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### **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 Icc@co.forest.wi.us.

The largest order of mammals belongs to the rodents. Rodents are known for their teeth or more specifically their gnawing. While they don't have canine teeth, they have a single pair of incisor teeth in each jaw. These incisors never stop growing. The incisors have thick enamel layers on the front but not on the back; this causes them to retain their chisel shape as they are worn down.

Wisconsin's 2nd largest rodent is the North American porcupine. Porcupines are distinguished by their modified hairs composed of keratin, or quills, that protect them from predation. Porcupines are found on all continents except Antarctica. There are two separate families of porcupines - Old World porcupines found in Europe, Asia and Africa and New World porcupines found in North, Central and South America. The North American porcupine can be found in most of Canada and the western United States south to Mexico. In the eastern United States, it can be found in Wisconsin, Michigan, Pennsylvania, New York and New England.

North American porcupines are found in the northern 2/3rds of Wisconsin and they have many unique characteristics. These porcupines are generally solitary animals and can be found in hardwood, conifer, and mixed forests. Porcupines are mostly nocturnal but can be seen feeding in tree crowns during the day. They are herbivores eating berries, leaves, needles, twigs, clover, roots, and acorns. Porcupines are also attracted to calcium found in animal bones and antlers, and salt. They have been known to gnaw on building siding, tool handles, and wooden fencing that have absorbed salts. They can gnaw on items that have absorbed sweat such as canoe paddle handles or axe handles.

Adults range from 2-3 feet long and weigh up to 30 pounds. They have poor eye sight and small ears but a great sense of smell. While their short legs make them slow on the ground, they have a special pebbly nonslip surface on their hairless foot pads which enable them to be great tree climbers.

Porcupines are very vocal during mating season. They mate in the fall and a single baby is born the next summer. Baby porcupines are called porcupettes. Porcupettes are born with soft quills which harden about an hour after being born. Porcupettes become independent at about six months.

Porcupines are covered by up to 30,000 modified hairs or quills composed of keratin. Just as animal hair is shed and replaced, so are the porcupine's quills. New ones begin developing within a few days after the old ones are shed or removed. Quills can range from 1-4" long. They use these to protect themselves from predators such as fishers, coyotes, great horned owls, wolves, and beheats

However, contrary to rumors, they cannot shoot or throw their quills. When a predator approaches, the porcupine will turn its back, raise the quills and lash out at the threat with its tail. Quills are loosely attached and dislodge at the slightest touch. If the porcupine hits an animal with its quills, the quills become embedded in the animal. The quills have a barbed end, this causes the quills to become further imbedded due to movement. Quills are mostly hollow and once embedded they absorb the injured animal's heat and moisture causing them to swell. Quills should be removed by a doctor or veterinarian.

Native Americans used porcupine quills in the upper Midwest and Great Plains regions to create a variety of quillwork techniques. Quillwork is a type of embroidery using porcupine quills. Quills were dyed with mineral or vegetable dyes then worked into personalized designs. Prior to the 20th century, only women made decorative quillwork. Designs belonged to the woman who created them. The art form was thought to be sacred. Quillwork is very tedious and time consuming, and each quill must be attached to the background with a small stitch.

Porcupines do not hibernate but instead take shelter during severe winter weather in snags, under stumps, in culverts, rock crevices or caves. Winter can be a good time to see this slow-moving rodent. Porcupines leave a unique trail in the snow due to their dragging tail which tends to obliterate their foot prints. In the winter, they do not go very far from their shelters. Porcupines can damage or kill trees by sometimes focusing on a single tree and eating the bark on branches and boles leaving very visible white wood behind.

### Election for County Supervisors is April 2nd Candidates needed!

By Mike Monte

County Board elections used to be a big event. Most districts had competitive contests to see who could get the most events and serve a two-year term on the Board. Things have changed.

A short time ago, there were eight districts without an announced candidate in the county. Some interest has been shown, however, but not enough.

District 7, Wabeno Ward 3, had no registered candidate, but Lloyd Fulcer has stepped up and announced his candidacty as a write-in.

District 12, which is Lincoln Ward 5, Nashville, Ward 3 and Nashville Ward 4, has nobody interested. As of Tuesday, February 6, nobody expressed an interest in representing District 12 on the County Board.

District 13, which is Nashville Ward 2, had nobody file, but Jim Landru has since announced that he is a write-in candidate.

District 14 has no candidate either on the ballot or as an announced write-in. This is Town of Crandon, Ward 2 and Nashville, Ward 1. The opportunity is there for a writein candidate

District 16 had no candidate until Bruce Decorah announced his candidacy as a write-in. District 16 is Lincoln Ward 4.

District 19, that is City of Crandon, Ward 2, was without a candidate, but Al Marvin has since announced that he is running as a write-in.

District 20, City of Crandon, Ward 3 is without a candidate, and the office is eagerly awaiting a write-in candidate.

District 21, City of Crandon, Ward 4, has a write-in.
Bucky Dailey has announced that he is a candidate.

Now is your chance! You can start a political career in Districts 12, 14, and 20, and spend quality time on the Forest County Board.

Actually, it isn't a laughing matter. Years back there was competition for most of these seats and the voters had a choice after talking to the candidates. There doesn't seem to be much interest in running a sound county government by the majority of the population, which is a shame. For democracies to work, there has to be an interest by the citizenry.

If you live in any of these districts there is still time to announce your candidacy as a write-in, not only where there is no candidate, but in any of the districts. Competition doesn't hurt.

As a candidate in any of our local elections, please feel free to announce your candidacy in this paper. Our Candidate Spotlight column has been used for many years by candidates for office for local elections and even by members of the Congress. Call us if you have any questions, and notice that Candidate Spotlight is being used this week by someone local running for office.

## Wisconsin DNR statement regarding USFWS Wolf Recovery Plan

MADISON, Wis. – The Wisconsin Department of Natural Resources (DNR) is aware of the U.S. Fish and Wildlife Service's (USFWS) proposal, announced today, to focus on a national wolf recovery plan. This announcement will result in no change to the listing status and wolves in Wisconsin will remain on the federal endangered species list.

The DNR will continue to follow the guidance laid out in the recently approved Wolf Management Plan to the extent consistent with the listed status, the DNR's authority and applicable laws.

The Wolf Management Plan details how the listed status of wolves in Wisconsin determines what management tools are available. As a reminder, while the wolf is on the endangered species list, hunting and lethal depredation control are prohibited.

The DNR will continue to partner with USDA-Wildlife Services to address wolf conflicts in Wisconsin. If you suspect wolves in the depredation of livestock, pets or hunting dogs, or if wolves are exhibiting threatening or dangerous behavior, contact USDA-Wildlife Services staff immediately. If in northern Wisconsin, call 1-800-228-1368 or 715-369-5221; in southern Wisconsin, call 1-800-433-0663 or 920-324-4514. While gray wolves are listed as a federally endangered species, it remains unlawful to shoot a wolf unless there is an immediate threat to human safety.

For more on wolves in Wisconsin, visit the DNR website for additional information on wolf management and wolf conflict abatement.



Mole Lake Fish-O-Ree and Family Fun Day Feb. 10

Have a fun day at the 46th Annual Mole Lake Rod & Gun Club Fish-O-Ree & Family Fun day on Saturday, February 10 from 7 a.m. until 5 p.m.

There will be a cash raffle with a first place of \$300 and cash prizes for the longest fish in these divisions: Northern Pike, Walleye, Bass, Crappie, Perch and Bluegill.

The drawings and the fish stories will be a Junior's Saloon in Mole Lake.

## Pickerel Fun Day Eat Pancakes and Jump In!

Get pancakes for breakfast and then take a bath in Pickerel on Saturday, February 10, at Pickerel Fun Day.

The Pickerel Rescue Squad is holding their Pancake Breakfast from 8 a.m. until 11 a.m. at the Rescue Squad Building on Hwy 55.

After a nice breakfast, clean up at Schuh's Jump In on Pickerel Lake Road at 12 p.m. Be sure to bring a warm and dry towel! All Jump in the refreshing water at 1 p.m.

### Candidate Spotlight

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

Andrea Brugger

Hi, my name is Andrea Brugger and I am running for a seat on the Wabeno School District's school board. I have been married to my husband Bob for almost 14 years and we have three beautiful children. Two of our children go to Wabeno Elementary and our oldest is attends Wabeno Middle school. We are self-employed and own two small



businesses which I am the administrative professional for. Being self-employed has allowed me to stay home to raise our kids and fulfill my passion of becoming a foster parent. I have been a licensed foster parent for over two years with Forest County Social Services serving children and families in our community. We moved to Wabeno three years ago from the Fox Valley area. The great community, the down-to-earth people, all that the Northwoods has to offer and a great place to raise our children is why we decided to move. With that being said I can say that I have been impressed with our Wabeno School District and our kids have excelled in school here. I can say that since our children have attended other school districts, Wabeno School District is a great school district and has many strengths. The teacher to student ratio, individualized instruction, better student-teacher connection and early intervention for students' needs are all reasons we are excelling as a district to name a few. I am invested in my children and all the children's education in our District. They are our future, and I would like to be a part of ensuring they get the education they need. This is why I am running.

### Penny McLaughlin

Hello, I would like to introduce myself, Penny McLaughlin, a proud Wabeno Alumni, my children, and generations of family members have graduated from Wabeno. My grandchildren are and will be entering Wabeno school district as future graduates.

I am running because I believe our children should have every opportunity for a higher education including trade programs and life skills to help them be successful. I am dedicated to ensuring the ongoing success of our school district, continuing a legacy for past, present and future generations through enhanced learning opportunities with family and community support.

My work, education, and community service, uniquely equip me to contribute effectively as a school

Continued on page 4

Red Arrow Snowmobile ATV Club Inc.

FORMERLY FISH-A-REE

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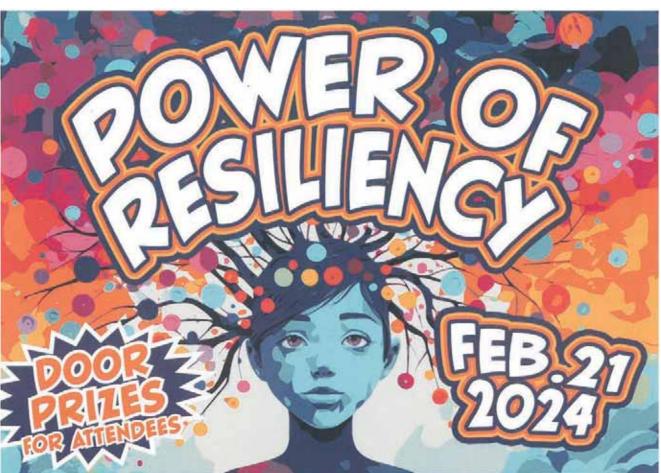
Townsend Town Hall, 16564 Elm St. Townsend, WI

M, 2024 · 11 a.m.

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All are invited....come by sled, car, truck or van! All funds raised are used to maintain & better the snowmobile & ATV trails in the Townsend area.



## Health and Wellness Enrichment



Mary Stys with FoodWlse, a community-based nutrition education program, visited Mrs. Betters' fourth grade class at Wabeno Elementary on Friday, February 2. Her lesson was called Mostly Plants. Students learned that there are 6 parts of the plants that we eat: the roots, seeds, leaves, stems, fruit, and the flowers. She actually turned one of our 4th graders into a plant!



Elias Glinski gets win number 150

Before Saturday, January 20, 2024 only one wrestler in Crandon High School history could say they won 150 wrestling matches. That individual is Crandon's Hayden Krueger (Class of 2013). Now, Elias Glinski, a 138pound senior, joins Krueger in the 150-win club and is

Glinski's 150th career victory came in Wausau East as he defeated Josh Danens of DC Everest. Glinski went on to win the Wausau East tournament by defeating 2-time state runner-up, Mason Carpenter of Oshkosh Lourdes

chasing Krueger's school record of 158 wins.

For his efforts, Glinski was named "Most Outstanding Wrestler". Elias Glinski has an impressive list of accomplishments including qualifying for the state tournament for the past three years. Glinski's season record is currently 38-3. Over his career, he has 51 pins, 14 tech falls, and 14 major decisions.

Elias Glinski is pictured with Coach Paul Cleereman.

### KEY NOTE SPEAKER

Coach Eric Dixon

ach Dixon will discuss his road to Resiliency from child abuse, neglect, suicide attempts, and severe trauma to becoming the successful coach he is today

### GUEST SPEAKERS

Jorge Cisneros Sr.

FCP Community Prevention Coordinator Jorge will share his story of how he became FCP Community. And how he is giving back by

sharing his message that Culture is Prevention.



Donald Keeble

Donald will share how he went from being a very troubled youth, to where he is today. He will also share the historic Resiliency of the Native American Tribal Communities.



### Kimberly McGeshick

Native American Tourism of Wise. Executive Director Making the choice to live her life in recovery was had to deal with. Being Resilient has helped her grow from incarceration to graduation, and more.

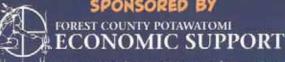


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Box Lunch served @ 4:30pm Event begins @ 5pm

open to everyone AGES 13+ ARE ENCOURAGED TO ATTEND!

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Contact Katheryn Tupper with questions 715-478-4896 · Katheryn Tupper@FCP-nsn.gov

### CoVantage Credit Union's 71st Annual Meeting

Members of CoVantage Credit Union are invited to attend the organization's 71st Annual Membership Meeting on Wednesday, February 21. The annual meeting will be held in person this year with a virtual option for those who want to attend from the convenience of their home or another location.

The meeting will be held at the Volm Theatre inside the Antigo High School, 1900 West 10th Ave., Antigo at 7 p.m., with pre-registration beginning at 6 p.m. in the Commons. Pre-register by February 16 to participate in the virtual annual meeting by visiting: covantagecu.org/annualmeeting and completing the registration form. Whether you are attending in-person or virtually, you will hear progress reports and exciting plans for 2024. In addition, we will have our traditional cash drawing for all participants.

Candidates for the CoVantage Credit Union Board of Directors are:

- Mike Windberg, Retired Human Resource Professional
- Susan Gitzlaff, Program Manager
- Lee Siler, Business Owner Current Board members of CoVantage Credit Union are: Dennis Haltinner, Mike Windberg, Lee Siler, Willis Qualheim, Susan Gitzlaff, Matt Kolling, Julie Berndt, Angie Close, and Eugene Shawano.

# 2024-2025 PUBLIC SCHOOL OPEN ENROLLMENT APPLICATION PERIOD

### **SCHOOL DISTRICT OF WABENO**

The School District of Wabeno Area will be accepting Open Enrollment applications for the 2024-2025 school year from **February 5 to April 30, 2024**. Applications must be received in the District Office no later than **4:00 P.M., April 30, 2024**. Parents may also fill out and submit the application on-line. The on-line application will be available from midnight

February 5 until 4:00 P.M. on April 30, 2024. You may submit an on-line application at:

https://dpi.wi.gov/oe.

Wisconsin's inter-district public school open enrollment program, often referred to as "school choice", allows parents to apply for their children to attend school districts other than the one in which they live. Parents must apply to the non-resident school district they would like to have their child/children attend.

This program is open to Wisconsin residents who have students in grades Kindergarten to 12. There are no tuition costs to parents for their children's participation in Open Enrollment. However, in most cases, parents are responsible for transporting their children to and from the non-resident school.

Additional information may be obtained from the School District Office.



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### AREA EVENTS

## Free tax assistance offered by AARP Foundation tax-aide

Free income tax assistance is available for area residents March 13,2024 by appointment only. This service is provided by the AARP Foundation Tax-Aide program with the help and support of the Crandon Public Library with an emphasis on people with low to moderate income.

Tax counseling services are offered free of charge by volunteer Tax Aide Counselors trained by the IRS and AARP Foundation to assist in tax preparation. The services rendered will include preparation and e-filing of your 2023 Federal and Wisconsin tax returns, and, if applicable, the Wisconsin Homestead Credit or Veterans Property Tax Credit.

Call or stop by the Library (715-478-3784) for more information and to make an appointment.



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7495 Pine St. Argonne
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Sunday Worship

9:00 A.M.

All Welcome

## Healthy habits before – and during — pregnancy help reduce risk of congenital anomalies

Nearly 120,000 babies are born with a birth defect in the US each year, according to the Centers for Disease Control and Prevention (CDC).

The CDC defines birth defects as structural changes present at birth that can affect almost any body part or parts as well as how the body looks, works, or both. Also called congenital anomalies, these conditions develop prenatally and may be identified before or at birth, or later in life.

"There are many things a mother can do to help decrease the risk of her baby being born with malformations – even before conception," explains Jenna Kolodziej, DO, a board-certified Obstetrician & Gynecologist with Aspirus Health. "Managing her own conditions and adopting healthy behaviors early on offers baby a better chance at good health and living a full life."

The CDC, American Academy of Pediatrics (AAP) and American College of Obstetricians and Gynecologists (ACOG) recommend the following tips for a healthy mom and baby:

**Preconception care:** Having a preconception consultation with an obstetrician and gynecologist (OB/GYN) is imperative. Dr. Kolodziej has a special interest in this type of care, as important topics such as vitamins & supplements and managing chronic conditions can be discussed and addressed before a child is conceived. It's also important to see the provider regularly throughout pregnancy, so keep all your prenatal care appointments.

Folic acid: Folic acid is crucial because it can help prevent some major anomalies of the baby's brain and spine, such as spina bifida. A daily vitamin with 400 micrograms (mcg) of folic acid should be taken at least one month before becoming pregnant and then continued throughout the pregnancy.

**Proper nutrition:** Eating a balanced diet that includes fruits, vegetables, whole grains, and lean proteins can help promote a healthy pregnancy.

Managing chronic conditions: Women with certain medical conditions such as diabetes, epilepsy, lupus, and asthma should work closely with their health care providers to manage these conditions before and during pregnancy. Both the conditions themselves and medications needed to manage them may present a risk to baby.

**Vaccinations:** Vaccines help protect you and your developing baby against serious diseases. You'll also want to ensure you have immunity to rubella (German measles) and whooping cough.

Avoiding risky behaviors: Abstaining from alcohol, illicit drugs, and smoking can help reduce the risk of congenital anomalies and other complications during pregnancy. Did you know that consuming unpasteurized dairy products and changing the cat's dirty litter box can also put you at risk for serious bacterial infections? And be diligent about washing your hands.

It's not always possible to prevent all congenital anomalies but following a healthy lifestyle and working closely with your OB/GYN can help reduce the risk.

"From the time the miracle starts, with conception – and then all the things that happen – many things have to go right," reminds Dr. Kolodziej.



**PIONEER EXPRESS PAGE 3, FEBRUARY 12, 2024** 

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## Protect our waters from aquatic invasive species this winter

The Wisconsin Department of Natural Resources (DNR) and UW-Extension are asking anglers to help prevent the spread of aquatic invasive species in Wisconsin's lakes and rivers while fishing this winter.

Invasive species are non-native plants, animals and diseases that cause great ecological, environmental or economic harm. Aquatic invasive species can crowd out native plants and animals and threaten the quality of boating and fishing in Wisconsin waters.

Curly-leaf pondweed and Eurasian watermilfoil are aquatic invasive species that remain hardy under the ice in the winter, giving them an advantage over our native aquatic plants. The plant-like algae starry stonewort dies back for winter, but its tiny, star-shaped bulbils can be present on plants yanked up through the ice or in the mud that can come up if the bottom is disturbed by augers. Disease and the larvae of invasive snails and mussels can also be present in the water and mud in winter.

Because of the possible spread of diseases like Viral Hemorrhagic Septicemia that can threaten fish populations, buying minnows from a licensed Wisconsin bait dealer is important. Up to two gallons of water may be kept for minnows provided they will be used on the same waterbody or if no lake or river water from the fishing site(s) has been added. Dead bait must be preserved in ways that do not require freezing or refrigeration. Visit the DNR's webpage on bait preservation to learn more. Find more rules regarding bait in the current fishing regulations.

A few minutes of preventative action can help preserve and protect waterways for future generations. Before stepping onto the ice or into a stream this winter, anglers should:

- •Inspect fishing equipment for attached aquatic plants,
- animals or mud
   Remove all attached plants or animals
- Drain all water from buckets, containers and gear
- Never move live fish away from a waterbody (fish out of water = dead)
- Dispose of unwanted bait in the trash
- •In addition, the DNR encourages anglers to leave fishing gear where it can freeze for eight hours or more, as this will kill most species. Other methods to kill aquatic invasive species hiding in fishing gear are to steam clean the gear or to soak it in either 140° water or a bleach solution (2.44 tablespoons per gallon) for 10 minutes.

To learn more about invasive species and their impacts on Wisconsin's waters and economy, visit the DNR's invasive species webpage.

## Nicolet now enrolling students for Private Pilot Ground School

Nicolet College will offer its next Private Pilot Ground School in the spring 2024 term. Learn about the joys of flight, what it takes to become a pilot, and the many career options in the aviation field. Over 200 Wisconsin companies have ties to the state's aerospace sector, and more than 26,000 people are employed in Wisconsin by companies that support aviation businesses and aerospace manufacturing.

Learn the fundamentals of flight required for the Federal Aviation Administration Private or Light Sport Pilot license. Course content includes pertinent FAA regulations, principles of aerodynamics, airplane systems and performance, instruments, aeromedical and human factors, aviation weather, airspace, airport operations, charts and navigation, cross-country flying, and various aviation career opportunities.

Upon successful completion of this course and completion of an online exam-prep study course, students will have what they need to complete the FAA written knowledge test. This 30-hour course will be taught by local flight instructors with years of aviation experience in a variety of aircraft. Classes will be held in a combination of in-person and online, with guest speakers and tours available to expand your aviation knowledge. This course is perfect for anyone interested in pursuing flight training, exploring careers in aviation, or learning more about aviation.

The ten-week ground school is scheduled from March 12-May 14, 2024. Classes are tentatively scheduled for Tuesday nights and Saturday mornings at Nicolet College in Rhinelander, with some off-campus tours. Ground School will be limited to 20 students.

Nicolet College is an FAA Authorized Testing Center. FAA Airman Knowledge Testing written exams are currently available on campus.

For more information, to register for the Private Pilot Ground School, or sign up for FAA testing visit www.nicoletcollege.edu/aviation.

PIONEER EXPRESS PAGE 4, FEBRUARY 12, 2024

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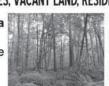
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### DNR Guide to safe fish consumption

The Wisconsin Department of Natural Resources (DNR), in partnership with the Wisconsin Department of Health Services (DHS), today announced the online publication of the 2024-2026 Choose Wisely booklet, which outlines guidelines for safe fish consumption.

Fish are full of important nutrients like omega-3s and are a great source of lean protein, however, they may also contain pollutants from their environment and the food they consume that can cause health risks for humans.

To address this, DNR fisheries staff routinely sample fish from areas with suspected pollution or contamination as well as from heavily fished areas. Based on the levels of contaminants found, like polychlorinated biphenyls (PCBs), mercury and perfluorooctane sulfonate (PFOS), experts are able to determine the amount of fish that is safe to consume over a person's lifetime to avoid negative health impacts.

"We test for contaminants in fish from a number of locations each year and use those new results, along with past testing, to update the advice for those newly tested waters," said Sean Strom, DNR environmental toxicologist. "It's important for anglers who frequently eat fish to be aware of advisory updates."

This updated version of the Choose Wisely booklet identifies new advisories for Wisconsin waterbodies that have either elevated or decreased levels of contaminants, including:

-Removing of PFOS-based guidance for Black Earth Creek (Dane County) and the mercury-based guidance for Kentuck Lake (Vilas County) based on additional monitoring which showed consistently low enough levels to rescind the advisories

-Adding a PFOS-based advisory for the Hat Rapids Flowage on the Wisconsin River (Oneida County)

-New PFOS-based consumption advice for all species in the Moen Chain of Lakes (Oneida County)

-Modifications to consumption advice for certain species of Lake Michigan fish -Adding a PFOS-based advisory for the La Crosse River

from Angelo Pond to the Neshonoc Dam, including Perch and Neshonoc lakes (Monroe and La Crosse counties) The DNR encourages the public to follow the safe-eating guidelines outlined in the Choose Wiselv

booklet to reduce the risk of exposure to unwanted contaminants. "When you follow Wisconsin's fish consumption advice, you are still able to enjoy the many health benefits

from eating fish while limiting your contact with contaminants that can build up in them," said Dr. Sheryl Bedno, DHS Chief Medical Officer for Environmental and Occupational Health.

Waterbody-specific consumption advice can be found in the updated online booklet and by using the DNR's online query tool.

FOR RENT: Spacious 2 bedroom side by side apartment located at 11707 US Hwy. 8 (Apt. 2) and Cole Rd. in Crandon. Brand new hardwood floors, stove and refrigerator included. Washer and dryer hookups. \$800 a month plus security deposit required. Sorry, NO PETS.

shovel! 1 bedroom apartment available at the Glenview Senior Apartments. Specifically built for persons 62 years of age or older, handicapped/disabled individuals regardless of age. Rent starts at \$650.00 per month until rental assistance is available and includes water, sewer, garbage pickup, HEAT, major appliances, off street parking and laundry facilities. We accept vouchers. Call 1-800-938-3229 for an application or more information. This institution is an equal opportunity provider and employer.





FOR SALE: Hardwood firewood. \$85. Face cord. Call or text 715-902-9361.



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100W Washington, PO Box 82, Crandon,

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### Candidate McLaughlin Cont. from pg. 1

board member. I am a USDA Forest Service professional with 16 years of experience, hold a bachelor's degree with an emphasis in Corporate Communication, certificate in Emergency Management, and am a CPR Instructor. I have past and present experience as a member of a committee and/or Board: current member of the Northwoods Community Assistance Coalition and previous member of the Wabeno Park Board and Coordinator for the North WI/Nicolet Resource Advisory Committee with the US Forest Service.

If given the opportunity to represent our school district, I will work alongside our current board members and administration to contribute to the continued growth and success of our school district.



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2014 Ram Laramie - 109K miles, Heated Seats & More	\$AVE!!
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2014 Chevy Silverado - High Country, Crew Cab, 4x4, 161K	\$18,995
2014 Dodge Grand Caravan SE - 120k Miles, Sto & Go Seating	\$7,999
2013 Subaru Impreza Hatchback - 139K Miles	\$7,945
2013 Ford F150 XLT - Crew, Nice 4x4 Truck Electric Blue Ext	\$13,999
2005 Toyota 4 Runner SR5 - Very Nice, Sharp CarSA	LE\$6,995
View our entire inventory on www.clarksautos.com	

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## **Used Vehicles** in Every Price Range



2013 Ford Explorer, Limited, 4x4, Loaded \$7900\*

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\$10,900\* 2014 Ram 1500 4x4 Pickup, Just 75K

Miles \$18,900\* 2017 GMC Acadia Denali, AWD, Loaded,

\$20,900\* 2019 GMC Terrain Denali, AWD, Clean!

2017 Cadillac Escalade 4wd, 7 passenger, All the goodies! \$28,900\*

2020 GMC Sierra 1500 crew cab, SLT, \$31.900\*

2018 Ram 2500 Mega Cab, Limited, 4x4, Diesel \$53,900\*

2022 GMC Sierra 1500 Crew cab, 4x4, 3.0L diesel, 4x4, SLT, 18k miles \$54,500



& Sales 030 S. Superior St. Antigo, WI 54409

\$28,900\*



Price does not include tax, title & license

www.quinlansequipment.com 715-627-4331











### Valentine's Specials Wednesday February 14<sub>Th</sub> and Saturday February 17<sup>Th</sup>

One 8oz Lobster Tail Dinner \$29.95 **Two 8oz Lobster Tails Dinner \$45.95** 6oz Tenderloin and 8oz Lobster Tail \$42.95

**Heart Shaped Ribeye for Two and 6** Steamed Shrimp \$52.95 **Rolling Stone Steak Special: lightly** breaded tenderloin with **Hollandaise Sauce and Portabella Mushrooms for \$23.95 Plus our Shrimp Fest Menu on** Wednesday

**Call for Reservations** 715-649-3810

**February 11th Super Bowl Specials** Half price on all Appetizers, reduced price on all Beers, Rail Mixed Drinks, **Shot specials, Free Bar Snacks,** From 4:00pm to Close.

7909 Main St. in Argonne 715-649-3810

### **WINTER BREAKFAST BUFFET**

**SERVING SATURDAY & SUNDAY** 9am - 12pm Sausage Links, Sliced Pit Ham, biscuits, and Sausage Gravy, Hashbrowns, Cornbeef Hash, French Toast, and Syrup, Eggs to Order. Cinnamon Rolls, and Donuts. Plus other breakfast items \$10.95 Please call for reservations at 715-649-3810

Battered Jumbo Shrimp \$16.95 Breaded Jumbo Shrimp \$16.95 Shrimp Skewers and Pasta \$15.95 Shrimp Boil 1lb shrimp \$14.95 Coconut Shrimp \$16.95 Garlic Shrimp \$16.95 Parmesan Shrimp \$16.95 Shrimp and Pasta \$14.95 Shrimp Basket \$11.95 **Special Pricing only on Wednesday** 

Night.

Please call for reservations at 715-649-3810

## ain Street Ed

7909 Main St. in Argonne www.mainstreeteds.com



Friday Fish Fry

Grandma Jane's Sunday Chicken Dinner 4863 ELM STREET, LAONA 715-674-6200

Dining & Entertainment



## Wolff's River Inn

Cty. Rd. K in Post Lake 715-275-3902

## **VALENTINES DAY!!**

PIONEER EXPRESS PAGE 5, FEBRUARY 12, 2024

Wednesday, February 14th <u>Featuring</u>

TENDERLOIN & JUMBO

**SHRIMP - \$28.95** 

Includes choice of potato, soup or salad

**Hours:** Wed - Thurs 4-9 Fri - Sat

4-10

Saturday, Feb. 10th **Featuring** Prime Rib & **Seafood Alfredo** 

We will be closed Saturday February 17th



**Valentine's Day Special Cut Water - \$2.00** 

Shrimp Scampi with a Side Salad, warm loaf of Mini Bread - \$18.99

6 piece Garlic Herb Shrimp, Baked Potato, with a Side Salad and a warm Loaf of mini Bread - \$18.99

10 oz. USDA Prime Center Cut Sirloin with 4 Grilled Garlic Herb Shrimp, Baked Potato, side salad, warm loaf of mini Bread \$25.00

**Pizzas Valentine's Day Only** Buy one 16", Get the second one ½ Off







4140 County Hwy. W Crandon, WI

(715)478-1224

Take me to the Edge...for MEAT! And to support a great cause!

Lumberjack Memorial Trail MEAT RAFFLE SATURDAY FEBRUARY 24, 2024

Raffles start at 1:00 p.m. Meat, Booze & Much More! Food and Bar Specials

All proceeds go to Trail Maintenance

PIONEER EXPRESS PAGE 6, FEBRUARY 12, 2024

POSITION OPEN for the 2024-2025 SCHOOL YEAR:

### **ELEMENTARY TEACHERS**

Preference for Licensure 1-8, 1.0 FTE
The Goodman-Armstrong Creek School
District is seeking applicants for
two elementary teaching positions.
Applicants must have, or be eligible to
obtain necessary licensure from the
Department of Public Instruction. In
addition to licensure, it is desired that
prospective candidates be able to
support students academically and
emotionally.

Please submit cover letter, resume, license/certification & credentials to: WECAN

Or send directly to Amy Wysocki

awysocki@goodman.k12.wi.us

Goodman-Armstrong Creek School District PO Box 160 Goodman, WI 54125 (715)336-2575 Ext. 203

Applications due Friday, February 16, 2024 or until filled.

The Goodman-Armstrong Creek School District does not discriminate on the basis of race, color, national origin, sex, disability, or

age in its programs and activities and is an equal opportunity employer

## GOODMAN-ARMSTRONG CREEK SCHOOL DISTRICT

POSITION TO START MARCH OF THE CURRENT 2023-24 SCHOOL YEAR:

Part-Time Support Aide

The aide will provide instructional and behavioral support to students in the elementary

and high school buildings. Training will be scheduled two weeks prior to the starting date with the candidate. The start date will be March 4th

Candidates will be expected to follow instructional and behavioral plans, make positive

connections with students, demonstrate flexibility, and effectively communicate with team members.

Please submit letter of interest to:

Amy Wysocki, Superintendent

Goodman-Armstrong Creek School District PO Box 160

Goodman, WI 54125

Or email at: awysocki@goodman.k12.wi.us

Chosen applicants may be asked to submit a resume and letters of recommendation.

Deadline for submitting an application is Friday, February 16, 2024 or until filled.

`The Goodman-Armstrong Creek School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal

access to the Boy Scouts and other designated youth groups. The following person/people has/have been designated to handle inquiries regarding the

non-discrimination policies:
Amy Wysocki, District Administrator, 1 Falcon Crest
Goodman WI, 54125, 715-336-2575.
awysocki@goodman.k12.wi.us

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We will be glad to handle your advertising & printing needs.

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## HELP WANTED

# Part-Time Driver Needed NORTHWOODS TRANSIT CONNECTIONS

24 Hr. per Week Split Shift Monday-Thursday \$16.75 Starting Wage No CDL Required Call: 715-420-0585 Ask For Barb

We are an equal opportunity employer

If you like helping people this is the job for you. I am looking for reliable people to

help care for me in my home. Many shifts available. It's easy. It's fun. I will gladly train you. \$16 per hour. Call Sue at 715.360.1658 for more info. **FOR SALE:** Treadmill. \$100. Call 715-784-0037. P45



### **NOW HIRING**

### RNs, LPNs, ADON

additional 40 Hours of PTO to start with for Full-time RN/LPN and continue to accrue PTO as you work

### **CNA**

Sign on Bonus o \$10,000 (Full Time Only)

### HOUSEKEEPING DIRECTOR

Sign on bonus of \$1,000 (Full Time Only)

PM COOK - (Part Time)

### **HOUSEKEEPING**

Sign on bonus of **\$1,000** (Full Time Only)

### **MDS Coordinator**

(Part Time) Medical background needed

### **Maintenance Apprentice**

(Full Time)

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

www.nuroc-health.com

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### **School Bus Drivers Wanted**

- Full Time Route Drivers and Sub Drivers
- We provide all necessary training!
- No sitter? Bring your kids with you!Perfect for retirees, or anyone looking for
- extra money!
   Great hours, and bonus incentives!
  Please contact Gayle at
  Pitts Bus Service



715-888-1014

# HELP WANTED FOREST TOOL

Forest Tool in Crandon is accepting applications for several positions:

General Machinist
CNC 3 Axis Mill Operator/ Programmer
CNC Lathe Operator

Applicants with machining and CNC experience are welcome to apply. Full time hours with Benefits and Competitive pay based on experience. Will to learn and have ability to plan and complete projects on time for customer schedules is required.

Forest - Tool builds Injection Molds, Stamping Dies and also provides production machining. Manual and CNC machines are commonly utilized.

Please call 715-478-5870 for more information.

## Watch for signs of emerald ash borer this winter

The Wisconsin Department of Natural Resources (DNR) encourages property owners to watch for woodpecker damage to their ash trees this winter. If damage is found, property owners should make plans to take action in the spring.

Woodpecker damage, often called "flecking," happens when birds peck away some of a tree's bark to access the larvae underneath. Flecking is a common early sign that an ash tree might be infested with emerald ash borer (EAB), an invasive insect. EAB is the most damaging threat to Wisconsin trees, killing more than 99% of the untreated ash trees it infests.

In 2023, EAB was found in three additional northern counties of Wisconsin and is now known to be present in 69 of Wisconsin's 72 counties. It is a common insect in the southern half of the state and woodpecker damage to ash trees is already widespread. EAB infestations are currently uncommon in most parts of northern Wisconsin, and woodpecker damage will be less abundant.

Landowners who spot woodpecker damage in their woodlot ash trees are encouraged to consult a DNR or consulting forester for management advice.

Property owners who detect an EAB infestation in its early stages — often by looking for woodpecker damage — can take steps to protect their high-value ash trees by treating them with insecticide between mid-April and mid-May. Insecticide treatments are seldom practical or economical for woodlot ash trees.

Insecticide treatment of valuable ash trees is more likely to succeed if the trees have low or moderate levels of woodpecker damage. Now is a good time to make plans for insecticide protection this spring.

Treatments are worth considering statewide. The highest risk of infestation is in communities already known to be infested or within 15 miles of a known infestation. More information on EAB protection can be found on the Wisconsin EAB website.

Treatments are applied every one or two years, depending on the product. Homeowners can apply some types of insecticide products, but a certified professional must apply others. Review the available options before selecting an insecticide and treatment method. Visit the Wisconsin EAB and EAB Information Network websites for more insecticide information.

Property owners should consider a tree's benefits — including shade, view, wildlife habitat, reduced air conditioner use and increased property value — along with the financial cost of the treatments. Some ash trees are not worth treating due to pre-existing health or structure problems. For those trees, removal and replacement may be better options.

You can search for a certified arborist on the Wisconsin Arborist Association website and the International Society of Arboriculture website. Other businesses that conduct EAB treatments may be found online. Property owners are encouraged to arrange for treatments well in advance.

Flecking usually starts in a tree's canopy and progresses down the tree over the next few years if the tree is not treated. Other signs and symptoms of EAB infestation include:

- Sprouts growing from the base or trunk of the tree.
- ${\color{red} \bullet A \ thinning \ canopy \ with \ smaller, \ pale \ leaves.} \\$
- •Small (one-eighth of an inch), D-shaped exit holes in the bark.
- Green beetles crawling on the trunk of ash trees during the summer.

Visit the DNR EAB webpage for more information. Please report a suspected infestation to your area's DNR forest health specialist if it is present in a community (town, village or city) that does not have a confirmed detection on this map.

RED, GREEN OR BLACK

Seedless

ART PULL-OUT SECTION

Premium Angus Choice Boneless Beef NEW YORK STRIP STEAKS



Premium Angus Choice Beef RUMP ROAST



Premium Angus Choice CUBE STEAKS



\$5.99<sub>Lb.</sub>

Boneless Pork COUNTRY STYLE RIBS



**\$2.99**<sub>lb.</sub>

JUMBO FRANKS 16 Oz.



2/\$4.00

LOBSTER TAILS

8 Oz. Avg.

SCHAEFER'S FOOD MART PUI



2.99<sub>Ea.</sub>

Johnsonville GROUND SAUSAGE 16 Oz.



\$3.99

SNOW CRAB LEGS



GRAPES

Green Giant RED OR GOLD POTATOES

**\$2.49** 

Fresh **YELLOW ONIONS** 3 Lb. Bag

\$1.79

Sweet COSMIC CRISP APPLES

\$1.49<sub>Lb.</sub>

Ripe BLUEBERRIES OR

RASPBERRIES 6 Oz. Pkg

LEMONS

Large

Fresh, Large **POTATOES** 

**69Ç**Ea.

79¢<sub>Ea.</sub>

Sweet Halos **MANDARINS** 3 Lb. Bag

\$4.99

Crisp ICEBERG LETTUCE



\$1.79<sub>Ea.</sub>

STRAWBERRIES 1 Lb. Pkg.



\$3.99

Sweet CARA CARA ORANGES



Ripe ANJOU PEARS





Schaefers.iga.com Pioneer Plaza Highway 8 E., Crandon

HOURS: Mon. - 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, February 12 SUN MON TUE WED THU FRI SAT 14 15 16 12 13 17 18

SCHAEFER'S FOOD MART PULL-OUT SECTION

**R'S FOOD MART PULL-OUT SECTION** 

Hostess

ALENTINE'S SNACK

2 Kinds 8 Ct.



**Hostess** 

2 Kinds

**Best Choice** COCKTAIL SAUCE



Heinz SQUEEZE KETCHUP



**S2.79** 

Tide Simply

SCHAEFER'S

165 Oz.

HE Refreshing or HE Daybreak

**Best Choice** 

W/ Bleach 32 Oz.



1 Oz.

Taco Bell

Best Choice

Honey or Cinnamon 14 Oz.

Taco Bell 7.5 Oz. 3 Kinds

**PalmOlive** 3 Great Kinds 20 Oz.



Taco Bell 12 Ct.

VALENTINE'S MINI D



Scott



Starkist

5 Oz. Oil or Water

Limit 1 \$10 Purchase

**Scott Comfort Plus** 6 Mega Roll

with a

Separate



Campbell's Tomato or Chicken Noodle 10.75 Oz.



Zatarains

Jambalaya Mix, Dirty Rice or Red Beans & Rice 8 Oz.



Wendy's 15 Oz.



4 Great Kinds 32 Oz.

**Hungry Jack** 



2.6 Oz.

Starkist

**Party Size** TUNA POUCH



\$5.99

12 Oz./12 Pack Cans or 7.5 Oz./10 Pack



12 Oz./8 Pack



GOLD PEAK TEA

OR 16.9 Oz./6 Pack 16.9 Oz./6 Pack

12 Pack/12 Oz. Cans or 12 Oz./8 Pack Bottles or /.5 Uz./10 Packs



AKK 545

PEPSI BRAND 5 Liter/6 Pack Bottles

12 Oz./6 Pack Bottle



.98

NART WATER OR 1 Liter **BODY ARMOR WATER** 1 Liter

4/\$6.00 **S6**. SPARKLING bubble 12 Oz./8 Pack Cans

2 Liters

3/\$12.00 |

**STARBUCKS** FRAPPUCCINO STATE OF TAIL OF THE SHOT OF T COCONUT PARADISE OR 14 OZ.

MUSCLE MILK

OR 14 OZ. OR 14 Oz.
PRO SERIES BOTTLES

SCHAEFER'S FOOD MART PULL-OUT SECTION

GALLO SALSA

Reg. \$6.99 Lb.

DELI

DAIRY

THESE AD PAGES NOW ON-LINE AT pioneerexpresscrandon.com

**Computerized 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!

APPLE PIE

RYE BREAD



Green Giant

Blue Ribbon

ICE CREAM

CLASSIC

48 Oz.

9-12 Oz.

24-32 Oz.

Red Baron

27.85-28.79 Oz.



**Best Choice** 

zuu rabiels Reg. \$5.53

Mentholatum **Original** 

1 Oz. Reg. \$3.05



Tresemme

10 Oz./1 Kind

Reg. \$7.23

**BIRTHDAY ANNIVERSARY** TEAM PARTY

**BAKERY** 

CROISSANTS 4 Čt.

Marie Callenders

BOWLS 11-14 Oz.

Green Giant

10 Oz.

Chuck-E-

Cheese

ENTREES 12 Oz.

Bellatoria **ULTRA THIN** 

HEALTH 8

Playtex Sport TAMPONS 36 Ct./2 Kinds -Super or Regular



SCHAEFER'S FOOD MART PULL-OUT SECTION

**RIP & DIPS**Reg. \$2.99 Ea.



\$2.59<sub>Ea.</sub>

\$5.99<sub>lb.</sub> **BABY SWISS**Reg. \$6.29 Lb.



OVEN ROASTED

S5.79<sub>Lb.</sub>

24 Hour Notice On Party/Deli Tray Orders Please

Simply

20 Oz.



**S5.00** 

Minute Maid ORANGE JUICE 59 Oz.

2/\$6.00



Kraft AMERICAN CHEESE

24 Oz. Twin Pack



Dog or Frog

Says "I Love You

CRANDON CARDINAL HOODIE



\$29.99<sub>Adult</sub> \$25.99<sub>Youth</sub>







# SCHAEFER'S IGA REWARDS PROGRAM

Earn \$1 off your gas or grocery purchase for every 1,000 points! January 29-February 25, 2024



DS PROTEIN 11 Oz./4 Pack Cans

KLARBRUNN **BUBBL'R** 

12 Oz./6 Pack Cans



LIPTON ICED TEA iter/12 Pack Bottles

1,000 **Points** 



BUBLY SPARKLING

12 Oz./8 Pack









1,000 **Points** 

1.000 **Points** 

S5.99

11 Oz./6 Pack

1,000









**Pillsbury** *ALL-PURPOSE* 

FLOUR



**Best Choice** 

FFEE FILTERS

200 Ct. Reg. \$2.19



200 Points Scotch-Brite

Points

Non-Scratch 3 Pack Reg. \$4.03



**Energizer** 

AA/8 Pack Reg. \$9.13



1,000 Points

**Fixodent** DENTURE CREAM

2-2.4 Oz./2 Kinds -Original or w/ Scope Reg. \$7.73

Fixodent (

800

**Points** 

**BENGAY VANISHING** 

SCENT 2 Oz./1 Kind Reg. \$5.83



**Points** 

Best Choice NASAL

DECONGESTANT PE

Non-Drowsy 18 Ct. Reg. \$2.83



## **Death Notices**

Kline, of Crandon passed away peacefully at Grace Lodge in Rhinelander with her loving family by her side while under the care of Compassus Hospice. She was 96 years old. She was born January 15, 1928, in Crandon to the late Elmer and Denver (Duff) Sparks.

Lorraine graduated from

Crandon High School with the class of 1946. She was president of her freshman class and she was a majorette for 4 years.

She worked in her family's grocery store, Sparks' Food Store in Crandon while she was growing up. After graduating from high school, she attended Oshkosh Business College to prepare her for taking care of the business part of running her dad's store.

Lorraine married Don (Ozzie) Kline in 1947 and was thankful to celebrate 64 years of marriage before Don's passing in 2012.

She and Don and their two children lived at the Forest County Jail while Don was sheriff. Don later worked for the U.S. Alcohol, Tobacco, and Firearms (ATF) which meant that Lorraine and her family moved to Wausau, Eau Claire, Milwaukee, Lyons, Illinois, and La Grange Park, Illinois before moving back to her beloved Crandon in 1976.

Lorraine was a member of the American Legion Auxiliary Post 94 in Crandon for 46 years. She was proud to hold the office of secretary and president.

She was a founding member of Good Shepard Lutheran Church in Crandon. The wood from Lorraine's home in Crandon was used to make the communion railing, altar, lectern, pulpit and the cross behind the altar at Good Shepard Lutheran Church. She held the office of treasurer of the Ladies Aid for 13 years. She also sent out get well, encouragement and sympathy cards to parishioners for 30 years.

Lorraine's life was devoted to her strong faith in God. She faithfully read her Bible daily. She loved cooking and baking for her family and friends. She was known for her poppyseed bread, molasses cookies, Christmas cutout cookies and angel food cake among many other baked goods. She always had something on hand for anyone who came over to visit.

She loved the Chicago Cubs and looked forward to watching them on TV. She always went out of her way for others. She was the kindest, sweetest, most loving person that you could know. She always felt blessed and thankful to be born and raised in Crandon.

Survivors include her daughter, Sandra Rollheiser (Paul Freeman); her beloved granddaughter, Sara; sister, Mary; as well as many nieces, nephews, and cousins.

She was preceded in death by her beloved son, Michael; husband, Donald; parents; brothers, Elmer Jr., Quentin and Neil.

Lorraine spent the last 5 years of her life at Grace Lodge Assisted Living in Rhinelander. The family would like to extend a heartfelt thank you to staff members Amy, Nicole, Becky, Lynn and all the wonderful staff at Grace Lodge. The love, kindness, compassion, and respect shown by all the staff at Grace Lodge and Compassus Hospice professionals will never be forgotten.

A graveside service will be held at 11:00 a.m. on March 22, 2024 at Lakeside Cemetery in Crandon, Wisconsin.

A celebration of life will be held at a later date. In lieu of flowers, donations may be made to the Crandon Area Rescue Squad, 107 E. Elm St., Crandon, WI 54520, or the Crandon Public Library, 110 W. Polk St., Crandon WI 54520. (Memo: In Memory of Lorraine Kline).





info@weberhillfuneralhome.com

**Edward F. Bula**, of Mole Lake, died on February 5, 2024 at his home. He was 72 years old. He was born on September 14, 1951 in Antigo, a son of the late William "Billie" and Waymeth (Roy) Bula.

He attended St. John Grade School and graduated Antigo High School in 1969. Following graduation

he served in the Wisconsin Army National Guard, 623rd Armored Regiment part of the 32nd "Red Arrow" Infantry Brigade Combat Team.

Ed was a potato farmer for many years in partnership with his brother, Dave, in Northern Sands Farm and Swamp Creek Cattle Company in Mole Lake. He was also a partner in a trucking business with his cousin, Mark Bula.

Ed was a member of the Wisconsin Vegetable Growers Association and served on the Town of Nashville town Board.

Survivors include a sister, Mary (Steve) Bradley of Antigo; a brother, David Bula of Mole Lake; nieces and nephews, Richie (Terri) Bula, Cindy Bula, Paul (Kate) Bradley, Sarah Bradley, Stan (Brittany) Bula, and Justin (Zach) Bula; many cousins and great-nieces and nephews.

In addition to his parents, he was preceded in death by two brothers, Charles and Dan; and sister-in-law, Angie Bula.

A celebration of life will be held at a later date. Bradley Funeral Home is assisting the family with arrangements. Online condolences at www.bradleyfh.com.

### Ronald L. Holiday of

Wabeno passed away at home on Wednesday, January 31, 2024.

Ronald was born in Racine on September 5, 1956, to the now late Paul and Ella (Whiting) Holiday.

Following high school, Ronald enlisted in United States Army, proudly serving his country. Upon his honorable

discharge, he started his career in construction which spanned over 30 years. He was a Construction Foreman for contractors who built smokestacks for manufacturing facilities throughout the Midwest. When he wasn't working, he enjoyed hunting, fishing, cook outs, and pig and corn roasts.

He is survived by his children, Jason Holiday of Wabeno, Shaun (Bob) Holiday of Appleton and Kimberly (Dan) Golich of New Lisbon; sister, Janette McClellan of Manitowoc; and brother, Clifford (Lynn) Holiday of Green Bay, as well as multiple grandchildren and greatgrandchildren.

His wife, Rose (Collins); brother, Chuck Holiday; and daughter, Dana Vladik; preceded him in death.

A memorial service honoring Ronald will be planned for a later date.

Arrangements were entrusted to Weber Hill & Packard Funeral Home, 302 S. Lake Avenue, Crandon, WI 54520. (715) 478-2322.

Online condolences may be directed to www.weberhillfuneralhome.com.

Reach over 8,500 (summer circulation) homes in the Forest and Northern Oconto county area with a classified ad through our mailings and set outs.

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## AD DEADLINE 4 P.M. TUESDAY

Amount of weeks to run	
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Address	
Phone	
Ad	_
	_

PIONEER EXPRESS PAGE 11, FEBRUARY 12, 2024



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

Happy Valentine's Day! This month we will be taking a special trip to see a matinee at the Rouman Cinema in Rhinelander. Grab your sweetie or a friend and join us. Seniors age 60+ are \$6.00 per ticket (before noon). After noon the price goes up to \$8.00.

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 will 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, February 8: Rhinelander Tuesday, February 13: Antigo Wednesday, February 14: Rhinelander in Cinema

Thursday, February 15: Iron Mountain Tuesday, February 20: Rhinelander Thursday, February 22: Antigo Tuesday, February 27: Iron Mountain

### Forest County Commission on Aging Nutrition Program



# SENIOR MEALS

### CRANDON, WABENO, LAONA

Monday - Feb. 12 - Ham & scalloped potatoes, peas, pineapple, multi-grain bread, chocolate pudding

**Monday - Feb. 19** - Oven baked rosemary chicken, baked sweet potato, diced beets, cornbread, grapes

### CRANDON, WABENO, LAONA, ARMSTRONG CREEK

**Tuesday - Feb. 13 -** Meatloaf, mashed potatoes, gravy, seasoned stewed tomatoes, whole wheat bread, applesauce

**Tuesday - Feb. 20 -** BBQ pork rib, whole wheat hoagie, scalloped potatoes, coleslaw, diced potatoes, butterscotch pudding

### CRANDON, LAONA, ARMSTRONG CREEK, WABENO

Wednesday - Feb. 14 - Lemon and pepper fish, baby red potatoes, dill carrots, rye bread, fruit jell-o dessert

**Wednesday - Feb. 21** - Beef stroganoff, mashed potatoes, broccoli, biscuit, banana cake

### ALVIN (Alvin now serving at 12:00 p.m.)

**Thursday - Feb. 8** - Baked chicken, carrots, peas, baked beans, mac & cheese, biscuit, angel food with strawberries

**Thursday - Feb. 15 -** Swedish meatballs, brussel sprouts, salad with carrots and tomatoes, mashed potatoes, dinner roll, cookie

Thursday - Feb. 22 - Baked pork chops, sweet potatoes, broccoli salad, corn, butter bread, banana pudding

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.



PIONEER EXPRESS PAGE 12, FEBRUARY 12, 2024

## LAONA STATE BANK

108 N. Lake Ave • PO BOX 395 • Crandon, WI 54520 The Laona State Bank is now accepting sealed bids on the following items:

2015 Jeep Renegade Sport AWD Minimum Bid \$6,000

2008 Larson Sport 180 Boat Minimum Bid \$2,000

\* Inboard engine was not winterized and is Beyond repair. Body is in great condition.

### **Sealed Bids February 9- March 1st** Bids Deadline 4:00 p.m. March 1st

For more information, contact Michiel Irish at 715-478-5800 or michieli@laonastatebank.com

### **Laona Board of Education Regular Meeting**

Wednesday, February 14, 2024 • 5:30 p.m. Room 24, C.L. Robinson Elementary School

- 1. Call to Order
- 2. Pledge of Allegiance Chad Albrecht
- 3. Approval of the Agenda
- 4. Public Forum (10 Minutes)
- 5. Consent Agenda
  - A. Bills and Claims B. Meeting Minutes

#### 6. Items for Discussion and/or Action

- A. Valedictorian/Salutatorian Announcement
- B. Senior Class Trip Final Approval
- C. Prom Update
- D. AGR Report
- E. Staffing Discussion 2024-2025
- F. 2024-2025 School Calendar
- G. Project Updates
- H. Commencement Speaker Update
- I. January Pupil Count
- J. NEOLA Update Vol. 33 No. 1 and Technical Corrections Vol. 33 No. 1
  - K. NLC Board of Education Spring Meeting
  - L. Co-Curricular Resignations
  - M. Co-Curricular Hires
  - N. Daycare Position
  - O. HUDL Purchase

### 7. Informational Items:

- A. Business Manager's Report B. Middle/High School Principal's Report
- C. District Administrator/Elementary
- Principal's Report
- D. Committee's Reports
- E. Board Member Reports
- 8. Enter Closed Session pursuant to Wisconsin Statutes 19.85(1)(c) for considering employment, promotion, compensation or performance evaluation data of any public employee.
  - A. Personnel
  - B. Staffing Discussion 2024-2025
  - C. Daycare Position
- 9. Return to Open Session to possibly take action on items discussed in closed session.

Notes: "This meeting is a meeting of the Board of Education in public for the purpose of conducting the School District's business and is not to be considered a public community meeting.

The agenda could be subject to last minute change(s).

### Maple Syrup program at Florence Wild **Rivers Interpretive Center**

An International program on maple syrup techniques will be held on Wednesday, February 21st, 2024 at the Fiorence Natural Resource and Wild Rivers Interpretive Center. Our panel of experts is Fred Hedmark and Ernie Dagostino.

These two men are maple syrup producers of varying production, so we will have all levels of production present from small to very big. Both men have been making maple syrup their entire life and are vastly knowledgeable in the production of maple syrup. Hedmark's Maple Ridge, who is a maple supplies dealer, will also have maple equipment and supplies on display and for sale. This program should be of interest to those considering making maple syrup, those who want to compare experience and techniques and to those curious about the process of obtaining this tasty and necessary pancake product

If you would like to learn more about maple syrup, please join us! The program will be held from 6:00 p.m. to 8:00 p.m. in the lower level conference room at the Florence Natural Resource and Wild Rivers Interpretive Center located on the corner of U.S. 2 and Highway 101/70 in Florence (5628 Forestry Drive).

The Florence County Outdoor Education

## Bids & Notices

## WHAT'S TO EAT

### Wabeno School **Breakfast Menu** Feb 12-16

Monday - -Early risers applesauce cups, fruit juice, milk

**Tuesday** - Scrambled eggs, sausage links, kiwi, tator tots, fruit juice, milk Wednesday -Muffins, oranges, fruit juice, milk Thursday - Belgium waffles, sausage patty, strawberries, fruit juice,

Friday - No School

### Wabeno School **Lunch Menu** Feb 12-16

Monday - Mini corn dogs, Mac & cheese, carrots, pears, garden bar, milk Tuesday - Chicken patties, garden vegetable pasta, mixed vegetable, apple sauce, garden bar,

Wednesday - Salisbury steak, mashed potatoes, dinner roll, broccoli, apple crisp, garden bar, milk Thursday -Hot ham & cheese, chips, green beans, berry cup, garden bar. milk

Friday - No School

### **INVITATION FOR QUOTES**

The School District of Wabeno Area is requesting sealed quotes for lawn care. Quotes will be accepted either in person at the District Office, located in the

Elementary Building, 4346 Mill Lane, Wabeno, WI 54566 or by mail no later than 3:00 P.M. on Tuesday, February 20, 2024 to: William Taylor, District

Administrator, P.O. Box 460, Wabeno, WI 54566. Please mark envelope "Lawn Care Quote".

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

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

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

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

The School Board reserves the right to reject any and all

### **FOREST COUNTY** HIGHWAY WEIGHT LIMIT NOTICE

A reminder that we are very close to that time of year when seasonal weight restrictions will be going into effect on designated County Highways. We try not to post these weight limits until absolutely necessary, however, due to the unpredictability of the effects of warmer weather on the roadways, there may not be further notification. The limits will be going into effect as soon as the weight limit signs are uncovered. If you need delivery service or have materials to haul on County Highways, NOW is the time to have these things done.

No permission will be given to exceed posted weight limits on any posted County Highway. We would appreciate the public's cooperation to protect our highways.

**Forest County Highway Committee** Mark Chrisman, Highway Commissioner

programs are sponsored by the Friends of the Wild Rivers Interpretive Center and are open to the public free of charge.

For more information, contact Wendy Gehlhoff at (715) 528-5920

wgehlhoff@florencecounty wi.gov.



## **Request For Bids**

Sokaogon Chippewa Housing Authority Replacement of 11 boilers with IBC 95% boilers along with indirect water tank, size to be determined by each home.

If interested contact Sokaogon Chippewa Housing office 715-478-2001 to make arrangements to view homes.

Bids will be accepted until February 23, 2024. Indian Preference applies

### 2024-2025 OPEN ENROLLMENT **APPLICATION PERIOD SCHOOL DISTRICT OF LAONA**

The School District of Laona will be accepting Open Enrollment applications for the 2024-2025 school year from February 5, 2024-April 30, 2024. Applications must be received no later than 4:00 pm on April 30, 2024. Late applications will not be accepted for any reason. Parents may apply on-line at https://dpi.wi.gov/oe.

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

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

### **Mandatory Spring Parent/Athlete** Meeting For Laona/Wabeno

Laona/Wabeno parents and students are expected to attend in order to receive schedules, participation forms, handbooks, and all other pertinent information. Your attendance at these meetings is required so paperwork can be turned in before the season starts. Please contact the coach in advance if you have a conflict with these dates.

- Track will be meeting on February 26 at 6:00 pm in Laona (Big gym)-grades 6-12
- Softball will be meeting on February 26 at 6:00 pm in Laona (Small gym)-grades 9-12
- Baseball will be meeting on February 26 at 6:00 pm in Laona (Cafeteria)-grades 9-12
- Golf will be meeting on March 20 at 5:30 pm in Mr. Anderson's room in Laona. grades 6-

A link will be provided on the Laona and Wabeno school Facebook pages for the Code of Conduct. Please be sure to check it out and submit the paperwork online. If you have any questions, please contact Michelle Boor at mboor@wabeno.k12.wi.us

### Most common forms of identification to show at voting polls: Wisconsin DMV's driver license or ID

Wisconsin Department of Transportation Division of Motor Vehicles (DMV) reminds voters to check and be sure that they have the proper identification needed to vote in this month's primary (February 20, 2024).

Wisconsin driver licenses or IDs are the most common form of identification used for voting purposes. A federally compliant REAL ID card is not required to show at the polls. The Wisconsin Elections Commission notes other forms of identification are valid for voting, such as military or student ID cards. To see if a card meets the requirements, visit the Wisconsin Elections Commission website.

Voters looking to get their first Wisconsin ID can turn to DMV for help. To obtain an official ID card, there are documentation requirements such as a birth certificate. If all documentation is not readily available, DMV has a process that may be used to obtain a receipt valid for voting while the remaining documents or verifications are obtained.

DMV offers this service and ID cards for voting purposes free of charge. DMV's toll-free hotline (844) 588-1069 is available for questions on obtaining an ID that can be used to vote.

DMV's website has a locator to help find the nearest DMV and check wait times (wisconsindmv.gov/centers).

## Bids & Notices

### **Regular Meeting** Laona Board of Education

Wednesday, January 10, 2024, 5:30 p.m. C.L. Robinson Elementary - Room 24

President Chad Albrecht Called the Regular Meeting to Order at 5:30 PM. Present: Chad Albrecht, Samantha Hoffman, Melissa McLaughlin, Hope Gilligan, Ken Carroll, Larry Palubicki, Jason Bertrand, Tiffany Pakulski, and Lynsey Siggelkow to take notes. There were three guests in attendance. Notice has been posted in accordance with Wis. Stat. 19.84.

Meeting called to order by Chad Albrecht at 5:30 p.m.

Samantha Hoffman led the Pledge of Allegiance.

Agenda amended to add Item F. Kerber Rose Annual Audit Presentation and Item G. NEOLA Update Vol. 33 No. 1 and Technical Corrections Vol. 33 No.1. Motion by Hoffman, seconded by McLaughlin to approve the Agenda with the changes. All in favor, motion carried 5-0.

### PUBLIC FORUM (10 minutes):

Nothing Discussed.

Consent Agenda - Motion by Hoffman, seconded by Carroll to approve the Consent Agenda. All in favor, motion carried 5-0.

#### **ITEMS FOR DISCUSSION AND/OR ACTION:**

#### A. Senior Class Trip

Class Advisor Kathy Krawze presented to the Board. The Senior Class decided on Myrtle Beach as a location. Discussion of funds and logistics. Final details will be presented at the February Board Meeting.

### B. Handbook Language Change 2024-2025

Larry Palubicki presented proposed changes to the 24-25 Employee Handbook regarding use of PTO. Motion by Hoffman, seconded by Carroll to approve the Employee Handbook language change for the 24-25 school year. All in favor, motion carried 5-0.

#### C. Open Enrollment Seats

Larry Palubicki presented the Board with the recommended special education and regular education open enrollment seats for the 24-25 school year. Motion by McLaughlin, seconded by Gilligan to approve the open enrollment seats as presented. All in favor, motion carried 5-0.

#### **D. Active Threat Training**

Larry Palubicki gave an update on how successful the staff active threat training went.

#### **E.** Health Insurance Discussion

Tiffany Pakulski presented possible options for health insurance moving forward. Discussions will continue at upcoming meetings.

#### F. Kerber Rose Annual Audit Presentation

Kevin Bohren from KerberRose presented an annual audit report for the Board via Google Meet.

#### G. NEOLA Update Vol. 33 No. 1 and Technical Corrections Vol. 33 No. 1

A link to review updates was provided to the Board. Larry will bring the changes for approval to the Board at next month's meeting.

#### **INFORMATIONAL ITEMS:**

Tiffany Pakulski submitted a written Business Manager's Report that can be found on the school website under District, School Board, Board Agendas, Boarddocs link.

Jason Bertrand submitted a written Middle/High School Principal's Report that can be found on the school website under District, School Board, Board Agendas, Boarddocs link. December attendance was up 5% from the same time last vear.

Larry Palubicki submitted a written District Administrator/Elementary Principal's Report that can be found on the school website under District, School Board, Board Agendas, Boarddocs link.

#### **Committee Reports**

The School Forest Committee meeting met on January 10. Job Corps is very interested in being involved. Discussion regarding the meeting details.

### **Board Member Reports**

The Board noted how well the Christmas concert went and thanked Mr. Dewey and all other staff who were involved in its success. The Board thanked the PTO for their gifts for School Board Appreciation Month.

Motion by Carroll, seconded by Gilligan to Enter into Closed Session pursuant to Wis. Statute 19.85 (1)(c) for considering employment, promotion, compensation or performance evaluation data of any public employee over which the governmental body has jurisdiction or exercises responsibility. Motion carried with Albrecht, McLaughlin, Carroll, Gilligan and Hoffman voting yes.

No new action was taken after Returning to Open Session.

Motion by Hoffman, seconded by Gilligan to Adjourn the meeting. All in favor, motion carried 5-0. (7:35 p.m.)

### Agricultural Roads Improvement Program (ARIP), application materials now available

Application materials for the State Fiscal Year (SFY) 2024-2025 Agricultural Roads Improvement Program project solicitation are now available.

The new Agricultural Roads Improvement Program (ARIP) is a one-time State (SEG) funded grant appropriation in the 2023-2025 biennium. This program sets aside \$150 million to reimburse local governments to improve deteriorating Class B and weight-restricted roads functionally classified as local roads or minor collectors that restrict the ability of agricultural and forestry producers to transport truckloads of goods.

ARIP is a reimbursement program, which may pay up to a maximum of 90% of total eligible project costs, with the balance of the eligible costs funded by the political subdivision where the work is performed.

ARIP application materials will be hosted on AccessGov, an online application site. Additional application materials, along with a direct link to the AccessGov portal, are available on the WisDOT website at the following address:

<a href="https://wisconsindot.gov/Pages/doing-bus/local-">https://wisconsindot.gov/Pages/doing-bus/local-</a> gov/astnce-pgms/highway/arip.aspx>

Application deadline is 5:00 p.m. on Friday, April 5, 2024.

The department will be conducting an informational webinar regarding this 2024-2025 ARIP project solicitation. Details on this webinar will be provided soon.

If you have any questions, please send them to this email address: <DOTLocalPrograms@dot.wi.gov>

### Be Heart Smart

CDC Excerpts Submitted by Michelle Palubicki. RN

Forest County Health Department

February is American Hearth Month, a time when all people are encouraged to focus on their cardiovascular County S. health. Let's take a brief look at high blood pressure and its -WIS 55, Forest County, from Argonne Street to the effects on your heart.

the day, but it can damage your heart and cause health -WIS 169, Iron County, from Ashland County Line to US 2. problems if it stays high for a long time. The high pressure, if not controlled, can affect your heart and other major organs of your body, including your kidneys and brain.

High blood pressure, also called hypertension, is a major risk factor for heart disease, a term that refers to several condition that happens when the pressure of the blood in your arteries and other blood vessels is too high. It usually develops over time. Having blood pressure that is slightly higher than normal increases your risk for developing chronic, or long-lasting, high blood pressure in the future. Diabetes, pregnancy, unhealthy diet, physical inactivity, obesity, too much alcohol, tobacco use, stress, depression, genetics, family history, age, and race or ethnicity are all https://wisconsindot.gov/Pages/dmv/com-drv-vehs/mtrconditions that increase risk for high blood pressure.

High blood pressure is often called a "silent killer" because it usually has no symptoms. The only way to know whether you have high blood pressure is by a blood pressure measure. It is important to have your blood pressure checked, or to self-check your blood pressure, regularly and to report any elevated readings to your health provider. You can lower your blood pressure with lifestyle changes and/or with medicine to reduce your risk for heart disease and heart

The Forest County Health Department encourages all county residents to stop-in the office (Courthouse - first floor) during the month of February for a blood pressure measure, to discuss any heart health concerns, and to register for an automatic wrist blood pressure cuff drawing. If you are unsure about taking your own blood pressure or would like the accuracy of you cuff checked, bring your cuff and questions to the office for staff assistance.

**PIONEER EXPRESS PAGE 13, FEBRUARY 12, 2024** 

### Understanding Alzheimer's and Dementia Workshop explains basics of Alzheimer's and Dementia

The Alzheimer's Association Wisconsin Chapter is offering an education workshop covering the basics of Alzheimer's and dementia. This workshop provides a general overview for people who are facing a diagnosis as well as those who wish to be informed.

#### This free Understanding Alzheimer's and Dementia program:

- Explores the relationship between Alzheimer's disease and dementia.
- Examines what happens in a brain affected by Alzheimer's.
  - Details the risk factors for and three general stages of the disease.
  - Identifies FDA-approved treatments available to treat some symptoms.
  - Looks ahead to what's on the horizon for Alzheimer's research
  - Offers helpful Alzheimer's Association and local community resources.

In the United States alone, more than 6 million individuals are living with Alzheimer's and 16 million are serving as their unpaid caregivers. The disease is a global crisis that impacts numerous families right here in our community. However, no one has to face this disease alone or without information.

The Understanding Alzheimer's and Dementia workshop will be held on Tuesday, February 20, at the ADRC of Oneida County (100 Keenan Street) in Rhinelander from 1:00pm to 2:30pm.

To learn more about this program, or to register (registration is requested), please contact Julie St. Pierre at (715) 352-4091 or jstpierre@alz.org. Individuals can also register by reaching out to the Alzheimer's Association 24/7 Helpline at 1.800.272.3900 or by visiting: https://bit.ly/UADFEB20.

### WisDOT weight limits for North Central Region state highways

The Wisconsin Department of Transportation (WisDOT) North Central Region today announced the seasonal posting of weight limits on area state highways. The weight restrictions are six tons for a single axle and 10 tons any two axles less than eight-feet apart. The maximum gross weight is 24 tons.

Class II Road Restrictions begin statewide Saturday, Feb. 3, 2024 at 12:01 am. Posted Road restrictions begin Tuesday, Feb. 6, 2024, at 12:01 am (except WIS 54 and WIS 173 in Wood County). Affected roads in the North Central Region include:

-WIS 52, Langlade County, from WIS 55 to North Langlade County line.

-WIS 52, Forest County, from South Forest County line to Smith Road.

-WIS 107, Marathon County, from Marathon County A to the Lincoln County line.

-WIS 107, Lincoln County, from Marathon County line to WIS 64. -WIS 107, Lincoln County, from Matthew's Road to Lincoln

Michigan State line. Blood pressure normally rises and falls throughout -WIS 122, Iron County, from WIS 77 to Michigan State line.

Seasonal weight restrictions (springtime posted roads) are placed on specific highways during the spring thaw period. The restrictions are added to prevent damage to the pavement structure.

In the event of unpredicted cold weather, the State Highway Engineer.

For more information regarding traffic impacts and improvement projects in Wisconsin's north central

Weight Restriction Programs: car-trkr/ssnl-wt-rsrctns/default.aspx or · @WisDOTnorthcent or · www.511wi.gov



PIONEER EXPRESS PAGE 14, FEBRUARY 12, 2024

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#### Crandon takes Northern Lakes Conference Title



Back Row (L-R): Ben Dewing, Elias Glinski, Ty Dennee, Neveah Alloway, Aiden Mueller, Desmond Soman, Nolan Bradley, Brayden Madl, Cruz Palubicki, Reece Mayer, Brexden Kane, Conner Lawrence, Paul Cleereman, Isaiah Doane.

Front Row (L-R): Jessilee Dewing, Samara Alloway, Adonis Johnson, Tyler Lawrence, Mason Dewing, Eddie Alloway, Zach Cochrane, Riley Johnson, Reid Votis.

For the 4th year in a row, the Crandon wrestling team finds itself on top of the NLC. The conference tournament was held in Florence on Friday, February 2. In the first dual of the night, Crandon overtook a very small Elcho team by a score of 78-0, with several forfeits and two pins by Conner Lawrence and Aiden Mueller. Next, the Cardinals defeated Florence by a score of 72-6 with exciting wins by Sophomore, Tyler Lawrence and Freshman Reece Mayer. In Crandon's last dual of the night, they faced off against the Laona/Wabeno/Three Lakes Rebel Jays and were victorious by a score of 57-18. Winning matches for the Cardinals were Mason Dewing, Brayden Madl, Elias Glinski, Nolan Bradley, Reece Mayer, Cruz Palubicki, Tyler Lawrence and Conner Lawrence.

Crandon is set to host the WIAA Division 3 Regional on Saturday, February 10 with matches to begin at 9:30 a.m. The public is welcome to come up and watch some exciting wrestling. Concessions will be available throughout the day. The cost of admission is \$6 for adults.

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For Sale: Therma Spa 1 month old. 77 inches by 57 inches by 33 inches with warranty and set up chemicals. Delivery availability, Asking \$13,000 too small for me. Call 715-550-6768. BETC43

**Crandon Cardinals** Trap Team **Predator Hunt** this weekend



The Crandon Cardinals Trap Team's big Predator Hunt is this weekend. You can help keep these young shooters in shells and clay birds by attending their predator hunt on Saturday, February 10, at the Crandon Community Hall.

There is a \$20 entry fee that includes the big meal. The rules meeting and sign up is Friday, February 10 at Wolf River Rendezvous, six miles west of Crandon, from 5 - 8 p.m. To register your coyote, be at the Community Hall from 4:30 to 6:30 p.m.

Whether you hunt or not, you are urged to go to the hall and participate in the fun and you can enjoy the meal for \$10 if you aren't signed up to hunt.

Support the Crandon Trap Team!

FOR SALE: 1990 Moto 4 250, electric start, 2 wheel drive, very good condition, \$1200 OBO. Call 715-853-8649 or 715-484-2254 Betc42

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

### Wabeno Lions donate to Humane Society



Wabeno Lion Al Harrison presents a check for \$250 to Chrystal Ross of the Forest County Humane Society in Crandon. The Humane Society takes care of orphaned and loss dogs and cats in the county at its site on Crandon's north side.

### 5 risk factors responsible for over 50 percent of Cardiovascular Disease

Heart disease is still the leading cause of death in the United States, contributing to one in three deaths. But by taking steps to address risk factors, you can keep your heart healthier as you age.

A recent study in the New England Journal of Medicine (NEJM) analyzed data from more than one and a half million people in 34 countries and found that more than 50 percent of cardiovascular disease incidents and around 20 percent of deaths could be attributed to five modifiable risk factors.

This study shows that over 50 percent cardiovascular events could be prevented if people addressed certain modifiable risk factors," says Daniel Krause, DO, Cardiologist with Aspirus Heart Care. "The good news is that these are factors you can affect in a positive way if you take responsibility and work on improving your own health."

The 5 modifiable risk factors the study identified

- -Body mass index -Systolic blood pressure
- -Non-high-density lipoprotein (HDL) cholesterol -Current smoking
- -Diabetes

"The biggest thing is trying to control your weight, blood pressure, diabetes if you have it, high cholesterol if you have it, and really trying to be more active and pay attention to those risk factors," says Dr. Krause. "It might seem overwhelming but work with your primary care provider or a cardiologist to develop a plan to get all those risk factors down. Often people end up enjoying the process, especially when they see the numbers and weight start to go down."

One of the most important things people can do is to get established with a Primary Care Provider.

"Many of the people who we see with a heart attack in their early 50s, 60s, haven't seen a doctor in 10, 15 years," says Dr. Krause. "They really didn't know that they had high cholesterol, diabetes, overweight, and other risk factors and then it's too late."

Best advice - talk to your health care provider to determine your risk for heart disease and follow their recommendations for additional changes you may benefit

### Goodman-Armstrong Creek **School District** Honor Roll Term 2 2023-2024

Seniors: Wyatt-Paul Champeau, Pietro Ipsa, Katelyn

Kalkofen and Jasmine Slawinski

Juniors: Brooke Adlebush, Kyle Braaten, Sarah Bruders, Austin Domine, Laynee Dwight, Erin Goode, Joshua

Knutson, Krystal Moddie and Hailey Moore Sophomores: Charlie Johnson, Nicholas Niven and

Joseph Stec

Freshmen: Marie Bruders, Hawk Davis, Robert DeSantis, Vincent Ipsa, Brayden Lewis, Evelynn Pyrcz

and Zachary Roland

8th Grade: James Bruders and Autumn Gentz 7<sup>th</sup> Grade: Devin Moddie and Julia Murrow

**Honors** 

Juniors: Minna Yang

Sophomores: Lauryn Dwight and Hailey Tesch

Freshmen: Ethan Squires

### **Crandon Senior** Spotlight- Miya Krauel



memory from high school was her junior prom. Her school high accomplishments are program with Nicolet her totalkto. junior year and taking the phlebotomy program with Nicolet her senior year.

In the past twelve years, she's learned don't take anything for granted. Anything is possible when you're willing to work for it.

She plans on going to Nicolet to be a medical assistant.

She would like to thank her mom and dad for always being there for her; her sister, Lexey, for pushing her to go to school everyday; her brother, Jake, for pushing her to do her best in school; and daughter of Lisa Terry and Mike, and sister-in-law, Cliff Krauel, said her best Chelsea, for pushing her to never give up even when she wanted to. Lastly she would like to thank Mrs. Guron for being there for her in school taking the nursing assistant when she needed someone



### Elementary Library News



Students at Wabeno Elementary are extra excited about their visits to the school library, due to two recent additions: new shelving and two stand-up online catalog stations. With the addition of the new shelving, the librarians have created two new collections - early readers and early chapter books in hopes of getting more of these titles into the hands of our students. The catalog stations allow students as young as the 1st grade to become independent library users by allowing them to use keyword searches to locate books on the shelves. Students have quickly realized that using the online catalog is a bit like a mini-scavenger hunt and they are excited when they locate just the book they were looking for.







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## Post 44 Gunless Poultry Shoot Firelite Lounge, Lakewood

Don't miss the next American Legion Gunless Poultry Shoot on Saturday, February 17, 2024 at Firelite Lounge, Lakewood, starting at 1 p.m.

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

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

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