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Volume 28 No. 38, January 06, 2014 (715) 478-3640 or 1-800-234-2152 Fax: (715) 478-3540 email: pionexp@newnorth.net

The holiday season is past, but Angie Alexander echoes what many of us experienced this past Christmas. We hope you all enjoyed your family and friends!

Christmas Conversation at the Jensons

By Angie Alexander

- --They're late again
- --Honey relax, they're always late
- --Hey, that's them now
- --WELCOME, MERRY CHRISTMAS
- --What's for dinner, sure smells good
- --Hold your horses, wet boots on the mat, put the gifts under the tree
- --Hey, Mom made turkey and ham
- --Look, the place settings are white chocolate angels
- --Turn that TV down before you upset your aunt
- --Mom, need any help
- --Sure Steve, fix the drinks
- --Jan, you have to try one of Tom's fuzzy navels
- --Aunt Agnes wants white wine
- --Mike, get a cold bottle from the basement
- -- Give the kids cranberry juice
- --Gosh Grandma I'm over twenty-one
- --Well, just one small glass of wine then
- --Oh good, Sue brought her sweet potato casserole
- -- Move that chair so Tom can wheel Grandma Gina to the table
- --Get your hands off that turkey, Jason has to say grace
- --GRACE
- --Cut the comedy Grandpa
- -- Pass the mashed potatoes
- -- I want the recipe for Grandma's stuffing
- --Did you hear Dan got a part in the school play
- --Another one, he's really getting to be quite an actor
- --Michelle, why the eye operation
- -- I need perfect vision to be a pilot
- --Jan, how was your trip to Africa
- --The mission hospital is doing great accommodations were primitive
- --I heard Nellie's presentation on Africa helped her land a teaching job
- --It's still snowing, winds picked up too --No pie for me, I'm stuffed
- --Grandma, Jason wants to know when we're opening
- --After we play our holiday game
- --Let's sing Christmas carols first
- -- Get everybody in the living room
- --Get the cat, she's after the ornaments again
- --This package is too pretty to open
- --Don't shake that box, it might be something breakable
- --An electric razor, just what I wanted
- --Heck, you won't need that for a year or two
- --Lovely skirt, but it won't slide over these hips
- --Thanks Mom, nice tie and the check is great
- --Hey, that snow is really getting deep out there
- --I'll warm the car Jan, we better get going --Right, I hate that four hour drive
- --You're lucky Steve, you can stay over
- --Yeah, it's nice to be retired -- Careful the steps are icy, drive safe
- -- Bye all, we had a great time
- --I hope they get home safe -- It sure was nice to see them
- --Sure was, anyone want to watch a movie
- --You young folks go ahead, we're ready for bed
- --Good night Grandma, goodnight Mom and Dad
- --See you for breakfast but not too early
- --Sleep tight, Merry Christmas

Correction!

Forest County Board Chairman Paul Millan called and said I had the wrong Gudowicz on the new county ORV Oversight Committee. We had Ray, and it should have been Jerry. Sorry for the mistake.

Millan said he had phone calls from both, one asking why he wasn't on the committee anymore and the other wondering how he was put on it!

We Shall Return!



It has been a number of years since we have experienced an old time winter like we are now enjoying. One forgets that there is a bottom end on the thermometer. But, while the home heating bills are in the back of your mind, it is good to see that snowmobile trails are open, helping bars, restaurants and gas stations pay their bills. In recent winters, we have seen snowmobile trail use cut back by lack of snow and warm temperatures, and that does hurt a segment of our Northwoods economy severely. Cross-country skiers and snowshoe fans are equally happy to see the white stuff covering the ground, and when the temps are less bitter, the woods will see some tracks from both types of footwear.

In the meantime, enjoy the black-eyed susans that were growing here when the weather was warm and balmy, the rains came and we all complained about the heat. And remember, this season too shall pass.



ABC Natural Health is in business to help you get healthy!

Christy Schmidt, Argonne, has opened a new business in the health field. She is operating out of her home on a part-time basis and is available evenings and weekends. Christy is a trained holistic health coach at the Institute for Integrated Nutrition. She asks the following questions about your health:

Do you need help in meeting your New Year's Resolution? Do you feel worn out all the time? Are you sick & tired of feeling tired and down? Would you like a boost in achieving your health goals for the New Year? Do you want a fresh start?

If you answered yes to any of these questions, you are not alone...

According to the latest statistics from the third National Health & Nutrition Examination Survey, An estimated 97 million adults in the United States are overweight or obese, a condition that substantially raises their risk of morbidity from hypertension, dyslipidemia, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, and endometrial, breast, prostate, and colon cancers.

Please call her for a free health history consultation, take your first step for a positive change in your life. We will work together on individualized, inspired goals to be Active in health, Balanced in life and to Create the best future with healthy, lifestyle options and resources. Do this for you and your family!

Christie Schmidt-Holistic Health Coach 715-889-2074, ABC Natural Health, LLC

Visit us online at

www.pioneerexpresscrandon.com

If you are out of our mailing area and would like to read the Pioneer Express, fire up your computer and get the latest issue, plus plenty of our back issues online.

Snowmobile Safety Class at the Crandon Fire Department January 11 & 12



The Forest County Sheriff's Office in conjunction with the Wisconsin DNR, will be hosting a snowmobile safety class at the Crandon Fire Department, on January 11th and 12th, 2014.

If you would like to register for the class you will need to do so on-line through the Wisconsin DNR website at http://dnr.wi.gov When you are at the website, click on Education, Safety Classes and Search for and enroll in upcoming classes.

The following was previously published in Northern Logger magazine

Bio-mass is nothing new

I recently was working on an article on an ial woody bio-mass heating plant, and the project is a big step for the institution it will heat and partially electrify. I also have read blogs from doomsday predictors saying we will run out of energy, we are at peak oil, society will have to revert to horse and buggies and horses and oxen for agriculture, and that there is no future. When I argue that woody bio-mass can help ease future energy problems, and I stress the word "help," I am always answered with: "Bio-mass isn't the answer to all of our energy problems! There isn't enough bio-mass to power the country much less the world!" I agree. There isn't, but future energy problems will be answered by a variety of solutions and new technologies, and woody bio-mass will be part of the solution, and that includes making liquid hydrocarbons that will be refined into gasoline and diesel

Sometimes when I hear the alarmists tell of returning to a simpler time, and I'm not sure it was always that much simpler, I do have a small yearning to see some of their predictions come true. I realize that most of the doomsday predictors have never lived through a time when bio-mass was a big part of everyday life. I grew up with it, and it was called "firewood."

Growing up in a small town in northern Wisconsin, we were surrounded by woods, and kids growing up there are still surrounded by woods. Natural

Continuted on page 11



Lakewood Assisted Living

715-276-1680 17185 Flynn Lane . Lakewood, WI 54138

Live Life With Purpose

Lakewood is an Assisted Living Facility for the Elderly and Memory Care Member of Your Family, offering residents a country-like setting. Single and double rooms are available.

- ---Home Cooked meals, certified nurse aids and Licensed nurses on site and on call 24/7.
- ---Fall Prevention, and sliding scale diabetic care offered.
- ---Secure Homelike atmosphere with wander guard security system.
- ---Exercise Program, daily activities. Wireless nurse call system.
- ---Health monitoring, Medication management, Housekeeping, laundry services.
- ---Cable TV included

Call Lakewood Assisted Living to arrange for a tour or inquire about availability.

Call Heather at 920-680-7050 or Sheila at 920-676-2307



Smart Habbits to Stay Well During Flu Season

Despite what you may see advertised, there are no miracle foods or vitamins that can help prevent or cure the flu. There are, however, plenty of smart things you can do to keep your family as healthy as possible this season.

- 1.) Keep your hands clean: One of the best ways to stay healthy is to wash your hands properly and frequently. Washing your hands well will help protect you from all germs, including seasonal flu virus. Use soap and warm water - and wash for 15 to 20 seconds. When soap and water are not available, use alcohol based hand wipes or gel sanitizers.
- 2.) Eat plenty of fruits and vegetables: Produce is packed with the nutrients that your immune system needs to fight viruses and bacteria of all types. Go for all types of brightly colored fruits and veggies. They will have more of the disease-fighting antioxidants, like vitamin C and beta-carotene. Fresh, frozen, dried, canned in juice, and 100% juice can all offer health benefits.
- 3.) Drink plenty of fluids: Water is always a refreshing choice. Tea, especially antioxidant-rich green tea, can be a nice way to warm up and stay hydrated anytime. 100% orange or other juice is also good, but don't overdo it: A small glass a day is plenty. Drinking enough fluids (6 to 8 cups a day) will help keep your mucous membranes moist and able to fight off germs.
- 4.) Choose nutrient-rich snacks: During flu season, your body needs every drop of nutrition it can get, so don't waste your calories on 'empty' snacks. Skip the chips, cookies, and colas. Feed your body well with a variety of tasty nutrient-rich items. In addition to fruits and veggies, go for pumpkin seeds, nuts (almonds, walnuts, Brazil nuts, etc.), low-fat yogurt, and beef jerky.

Forest County Commission on Aging DOT Bus Schedule

MONDAY January 6 - Alvin and Nelma to Rhinelander *Argonne and Crandon standby Bus Driver: Hal Weisnicht

TUESDAY January 7 - Carter, Wabeno and Laona to Rhinelander *Crandon standby Bus Driver: Bob Shepherd

WEDNESDAY January 8 - Armstrong Creek, Cavour, Crandon, Laona, Newald and Popple Creek to Iron Mountain Bus Driver: Hal Weisnicht

THURSDAY January 9 - Hiles, Argonne and Crandon to Rhinelander Bus Driver: Bob Shepherd

For Reservations Please Call the Bus Driver For That

Hal Weisnicht: 715-478-2961 **Bob Shepherd: 715-478-2683**

TOPIC OF THE MONTH "Stay Well During Flu Season" **MEAL SCHEDULE**

CRANDON, WABENO, LAONA

Monday - January 6 - Roast turkey with gravy, sweet potatoes, cauliflower, dinner roll, Oh Henry Bar

Monday - January 13 - Pork boiled dinner with potatoes, carrots, rutabaga and cabbage, biscuits, molasses cookie

CRANDON, WABENO, LAONA

Tuesday - January 7 - Beef lasagna, tossed salad, fruit, garlic bread, Jell-O

Tuesday - January 14 - Baked haddock, brown rice, broccoli, fruit, wheat bread, chocolate cake

CRANDON

Wednesday - January 8 - Chicken fajitas w/peppers & onions, flour tortillas with sour cream, Spanish rice, fruit, tres leches cake -BINGO-

Wednesday - January 15 - Beef tips over egg noodles, California blend fruit, dinner roll, ice cream

Thursday - January 9 - Chicken faiitas w/peppers & onions, flour tortillas with sour cream, Spanish rice, fruit, tres leches cake

Thursday - January 16 - Beef tips over egg noodles, California blend fruit, dinner roll, ice cream

ARMSTRONG CREEK

Tuesday - January 7 - Beef lasagna, tossed salad, fruit, garlic bread, Jell-O -MUSIC-

Tuesday - January 14 - Baked haddock, brown rice, broccoli, fruit, wheat bread, chocolate cake -BINGO-**ALVIN**

Thursday - January 9 - Soup & sandwich, noodles, tomatoes, peaches, rye bread, cookies

Thursday - January 16 - Chicken & rice, green beans, peas, rolls, bars

WABENO HOME DELIVERED MENU MONDAY, TUESDAY same as CRANDON

THURSDAY same as LAONA

Please register with Commission on Aging - 715-478-3256 Crandon site manager Pat Raml is at 715-478-0742 (home) or 715-478-3040 (site). Serving at 12:00 p.m. On Monday, Tuesday and Wednesday.

Alvin site manager Florence Kostka at 715-545-4063 (home) or 715-545-3323 (site). Meal served at 4:30 p.m. on Thursday.

Laona site manager Peggy Dann at 715-674-2191 (home) or 715-889-3321 (cell). Meal served at 12:00 p.m. Monday, Tuesday and Thursday.

Wabeno site manager Diana Reed at 715-850-0626 (home) or 715-473-4333 (site). Meal served at 11:30 a.m. on Monday and Tuesday. Home delivered on Monday, Tuesday and Thursday.

Armstrong Creek site manager Jill Criel at 715-336-3178 (home) or 715-336-2218 (site). Meal served at 11:30 a.m. on Tuesday.

Potato power: the spuds that could light the world

Jonathan Kalan

With a simple trick, the humble spud can be made into a battery, so could potato powered homes catch on?

Mashed, boiled, baked or fried? You probably have a preference for your potatoes. Haim Rabinowitch, however, likes his spuds "hacked".

For the past few years, researcher Rabinowitch and colleagues have been pushing the idea of "potato power" to deliver energy to people cut off from electricity grids. Hook up a spud to a couple of cheap metal plates, wires and LED bulbs, they argue, and it could provide lighting to remote towns and villages around the world.

They've also discovered a simple but ingenious trick to make potatoes particularly good at producing energy. "A single potato can power enough LED lamps for a room for 40 days," claims Rabinowitch, who is based at the Hebrew University of Jerusalem.

The idea may seem absurd, yet it is rooted in sound science. Still, Rabinowitch and his team have discovered that actually launching potato power in the real world is much more complex than it first appears.

While Rabinowitch and team have found a way to make potatoes produce more power than usual, the basic principles are taught in high school science classes, to demonstrate how batteries work.

To make a battery from organic material, all you need is two metals - an anode, which is the negative electrode, such as zinc, and a cathode, the positively charged electrode, such as copper. The acid inside the potato forms a chemical reaction with the zinc and copper. and when the electrons flow from one material to another, energy is released.

This was discovered by Luigi Galvani in 1780 when he connected two metals to the legs of a frog, causing its muscles to twitch. But you can put many materials between these two electrodes to get the same effect. Alexander Volta, around the time of Galvani, used saltwater-soaked paper. Others have made "earth batteries" using two metal plates and a pile of dirt, or a bucket of water.

Super spuds

Potatoes are often the preferred vegetable of choice for teaching high school science students these principles. Yet to the surprise of Rabinowitch, no one had scientifically studied spuds as an energy source. So in 2010, he decided to give it a try, along with PhD student Alex Goldberg, and Boris Rubinsky of the University of California, Berkeley.

"We looked at 20 different types of potatoes," explains Goldberg, "and we looked at their internal resistance, which allows us to understand how much energy was lost by heat."

They found that by simply boiling the potatoes for eight minutes, it broke down the organic tissues inside the potatoes, reducing resistance and allowing for freer movement of electrons- thus producing more energy. They also increased the energy output by slicing the potato into four or five pieces, each sandwiched by a copper and zinc plate, to make a series. "We found we could improve the output 10 times, which made it interesting economically, because the cost of energy drops down," says Goldberg.

"It's low voltage energy," says Rabinowitch, "but enough to construct a battery that could charge mobile phones or laptops in places where there is no grid, no power connection."

Their cost analyses suggested that a single boiled potato battery with zinc and copper electrodes generates portable energy at an estimated \$9 per kilowatt hour, which is 50-fold cheaper than a typical 1.5 volt AA alkaline cell or D cell battery, which can cost \$49-84 per kilowatt hour. It's also an estimated six times cheaper than standard kerosene lamps used in the developing world.

Which raises an important question - why isn't the potato battery already a roaring success?

In 2010, the world produced a staggering 324,181,889 tonnes of potatoes. They are the world's number one non-grain crop, in 130 countries, and a hefty source of starch for billions around the world. They are cheap, store easily, and last for a long time.

CONTINUED ON PAGE 4







COMMUNITY BILLBOARD

- AA Meetings Back Door Group Open meetings Monday & Thurs. Nights @ 7 p.m., Lakewood Lakes Country Library. Call Mary 715-276-2318 or Bill 715-889-3512.
- Forest Co. Big Book Closed AA Meeting Thurs. 7 p.m., Crandon Library. 715-478-2598 or 715-889-1829.
- Al-Anon Meetings Courage to Change Group. Every Friday, 7-8 p.m., lower level Crandon Library.
- Forest Cty. Humane Society Open to public every Sat. from 1-4 p.m. Call for more info. 715-478-2098.
- FREE Road Construction Class Starts in January, Mon. Thurs.
- Space limited. For info. call 715-478-7633. • AA Meeting - Saturdays, 9 a.m., Wabeno Fire Station, side entrance.
- Crandon VFW Post Meets every first Tuesday of the month. 6 p.m. at the VFW building, 104 N. Forest.
- Support Group for Parents of Children with Disabilities Call Chris at 715-784-0058.
- Crandon Lions Board Meetings 1st Monday of the month at Crandon Library at 7 p.m. (downstairs). Member Meeting 3rd Monday of Month at 5:30 p.m. at Ducks Bar for November. DECEMBER'S MEMBER MEETING WILL BE TUESDAY, DEC. 17TH AT DUCK'S BAR.
- Bridge Community Dental Health Clinic This project serves people of all ages in Forest County for people who have Badger Care, medical Assistance & UNINSURED. To schedule an appointment call (715) 848-4884. Call the Health Dept. for more information at 715-478-3371.
- Good Shepherd Lutheran Church Hwy. 55N, Crandon. Sunday service 9:30 a.m. No Saturday services.
- Christian Motorcyclist Association Spirit Ryders Chapter of Langlade & Forest Co. Invites you to attend out monthly meetings on the last Saturday of each month at Goodwill, Antigo at 10 a.m. Ride or activities at Noon. Call George 715-350-1679.
- Crandon PTO 1st Monday of month, 6-7 p.m., Elementary Cafeteria.
- Wellbriety 12 Step Meeting (AA/NA) Monday nights, 6 p.m. ? Lower level of the FCP Museum, Mish • Ko • Swin Lane, Crandon. Call Brooks Boyd for more info, at 7158-889-4902.
- Mole Lake Flea & Craft Sale Every Thursday, Mole Lake Casino Bingo Hall. 9-4 p.m. Free coffee and soda. \$5.00 tables. Everyone welcome. Call 715-478-7557 for more information.
- Town of Lincoln Board meetings 2nd Monday of each month, 6 p.m., Town of Lincoln Hall.
- AA Meeting Antigo Hospital, Saturdays at 7:00 p.m.
- Forest County Humane Society Meeting Every third Monday of the month, 6:30 p.m., Crandon Library.
- Women's Closed AA Meeting Sundays from 6:30-7:30 p.m., 300 S. Lake Ave, Crandon. Questions 715-478-1117 or 784-0680
- •CLC Meetings Second Tuesday of every month at 1:00 p.m., Northwoods Veterans Center, Crandon.
- Senior Citizen Soup & Sandwich Serving 12:00 noon on Fridays at the Northwoods Veterans Center, Crandon. Donations appreciated.
- · Pickerel Area 50 Plus will meet at St John's Church Hall on Thurs., Jan. 9th; 12 noon. It is our annual Soup Lunch. Bring soup, bread or dessert to pass. Bob 715-478-5199 or Marge 715-484-2205



NuRoc Resident of the Season Mary Enders register for this free event.

Nu-Roc Community Healthcare is pleased to announce that Mary Enders has been named as Resident of the Season.

Mary was born in Milwaukee, where she graduated from Riverside High School. She married Jerome, better known as Chub, and for the first few years of their married life they remained in Milwaukee. However, the Northwoods beckoned and Chub and Mary settled in Wabeno.

The couple ran the bowling alley for many years, and owned a screen printing company. Eventually, they purchased a bar of their own, naming it 'Chub's Bar'. Mary also worked part time as a tutor in the Wabeno School System. Chub and Mary had 2 children; daughter Deanna and son Neal. Their family has grown to include 6 grandchildren, 14 great grandchildren, and 5 great, great grandchildren.

Mary was a member of both St. Leonard's and St. Ambrose Catholic churches, the Christian Mothers, and the VFW Auxiliary. She loved to flower garden, read, and especially, travel. Chub and Mary owned a home in Apopka, Florida and spent many winters there. They visited Texas, the Gulf Coast, California, Las Vega, California, and Hawaii. One of her best trips was a visit to Italy with her mother and her sisters.

Mary took great pride in keeping her home up, and continues to do so at Nu-Roc. She doesn't like for anything to be out of place or messy. She has a beautiful smile and a wonderful sense of humor. Mary likes to joke and laugh and have a good time.







Area Events



W6694 Groth Rd • Bryant, WI 54418 1/2 mile north of Mueller's Lake in Polar

Trap/Five Stand Leagues Starting January 7th

Our fully heated, lighted and safe facility will be open Tuesday and Thursday Nights Between 6 pm and 10 pm for Singles League, Team League, Clays for Cash, or just Open Shooting.

Leagues will be ran with a handicap system that allows men, women or kids of all caliber to successfully compete regardless of experience.

Fun for the whole family!

Enjoy Hot Sandwiches, Homemade Soups and Appetizers after shooting.



Clinic offers free "Anxiety and Self-Care Techniques" sessions

(TOMAHAWK, WI) - Do you suffer from anxiety? Learn how to manage anxiety during a series of two free Ministry Medical Group sessions, "Anxiety and Self-Care Techniques."

The two-part sessions begin on Tuesday, January 7, from 5:30 -7:00 p.m., and the second session will be held on Tuesday, January 14, from 5:30 - 7:00 p.m. All sessions are held in the Spruce Room at Ministry Sacred Heart Hospital, located at 401 West Mohawk Drive.

Ministry Health Care Behavioral Health Specialists, Lori Decker and Julie Jensen, will facilitate the discussion.

During this free event, we'll discuss what is anxiety, what are anxiety triggers, how do you manage your anxiety, and how are medications used to manage anxiety. The event is open to the public, and light snacks and refreshments will be available.

Please call 715.453.7840, or 715.453.7203, to

Tombstone-Pickerel Sno-Club Annual CHILI RIDE-IN

Tombstone-Pickerel Clubhouse on Cty. "DD", Pickerel

January Annual General Meeting 11 a.m.

Saturday, Jan. 11, 2014

12:00 - 5:00 p.m. **Complimentary Chili & Hot Dogs** Beer, Soda & Water Available

- Paddle Raffles
- Basket Raffles
- Silent Auction

Drawings Throughout the Day •Groomer Rides

Many Nice Prizes You 🛦

Won't Want to Miss!

www.tombstonepickerel.com

Come Worship With Us

Rev. Callistus I. Elue Mass Times:

Saturday's - 5:00 p.m. Sunday's - 9:00 a.m. **Confessions:**

Saturday's 9-10 a.m.

Daily Mass Times (Consult the weekly bulletin for any week day Mass changes) •Tuesday's - 6:00 p.m.

- Wednesday's 12 Noon • Thursday, Adoration
- & Mass 6:00 p.m. • Friday - 12 Noon

St. Ioseph Catholic Church 208 North Park Ave., Crandon 54520 • 715-478-3396

Bids & Notices

SCHOOL DISTRICT OF WABENO AREA 2014 January 6 - 10 **LUNCH MENU**

MON: Turkey salad on a bun, potato bacon soup, tropical fruit TUES: BBQ baked chicken, garlic mashed potatoes, corn, applesauce, corn bread

WED: Spaghetti, meat sauce, green beans, garlic toast, peaches THURS: Stuffed crust pizza, winter blend w/cheese, mixed berries

FRI: Fish strips, bun, potato salad, baked beans apple slices

PLEASE NOTE - ROMAINE SALAD BAR & MILK AVAILABLE DAILY. BREADS. **BUNS & PASTA ARE WHOLE GRAIN.** Menus are subject to change

SCHOOL DISTRICT OF **WABENO AREA 2014** January 6 - 10 **BREAKFAST MENU**

MON: Cereal, fruited yogurt, chocolate oat bar

TUES: Blueberry or cinn. raisin bagel, hard boiled egg, pineapple/ Mandarin oranges

WED: Breakfast skillet (eggs, ham, potatoes & cheese), toast, orange wedges

THURS: Pancakes, sausage patty,

FRI: Oatmeal, banana, honey wheat English muffin

PLEASE NOTE - 100% FRUIT JUICE& MILK AVAILABLE DAILY. BREADS, **BUNS & PASTA ARE WHOLE GRAIN.** Menus are subject to change

Book by Crandon author









A new book by Crandon writer Nga Walker tells the true story of the wars in Vietnam, her struggles to raise her children and her eventual move to Crandon and the success of her marriage and family.

Available from Nga Walker at 715-478-3530 or at the Pioneer Express office

cellulite Sisters/Crandon Red HAT LADIES



January Activities: 1.)Red Hatter Open House

At Jo Altman's 5090 W. Silver Lake Road, Thursday, Jan.9, 2014, Noon.

Come see Jo's Christmas House, Please bring an Hors d'oeuvre. Call 715-674-4401 with your reservation.

2.) Christmas Party & Lunch on Wednesday, January 15th, 12:00 p.m. At LaFetta Please bring a wrapped white elephant gift Reservations: Please call by Jan. 13, 2014 JoAnn: 715-674-3204 or Judy 715-674-3081

NOTE: If Crandon Schools are closed due To weather, this event will be cancelled.



CALLING ALL MARINES - WE WANT YOU!

The Forest County Detachment of the Marine Corps League is looking for new regular members and associate members to come join us the first Wednesday of every month at the VFW Hall in Crandon. Food & Door Prizes. For more information please call Micah Dewing at 715-889-0371 OU/50

FOR SALE BY OWNER



Located in Pickerel near Maplewood Golf Course. bedroom, 2 bath on approx. 3 acres. Built new in 1998. Split level with finished basement. Upper floor is open concept kitchen and living room with hardwood laminate, master bedroom & bathroom. Lower level is 2 bedrooms, bath with laundry, large family room and office room. Has a detached hot tub room and a detached 2 car garage. Huge yard for your garden and toys. Sold with all newer appliances including stove, refrigerator, washer and dryer. \$129,000 Call (715) 216-0100 and set up an appointment for viewing.

CRANDON: FOR RENT:

1 bedroom upper apartment. Very clean -UPDATED! Appliances, heat & water included. Available January 1st. \$410 per month + sec. deposit. Call for an application 715-499-2404. Betc36

FOR SALE: Lake home with 150' frontage on Arbutus Lake, Pickerel, WI. 26 x 46 one owner home with beautiful lake views from the huge picture windows. 3 bedrooms, 2 baths, 2 fireplaces. New shingles & exterior paint. Large living room and kitchen. Full walk out basement, partially finished with kitchen, bath and shower & living room with fireplace. Work shop area with garage door. Unattached 1 ½ car garage, great fishing, swimming, boating, snowmobiling. Reduced \$230,000 or make offer. 715-484-7192 P28Betc29

APARTMENT FOR RENT: Huge 1-bedroom, partially furnished apartment located in downtown Crandon. For more information, please call 715-889-3207. Betc35



HOUSE AND 40 ACRES OF LAND FOR SALE: Older 2 story 3 bdrm house with new roof, new furnace, and new windows. Has a pellet stove with 3 ton of pellets and propane tank belongs to owner. There is forty acres of land with numerous apple trees and excellent hunting. Price \$175,000. Call 715-478-

3517.

FOR SALE: Level lake lot on 341 acre Crane Lake Pickerel, WI. 100' of lake frontage on quiet dead end blacktop road. Lot Size: 100'w x 354'd x 322'd x 80'w. Crane Lake adjoins Pickerel Lake (1299 acres) by boat. Great fishing, swimming, boating, snowmobiling. Reduced: Asking \$160,000 or make offer 715-484-7192 P28Betc 29

FOR RENT, LANGLADE: Duplex w/large deck, opposite Wolf River. 2 BR, cedar chalet. Heat, appliances & laundry room No smoking. included. \$550.00. Call (715) 842-7607 or (715) 470-7195. Betc38

FOR SALE: Home or 4-Season Cottage. 2 hours North of Green Bay, wooded 2 acres, overlooking Bishop's Lake, 3088 Black Lane, Wl. 2 bedrooms, 1 bath, full basement, fireplaces, 2.5 stall detached garage, furnished/unfurnished. boats, lawnmower, snowblower, golf cart. \$84,900 OBO. Call 920-490-9699.

Looking for Waterfront? Residential? Vacant Land? Call or E-mail us for a Complete List of Properties



Cell (715) 216-1063

Office (715) 478-3744 Toll Free (877) 221-6937 Fax (715) 478-5665

Email: reneelrish@newnorth.net



Renee Irish

Website: c21nwds.com

We are the only local Century 21 office serving Langlade and Forest Counties Also Serving Oneida and Oconto Counties

LANGLADE CO. WI Upper & Lower Post Lake.

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FOR RENT CRANDON: 2 bedrm furnished apt for rent; \$375 per month plus one month's security. ALSO AVAILABLE: 1 bedroom upper apt. Includes heat. \$400 per month plus one month's security. References required and no pets, please. Contact Peggy Houle @715-478-**B38** 2531.



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FOR RENT - CRANDON: 1 bedroom upper apt., nicely updated. \$375.00/month, rent includes heat.

Available February 1st. Call Sam Marvin (715)478-1258. Rental references required.

Potato Continued from page 2

With 1.2 billion people in the world lacking access to electricity, a simple potato could be the answer– or so the researchers thought. "We thought organizations would be interested," says Rabinowitch. "We thought politicians in India would give them out with their names inscribed on them. They cost less than a dollar."

Yet three years on since their experiment, why haven't governments, companies or organizations embraced potato batteries? "The simple answer is they don't even know about it," reasons Rabinowitch. But it may be more complicated than that.

First, there's the issue of using a food for energy. Olivier Dubois, senior natural resources officer at the United Nations Food and Agriculture Organisation (FAO), says that using food for energy - like sugar cane for biofuels - must avoid depleting food stocks and competing with farmers.

You first need to look at: are there enough potatoes to eat? Then, are we not competing with farmers making income from selling potatoes?" he explains. "So if eating potatoes is covered, selling potatoes is covered, and there's

some potatoes left, then yes, it can work" In a country like Kenya, the potato is the second most important food for families after maize. Smallholder farmers produced around 10 million tonnes of potatoes this year, yet around 10-20% were lost in post-harvest waste due to lack of access to markets, poor storage conditions, and other issues, according to Elmar Schulte-Geldermann, potato science leader for sub-Saharan Africa at the International Potato Center in Nairobi, Kenya. The potatoes that don't make it to the market could easily be turned into batteries.

Pithy answer

Yet in Sri Lanka, for instance, the locally available potatoes are rare and expensive. So a team of scientists at the University of Kelaniya recently decided to try the experiment with something more widely available, and free plantain piths (stems).

Physicist KD Jayasuriya and his team found that the boiling technique produced a similar efficiency increase for plantains - and the best battery performance was obtained by chopping the plantain pith after boiling.

With the boiled piths, they found they could power a single LED for more than 500 hours, provided it is prevented from drying out. "I think the potato has slightly better current, but the plantain pith is free, it's something we throw away," says Jayasuriya.

Despite all this, some are sceptical of the feasibility of potato power. "In reality, the potato battery is essentially like a regular battery you'd buy at the store," says Derek Lovley at the University of Massachusetts, Amherst. "It's just using a different matrix." While the potato helps to prevent energy being lost to heat, it is not the source of the energy that's actually extracted via the corrosion of the zinc. "It's sacrificial - the metal is degrading over time," says Lovley. This means you'd have to replace the zinc - and of course the potato or plantain pith - over time.

Still, zinc is quite cheap in most developing countries. And Jayasuriya argues that it could still be more cost effective than a kerosene lamp. A zinc electrode that lasts about five months would cost about the same as a litre of kerosene, which fuels the average family home in Sri Lanka for two days. You could also use other electrodes, like magnesium or iron.

But potato advocates must surmount another problem before their idea catches on: consumer perception of potatoes. Compared with modern technologies like solar power, potatoes are perhaps less desirable as an energy source

Gaurav Manchanda, founder of One Degree Solar, which sells micro-solar home systems in Kenya, says people buy their products for more reasons than efficiency and price. "These are all consumers at the end of the day. They need to see the value in it, not only in terms of performance, but status," he explains. Basically, some people might not want to show off their potato battery to impress a neighbor.

Still, it cannot be denied that the potato battery idea works, and it appears cheap. Advocates of potato power will no doubt continue to keep chipping away.







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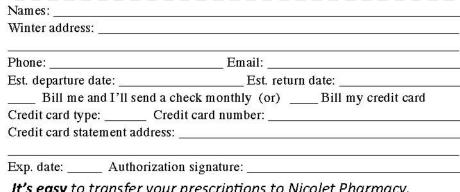
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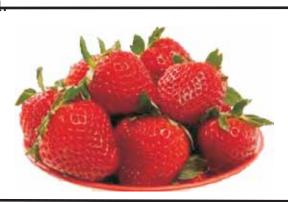
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Bio-mass Cont. from pg. 1

gas wasn't available, fuel oil, while about 17 cents a gallon, was still considered expensive, and most everybody relied on firewood to heat the house through the winter. Many, with the cost of fuel oil and LP gas at levels that would have been greeted with open-mouthed stares by people in the 50's and 60's, are back to burning firewood.

From the time I was able to help with this yearly project, I was carrying firewood to the basement and firing up the big old octopus wood furnace located there. I have some of those memories permanently locked up in my old brain pan. I can't say that I always enjoyed the woodmaking process, but hindsight, I guess, can make the memories a little rosier. Here are some of my remembrances of those times when firewood was always on the minds of most of my fellow townspeople, twelve months of the year.

Firewood making could be a social event back in the 50's and 60's. There was a local sawmill back then. Not a grand establishment, but one that a local logger used to keep his men working on rainy days and in breakup. The mill was also a self-created market for some of his eight-foot sawtimber that was eight inches or better in diameter. Slabwood was piled in long piles behind the mill, and he sold those piles to people for winter heating. My father was a faithful customer, who spent weekends hauling eight-foot slabwood to our backyard. My function in this operation was to change to warm clothes and with the slabs balanced on a wheelbarrow, haul the slabs to the basement window and slide them in. Dad would cut the slabs on a table saw in the evening and pile up the sixteen-inch wood and feed the furnace. It was like being on a treadmill. You couldn't gain on the amount of slabs you could put in the basement, as they piled up against the wall, eventually making it impossible to get more through the wood chute/basement window. It seemed like Dad could cut these up on the table saw in minutes, although I knew it took longer, and that meant I had another date with the slab pile the next

Then technology entered my life. Using the engine from a 1939 Chevy coupe that I still wish he hadn't junked out for the engine, Dad made a sawrig. Now the slabs were cut to stovewood length and I could gain on the wood supply, giving me an afternoon after school or a Saturday without having that burden on my time as an irresponsible

The sawrig was also a social event. All my father had to do was fire up the sawrig on Sunday after church and a crew showed up. They weren't asked to be there, they came because they liked making firewood and could hear the sawrig whining through the wood all over town. My mother started cooking, and when the slab pile was turned into stovewood, they sat at the kitchen table and ate their fill, telling stories and laughing for a couple of hours. I thought they were all nuts, of course, but looking back, it was a fine time. The sawrig became a traveling, community sawrig, and anybody that needed it came and hauled it off, gathering a crew of firewood makers when they started it up. I still was responsible for getting all of that firewood in the basement, but at least I could gain on it by having short wood to throw through the window.

One year my father bought a mountain of firewood from a fellow about eight miles away who had cut it and piled it by the road to sell. Dad bought the whole pile, and with a trailer and his old Dodge car, started hauling it home. It was a long process, and during this hauling period, he found out that the original owner was still selling the wood to whoever stopped by. Dad ran a repair shop in our little town, and Albert Hines, a local farmer, had a piece of equipment he needed fixed right away. Dad said he couldn't do the job immediately because his firewood was being resold while they spoke, and he had to take a day to haul wood. Albert told Dad not to worry, he would haul the wood, just do the fixin' on my machinery. The wood was hauled in one day. Albert, with the help of his two hired hands and three tractors pulling chopper wagons, made two trips apiece and the wood was piled high, waiting for me to put it in the basement window. Albert got his repair, and I had steady work.

When old enough to hunt partridge, one of my friends and I helped each other put in wood after school so we could hit the woods together in a quest for everybody's favorite game bird. Looking back, if we both would have worked on our respective wood carrying activities, we would have finished just as fast, but having company seemed to speed the process.

I have noticed that the social aspect of making firewood was an important part of our lives back then. After buying a nunting camp near national forest land, I was wandering around the woods, and in this very pretty stand of large hardwoods and hemlocks, I had one of those moments when things seemed familiar. remembered that this tract of timber was last logged back in the late 50's by a local logger named "Poke" Palmer. In those days, there was no market for hardwood pulpwood, and after the sawtimber was cut, there were huge hardwood tops scattered throughout the logging job. It was a firewooder's dream, and Poke told my father to help himself to the 310 Case crawler that they used for skidding.

The site was close to town, and it was a gathering spot for a number of men who were cutting firewood. Certainly the firewood was the real reason for being there, but it was also a social event. This was in the chainsaw era, but they were big and cumbersome underpowered machines that weighed almost as much as the engine in Dad's old Dodge. My father cut his wood with a Swede saw, which many of you will call a bow saw. I hate the damn things, but the difference between me and my father was that he could file it, and I never could. When he started pulling the saw, big noodles of wood spilled out of the cut, and in a few strokes, a piece of firewood hit the ground, which I loaded in the trailer. I remember Manny King, a local logger, walking over by Dad's firewood operation and offering him the use of his big blue and chrome Hoffco. Dad just laughed and said his Swede saw was lighter and cut faster too, and he was right! There were several weekends that winter that a gang of friends and acquaintances had a good time adding to their firewood collection.

It wasn't just homes that were heated by firewood, either. Our old 1900 vintage town hall was the social center for the community. Our town, Argonne, Wisconsin, had a grade school back then, and we played our basketball games in this old building that had too low a ceiling and was covered in pressed tin. In the fall, Les Burbey's sawmill, in Long Lake, brought cut slabs by the truckload and dropped them by a wood chute in the basement wall. I received the "contract" for throwing the wood in the basement several years running, and received a check for about \$15 for tossing in the wood. I'm sure that these days there would be a child labor conflict over this abuse of a teenage boy, but we didn't look at it that way back then.

We might not have had the most modern gymnasium in Argonne, but we had the use of it whenever we wanted, unlike the kids in nearby Crandon, who had a modern gym but could only use it for scheduled basketball games. We would get the key from the custodian on a Saturday morning in the winter and fire up the wood furnace. In a short time, the big cast-iron grill in the gym floor was billowing wood heat, and by afternoon, when the basketball games got hot, so did the temperature in the town hall. Some great basketball games were played in that old building until the town built a modern town hall and gym. In fact, some of the Crandon kids who used to make fun of our town hall gym used to show up at ours, because "their" gym wasn't available. The four-by-four foot cast iron register in the floor was also used in our basketball tactics. The register wasn't flush with the floor, with about a quarter-inch rise. A basketball hitting the edge would carom sideways, leaving the dribbler wondering where the ball went. We also learned that if there was a tangle-up on the register, the sharp edges rolled up skin like cigarette paper on exposed legs. Argonne basketball players never went close to that register, but we sure tried to push the opposing team over it. When they piped in the heat and patched the floor, we lost one of our basketball tactics. By the way, without constant heat, you never were sent to the showers. There weren't any, and you just went home to wash off the sweat.

After leaving home, I had no lost love for the old wood furnace, and Dad put in oil heat. I thought I was done with wood heat forever, but found out that when I moved into the country, I couldn't get an LP gas tank, they were all out, so a wood stove was installed and used for the next thirteen years. But, by now I was logging, and could bring wood home in the back of the pickup. One winter we logged a cedar swamp and found that there were dead tamaracks that had died in the 1930's. These big trees were often over two feet on the stump and were perfectly sound. Weighing almost nothing, they were easy to pile up on the truck and we took turns bringing loads of this wood home. You could literally split it with a hatchet, and my wife thought she was an accomplished ax woman when I gave her a load of tamarack. We found out that tamarack stovewood was everything the old-timers had told me. It burned with a terrific heat, and by spring, the grates in my stove were

We still burn wood at home and at our office, but with pellet stoves. More and more, people are putting wood piles in their back yards, rediscovering the ability of local forests to provide heat for their homes, and hopefully, give their kids a lesson in work ethic.

While the naysayers of bio-mass, and I am talking about that part of our society that sees no future for this country or any other, say that bio-mass doesn't work, that it can't meet all the needs of the future, they may be right, but bio-mass, along with other renewable forms of energy are already taking the place of non-renewable fuels. From the days of the caveman until the present, renewable energy, like that found in a woodstove, has met some of the needs of our society. And, when I burn pellets in our old office building, I am freeing up natural gas that can be used a little more cheaply by somebody else who hasn't the option to burn

My daughter and her partner recently bought an old foursquare farm house in the Marquette, Michigan area. The first thing they did was make sure the insulation was adequate, and the second thing they did was install a tripleinsulated chimney from the first floor up through the second floor and out the old mansard style roof. The oil furnace, that is almost new, will be the backup heat when they are gone for the weekend. Hard maple will help offset any hard financial times they may have down the road, and in the meantime they will have a toasty, warm, old farmhouse.

The technology of wood burning may be as old as

mankind, but it is still a viable source of heat and light, and will be far into the future. It can also make for some fine memories, and I predict there will be many more of those memories formed in the years to come.

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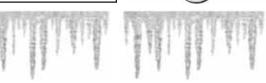
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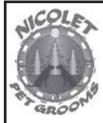
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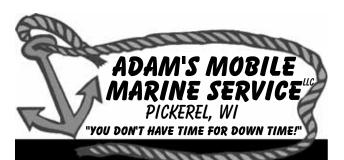
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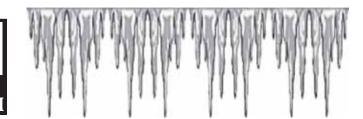
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Hours: Wed. - Mon. 11 a.m. - Close; Tuesday Closed

Daily

Monday \$2.00 Domestic Tappers

Thursday

\$2 Rails \$2 off Beer Pitchers

Fridau \$3.00 Old Fashioned Saturday

Captain Mixers \$4 Doubles/\$3 Single \$2 Vodka Mixers

Sundau

\$5.00 Bloody Marys

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California Prime Rib
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THURSDAY NIGHTS:

Available at the Bar, Only. **No Carry-outs**



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CLOSED FOR A PRIVATE PARTY ON SATURDAY EVENING, JANUARY 4TH SORRY FOR ANY INCONVENIENCE THIS CAUSES.

WEEKLY SPECIALS: January 6 - 12

Mon: Chicken Enchilada Plate \$7.25 • Tues: Battered Bella Burger \$6.25 Wed: Roast Pork Plate \$7.25 • Thu: Baked Chicken Plate \$7.25 Fri: Fish Fry \$8.25... Catfish Dinner \$10.95 (All Dinners Include Soup & Salad Bar)

Hotel Crandon North Lake Avenue Downtown Crandon 715-478-2414

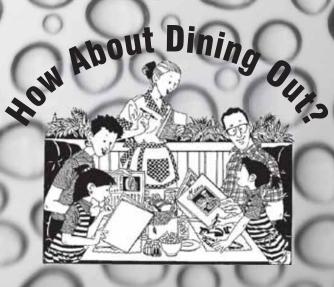
OPEN WED. & THURS. EVENINGS 4:30 - 8 P.M.
Breakfast: Mon. - Sat., 6 - 11 a.m.; Lunch: Mon. - Fri., 11 a.m. - 1:30 p.m.
Friday Dinner: 4-8 p.m., Saturday Dinner: 5-8 p.m., Sundays: 7 a.m. - 1 p.m.

NOW OPEN FOR

SUNDAY 8 A.M. **OUTSIDE SEATING** (WEATHER PERMITTING) Lunch:

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NEW YORK STRIP - \$10.95 · RIB EYE - \$12.95 HAPPY HOUR 4 - 7 P.M. **FRIDAY**

AYCE HADDOCK FISH FRY - \$10.95

SATURDAY · PRIME RIB King \$20.95 · Queen \$18.95 · Prince \$17.95

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> From the Net Keeping a Sharp Mind in retirement



How not to start a chainsaw, unless, of course, you never want children. Of course, this is for retired

Mountain Red Hat Divas contribute to food pantry



Just before the Holidays, when the need is greatest, the Mountain Red Hat Divas took up a collection of food items and money amongst themselves to donate to the Christian Food Pantry in Townsend. Because of them and groups like theirs, the pantry clients had a very nice Christmas.

Diva Judi Laduron is pictured presenting an \$86 check, along with bags of non perishable food items, to Jim Zittlow of the Christian Food Pantry.



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2007 Chev Silverado Crew Cab, 4x4, 77k miles......\$20,546

2006 Chev Silverado LT3, Crewcab, 4x4, Leather......\$14,850

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