Testimonial to a great bear hunt and the great people who made it happen!

Too often today, the news is full of the negative in the world. We should all be lucky enough to have the experience of meeting the people Russell and Andrew Dillin did in the late weeks of September. We want to share a story about an incredible trip, an incredible group of people, and a great town. The world needs more of these stories and experiences and Crandon will always hold a special place in a little boy’s heart.

Russell Dillin is our eleven year old who suffers from an inoperable brain tumor. He was given the opportunity to hunt a bear in Crandon this past September. After the Zoal family in New Lisbon transferred a tag to Russell, Randy Fenwick got us in touch with an incredible group of people that started with Mel and Cliff Flannery. These guys were willing to answer any question a young hunter had and shared many of their stories. Andy Spencer, Ty Flannery, Eric Lemaster and kids, Kenny and Wendy Johnson, Dan Hazeltine, Edwin Stimmer and kids, Jason and Ty Flannery and others who met us for a coffee clutch at the country road crosstree where the hunt began also were willing to answer questions and share stories. The feeling was a family atmosphere and one that we belonged to for a long time even though this was the first trip to Crandon. Russell, and his brother, Andrew, became friends with Greg Brockmeier and his awesome sons, Sawyer and Jack, and Greg shared some great hunting and fishing stories that Russell and Andrew can repeat to the word.

As the hunt began, Cliff was the guide and answered all of Russell and Andrew’s questions. And did they have a lot of them! For an eleven year old (ten at time of hunt), this was a dream of a lifetime and everyone he came in contact with made a lasting memory of how people should treat each other.

After about two hours, with the dogs doing most of the work, it was time to get ready for the shot. The group talked Russell through the plan. The dogs were yelping, kids were all around, and Russell was getting ready to shoot. One host carved a stand for him to lean his gun on. They talked him through the shot. He aimed and nailed a perfect shot through the lungs.

Greg taught Russell how to clean the bear and got it ready for the kids to drag to a waiting ATV. After returning to Mel Flannery’s, we got the bear weighed, more stories and laughs were shared. Their house was open and more hunting stories were shared as the boys starved at the trophies. We loaded the bear and took it to Millian’s Custom Butchering. In less than 24 hours, the processing was complete and the service was incredible. We stopped by Greg’s house one more time to say thank you, talk about where to go for a mount, and so Russell and Andrew could say goodbye to their new friends. Greg took us to his neighbors. Although Corey Plummer was getting deer stands ready for the young hunter the next day, his wife allowed us to look at some of the deer and bear mounts Corey worked on. He called a few days later to discuss which mount Russell wanted which will be donated to Russell from one of the group as a way to pay things forward with Corey donating his time and talents. An incredible piece of metal artwork made by Jason Flannery was signed by everyone as a reminder of the memories of the weekend.

As we left for home, we could not be more thankful to meet this incredible group of people that started with Mel and Cliff Flannery. These guys distributed to the Kindergarten and elementary students by Santa and the Grinch. The coupons allow a $5.00 gift coupon, were distributed to the Kindergarten and elementary students by Santa and the Grinch. The coupons allow a $5.00 discount off a meal at the following local restaurants: Duck’s Bar, Charlie’s, Hotel Crandon, Log Cabin, LaFetta’s, Main Street Ed’s, On Deck Platter, Tricia’s Treasure and Bistro. The coupons expire on February 28, 2019.

The Lions wished the students and teachers a Merry Christmas and a Happy New Year.

Continued on page 11

January is National Radon Action Month.

Radon comes naturally from rocks and dirt in the ground, you cannot see it or smell it. There’s always some radon in the air around us. It can become a problem when radon gas from beneath your home leaks in through cracks or gaps in the foundation and builds up in your home. Breathing in high levels of radon can increase your risk of lung cancer. In the United States, radon is the #2 cause of lung cancer after smoking and it is estimated to cause over 20,000 deaths each year.

Smoking makes radon even more dangerous. Radon and tobacco smoke from cigarettes (and cigars and pipes) can damage your lungs. When they are combined, smoking and radon are more dangerous than either one on their own. Smokers who live in homes with high radon levels have a risk of lung cancer that is 15 times higher than nonsmokers who live in homes with high radon levels.
AARP 1191 Christmas Party

Greg Taller entertaining AARP members

The Nicolet AARP Christmas Party was held at the Weatherwood in Mountain. Members and guests enjoyed an evening of comradeship, entertainment and a very good dinner. Dinner was a fine choice of ribs, chicken of fish. Entertainment was provided by Greg Taller who provided a variety of Christmas favorites and dance music with a good response from his audience. Members brought food items for the food pantry. Everyone left with wine, fruit or a dinner certificate for a local restaurant.

Due to Holiday activities there will be no monthly meeting or Board meeting in December. The next meeting will be open at 11:00 a.m. with pot luck starting at 12:00 p.m. noon.

All persons 50 and over are invited to join the local AARP Chapter. AARP meetings are social, entertaining, and informative. Meetings are held at the Lakewood Presbyterian Church on the fourth Tuesday of the month starting at 1:30 p.m. (Winter hours). Contact Joyce West, Membership Chair, at 715-850-0336. Submitted by Dick Culver, Public Relations Chairman.

Bears don’t read the Pioneer Express

But if he had a mailbox, we would mail him a copy every week!

We direct mail to Hilts, Argonne, Popple River, Covour, Armstrong Creek, Wabeno, Laona, Townsend, Lakewood, Newald, Crandon, Wabeno, Pickeral & Pearson

[with set outs in Minocqua, Pelican Lake, Iola, Poole Lake, Longville, Antigo, Rhinelander and Munising]

CALL 715-478-3640 FOR ALL YOUR ADVERTISING!

And, We are Online at: PioneerExpressCrandon.com

We are your Great Advertising Value!

Forest County Head Start students participate in Color Me Healthy

During the month of November Crandon and Wabeno Head Start students participated in the Color Me Healthy program through Forest County UW-Extension, FoodWise. Karly Harrison, FoodWise Coordinator, provided each Head Start with the series of four nutrition lessons focused on identifying different fruits and vegetables, the colors of fruits and vegetables, and the importance of eating a rainbow of colors throughout the day. During each lesson students were provided a taste test and were taught to become food explorers. They became a food explorer by using their eyes to describe how the food looked, using their hands to describe how the food felt, using their nose to describe how the food smelled, and using their mouth to describe how the food tasted. By becoming food explorers the students were encouraged to trynew fruits and vegetables which will hopefully increase their willingness to eat fruits and vegetables at home. It is important that children are exposed to fruits and vegetables at a young age to develop healthy eating habits that will last a lifetime.

Crooked Lake/Mountain Lions have the Christmas Spirit!

It’s a season of giving and Lions Clubs in the area certainly do their part. Each year the Crooked Lake/Mountain Lions Club checks with the local schools to find a family to adopt for Christmas. The Club contacts that family to get a “wish list” from them for everyone in the household and then they SHOP! Lion Karen Wanta is pictured with some of the wrapped presents for this year’s family and in addition to these presents, The Lions Club had cords of wood and groceries delivered to the adopted family.
CoVantage returns a record $3.3 million in patronage to members

A record of over $3.3 million in patronage has been deposited into the accounts of members who borrow and save with CoVantage Credit Union. This is 12% more than the credit union returned in 2017.

Patronage is a concept of ‘giving back’ that originated among cooperatives many years ago. Most have abandoned the practice; but at CoVantage, patronage has been paid to member-owners for the past 38 years.

According to CoVantage Board Chairman, Lee Siler, “Each year the board determines how much income should be set aside for regular dividends, operating expenses, and capital needed to ensure the credit union is prepared to withstand difficult economic times. Because CoVantage was fortunate to have had another successful year in 2018, for growth in loans, deposits and members — we are able to do this, and provide our largest patronage payment ever with the $3.3 million returned to member-owners. The board and I want to thank new and long-time members for the loyalty which helps make patronage possible. We are also thankful for all who made timely loan payments — as especially low delinquency was also a factor in this record return to members.”

This year’s patronage includes a bonus on dividends earned for those who save, and a loan interest rebate for those who borrow. CoVantage depositors received a 5.1% bonus on dividends earned on eligible savings, term share certificates and variable rate accounts. Borrowers received a rebate of 5.1% of their total 2018 interest paid on qualifying vehicle, home equity, in-house mortgage, credit card, and commercial loans. For instance, if $5,000 of interest had been paid on a home loan, the member would receive $255 in patronage for just that loan.

CoVantage President, Charlie Zanayed, added, “Part of the CoVantage mission is to provide outstanding value, which we deliver every day with great rates and low fees. In fact, through the end of September 2018, CoVantage was ranked 6th out of 5,500 credit unions nationally in providing great rates and low fees. This is the 12th year in a row we were honored to be in the top 1% of credit unions in providing member value as measured by Callahan, an independent credit union research company. It’s a joy to be able to share the credit union’s success with our member-owners through record patronage and fantastic everyday value.”

Further information about the CoVantage patronage program can be found at www.covantagecu.org/patronage.
Cruises, Docks & Lifts

Crandon Docks & Lifts
105 E. Pioneer St., Crandon
715-902-0233

Laona Manor
5269 Beech Street, Laona
One Month Free

- Includes utilities
- Newer appliances and carpeting
- Walking distance to bank, pharmacy, clinic, post office & restaurants/pubs
- 399/mo. plus security deposit. Call

Laona Manor
3734 Hwy 45, Elcho
715-275-DOCK

Dvorak’s Docks
Crandon, WI 54520
715-275-DOCK

Will buy Reloading equipment & supplies for rifle or shotgun

Will also buy antique guns - Shotguns, Rifles or Pistols

Give me a call, we might make a deal!
715-478-3660 or 715-889-0811

For Rent: One bedroom apartment in Hotel Crandon, $345 rent & deposit + electric. Call 715-889-0859. Betc27

For Rent: Bar and house in Pickerel. Large spacious, clean bar with full kitchen and dining room. 2 bed, 1 bath house attached with large yard. Call Tim at 414-406-0272. Betc27

RENTAL IN PICKEREL: 2 bed, 1 bath house with large yard, nice deck. $625 a month. Cell Tim at 414-406-0272.

FOR RENT: Large one bedroom apartment in downtown Crandon. Partially furnished, includes heat, water, garbage and A.C. Now Available. For more information please call 715-902-0308. Betc24


Will buy Reloadng equipment & supplies for rifle or shotgun

Will also buy antique guns - Shotguns, Rifles or Pistols

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This could be your classified or display ad!
Call 715-478-3640 or 1-800-234-2152 and let us help turn that stuff collecting dust into cash!
Non-Emergency Medical Transportation in Wisconsin

Submitted by Kathy O'Melia

Non-emergency medical transportation is a benefit provided to Wisconsin residents who are enrolled in Medicaid or BadgerCare Plus and have no other means of getting to medical appointments. Under a contract with the Wisconsin Department of Health Services, a company called Medical Transportation Management (MTM), Inc. coordinates, schedules, and provides rides to members across the state. The following is a list of some frequently asked questions about non-emergency medical transportation.

Who is eligible for transportation services through MTM?

Most people who receive Wisconsin Medicaid (including IRIS), BadgerCare Plus, or Family Planning Only Services are eligible for non-emergency medical transportation through MTM. The following people are not eligible for transportation services:

- People who are enrolled in FamilyCare
- Partnership or PACE
- People who reside in a nursing home (unless enrolled in hospice)

Transportation to a nursing home is provided by MTM if it is arranged by a nursing home.

Likewise, transportation from a nursing home back home is provided if the person has already been discharged from the nursing home.

How do I schedule a ride?

Wisconsin Medicaid members can call MTM at 866-907-1493 to schedule a ride at least two days before the medical appointment.

What information do I need to have to schedule a ride?

- Name, home address and phone number
- Forward Health ID Number
- Pick-up address
- Address and phone number of the healthcare provider
- Your Medicaid or BadgerCare Plus ID number
- Name of your Medicaid or BadgerCare Plus primary care provider
- Name of your medical provider
- Medicare number

MTM will ask the member a series of questions to determine the type of transportation the person requires for the ride.

- Mileage reimbursement
- Bus tickets
- Ambulance services, including a car, van or taxi

What if I need a ride to a medical appointment right away?

If you do not have an emergency, but need to see your medical provider, call MTM at 866-907-1493 to schedule a ride. MTM will provide transportation to the healthcare provider or facility. If you have an urgent ride, you can call MTM at 866-907-1493 to schedule a ride.

If you call MTM for an urgent ride, the ride will be scheduled within two days of the previous appointment. In some situations, the call may be made for an urgent ride.

What if my request for a ride is denied?

You may have the right to file for an appeal. MTM will provide information about the appeal process to the member.

If you believe that you have been denied an urgent ride, you may appeal the decision. You may appeal the decision by contacting MTM at 866-907-1493. MTM will provide information about the appeal process to the member.

What happens if I need to cancel or change a scheduled ride?

If you need to cancel or change a scheduled ride, you must call MTM at 866-907-1493. MTM will provide information about the appeal process to the member.

If you need to cancel or change a scheduled ride, you must call MTM at 866-907-1493. MTM will provide information about the appeal process to the member.

What are the transportation options available through MTM?

MTM offers several transportation options, including:

- Ambulatory vehicles, including a car, van or taxi
- Wheelchair and stretcher vehicles

How far in advance can I schedule rides for recurring appointments?

Non-Emergency Medical Transportation

Transportation to and from the nursing home.

transportation through MTM: (including IRIS), BadgerCare Plus, or Family Planning

Questions about non-emergency medical transportation, including videos, visit...
States are authentic and prohibit entry of products labeled as organic that do not meet National Organic Program standards. It addresses the threat that fraudulent imported organic products pose to U.S. farmers and consumers, and ensures that farmers exporting products to the U.S. must abide by robust organic production standards, just like domestic organic farmers."

"The National Organic Coalition is grateful to Senator Baldwin for her incredible leadership in the Farm Bill process to strengthen oversight of organic imports by introducing and successfully championing the Organic Farmer and Consumer Protection Act. There has been an urgent need to modernize and strengthen USDA’s infrastructure to prevent fraud," said Abby Youngblood, Executive Director of the National Organic Coalition. "This farm bill is a huge win on that front, by providing USDA with enhanced authorities and resources to crack down on fraud. These provisions are a boon to farmers, especially those who are harmed by fraudulent imports, as well as consumers, whose trust in the organic seal depends on effective enforcement of clear and consistent standards across the board. NOC will play an active role in working with USDA to fully operationalize these changes to ensure integrity of organic products originating from both international and domestic farms and companies."

"MOSIS is excited to tell our farmers and supporters about Farm Bill wins for organic — more funding for organic research and data collection, provisions to address import fraud, and funding for organic certification cost-share," said John Mesko, Executive Director of the Midwest Organic and Sustainable Education Service (MOSIS). "We especially want to extend appreciation to our home-state Senator Tammy Baldwin for her leadership role in strengthening oversight of organic imports. The Senator has met with farmers on this issue and heard loud and clear about the need for a level playing field. We’re thrilled that she and other Congressional champions have succeeded in making sure that the USDA is armed with the resources and authorities to keep organic strong alongside tremendous growth in the organic marketplace."

"The Farm Bill contains the largest commitment of resources ever to ensure organic integrity remains strong. It includes better policy and funding for organic fraud prevention, especially in the international trade arena, which was really needed. Modernizing the organic regulations and increasing funding help the National Organic Program be in a position to better weed out fraud," said Melissa Hughes, Chief Mission Officer and General Counsel, Organic Valley. "A big thanks to our home-state U.S. Senator Tammy Baldwin as well as Ranking Member Debbie Stabenow for leading efforts to strengthen organic oversight. They played a key role in making sure the Farm Bill updated the agency’s ability to crack down on any suspected fraud no matter where it might originate. The work ahead of the organic industry is to now get these changes operational at the National Organic Program as soon as possible, and at Organic Valley, we are going to keep our foot on the gas pedal until these new provisions are fully realized and implemented."

"We thank Sen. Tammy Baldwin for her leadership that resulted in the bill containing important steps to modernize and speed up federal efforts to prevent organic fraud and to create a transparent marketplace," said Laura Betcha, CEO and Executive Director of the Organic Trade Association.
### Meat

#### Premium Angus Choice Ribeye Steaks

<table>
<thead>
<tr>
<th>Weight</th>
<th>Price</th>
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<tbody>
<tr>
<td>Lb.</td>
<td>$9.99</td>
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- Fresh Ground Chuck
  - Sold in 3 Lb. Avg. Pkg.
  - Lb. $2.99
- USDA Inspected Beef Tenderloin Steaks
  - Lb. $8.99

#### Produce

- Dole Bananas
  - Lb. 49¢
- Blueberries
  - 1 Pint $6.00
- Blackberries
  - 6 Oz. Pkg. 2/$6.00
- Blueberries
  - 2/$6.00
- Honeycrisp Apples
  - Lb. 2/$3.00
- Blackberries
  - Seedless Red or Green Grapes
  - Lb. 99¢
- Kiwi Fruit
  - Whole or Sliced 8 Oz. Pkg.
  - Lb. 5/$2.00

#### Other

- Turkeyfranks
  - 16 Oz. $1.99
- Chickenwings
  - Best Choice IQF
  - Lb. 1.69
- Jumbo Franks
  - Bar S
  - 16 Oz. $2.99
- Turkeyfranks
  - 16 Oz.
  - Lb. $2.99
- Turkeyloins
  - Split
  - 10-12 Oz.
  - Lb. 99¢
- Chicken
  - Tenderloin
  - Lb. $8.99
- Whole Pork Tenderloins
  - Lb. $2.99
- Hillshire Farms Lil’ Smokies
  - Lb. 99¢
- Oscar Mayer Deli Shaved Lunchmeats
  - 8 Oz.
  - Lb. $2.99
- Oscar Mayer Turkey Franks
  - 16 Oz.
  - Lb. $1.99
- Oscar Mayer Smokies
  - 14 Oz.
  - Lb. $1.99
- Oscar Mayer Bologna or Cotto Salami
  - 16 Oz.
  - Lb. 99¢
- Armour Meatballs
  - 14 Oz.
  - Lb. $3.99
- Corn Dogs
  - Bar S
  - 2.34 Lbs.
  - Bag $5.99
- Armour Meatballs
  - 14 Oz.
  - Lb. $3.99
- Shrimp
  - SeaMazz
  - Cooked, Peeled & Deveined
  - 16 Oz.
  - Lb. $7.99
- Shrimp
  - SeaMazz
  - Shrimp, Peeled & Deveined
  - 8 Oz.
  - Lb. $7.99

**SCHAEFER’S FOOD MART PULL-OUT SECTION**

We reserve the right to correct any printing errors in the ad
We reserve the right to limit quantities

**Schaefer’s IGA HOMETOWN PROUD**

Come visit us on the web at Schaefer’s IGA

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 Mon. Jan. 7, 2019

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<td><strong>Fiora Bath Tissue</strong></td>
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<td><strong>Chex Mix or Bugles</strong></td>
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<td><strong>Prego Spaghetti Sauce</strong></td>
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<td><strong>Kraft Velveeta &amp; Shells Dinner</strong></td>
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<td><strong>Best Choice Coffee</strong></td>
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<td><strong>Campbell's Soup</strong></td>
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<td><strong>Dasani</strong></td>
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<td><strong>Lays or Kettle Lays</strong></td>
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<td><strong>Doritos</strong></td>
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<td><strong>PEPSI BRAND</strong></td>
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<td><strong>Rockstar</strong></td>
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<td><strong>Aquafina</strong></td>
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<td><strong>Monster</strong></td>
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### Bakery

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Computerized Picture Cakes at Schaefer's Bakery</td>
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<tr>
<td>100% Wheat Bread</td>
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<tr>
<td>Multi-Grain Bread</td>
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<tr>
<td>Frozen Vegetables</td>
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<tr>
<td>Ice &amp; Snow Shoe Grips</td>
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<tr>
<td>Black Forest Ham</td>
<td>$5.99</td>
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### Deli

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<thead>
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<tr>
<td>Assorted Bars</td>
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<td>Black Forest Ham</td>
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<tr>
<td>German Chocolate Picnic Cake</td>
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<tr>
<td>Ranger Cookie</td>
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<tr>
<td>Ham</td>
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<tr>
<td>American Cheese</td>
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### Frozen

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<th>Product</th>
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<td>Ultra Thin Pizza</td>
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</tr>
<tr>
<td>Ice &amp; Snow</td>
<td>$7.99</td>
</tr>
</tbody>
</table>

### Dairy

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grated Parmesan Cheese</td>
<td>$3.79</td>
</tr>
<tr>
<td>Just Crack an Egg</td>
<td>$2.00</td>
</tr>
<tr>
<td>Sunny Delight</td>
<td>$2.99</td>
</tr>
<tr>
<td>Milk</td>
<td>$2.99</td>
</tr>
</tbody>
</table>

### General Merchandise

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra Strength Acetaminophen</td>
<td>$2.99</td>
</tr>
<tr>
<td>Effervescent Best Choice Cold Relief</td>
<td>$2.99</td>
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</tr>
<tr>
<td>Item</td>
<td>Description</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-----------------------------------</td>
</tr>
<tr>
<td><strong>CHIPPEWA WATER</strong></td>
<td>.5 Liter/24 Pack</td>
</tr>
<tr>
<td><strong>Lipton ICED TEA</strong></td>
<td>.5 Liter/12 Pack</td>
</tr>
<tr>
<td><strong>Best Choice TAMPONS</strong></td>
<td>Super or Regular 18 Count Reg. $3.99</td>
</tr>
<tr>
<td><strong>REAL'ZA PIZZA</strong></td>
<td></td>
</tr>
<tr>
<td><strong>GOLD PEAK</strong></td>
<td>16.9 Oz./6 Pack</td>
</tr>
<tr>
<td><strong>DAY-QUIL - HBP</strong></td>
<td>24 Ct. Liqui Caps Cold &amp; Flu Reg. $9.83</td>
</tr>
<tr>
<td><strong>WINDSHIELD WASH</strong></td>
<td>1 Gal. Reg. $2.55</td>
</tr>
<tr>
<td><strong>GATORADE</strong></td>
<td>8 Pack, 12 Flavors</td>
</tr>
<tr>
<td><strong>O’Cedar BROOM W/ DUST PAN</strong></td>
<td>Reg. $11.65</td>
</tr>
<tr>
<td><strong>Lipton PURE LEAF TEA</strong></td>
<td>18.5 Oz./6 Pack</td>
</tr>
<tr>
<td><strong>Best Choice OATMEAL</strong></td>
<td>10 - 12 Ct. 5 Kinds</td>
</tr>
<tr>
<td><strong>Folgers COUNTRY ROAST</strong></td>
<td>25.1 Oz.</td>
</tr>
<tr>
<td><strong>MONSTER ESPRESSO</strong></td>
<td>8.4 Oz.</td>
</tr>
<tr>
<td><strong>HEAD &amp; SHOULDERS 2 IN 1</strong></td>
<td>Classic Clean or Dry Scalp Reg. $5.39</td>
</tr>
<tr>
<td><strong>COKE BRAND</strong></td>
<td>8 Oz./6 Pack Glass</td>
</tr>
<tr>
<td><strong>Lipton PURE LEAF TEA</strong></td>
<td>10-12 Ct. 5 Kinds</td>
</tr>
<tr>
<td><strong>COKE BRAND</strong></td>
<td>10-12 Ct. 5 Kinds</td>
</tr>
</tbody>
</table>
During the cold winter days soup is a wonderful food to warm and fill you up. Soups are a great way to blend the nutrients and phytochemicals from many vegetables into one pot. Does cooking vegetable reduce their nutrients? A number of studies have concluded that boiling vegetables like broccoli, carrots, zucchini and spinach reduces their water-soluble vitamins, like vitamin C and folate. The beauty of soup is that any water-soluble nutrients that leach into cooling water are consumed with the soup.

When making homemade soup, you have the capability of having control over the amount of sodium in the final product. A few ways to do this would be to use fresh or frozen vegetable, low-sodium broth or using less water.

A bonus with a pot of soup is that it can be divided into individual portions and froze for a meal on a later date. When saving soup for a later meal be sure to substitute onion salt for onion powder. Does cooking vegetable reduce their nutrients? A number of studies have concluded that boiling vegetables like broccoli, carrots, zucchini and spinach reduces their water-soluble vitamins, like vitamin C and folate. The beauty of soup is that any water-soluble nutrients that leach into cooling water are consumed with the soup.

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**Wisdom**

13:1-9) Carnal (1Cor. 2:20

Reward Thinking Works - 6 of 26

**Jan.** anyone interested in needle arts to join us Tuesdays from 6:30 to 8:30 p.m. Lower Level. 715.478.3784. www.crandonpl.org.

**Tues.** located at 315 South Oneida Hwy 55 and B, south of Crandon, will be closed until January 7.

**Tues.** at 4:15 p.m. located at the corner of 55 and Cty. A in Pickerel.

**Tues.** will hold a **Survivors of Suicide Support Group** - for those who have lost a loved one to suicide will gather on the last Saturday of each month. Call George every Tuesday at 7 p.m. at Carter Springs.

**Tues.** every Tuesday at 7 p.m. in Seeley. Seeley Hills is the most efficient while improving the V-1, V-2, and V-2 alternate ski technique techniques.

**Tues.** Weight loss Park. It's almost impossible to learn winter fun awaits as Nicolet College's Outdoor Adventure program kicks off winter session.
HELP WANTED

Bus Driver Wanted
Full-time Route and/or Full-time Mechanic
We help you do all necessary training.
Apply at Pitts Bus Service Inc.
608 E. Madison or call 715-478-2780

ANIMAL CARE WORKER WANTED
Do you love working with animals? The Forest County Humane Society is looking for Animal Care Workers to provide morning and/or evening animal care.

Morning shifts 6:30 to 11:30 a.m., evening shifts are 5:30 to 10:30 p.m., 7 days a week. Duties include positive animal interaction and socialization, dog kennel and cat crate cleaning, feeding, medication administration, stocking and shelter cleaning.

Must be able to work independently and have reliable transportation. To apply, contact Janet, Shelter Manager at 715-478-2088 or 920-260-1223.

CASHIER WANTED
At Lake Forest Trading Post Hills. Good starting pay with a pay raise after training. Flexible Hours.
Call Dean at 715-449-3120

HELP WANTED
Full time Carpenter
Start immediately. Pay based on experienced. Call Dale Gretzinger at (715) 649-3387 or (715) 902-0833

HELP WANTED
Help Wanted at Best Western in Crandon
Best Western Crandon Inn & Suites is looking to fill full time Housekeeping positions. Starting wage $10.00 per hr after completed training. Must be able to work weekends.

Front desk part time 3rd shift position opening. Hours would be 11 p.m. - 7 a.m.
2 nights a week.

Applications may be picked up and returned to front desk. Best Western Crandon Inn & Suites 9075 E Pioneer St Crandon, WI 54520

715-478-4000

NOW HIRING

The Bay
Highest Rates In The Area!!
Cook - FT/PT

Housekeeping/Laundry - Full Time

CNA - PT

For more information, contact HR at 715-674-4477 or e-mail: hr@bay-nuroc.com

Equal Opportunity Employer

Many a small thing has been made big with the right kind of advertising!

THINK SNOW!!
For Old Time's Sake

The shelves in the stores must have had plenty of empty spaces in Wabeno and Laona back in the winter of 1921. Unlike this winter, there was plenty of snow. Enough snow to stop the train for eight days, and everything back then came on the train. Good guess that there was a lot of borrowing going on between neighbors.

“I have to make a birthday cake! Do you have any vanilla?”

STILL SMOKING
207 N. Lake Ave.
Crandon

Register to Win!!
55” 4K UHD
Roku T.V.!!
Drawing Held Jan. 26th, 2019

Additional Entry if you sign up for our Multi-Media Messaging App. Offer good at both locations!!
One Entry Per Day with Purchase. Still Smoking Rhinelander on Lincoln St. Next to Stein’s Liquor
(715) 478-4059
(715) 420-2039
Betc12

SCHOOL DISTRICT OF CRANDON VACANCY DETAILS - DECEMBER 27, 2018

Position Title: Secondary Mathematics
Position Type: Instructional

Position Details:
- Principal
- Position will be posted until filled
- Competitive/Negotiable Pay
- Two Native American communities filter into our school district offering our students and staff unique opportunities and resources. This position resides in the high school, and the hired individual would work with three other math teachers at the 6-12 level.

Candidate Preferred Qualifications:
- Experience working with or teaching students at the middle or high school level
- Ability to build relationships with students, families, and colleagues
- Willingness to problem solve and collaborate with PLCs
- Strong oral, written, and communication skills
- A desire to obtain professional development in content and education-related areas

Submission Materials:
- Cover Letter
- Resume
- Transcripts
- Proof of DPI License or work towards a license
- Three Current Letters of Recommendation

How to Apply: To apply for this position, please send the submission materials via WECAN or send directly to Jewel Mucklin, MS/HS Principal, at muckjw@crandon.com. Please contact Ms. Mucklin at 715-478-3339 with any questions.

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

Winter weather may also cause power outages. Prepare now to make sure you stay safe if you lose power.

** Make a list of anything you need that uses electricity, plan for batteries and other alternatives to meet your needs when the power goes out.

- ** Keep indoor space heaters at least 3 feet away from anything that can burn.
- ** Keep your home insulated. This preparation will help keep you warm in extreme cold, ice, snow, or high winds.

** Make sure to have a flashlight and extra batteries at home.
- ** Have enough non-perishable food and water for your family.
- ** Keep mobile phones charged and gas tanks full.

During extreme cold weather you could be at risk for developing frostbite when you spend time outdoors. It's important you know the signs if you or someone you know develops frostbite, these signs include:

- ** Redness or pain in any skin area may be the first sign of frostbite.
- ** Other signs of frostbite include numbness, white or gray skin, and firm or waxy skin.
- ** The body parts most affected by frostbite are your nose, ears, toes, cheeks, chin, and fingers.
- ** If you or someone you know has frostbite, go to a warm room. Soak in warm water or use body heat to warm.
- ** Do not massage or put a heating pad or an ice pack on a frostbitten skin.

For more information to help you be prepared this winter visit www.ready.gov

If you have any questions or concerns, please call us at 715-478-3371.
FOREST COUNTY POTAWATOMI
STONE LAKE C-STORE
SMOKE SHOP/DELI
3 Miles East of Crandon
5300 Fire Keeper Road • Crandon, WI
715-478-4199
Open Daily | 5 a.m. to Midnight

NORTHWOODS INSURANCE
100 S. Lake Ave., Crandon, WI
Call 715-478-2215 or 1-800-365-6258

KEEP OUR PRINTER WORKING!
Bring in Your Orders For...
Envelopes • Business Cards
Raffle Tickets • Posters • Letterheads
Carbonless Business Forms • Etc.
Pioneer Express
715-478-3640
1-800-234-2152

IT’S ON US FOR A YEAR!
SATURDAY, FEBRUARY 9
WOULD YOU LIKE YOUR BILLS TO BE PAID FOR THE ENTIRE YEAR?
EARN 250 SAME DAY BASE PTS. OR REDEEM 250 PTS. FOR TEN ENTRIES.
WIN YOUR SHARE OF $50,000!

DREAMING OF CASH
MONDAY, JANUARY 21
Earn 100 points or redeem 200 points for ten entries. Hourly drawings: 12 pm – 8 pm, two winners each hour.
Win your share of $7,200!

PIONEER EXPRESS PAGE 16, JANUARY 07, 2018