 12:00 p.m.)
Thursday - May 2 - Meatloaf, broccoli salad, mashed potatoes, baked beans, biscuit, fruit cobbler, milk
Thursday - May 9 - Chicken, steamed carrots, pickled beets, mixed fruit, butter bread, cookie, milk
Thursday - May 16 - Spaghetti with meat sauce, corn, garden salad, garlic toast, cupcake, milk
 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.



RATES ARE PER WEEK
Personal Classified \$4.00 With border \$4.50
Business Classified \$5.00 With border \$5.50
UP TO 30 WORDS ONLY.
Additional words, add 10¢ per word.

To display your ad, fill out form and send form and check to:
PIONEER EXPRESS
P.O. BOX 333
CRANDON, WI 54520

AD DEADLINE 4 P.M. TUESDAY

Amount of weeks to run _____

Name _____

Address _____

Phone _____

Ad _____

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Serving you in two locations

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 1768 Oconto Avenue Wabeno, WI 54566 715-473-3131
www.weberhillfuneralhome.com
info@weberhillfuneralhome.com

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CRANDON

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Stop Sporting
Goods Headquarters

FISHING OPENER MAY 4TH!!
WE HAVE ALL YOUR OPENING
DAY NEEDS. WELCOME BACK
FISHERMEN!
SEXY BUTT BBQ WILL BE
ON PREMISES SATURDAY.

I AM STILL IN BUSINESS

NEW, **Signs**
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Signs & Vehicle Lettering

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Over 43 Years Experience

- Vinyl Vehicle Wraps • Computer Cut Vinyl & Hand Painted Truck Lettering • Plastic/Electric Sign
- Auto/Truck Graphics • Magnetic • Window/Glass Lettering • Logo Design • Construction Trailers • Hand Painted Pinstriping • Banners

Custom Artwork, Murals & Pinstriping

Denim & Leather Exchange

"Your Favorite Labels at Affordable Prices!"

Mary Jo Swearingen
9S Brown St. Rhinelander
715-369-9333

Thank Yous and Personals

THANK YOU! THANK YOU! THANK YOU!

The Lumberjack Memorial Trails Snowmobile Club (LMT) would like to thank everyone who came to the Crandon International Raceway on Saturday April 27, 2024 to help celebrate our 50th anniversary.

Thanks to the generosity of all who donated money, food, volunteered their time or contributed in any way, helped make this day a huge success! Thank you to all the entrants who participated in the Vintage Snowmobile Show. We appreciate you coming out in the not-so-nice conditions.

Thank you to the following businesses and people for their generous donations:

- Crandon International Raceway
- Cliff Flannery 100 Mile Snow Safari
- Jason Flannery Pioneer Express
- Tina Kulaf Romy's Nitingale
- Airhead Designs Schaefer's IGA
- Charlie's Lake Metonga Resort
- Larry Sommer
- Creative Screenprinting and Embroidery
- Townsend Crew
- Dallaire Realty
- Andy, Jeff, Cory, Conner
- Trent Gagnon & Hailey Kaminecki
- Visit Forest County-Forest County Chamber
- Jerry and Diane Gudowicz
- Whisky Nick's
- Low Buck Antique Snowmobile Club

We look forward to another 50 years of providing great trails in Forest County to help promote local tourism.

Sincerely,

LMT 50th Anniversary Committee: Brent & Sherry Gagnon, Dave & Amy Velie, Tim Veith & Linda Petersen, Mike & LexAnn Hitchcock, Jeff & Michelle Bauer, Cory & Laura Hawley, Jack Kloss



THANK YOU!

The Crandon Post Prom Committee would like to thank the following for their generous donations and help providing a fun night full of fun activities, great prizes, and entertainment for Crandon High School students:

- A+ CLEANING SERVICE- KATIE CONNOR, ADAM'S MOBILE MARINE, ADESSA BACHAND, AMERICAN LEGION POST 94, ARGONNE LUMBER, ASSOCIATED BANK, AXEL, LUX & KENDRIX KEEPERS, B & E CONSTRUCTION, BAILEY'S LOGGING, BC CAKES, BETH STAMER- BEYOND THE SUNSET TRAVEL, BECKY & ED BOUSHKA, BRAD MIHALKO TRUCKING, BRIAN & JILL WILSON, BRITTANY STREU, CHANEY EXCAVATING- JOHN & LINDA CHANEY, CHILDERS APPRAISALS, CJ'S CUSTOM FAB- COLE JOHNSON, COKE, COMMUNITY COALITION OF FOREST COUNTY, COVANTAGE CREDIT UNION, CRANDON ATHLETIC BOOSTER CLUB, CREATIVE SCREENPRINTING, CS CONSTRUCTION- CARTER SHAMPO, DANIELLE FULSOM, DARCY & KEITH BRADLEY, ED'S MAINSTREET INN, FLANNERY'S, FLOWERS FROM THE HEART, FOREST COUNTY SHERIFF'S DEPUTY UNION, FUN FACTORY, GAS DEPOT, HILES TRAILHEAD PUB, TEDDY G AUTOBODY JEFF & JILL KRUEGER, JEFF & JODI ALBRECHT, JENNIFER CRAWFORD, JOE & MELISSA JAHNKE, KAM SPECIALITIES, KAREN & ANDY MCMILLON, KARLY GINTER, KERRIE'S STYLE SHOP, KYLIE'S CHOCOLATE CREATIONS, LAKE FOREST TRADING POST, LAONA MACHINE, LAONA STATE BANK, THE CENTER FOR HUMAN RESTORATION- LAURA CONNOR, LAW DOGS, MARY LEMASTER, LNE- TREVOR HAUSER, LINDA DENNEE, LOG CABIN CAFÉ, MAYER CONTRACT SERVICES, JAKE & ERIN MAYER, MILWAUKEE BREWERS COMMUNITY RELATIONS, MISSY ANDERSON- LIMELIFE, NAILS BY JEN- JENNY HOULE, NIC'S PICS, NICOLE JEANS, NICOLET GOLF COURSE, NIGHT OWL & PACK EM INN, NORTHWOODS FIREARMS, PALUBICKI'S EATS & TREATS, PALUBICKI SEAMLESS GUTTERS, PARSONS OF ANTIGO, PICKEREL AUTO BODY, PITTS BUS SERVICE, PLUMMER'S TAXIDERM, CRANDON PTO, ROSA TRAILER, ROUMAN CINEMA, SAMZ CONCRETE, SBT, SCHAEFERS, SOKAOGON FINANCE INC, SOKAOGON CHIPPEWA INC, CHS STUDENT COUNCIL, SUBWAY, TAMARR VOLLMAR, TEDDY G AUTOBODY, TINA & JEROD LITTLETON, TRICIA'S TREASURES, VAL'S VINYL & DESIGNS, VOTIS PROFAB, WILLY & AMY KRAUSE, WHISKEY NICKS, LESLIE MEYER & FAY STATEZNY, MRS. VOTIS' SNACK SALES, CONSUELA ALLOWAY, POTATOMI COMMUNITY CENTER, TKO RACING, WOLF RIVER RENDEZVOUS, BECKY & DARREN WALENTOWSKI, CRYSTAL GRETZINGER, KIRBY SCHULTZ, TAMARACK OUTFITTERS

A SPECIAL THANKS TO OUR VOLUNTEERS:

- MARY LEMASTER, KATIE KULINSKI, ERIN MAYER, DARCY BRADLEY, LACY KEEPERS, JENI WEBER, JESSICA PLUMMER, TINA LITTLETON, CHRISTY ERDMANN, MELISSA JAHNKE, ASHLEY PALUBICKI, TONY & MIKALA CRUM, SARAH BRADLEY, RENA & TRESSA VOTIS, ALSO.... DON BELLAND, JOE CYRUS, KALE POE, BEN TUPPER, EDDIE BREDEL, ROSE RYTHM ENTERTAINMENT

Helping the Healing Process
by Gus Greife, DPT at Health In Motion

I'm answering the question "How can I speed up the process of healing?"

The four common variables are exercise regularity, sleep quality, diet intake, and stress management. So far I've covered exercise regularity, sleep, and diet.

The final variable to consider is stress management. This can often be the most difficult to understand how we can better control this. Within our healthcare system, stress has a negative connotation associated with it in terms of making us more susceptible to catching a cold., to potentially developing cancer and everything in between. But what if I told you that stress is designed within our body to protect us? I would hope you would be a little stressed if your car broke down, recently lost a job, or if someone close to you is going through a health struggle. The stress you feel is designed to elevate us to the problem and develop an active solution. We often do not have an issue getting stress, but the problem we often struggle with is turning that stress off, and that is where people can have stress work against them. I am not here to solve all of people's problems that stress them out, but I will say a lot of the first steps in stress management is being honest with yourself. What are the things that will set you off? How do you de-escalate those stressors? Do you focus on things you can change, or do you worry about things out of your control? Being honest with yourself can be difficult, I know for me it is. But a change in our perspective to stress can be the first step to improving it. If someone cuts you off while driving, we can have two reactions; one is to yell and rage that they cut you off, and another is to be thankful you are not in such a hurry that they must be to have cut you off. A change in mindset can make a valuable change in our stress management, and our general outlook on what we control.

These four variables can be significant factors in not only everyday life but also when we are recovering from an injury or surgery.

The beautiful thing about these factors is they are not isolated; they have major overlap. If you can bring yourself to exercise for 15 minutes three times per week and challenge yourself, you likely will be fatigued afterward, but I would be surprised if your mood did not elevate, which may make sleeping easier and suddenly you don't feel as stressed because you are sleeping better since you are exercising. These variables can be our friend or foe depending on how we actively manage them in our everyday life.

Stop in and see us at Health in Motion
501 W Lincoln St, Crandon
715-478-6168

WANTED TO BUY: Old coins. Call 715-348-9521 P05

Pets, Pet Care, Lawn & Farm

Locally roasted & fresh coffee. Experience a great coffee taste! Call Dave at 715-649-3414

WANTED: Seeking a small or mixed small breed puppy (under 20 lbs) no puppy mills. Call 715-610-2322 between 11 am to 8 pm P6

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SCHAEFER'S FOOD MART PULL-OUT SECTION

SCHAEFER'S MEAT DEPT. SELLS USDA ANGUS CHOICE BEEF & USDA INSPECTED PORK

MEAT

THESE AD PAGES NOW ON-LINE AT pioneerexpresscrandon.com

PRODUCE

Premium Angus Choice Beef
T-BONE STEAKS

\$9.99 Lb.

Fresh STRAWBERRIES
 2 Lb. Pkg.
 Limit Two 2 Lb. Pkg. per Customer Please
\$1.50


Premium Angus Choice Boneless Beef
EYE OF THE ROUND ROAST

\$4.99 Lb.

Premium Angus Choice Boneless Beef
EYE OF THE ROUND STEAK

\$5.99 Lb.

New Crop BLUEBERRIES
 1 Pint

2/\$5.00

Jumbo VIDALIA SWEET ONIONS

99¢ Lb.

Whole Pork TENDERLOINS

\$2.99 Lb.

Gerber Amish Boneless, Skineless CHICKEN BREAST

\$4.99 Lb.

Ripe CANTALOUPE

\$2.99 Ea.

Peeled BABY CARROTS
 1 Lb. Bag

\$1.29

Oscar Mayer WIENERS
 3 Lb. Box

\$6.49

Oscar Mayer SHAVED TURKEY LUNCHMEAT
 16 Oz.

\$6.49

Little Potato Co. BABY CREAMER POTATOES
 Assorted

\$2.99

Seedless WATERMELONS
 12 Lb. Avg.

\$7.99 Ea.

Oscar Mayer SHAVED HAM LUNCHMEAT
 16 Oz.

\$6.49

Johnsonville BREAKFAST LINKS
 12 Oz.

\$3.99

COLOR BELL PEPPERS
 Red, Yellow, Orange

2/\$3.00

Fresh GREEN CABBAGE

79¢ Lb.

Johnsonville BRATS OR ITALIAN SAUSAGE
 19 Oz.

\$4.99

Johnsonville BREAKFAST PATTIES
 12 Oz.

\$3.99

Dole CLASSIC ROMAINE OR GREENER SELECTION SALADS
 9-11 Oz.

\$1.69

Hot House VINE TOMATOES

\$1.29 Lb.

Seedless MINI CUCUMBERS
 6 Count

\$2.99

Best Choice IQF WINGS
 2.5 Lb. Bag

\$5.99

SeaMazz BREADED SHRIMP
 2.5 Lb. Box

\$17.99

Louis Kemp IMITATION CRAB FLAKES
 8 Oz.

2/\$5.00

Schaefer's Since 1935 **IGA** **HOMETOWN PROUD**
 Come visit us on the web at Schaefer's.iga.com
Pioneer Plaza
Highway 8 E., Crandon
HOURS: Mon. - Sat. 7AM - 8PM
Sun. 7AM - 7PM
 478-2558 FAX 478-2545
 We reserve the right to correct any printing errors in the ad
 We reserve the right to limit quantities

Prices Effective Monday, May 6						
SUN	MON	TUE	WED	THU	FRI	SAT
	6	7	8	9	10	11
12						

SCHAEFER'S FOOD MART PULL-OUT SECTION

SCHAEFER'S FOOD MART PULL-OUT SECTION

Bush's
BAKED BEANS
4 Best Sellers
28 Oz.



2/\$5.00

Chips Ahoy
COOKIES
4 Kinds
9.5-13 Oz.



\$3.49

Bounty
PAPER TOWEL
4 Double Roll
SAS or White



\$7.99

Knorr
RICE OR PASTA SIDES
5.5-7 Oz. Rice & Sauce - 5 Kinds or
4.2-4.5 Oz. Noodles & Sauce - 5 Kinds



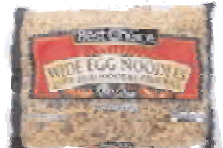
\$1.19

Fiora
BATH TISSUE
12 Double Roll



\$6.99

Best Choice
EGG NOODLES
Wide or X-Wide
16 Oz.



\$1.99

Ragu Select
PASTA SAUCE
15.5-24 Oz.



\$1.99

Heinz
SQUEEZE KETCHUP
20 Oz.



\$1.99

Kraft Original
MAC & CHEESE
Limit 1



50¢
50¢ with a Separate \$10 Purchase

Heinz
SQUEEZE YELLOW MUSTARD
20 Oz.



\$1.99

Peter Pan
PEANUT BUTTER
Creamy or Crunchy
16.3 Oz.



\$2.99

Best Choice
GRANULATED SUGAR
4 Lb.



\$2.99

PRINGLES
4 Kinds
5.26-5.57 Oz.



\$1.79

FRITO LAY ASSORTED PARTY SIZES
Reg. \$5.99-\$6.99



2/\$9.00

COKE BRAND
12 Oz./12 Pack Cans or
7.5 Oz./10 Pack Mini Cans



2/\$15.00

COKE BRAND
12 Oz./8 Pack



\$5.99

PEPSI BRAND
OR 12 Oz./24 Pack Cans
KLARBRUNN BUBBLR
12 Oz./12 Pack Variety Packs



\$11.98

PEPSI BRAND
OR .5 Liter/6 Pack Bottles
PROPEL
OR .5 Liter/6 Pack Bottles
GATORADE
12 Oz./6 Pack Bottles



\$2/\$9.00

PEACE TEA
OR 23 Oz.
AGUA FRESCAS
16 Oz.



2/\$5.00

BODY ARMOR
OR 12 Oz./8 Pack
BODY ARMOR
OR 20 Oz./6 Pack
SMART WATER
16.9 Oz./6 Pack



\$6.49

STARBUCKS FRAPP & COCONUT PARADISE BLEND 13.7 Oz.
OR DOUBLE & TRIPLE SHOT OR 11 & 15 Oz. Cans
MUSCLE MILK & PRO SERIES 14 Oz. Bottles



2/\$7.00

CELSIUS
12 Oz./4 Pack Cans



\$6.99

LIPTON ICED TEA
.5 Liter/12 Pack Bottles
OR
PURE LEAF TEA
16.9 Oz./6 Pack Bottles



\$6.99

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pioneerexpresscrandon.com

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PICTURE CAKES
at Schaefer's
Bakery



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

All cake orders **MUST** be placed with a 24 hour notice!
All weekend orders must be placed by 10:00 a.m. Thursday!

BAKERY

BIRTHDAY
ANNIVERSARY
TEAM PARTY
HOLIDAYS
FAVORITE PETS
RETIREMENT
GRADUATION
DRAWING
PHOTOGRAPH

SWIRL RYE
1 Lb.



\$2.99

**DON'T FORGET
YOUR MOTHER'S
DAY TREATS!**

**HONEY CRUMB
CAKE**



\$4.19

CINNAMON ROLLS
4 Ct.



\$3.99

**FRUIT JELLO
RINGMOLDS**

Reg. \$2.99 Ea.



\$2.59 Ea.

**8 PIECE
CHICKEN**

Reg. \$9.29 Ea.



\$8.99 Ea.

WEDGES

Reg. \$3.99 Lb.



\$3.59 Lb.

24 Hour Notice On Party/Deli Tray Orders Please

Portesi Brand
CHEESE FRIES & PIZZAS

21-28 Oz.



2/\$13.00

MIX OR MATCH **FROZEN**

Orv's
ULTRA THIN OR RIZERS
12"



2/\$10.00

Reddi Wip

SPRAY WHIPPED TOPPING

6.5 Oz.



\$2.99

**HOT
POCKETS**
8.5-9 Oz.



\$1.99

Pillsbury
**TOASTER
STRUDEL**
4-6 Ct.



\$2.99

Eggo
WAFFLES
10 Ct.



\$2.99

Digiorno
**STUFFED
CRUST
PIZZA**
12"



\$7.99

Pillsbury
GRANDS BISCUITS
16.3 Oz.



\$2.49

Mr. Dell
POTATOES
24-32 Oz.



\$3.49

Edward's
PIES
23.5-30.4 Oz.



\$5.99

Louisa
**RAVIOLI,
TORTELLINI
OR CHEESE
BITES** 14-22 Oz.



\$4.49

Brew Pub
**STUFFED
CRUST OR
DEEP DISH**
25.1-33.75 Oz.



2/\$10.00

Simply
BAGGED POTATOES
20 Oz.



2/\$5.00

Yoplait
YOGURT CUPS
4-6 Oz.



10/\$6.00

Dove
BODY WASH

20 Oz./3 Kinds - Green
Tea, Sensitive or Moisture
Reg. \$7.97



\$6.99

**HEALTH &
BEAUTY**

Pantene Pro-V
SHAMPOO
12 Oz./3 Kinds -
Volume, Moisture
or Smooth
Reg. \$5.77



\$4.99

Pantene Pro-V
CONDITIONER
Volume, Moisture,
Smooth
Reg. \$5.77



\$4.99

Best Choice
**ALLERGY
RELIEF**
Cetirizine 10 mg.
30 Tablets
Reg. \$9.99



\$5.99

MOTHER'S DAY CARDS

**GENERAL
MERCHANDISE**



99¢-\$8.99

**MOTHER'S DAY
CANDLES**



\$10.99

**FOLDING CHAIR W/
CUP HOLDER**

Assorted Solid Colors



\$14.99

SCHAEFER'S FOOD MART PULL-OUT SECTION

SCHAEFER'S FOOD MART PULL-OUT SECTION

SCHAEFER'S IGA REWARDS PROGRAM

Earn \$1 off your gas or grocery purchase for every 1,000 points!

April 29-May 26, 2024

GATORADE

20 Oz./8 Pack Bottles



BUBBL'R

12 Oz./6 Pack Cans



DASANI WATER

.5 Liter/24 Pack



\$7.99

TOPO SABORES WATER

12 Oz./8 Pack



\$6.49

BUBLY SPARKLING WATER

12 Oz./8 Pack Cans



\$6.99

POWERADE

12 Oz./8 Pack



\$7.50

CHUCK-E-CHEESE PIZZA

12"



\$3.99

Kool-Aid JAMMERS

4 Great Flavors
10 Ct.



\$4.49

Best Choice
ORIGINAL SALTINES

16 Oz.



2/\$10.00

Best Choice COFFEE FILTERS

200 Ct.

Reg. \$2.19



\$2.59

Best Choice UTILITY LIGHTERS

2 Pack

Reg. \$4.33



\$1.19

Best Choice BATTERIES

AA & AAA

16 Pack

Reg. \$11.59



\$1.79

Best Choice BAR SOAP

2 Bars/2 Kinds -

Sensitive or Moisturizing

Reg. \$3.73



\$3.69

BAYER ASPIRIN

100 Ct.

325 mg.

Reg. \$7.83



\$6.99

Nyquil COLD & FLU LIQUICAPS

16 Ct./1 Kind

Reg. \$9.03



\$1.99

\$6.99

\$8.49

Bids & Notices

TOWN OF CRANDON

Invitation to Bid Local Road Improvement Program

The Town will be requesting BIDS for the following:
Hot mix resurfacing (overlay) on Old 8, starting from Tietz Ln, Ending at Flowage Ln.
Thickness: 2.25 in asphalt, Width: 20 Ft. Shoulders: 3 feet both sides, crushed gravel
Bids to be mailed by May 13th, 2024.
Mail to: Town of Crandon, 5161 Cole Rd, Crandon, WI 54520. **For more information contact = Jason Childres: 715-784-0063.**

TOWN OF CRANDON Clean Up Day

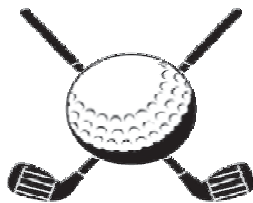
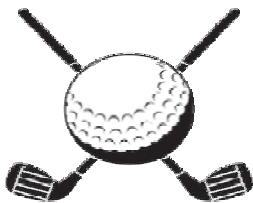
The Town will have their Clean UP Day on May 18th, 2024. TIME: 8 am til 2 pm. NO ELECTRONICS AT ALL. NO TIRES, PAINT CANS UNLESS EMPTY & DRY. NOTHING WITH FREON IN IT. METAL WILL BE ALLOWED, METAL CONTAINERS ONLY.
Ron Cole: Clerk , Town of Crandon

Nicolet Country Club

5245 Fairway Ct., Laona, WI

Mens Golf League

Meeting Thursday, May 9th at 6 p.m.
To discuss start/end date for 2024 rules etc.



TOWN OF NASHVILLE NOTICE TO BID

L.R.I.P PROJECT-CRYSTAL LAKE RD

The Town of Nashville is accepting bids to pulverize and pave approximately .9 miles. Road Work is to be completed by Sept 29, 2024
Sealed bids are due in the clerk's office by Monday May 20th @ 4 p.m.
For more information contact Sandy Frank, Clerk/Treasurer at: nashtownwi@gmail.com or 715-478-2524

Notice to creditors in the estate of John Klingensmith, Jr.

The decedent was born 02/05/1955 and died on 10/08/2023.
He domiciled in Forest County, in Laona in the State of Wisconsin.
Anyone with a claim against the estate of John Klingensmith, Jr. has a deadline for filing a claim against the decedent's estate of 7/5/24.
Contact the probate office in the Forest County Courthouse if a claim is to be filed.

WHAT'S TO EAT

Wabeno School Breakfast Menu May 6 - 10

Monday - Assorted cereal, yogurt, peaches, fruit juice, milk
Tuesday - Breakfast bites, hash brown patty, tropical fruit, fruit juice, milk
Wednesday -Cheese omelet. tator tots, mixed fruit, fruit juice, milk
Thursday -Pancakes, sausage links, banana, fruit juice, milk
Friday -W.G. cinnamon rolls, yogurt, strawberries, fruit juice, milk

Wabeno School Lunch Menu May 6 - 10

Monday -Spaghetti, meat sauce / marinara , California blend, garlic bread, grapes, garden bar, milk
Tuesday - Taco bar, Spanish rice, corn, pineapple tidbits, garden bar, milk
Wednesday - Sloppy joes, fries, mixed vegetables, oranges, garden bar, milk
Thursday - Popcorn chicken, buttered noodles, carrots, watermelon. garden bar, milk
Friday - Lasagna, garlic bread, California blend, apple slices, garden bar, milk

Padus Rebels Youth Trap Team Scores

Scores-Week April 16

Varsity	
Eddie Christianson	23
Ian Niggeling	21
Nathen Mihalko	21
Junior Varsity	
Brody Brockway	19
Sawyer Christianson	18
Kevin DeMars	24
Brock Gouge	17
Christopher Spink	18
Nanman Stanley	21
Intermediate Advanced	
Jaxson Cleereman	21
Ryan DeMars	17
Ryder Harnois	18
Camron Tilton	14
Michael Yaeger	15
Intermediate Entry	
Landon Connor	23
Waylon Frank	20
Colden Harnois	16
Jaycee Harris	7
Bryce Yingling	Rookie
Jett Albrecht	11
Thomas Belland	15
Jax Miller	11

Padus Rebels Youth Trap Team Scores

Week May 1

Varsity	
Eddie Christianson	24
Ian Niggeling	24
Nathen Mihalko	17
Junior Varsity	
Brody Brockway	20
Sawyer Christianson	22
Kevin DeMars	23
Brock Gouge	18
Christopher Spink	22
Nanman Stanley	18
Intermediate Advanced	
Jaxson Cleereman	21
Ryan DeMars	21
Ryder Harnois	23
Camron Tilton	14
Michael Yaeger	17
Intermediate Entry	
Landon Connor	17
Waylon Frank	23
Colden Harnois	14
Jaycee Harris	14
Bryce Yingling	13
Rookie	
Jett Albrecht	14
Thomas Belland	17
Jax Miller	16

ROAD PROJECTS TOWN OF WABENO 4 Separate Projects.

The Town Board of Wabeno is seeking sealed bids for the following projects:

Bids should be for each individual project- Please submit estimates for both options when specified.

General work to be performed:

Project 1- Main Street

- Pulverizing
- Grading
- Crushed Aggregate Base
- Double Chip Seal

Project 1- Main Street - Option 2

- Pulverizing
- Crushed Aggregate Base
- Gravel
- Grading & Compacting
- Blacktop
- Crushed Aggregate Shoulders

Project 2 - Deer Lane

- Pulverizing
- Grading
- Crushed Aggregate Base
- Double Chip Seal

Project 2- Deer Lane - Option 2

- Pulverizing
- Crushed Aggregate Base
- Gravel
- Grading & Compacting
- Blacktop
- Crushed Aggregate Shoulders

Project 3- Moore Street

- Pulverizing
- Crushed Aggregate Base
- Gravel
- Grading & Compacting
- Blacktop
- Crushed Aggregate Shoulders

Rummel Road Project

Trump Lake Road east to CTH "H" known as Rummel Road.

- Pulverizing
 - Grading
 - Crushed Aggregate Base
 - Double Chip Seal
- ### Rummel Road Project Option 2
- Pulverizing
 - Crushed Aggregate Base
 - Gravel
 - Grading & Compacting
 - Blacktop
 - Crushed Aggregate Shoulders

4 Separate projects to be bid.

Specific detailed descriptions of Road Reconstruction Plans available from Wabeno Town Clerk 715-850-1127 or clerk@wabeno.org.

The winning bidder for each project is required to provide Certificate of Liability Insurance for \$1,000,000 .

Deadline for submitting bids is May 21 at 12:00 pm.

Bids can be mailed to Town of Wabeno, PO Box 447, Wabeno, WI 54566.

Please mark "Road Projects" and include the name of the street on the outside of sealed envelope.

Any questions regarding road projects, contact Roads Supervisor-Dan Moravec @ 715-850-1684 or Town Clerk - Raletta Ashbeck 715-850-1127.

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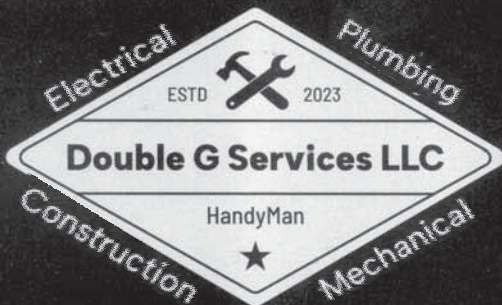
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P 49

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LMT 50 years Cont. from pg. 1



Seen today, these old snowmobiles look every bit the antique, and they are, but in the day, they were the cutting edge of the new sport of snowmobiling.

Looking at the sleds that came a few years later, in the picture below, it is obvious that design and technology came into play, and the snowmobile as we know it today, took shape.



It was a pleasant afternoon that brought back memories. The food was good, and the music was very good! Dan Flannery provided some great music inside the building.

Nicolet AARP Chapter 1191



**Sheriff
Todd Skarban
&
Investigator
Nicholas
School**

The speakers for the April AARP meeting were Oconto County Sheriff Todd Skarban and Investigator Nicholas School. Sheriff Skarban discussed what has been happening in recent years at the Oconto County Sheriff's Office to reduce crime in Oconto County. An attentive AARP group had several questions and were thankful for the presentation. Nicholas School discussed the drug problem in Oconto County and his duties in combatting that problem, and that private citizens can be helpful in reporting suspicious behaviors. In a few months, a new subsidiary Sheriff's Office will be opened in the Riverview Town Hall when that construction is completed.

The next social dinner for the AARP group will be on June 18th at the Red Maple Golf Course in Suring starting at 12:00 p.m. at a cost of \$22.00. On June 22nd AARP will sponsor a brat fry at the Super Valu in Lakewood. The next meeting will be a potluck and ticket raffle starting at 12:00 p.m. on May 28, 2024.

AARP meetings are social and informative. Meetings are held on the 4th Tuesday of the month at the Lakewood Presbyterian Church starting at 1:30 p.m. Contact Janice Tetzlaff Membership Chairperson at 920-323-6734 for information.

Submitted by Richard J. Culver, Public Relations Chairperson

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Nicolet College Art Gallery to host Student Art Show, Reception

Nicolet College Art Students will display their work at the third annual Student Art Show from April 15 – May 24 at the Nicolet College Art Gallery. The public is also invited to attend the show's opening reception on Thursday, April 18 from 4–6 p.m. at the Northwoods Center.

Student work from various art disciplines created during the fall and spring semesters will be showcased for the final hurrah before commencement. Many of these students take art classes to fulfill humanities and other elective requirements as part of their university transfer coursework, and some will continue their study as art majors with the intention to pursue careers in the visual arts.

Students collaborate with art faculty to choose their best work to be displayed. Nicolet College Art Instructor Nate Wilson said the student showcase is an opportunity for emerging artists to exhibit the culmination of a year's work.

"The art show builds confidence for the students," Wilson said. "Sharing with the audience and receiving positive feedback does a lot for them."

Artwork on display will range from sketches to paintings, ceramics, and beyond. Although the show is not juried, prizes and awards will be presented to meritorious works. The goal is to support local artists and recognize students for their artistic excellence.

Katalina LaDean, a Nicolet College student who is pursuing an associate of arts degree, said the Student Art Show provides a unique opportunity to build her portfolio and display her art to her community. LaDean said she hopes to pay tribute to loved ones by displaying a series of black and white sketches of three friends at the show.

"It gives you something to look forward to and be proud of," LaDean said. "It gives you something to strive for, which is really rewarding."

Adrian Shrigley is another Nicolet College art student who will be featured at the Student Art Show. He will soon complete his associate of arts degree and intends to transfer to UW-Stevens Point this fall to pursue a career in musical theatre. Shrigley was featured in last year's show and said the variety of talents and perspectives students bring to the table was his favorite part of the experience.

All are welcome to attend the opening reception on April 18 to show support of these student artists. Snacks and refreshments will be available for those in attendance.

The Nicolet College Art Gallery is open Mondays – Thursdays from 6 a.m. – 6 p.m., Fridays from 6 a.m. – 5 p.m. and Saturdays from 8 a.m. – 2 p.m. at the Northwoods Center. For more information about the Nicolet College Art Gallery, visit nicoletcollege.edu/nicolet-art-gallery or email artgallery@nicoletcollege.edu.

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**Empowering Kids
for a Healthy Future**

Habits developed during childhood often shape lifelong health outcomes. Encouraging healthy habits from an early age can significantly improve children's quality of life as they grow older. Every Kid Healthy Week, observed annually during the last full week of April, serves as an initiative to empower kids to start healthy habits early in life.

"Kids are growing so much in these years and we want them to build strong bones, strong muscles, and to feel good about their bodies," Lindsay Stevenson, MD, Family Medicine Resident Physician with Aspirus Wausau Family Medicine. "Forming healthy habits early on can help kids prevent or lower the risk of developing diseases and other medical conditions later in life."

With support from organizations like the Office of Disease Prevention and Health Promotion (ODPHP) and Child Mind Institute (CMI), Aspirus Health offers six healthy habits for families to implement at home:

1. Get moving: Physical activity not only benefits physical health but also boosts energy, self-confidence, relaxation, and academic performance. Children aged six to 17 should aim for at least 60 minutes of activity daily. Family activities like bike rides or dance parties can make exercise enjoyable.

"Get outside, be physical and just enjoy being a kid and getting that energy out," encourages Dr. Stevenson.

2. Load up on fruits and veggies: Introducing children to a diet rich in fruits and vegetables early on sets a healthy eating routine for life. Involving children in meal preparation and emphasizing the benefits of nutritious foods, such as strong bones and lower disease risk, fosters healthy eating habits.

3. Swap out sugary drinks: Limiting sugary drinks like soda and sports drinks reduces calorie intake without sacrificing essential nutrients. Encouraging water consumption and offering alternatives like low-fat milk or sparkling water promotes healthier hydration choices.

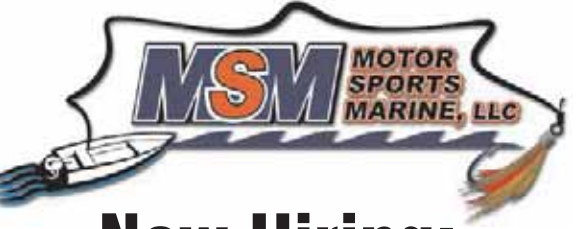
4. Practice mindfulness: Teaching mindfulness to children helps them manage daily challenges and emotions effectively. Breathing exercises and mindfulness practices promote emotional well-being and resilience.

5. Limit screen time: Excessive screen time can have adverse effects on children's health. Setting boundaries on screen use, creating screen-free zones, and engaging in non-screen activities as a family promote balanced screen habits. Dr. Stevenson recommends limiting screen time to less than two hours per day.

6. Attend well-child checkups: Regular visits to a primary care provider (PCP) are vital for monitoring growth, screening for health conditions, and receiving necessary vaccinations. Well-child checkups provide an opportunity for PCPs to offer guidance on healthy habit formation.

"These appointments allow us to monitor how a child is growing and then if any concerns pop up, we can address it right away," says Dr. Stevenson. "It's really important to monitor their overall health, their development and make sure they're on a good course for the rest of their life."

Encouraging children to make healthy choices and providing them with the resources and support they need can set them up for a healthy, long and fulfilling life. Talk to your child's PCP for more information about healthy changes your family can be making at home. To find a provider in your area, visit www.aspirus.org/find-a-provider.



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Aging and Disability Resource Center of the Northwoods is seeking a (30-34 hours/week) Elder Benefit Specialist to provide services for individuals ages 60 and older in Forest County.

This position focuses on Medicare, insurance and helping clients navigate the complex world of benefit programs and in some cases under the supervision of an attorney.

For a position description or to submit a resume with a letter of interest & references contact John Brensinger, Regional Manager, by phone 1-800-699-6704, by mail 300A S. Lake Ave, Crandon, WI 54520 or by email jbrensinger@adrcofthenorthwoods.org.

Resumes are accepted until 4:30 P.M. on May 13th, 2024.

ADRC Specialist



Aging and Disability Resource Center of the Northwoods is seeking (30 -34 hours/week) ADRC Specialist.

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.

For a position description or to submit a resume with a letter of interest & references contact John Brensinger, Regional Manager, by phone 1-800-699-6704, by mail 300A S. Lake Ave, Crandon, WI 54520 or by email jbrensinger@adrcofthenorthwoods.org.

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Crandon Senior Spotlight - Kendall Tichenor

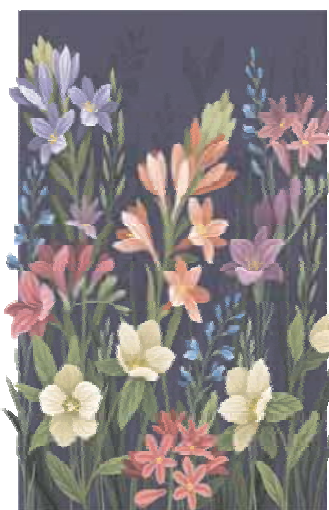


Kendall Tichenor, daughter of Chrystal Tuura, said her best high school memories were homecoming, decorating and leaving for lunch with her friends.

In the past twelve years, she's learned how important it is to find the right friends and discover who you are.

She plans to become a tattoo artist in the future.

She would like to thank her friends and family, her teachers who helped her, her therapist, and her cat for helping her make it this far.



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Wabeno Lions Honors Cont. from pg. 1



Junior), son of James and Sarah Sarratt; English (Joseph Lampereur - Junior), son of John and Caroline Lampereur; Fab Lab (Donovan Prince - Junior) son of Lisa Schuerman; Instrumental Music (Mitsuki Nelson - Sophomore), daughter of Daniel and Yumiko Nelson; Mathematics (Brian Sears - Senior), Son of Terri and Kodie Erickson; Physical Education - Girls (Isabelle Popp - Freshman), daughter of Matt and Anna Popp; Physical Education - Boys (Lawton Webb - Senior), son of Missy Ouellette and Jamie Webb; Physical Science (Edgar Christianson - Junior), son of Daniel and Laurie Christianson; Social Studies (Mazzie Williams - Sophomore), daughter of Genna and Michael Schmitt; and Technology Education (Carter Champine - Sophomore), son of Brad Champine and Jacki Seeber.

Guest Speaker Lorrie Shepard, is a 1980 graduate of Wabeno High School and a former Lions' Honor Student for Physical Education. Lorrie always wanted to work in the healthcare field. While still in high school, Lorrie assisted the Lakewood/Townsend Rescue Squad as the "practice dummy" in their EMT training. She went on to complete her own EMT training and passed the National Exam when she turned 18. She joined the squad as an EMT and continued to assist with training - this time as a trainer, not the "dummy". Lorrie applied to the Nursing program at NWTC in Green Bay and was accepted. However, she was 152 on the list and told it would be a year or more before she could begin the program. Lorrie and Frank, her high school sweetheart, got engaged on graduation day and because of the school postponement, chose to get married. Her goal of becoming a nurse was put on hold to become a wife and mother. After working at NuRoc Nursing Home for three years, while raising her family and continuing her education, Lorrie accepted a position with the Potawatomi Tribe as a Community Health Representative. In the 1980's there was a nursing shortage, and Lorrie applied for the Barbra Brown Scholarship for Returning Women through Nicolet College. She received the scholarship, which gave her the push she needed to get her Nursing degree while working full time with three children at home and a fourth on the way. After graduation, Lorrie accepted a Registered Nurse position with the Potawatomi Tribe because she wanted to give back to the community which had given her so much. When the Health and Wellness Center opened, she accepted the position of Clinical Nursing Supervisor and then Community Health Department Supervisor. After working for the community she loved, Lorrie retired in 2017.

Lorrie closed her presentation with two powerful messages. She always told her kids they needed to take a job in a field or career they loved and made them happy, because if what they were doing didn't make them happy, it would always be "work". Lorrie's final great realization came after the passing of her son Andrew. She said, "... no matter how insignificant you may think your role in your community may be, you might be surprised at what an impact you can have." Lorrie represented past and present Lions' Honor Students well! Thank you, Lorrie!

The program ended with the singing of "God Bless America" and a photo session. The Wabeno Lions would like to give credit to everyone who attended this impressive event, especially the outstanding students who were recognized and honored. The future looks bright!
Submitted by: Lion Clare Huisman and Lion Norma Johnson

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Management reserves the right to change or cancel any promotion at any time. Must be present to win. Must be 18 years old or older to gamble. Must be 21 years old or older to consume alcohol. Must have a valid I.D. for redemptions. All player rewards are non-transferable/non-replaceable. See the Player's Club for more details.