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Registration Deadline November 20, 2024

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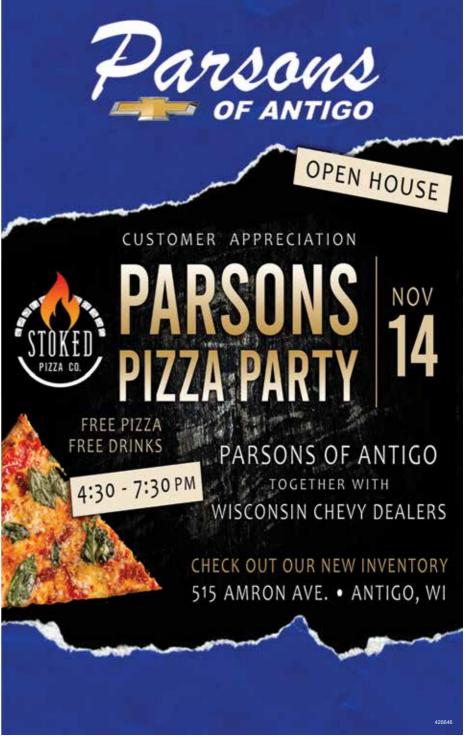






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# Climate change creates uphill battles at downhill ski areas in Wisconsin

**FOR MMC** 

Wisconsin ski hills face multiple challenges due to changing snow conditions from climate disruption, plus changes in skier behavior. However, Wisconsin researchers found that the state's ski operators are adapting to meet these challenges. Their study was published in "Environmental Research Communications.'

During the summer of 2023, Austin Holland, an assistant professor with a joint appointment in the College of Natural Resources and the Center for Land Use Education at UW-Stevens Point and the Division of Extension Natural Resources Institute at UW-Madison, conducted confidential interviews with 25% of the state's ski hill operators.

interviews, Holland From these discovered that the changing climate, which includes warmer and wetter winters, has shifted the skiing season to later in the year and shortened it. Instead of opening in November and closing in April, hills are now operating from December to March or April. The inconsistency and volatility of weather also makes managing ski hills more challenging. Many interviewees described instances where they made artificial snow only to have temperatures



rise quickly to above freezing, followed by rain, which melted the snow or degraded the quality of the ski runs. These weather patterns also required more employee labor to maintain runs.

Natalie Chin, Wisconsin Sea Grant climate and tourism outreach specialist and study co-author, said that two adaptations by ski hill operators include snowmaking and subscribing to meteorological data services. "Snowmaking is a necessity now if you're operating a ski hill in the Midwest. Even though folks started investing in it a while ago, it's now become something standard," Chin said. However,

increased snowmaking often requires additional equipment. Other adaptations include adding more revenue-generating opportunities in the offseason, like event rentals for weddings and mountain biking.

Natural snowfall and winter conditions are the main things that drive skiers to the hills. If the weather doesn't feel like winter, they are less likely to participate in winter activities. This is called the "backyard effect." In other words, if skiers don't see snow in their backyards, they lose interest in skiing and assume that ski hills aren't open. Holland said skiers need to understand that, due to investments in snowmaking, "it could be a little warmer than you might expect to go skiing, but you can still go skiing." Methods to combat the backyard effect involve social media and marketing strategies. Others include livestreams and posting ski condition

Despite concerns about climate change, most study participants felt positive about the future of downhill skiing. "Folks in the ski industry are strongly connected," said Chin. "So, while they're not directly cooperating, they can talk to each other about the challenges that they're facing and try to navigate those together, which is beneficial for everybody."

A report from Headwaters Economics showed that snow activities accounted for nearly \$84 million in gross domestic product in Wisconsin in 2022. "Winter recreation in Wisconsin is really embedded in what people do here," Holland said. "Everyone has something they do, whether it's fat tire biking, or ice fishing, hunting, hiking, snowshoeing, cross-country skiing, downhill skiing. It's part of how people live their life here and has a bunch of different health, mental health and physical benefits, along with tourism revenue."

Hannah Higgins, a student researcher, contributed to the ski hill study, and input was provided by the Wisconsin Initiative on Climate Change group. The study was collaboratively funded between Wisconsin Sea Grant and the Center for Land Use

This study is just the beginning. Holland and Chin are discussing looking more broadly at winter recreation, what climate impacts are being felt and what winter industries need to do to adapt and prepare. For example, Chin and Holland recently worked with Dylan Cariveau, a UW-Stevens Point Conservation and Community Planning student, to create an interactive story map that outlines regional climate impacts on tourism in Wisconsin.

# **CoVantage Cares Foundation Doubles Your Impact This Giving Tuesday with** \$175,000 Matching Campaign

#### **COVANTAGE CREDIT** UNION

The CoVantage Cares Foundation is pleased to announce the kickoff of its annual two-week fundraising campaign, beginning on Tuesday, December 3, Giving Tuesday, and concluding on December 17. This year's campaign aims to make a profound difference in the lives of countless individuals and families within the communities CoVantage Credit Union serves.

Every dollar donated will be matched up to \$175,000 by the CoVantage Cares Foundation, effectively doubling the impact of each contribution. This generous matching gift will support local non-profit organizations that provide essential services, such as food, shelter, education, and healthcare, thereby enhancing the overall wellbeing of local communities. The Antigo CoVantage branches are partnering with the Antigo Weekend Backpack Program that sends food home with area youth weekly.

"CoVantage Credit Union has a long history of giving back to the communities we serve," said Charlie Zanayed, CoVantage CEO. "This year's fundraising campaign is a testament to our commitment to making a positive impact on the



lives of those in need. We encourage everyone to join us in spreading kindness and hope during this season of giving."

Individuals and businesses can donate to the campaign in a variety of

Donate in person: Visit any CoVantage branch and let the friendly staff assist

Give on the go: Download the CoVantage mobile app and contribute with a few

Donate from comfort of vour home: Visit covantagecu.org/ givingtuesday and make a secure online donation.

"Every dollar counts! Contributions, big or small, will be doubled CoVantage Cares directly Foundation. benefiting local charities that are working tirelessly to strengthen our communities." said

> See COVANTAGE page 7

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## Why supporting local small businesses matters

**FOR MMC** 

The holiday season is a time of year when shopping takes center stage. While online giants and big box retailers seem to be everywhere, offering an endless array of products with the convenience of low prices, small businesses provide a range of benefits that go far beyond the ease of a mouse click or mountains of merchandise. Shopping local retailers is more than just a transaction - it is crucial for maintaining the economic foundation of local communities. Let's take a look at the many ways it pays to shop small businesses during the holidays and all

- · Strengthen the local economy: A large percentage of the money spent at small businesses stavs in the community. That's because these businesses often are owned and operated by local residents who are invested in the community themselves. Various studies indicate that for every \$100 spent at a small business, roughly \$70 stays in the community.
- Enhanced customer service: Owners and employees of small businesses have a keen interest in keeping customers happy. They often do so by providing

superior customer service. Tailoring recommendations, exhibiting a willingness to accommodate special requests, offering a more engaging shopping experience, and being more friendly and connected with regular customers sets many small businesses apart.

Support the community: Small businesses serve the community through the products and services they offer, and many give back in other ways as well. Small, locally owned businesses often

#### See **SUPPORTING** page 7





Mailing Address: 725 Fifth Ave. Antigo, WI 54409

**Angela Taves** 

ataves@mmclocal.com

Tamara Mortensen

Patrick J. Wood

publisher@mmclocal.com

Tim Schreiber

General Manager

tschreiber@mmclocal.com

Natasha Winkler

CSR, Editorial nwinkler@mmclocal.com

Lyn Gore Marketing Consultant Igore@mmclocal.com

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#### **OBITUARY**

#### Rebecca Sue "Becky" Hull



Rebecca Sue "Becky" 82, age Menomonie Falls died October 6, 2024. Becky was born on October 10, 1941 in Antigo to the late Edgar and Evelyn (McMillion)

She was a graduate of Antigo High School class of 1960. She went on to attend the Langlade County Normal School

and U-W Oshkosh. She lived a life very dedicated to education as a music, art, English, reading and social studies teacher. She taught at St. Mary's Catholic School in Antigo, St. Robert's Catholic School in Oshkosh, St. Nicholas Catholic School in Milwaukee. She then went on to teach in the public school system. Becky retired in 2012 after over 49 years of

Becky treasured her many feline pets over the years, her weekend trips back to Antigo to be with her mom, Ed, and family, and about 15 years visiting up North on Lake Franklin with Mary Lynne and Bill and their families. She never missed a year home for Holidays and summer vacations when she wasn't traveling. She was a light of joy and a woman of adventure with stories to tell that kept her family entertained and endeared her to her family. She had a circle of very good friends during and after her retirement, always celebrating birthdays and retired teachers' meetings, and shopping and dining. She had a passion for books and was an avid fan of the library. In her younger years, she was captain of the cheerleading squad at Antigo Sr High as well as homecoming Queen, Prom queen and Snow Ball queen and an honors graduate.

Becky was a well-respected teacher receiving Teacher of the Year two times in Milwaukee and several awards due to reading achievements amongst her students. She continued as a volunteer educator at St. Benedicts and St. James Catholic Schools. A special thank you to her friend Mark Diercks (one of her first students) who kept in contact with her until the end. He was one of her favorite success stories.

She was a member of St. Mary's Catholic Church in Menomonie Falls.

She enjoyed the outdoors, biking, skiing and teaching organ and piano lessons. She also found time to knit, gifting many Afghans to friends and relatives.

Survivors include her sisters: Bonnie (David) Baginski of Antigo, Barbara Hull of Milwaukee, a brother William (Mary Lynne) Hull of Mosinee, nieces: Wendy Hull and Stephanie Hale, and nephews: David and Adam Baginski, 3 great nieces, 2 great nephews, 2 great great nieces and 3 great great nephews.

In addition to her parents, she was preceded in death by a nephew Robert Hull.

In lieu of flowers memorial gifts may be directed to Langlade County Humane Society or the music department with Antigo Unified School District.

A private burial was held at Queen of Peace Cemetery. Strasser-Roller Funeral Home is assisting the family.

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#### **PUBLISHER'S LETTER**

#### Reflecting on Our Blessings This Thanksgiving

Dear Reader,

As Thanksgiving Day approaches, we are reminded of the many blessings we enjoy as individuals and as a nation. This is a special time of year when we gather with family and friends, sharing a meal and reflecting on all for which we have to be thankful.

When you think about it, our country is the greatest in the world, built on the foundations laid by our forefathers and strengthened by each generation, including our own. We have

much to celebrate and even more to protect and cherish. Take a moment to think about the family you have and the family from whence you came. The love and support that surround us during this season are invaluable. Our

families are our anchors, providing us with strength and comfort through the highs and lows of life.

Consider, too, the opportunities we have in our work and careers. With unemployment at a low rate, many of us are fortunate to have jobs, and for those seeking employment, opportunities are still out there. It's a time to appreciate the security and stability that employment brings, enabling us



to provide for ourselves and our loved ones.

This generation has contributed to our nation's ongoing greatness, each of us playing a part in shaping our community and our country. As we look to the next generation, we see incredible potential—a future filled with hope, innovation, and progress. It is our responsibility to nurture this potential, ensuring that the blessings we enjoy today will be passed on to those who follow.

So, as you gather with your loved ones this Thanksgiving, take a moment to reflect on the abundance in your life. Share your blessings with those around you and offer a prayer of thanks for the goodness we experience daily. In a world that often moves too fast, let this day be a time to slow down, appreciate the present, and give thanks for all that we have been given.

PATRICK J. WOOD

Publisher

Author of "Reflections" a new book now available on Amazon.

# The Play That Goes Wrong: **High School Edition**

FOR MMC

Laona/Wabeno Rebel Drama Department is excited and delighted to present one of the funniest contemporary plays ever written, the smash hit farce and Oliver Award winning comedy, The Play That Goes Wrong: High School Edition, by Henry Lewis, Jonathan Sayer, and Henry Shields, November 14-17, 2024, in the Nancy Volk Auditorium at Wabeno High School in Wabeno, Wisconsin.

The first production of this hysterical show was produced in London in 2012, by the Mischief Theatre Company and has also been performed in several countries all over the world, including the United States, Australia, and Canada. In 2021, the playwrights modified their comedy so high school students could participate in the fun, creating a "High School Edition" of



the script by eliminating certain adult content and challenging extremely technical needs.

The plot of the play is centered around the opening night performance of the Cornley Drama

production of Society's "Murder at Haversham Manor," a stereotypical 1920's whodunnit murder mystery, flavored with a mix of Monty Python style comedy and Sherlock Holmes melodramatic

drama. As soon as audience members enter the theatre, they witness the unusual chaos of last minute preparations before the house lights even go down.

Then more, and more, and

See PLAY page 15



REAL ESTATE IN FOREST, LANGLADE AND OCONTO COUNTIES







# Holiday Shopping



# What shoppers can do to avoid breaking the bank this holiday season

Millions of individuals enjoy holiday shopping for their loved ones each year. Come the holiday season, thoughts of what to get friends and family is foremost on the minds of those who embrace the spirit of giving that is synonymous with this special time of year.

It's easy to overspend come the holiday shopping season. That could be even easier in an era marked by high inflation, which has affected consumers since 2022. Lingering inflation could require shoppers to be especially vigilant with their shopping budgets this holiday season. Thankfully, a few simple strategies can help shoppers stay the financial course this holiday season.

•Track spending with a banking app on your smartphone. Consumers can now track their spending in real time by downloading their bank and/or credit card app on their smartphones. A quick login can help shoppers monitor account balances to determine how much they have spent. If the budget is about to be busted, pull back the reins and cut the shopping trip short.

• Establish gift value limits. No one has been immune to the effects of inflation over the last year-plus. So family members likely won't have a problem establishing spending limits this year. Work together with relatives to determine a reasonable limit to spend on each gift. For example, a



\$50 per gift limit can ensure everyone gets a quality gift without going into debt.

• Shop on retail holidays. Black Friday was once the only game in town regarding retail holidays. But consumers can take advantage of additional discount-heavy shopping days like Small Business Saturday and Cyber Monday to find great deals on a wide range of items. Take retail holiday savings one step further by penciling in time to comparison shop on these popular days when retailers compete for

customers

•Look for almost-new gifts. Mobile providers may market the latest model smartphone as upping the ante with new bells and whistles, but chances are last year's model is just as user-friendly at a fraction of the cost. The same can be said for other gadgets like wireless headphones and smart TVs. Last year's models may be heavily discounted, particularly online, but just as impressive as their more expensive successors.

• Keep shipping costs in mind. The sticker price of certain items, particularly large ones, is likely not the whole story regarding how much the item will cost. Certain items, like trampolines for kids or a new armchair for Dad, will likely cost considerably more than the sticker price alone. Shipping on small items may be free at various online retailers, but that likely won't be the case with larger items. The cost of shipping some heavy items might be as much as one-third the cost of the item itself. Shoppers should keep that in mind and build potential shipping costs into their holiday budgets.

It's easy to overspend come the holiday season. However, various strategies make it easy to stay within budget when shopping for gifts for family and friends.

# 5 ways to support small businesses this holiday shopping season

Small businesses long have been the heart and soul of local communities. There is something to be said about being on a first-name basis with a local restaurateur or another small business owner, as such familiarity often translates into exemplary service.

the According to Business Small Administration. small businesses account for 99.9 percent of companies in the country, due in large part to the broad definition of small businesses (those with fewer than 500 employees). However, the vast majority of busine in the United States have a staff that's smaller than workers, according to the Small Business & Entrepreneurship Council. These firms employ nearly 60 million workers, says the SBA.

Despite the prevalence of small businesses, fewer than 80 percent of entrepreneurial small business ventures make it beyond their first year, and only around half make it beyond five years.

Consumers who want to help their favorite small businesses survive can use the holiday season and beyond to set the course for success. Consumers can make a concerted effort to fuel this important cog in their local economic engines.

• Shop local. The concept is simple but



effective. Opting to shop in local stores over larger conglomerates and franchises can help small businesses take root. Before making holiday shopping lists, visit local stores and

base gift ideas on items they have in stock. Chances are those gifts will be one-of-akind.

• Purchase gift cards/certificates. All businesses have slow periods, and postholidays is often a time when sales stagnate. Gift cards may bring new customers into local businesses who might otherwise not have patronized them, potentially creating new repeat customers.

 Cater holiday meals and gatherings. The holiday season is chockfull of entertainment opportunities. Individuals can rely on nearby restaurants and other food and beverage businesses to cater holiday parties. Some businesses also may be willing to discount or donate food for nonprofit group activities, such as church holiday bazaars, school holiday concerts or fundraising fairs.

• Mention small businesses on social media. The holiday season breeds excitement. Therefore, when shoppers are in local stores, they can snap pictures of products and overflowing shopping bags and post them online while praising local businesses.

• Think about subscrip-

tion gifts. Enrollment in a health club or a massage therapy service are gifts that keep on giving for the recipient, but also help ensure consistent incoming cash for the business providing the service.

When shopping this holiday season, consumers can look to the small, local businesses in their communities that help make towns and cities unique



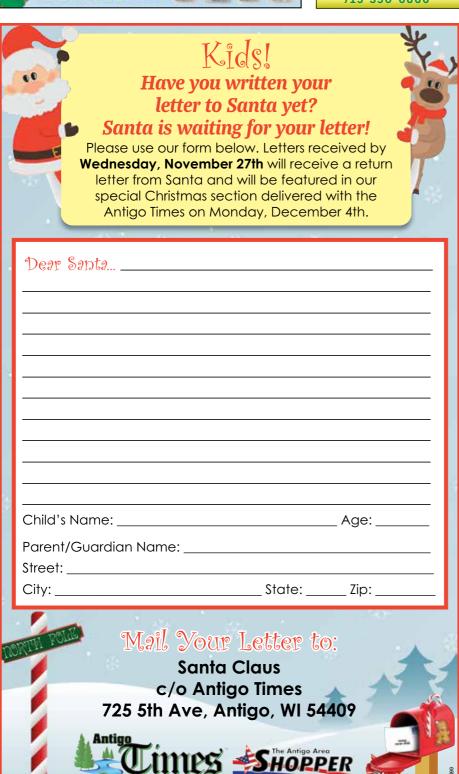






Here's A Bright Idea,





#### COMMUNITY CALENDAR

#### **COMMUNITY EVENTS**

**Antigo Area Community** Food Pantry Wednesdays 11am-1pm & Fridays 1-3pm. 2120 Progress Blvd., Antigo. All the time needs include: sodium Low canned vegetables, Low sodium canned beans, Low sodium condensed soups such as chicken noodle, tomato or cream of mushroom, Whole grain cereals, Canned fruit in 100% juice or and sugar-free, Plain Oatmeal, Peanut butter, Brown rice/whole grain pasta. Personal Hygiene: Laundry its detergent, dish soap, and shampoo, conditioner, bar soap, toothpaste (these are in or administering USDA not purchased by the pantry programs are prohibited unless we are given a grant from discriminating based specifically for these items). on race, color, national For more information, go origin, sex to AntigoFoodPantry.com gender identity and sexual or call 715-623-1103. For orientation), emergency food assistance disability, creed, needs after hours call 715political beliefs, or reprisal 627-1818. or retaliation for prior civil rights activity in any program or activity

Elcho Area Community Wednesdays 4-6pm Food Pantry Mondays 2:30-Saturdays 9-10am, N9570 4:30pm. Wednesdays 4-6pm, Hwy. B, Summit Lake 11224 Antigo St., Elcho. Food (across from the Summit will be distributed based Lake Post Office) Free on availability and # of Clothing and Jackets (Baby family members. Note that to XXL). Clothing donations the pantry is not open on are welcome. Everyone is holidays, or on days when welcome! the schools are closed Coffee and Conversation because of snow. 715-275at the Senior Center of 5010. In accordance with Langlade County Mondayfederal civil rights laws Friday (except Holiday's) U.S. Department 9-11am. Senior Center of Agriculture (USDA) of Langlade County, 623 civil rights regulations Edison St., Antigo. and policies, the USDA, offices, agencies, employees, and institutions participating

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Mondays

age,

Senior Cribbage Group Mondays 1pm. Summit Lake Town Hall N 9575, County Rd B, Summit Lake. We play table read games, and the cost is 2.25. Payout at the end of game day. We help each other out if you miss points, no cut throat games. We try to get in 8 games, usually done by 4pm. Call with question: Judy Beecher 715-219-4333

Group Dance Class & Social Tuesdays Northstar Lanes 400 Prosser Pl., Antigo. learn to dance in a fun, social setting! Each week the lesson rotates

to another style of Latin or Ballroom dance (Salsa, Bachata, Cha Cha, Waltz, Rumba, Foxtrot, Swing, etc.) NO PARTNER (OR EXPERIENCE) REQUIRED! Doors open by 5:45pm. The 45-minute class begins at 6pm and afterwards we'll play a variety of music so everyone can dance and have fun!

White Lake Fitness & Fun Thursdays 9-10am. White Lake Community Center 615 School St., White

**Antigo Gateway Squares** Nov. 11th 1-2:30pm. Senior Center of Langlade County, 623 Edison St., Antigo. Line Dancing- Instructions and handouts are provided for every dance. No prior knowledge of line dance is necessary. The goal of the class is to have fun while getting to know others and learning steps to dance to a variety of music.

Food with Friends Nov. 13th 4:30-6pm. Calvary Lutheran Church 310 S. Superior St., Antigo. You need not be a member to attend. All are welcome. The meal is free of charge, but donations are accepted.

November **Business** Networking Event Nov. 14th 8-9am. 312 Forest Ave., Antigo. Join the Langlade Economic Development Corporation for an hour of networking and coffee with fellow business owners in Langlade County! This event will take place on Thursday, November 14th from 8am-9am. Use this networking event to meet others in business, starting a business, and learn about the local and free resources we have in Langlade County for entrepreneurs. This event is free. You do not need to register to attend.

\$4 Sandwich Day Nov. 14th 11am-7pm. Erbert's & Gerbert's 709 S Superior St, Antigo. Please note that there are terms and conditions, including a limit of one sandwich per person and exclusions for hot and gluten-free sandwiches.



**Security Officers** 



#### <u>Meetings</u>

Parks, Cemetery and **Recreation Commission** - Regular Meeting Nov. 11th 5:30pm. City Hall, 700 Edison St., Antigo.

Common Council Regular Session Nov. 13th 6pm. City Hall, 700 Edison St., Antigo.

LCEDC Board Meeting Nov. 18th 4-5pm. NTC Campus-Wood Technology Center 312 Forrest Ave., Antigo.

#### GROUPS

**AA Support Group** (Open) Wednesdays 7pm. 1005 Fifth Ave., Antigo.

AA Meetings Tuesdays at 7pm at the Elcho UCC Church N11291 Dorr St., Elcho.

AA Meetings Sundays 10am. White Lake Community Center 615 School St., White Lake. Any questions call 715-219-0305

Alanon/Nornon Group Mondays 1:30pm. Antigo Community Church School (old St. Mary's), 723 Deleglise St., Antigo. Enter in the back please. For more information including other meeting times and locations call (715-623-4904).

Alzheimer's **Support** Group Second Monday of the month 5-6pm. Rolalia Gardens Door #3 519 Flight Rd., Antigo, 715-610-6681

Alzheimer's Association Virtual Support **Groups** Coffee for Family Caregivers, 2nd Monday of the month 5:30pm-6:30pm. For Persons Living with Mild Cognitive Impairment, 2nd Wednesday of the month 10-11:30am. Family Caregivers for a loved one with Frontotemporal Degeneration 3rd Wednesday the month 6-7:30pm. Family Caregivers for a loved one with Dementia in the early stages 4th Tuesday of the month 10-11:30am. Family Caregivers for a loved one with dementia living at a facility every other Friday 10-11:30am. Phone Caregiver Support Group the last Tuesday of every month 10-11:30am. To register for any of the support groups contact the 24/7 helpline. 800.272.3900

**AVAIL Support Group** Meetings on Mondays, 5:30pm-7pm, Wednesdays 10:30am-12pm, Thursdays, 10:30am-12pm and again at 5:30pm-7pm, Fridays 3-6pm. AVAIL Inc. 1410 N. Superior St., Antigo.

Baby & Me Support Group Wednesdays from 1-2pm in the Langlade Birthing Center 112 E 5th Ave, Antigo, second floor. Facilitator: RN/ International **Board** Certified Lactation Consultant. For more information please call 715-623-9280. No fee.

**Broken Arrow Christian** Meeting Recovery Thursdays 7pm. 1005 Fifth Avenue, Antigo.

Community Recovery Bible Study Fridays 6pm. Aspirus Langlade Hospital 112 E. Fifth Ave., Antigo- in the large conference room.

GriefShare Community **Grief Recovery Seminar** Support Group: Mondays from 5-6:30pm. Peace Lutheran Church 300 Lincoln St., Antigo. Through December 2nd. 2024. Park in the 8th Avenue lot and use Door #3 for the Fellowship Hall. Each weekly session is on a different grief topic. The program is FREE and no pre-registration is

Recovery Group & Christian Recovery **Meetings** Wednesdays 8:30am. Church of the Nazarine 230 Elm St., Antigo. This group is for anyone struggling with addiction, anxiety, food, depression, relationships, etc. There will also be Christian Recovery meetings at the same place and time.

**Narcotics** Anonymous Mondays 8am, Tuesdays, Fridays & Saturdays 7pm. 1005 Fifth Ave., Antigo.

Overeaters Anonymous Mondays 7-8pm. SS. Mary & Hyacinth Parish Center, 819 3rd Ave., Antigo. Room #4 Contact: Rose Marie, 715-623-2128.

Stroke & Neurological Support Group (2nd Friday of the Month) Langlade Co. Senior Center 623 Edison St., Antigo.

If you have an upcoming event or ongoing group activity that you would like to include, please email the information to nwinkler@ mmclocal.com

#### These states are home to the greatest percentage of U.S. veterans

#### **FOR MMC**

By the end of 2023, the United States was home to more than 18 million individuals who had served in the country's military. That figure, based on data from the U.S. Census Bureau, the Department of Veterans Affairs and surveys conducted by the Pew Research Center, represents individuals from all walks of life.

Veterans come from diverse personal backgrounds, and they also call a wide range of states home. The USCB reports that some state populations feature a greater percentage veterans than others. The share of the adult population that has served in the U.S. military is highest in these 10 states.

- 1. Alaska: More than 10 percent of Alaska's 533,000 adult residents have served in the military.
- 2. Wyoming: The 2020 Census indicated Wyoming is the least populated state in the country. Despite that, the Equality State is home to a veteran population of just over 42,000, which accounts for roughly 9.4 percent of the state's adult population.
- 3. Virginia: Perhaps not surprising given its proximity to the nation's capital, Virginia is home to a sizable veteran

population that accounts for 9.2 percent of its roughly 6.68 million adults.

Maine: Though it's another state like Wyoming that does not boast an especially large adult population (a little more than 1.1 million individuals), Maine is home to more than 101,000 veterans.

Montana: Treasure State features an adult population of just under 884,000, and 8.9 percent of those individuals (roughly 79,000 people) served in the U.S. military.

- 6. South Carolina: The Palmetto State is home to more than 344,600 veterans, and those individuals make up just under 8.5 percent of the state's adult population.
- 7. Nevada: Among the roughly 2.5 million adults who call Nevada home, nearly 206,000 (roughly 8.3 percent) are veterans.

8. New Mexico: More 136,000 veterans live in The Land of Enchantment, accounting for 8.3 percent of the state's adult population.

South Dakota: Like Alaska, Wyoming and Montana. South Dakota does not boast a particularly large adult population (roughly 685,000). However, more than 8.2 percent of adults who live in The Mount Rushmore State are U.S. military veterans.

10. Hawaii: The Aloha State rounds out the top 10, as the island state in the Pacific Ocean is home to nearly 90,000 U.S. military veterans, which accounts for 8.2 percent of its total adult population.

This Veterans individuals in all 50 states are urged to thank local veterans for their sacrifices and service.

#### **SUPPORTING**

from page 3

sponsor schools, sports teams and charities. This helps foster a sense of belonging in the community.

- · Innovative offerings: Small businesses are not beholden to corporate policies or franchise restrictions, so they can more readily bring new life to existing ideas and trends. Small businesses can offer customers different options that larger retailers cannot match.
- Job creation: Small businesses employ a significant percentage of the workforce and frequently provide jobs that might not be available in larger corporate settings. The U.S. Small Business Administration Office of Advocacy says small businesses have generated 12.9 million net new jobs over the past 25 years, accounting for two out of every three jobs added to the U.S. economy. Keeping residents working helps strengthen local communities.

There are numerous benefits to shopping at small businesses this Small Business Saturday and throughout the year. Such firms help to establish a more resilient, diverse and bustling local community.

#### **COVANTAGE**

from page 3

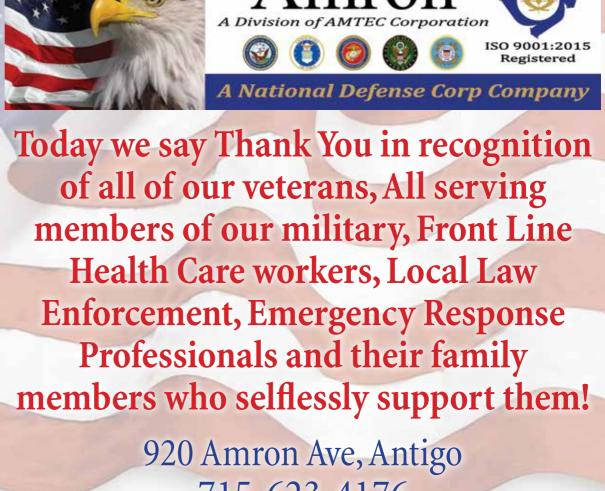
CoVantage Cares Foundation Director Morgan Teal. "Together, we can create a season of hope and support for those who need it most."

Charities selected to receive funding from the ninth annual Giving Tuesday campaign and their sponsoring CoVantage branches include: Wisconsin: Antigo -Weekend Backpack Program, Crandon - Crandon Area Community Foundation, Elcho - School District of Elcho, Appleton/Neenah/Menasha - Jakes Network of Hope, Plover/Stevens Point - NAMI, Rhinelander - Hodag10's, Shawano - SAM25, Suamico/De Pere - Rawhide Youth Services, Wausau/Weston/Rothschild/Rib Mountain -Patriots of Warriors. Michigan: Crystal Falls - Crystal Falls Fire Fighters Association, Iron River – VFW Post 3134, Menominee - U.P. Foster Closet of Menominee County. Illinois: New Lenox/Mokena – United Way of Will County.

For more information about CoVantage Cares Foundation or the Giving Tuesday campaign, go to www. covantagecu.org/givingtuesday

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# A SALUTE TO

# Veterans Day is November 11th

On Veterans Day, we pause to reflect on the courage, dedication and loyalt sacrifice have kept us safe and protected our freedom. We owe them a debt To all of the brave men and women who have sacrificed to put their country

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#### **Bowler:**

Antigo:

the public is invited.

The Bowler community will be observing Veterans Day on Monday, November 11th, at 10:00am in the high school gym. All are welcome.

Antigo Middle School will have its

Veteran's Day celebration on Monday,

November 11th starting at 9:00am -

Monday, November 11th at 10:30am 11:30am @ Charlie Field House: Veterans & Community Members can enjoy a free meal at the conclusion of the ceremony.

#### Wittenberg-Birnamwood:

Wittenberg Elementary/Middle School's Veteran's Day Program will take place on Monday, November 11th at 8:15-8:45am.

At 9:00am on Monday, November 11th White Lake School District will be holding their Veterans Day Ceremony in the small gym. All grade levels will be incorporated into the program and it is open to the public.





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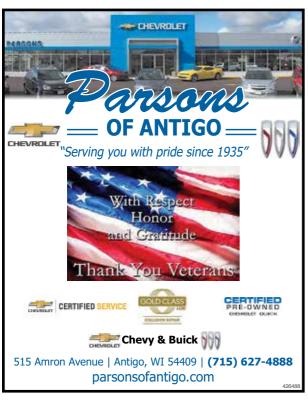
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y of our nation's military veterans. Throughout history, their hard work and of gratitude that can never be repaid, and we salute them for their services. first, we thank you.

# A Day to

veterans. Veteran's Day is an opportunity to commemorate the efforts of all who have been in the armed forces, with a special emphasis on living veterans. While people are encouraged to thank veterans throughout the year, Veteran's Day is a particularly poignant time to show your appreciation for the men and women of the military.

Veteran's Day takes place on November 11 and marks an important moment in history. On November 11, 1918, World War I, known at the time as "The Great War," unofficially ended when an armistice, or temporary cessation of hostilities, took place between Germany and

the Allied nations on the eleventh hour of the eleventh day of the eleventh month. World War I ended on paper when the Treaty of Versailles was signed on June 28, 1919. In November 1919, President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day, according to the U.S. Department of Veterans Affairs.

Armistice Day became a federal holiday in the United States in 1938. However, after subsequent wars, including World War II and the Korean War, veterans' service organizations lobbied for Armistice Day to be revised so it would be more inclusive of all veterans. On June 1, 1954, President Dwight D. Eisenhower signed legislation to strike the word "Armistice" from the holiday's name in favor of "Veterans." Since then, November 11 has been known as "Veterans Day" and has honored veterans of all wars.

Veterans Day was moved to the fourth Monday in

October for roughly seven years under the Uniform Monday Holiday Act, which sought to ensure three-day weekends for federal employees by celebrating certain national holidays on Mondays. But since November 11 bore such significance, many states disapproved and continued to observe the holiday on November 11. In 1975, President Gerald Ford signed legislation to return the observation of Veterans Day to November 11 beginning in 1978. Should the day fall on a Saturday or Sunday, the federal government observes the holiday on the previous Friday or following Monday, respectively, according to History.com.

The United States isn't the only country to celebrate its veterans. Canada, Great Britain, Australia, and France also commemorate the veterans of World War I and II on or near November 11 as Remembrance Day or Remembrance Sunday.





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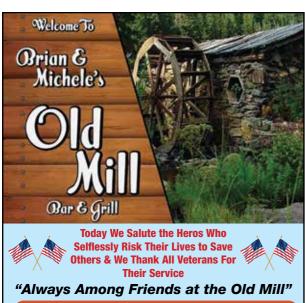




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# Veterans Day Tribute

We recognize the many sacrifices made by our men and women in uniform both today and throughout our nation's history. We honor their courage and dedication, and we thank them for their contribution to our country.

Thank You, Veterans



# Veterans Day 2024: November 11

#### **US CENSUS**

Veterans Day originated as "Armistice Day" on Nov. 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 making it an annual observance, and it became a national holiday in 1938. Sixteen years later, then-President Dwight D. Eisenhower signed

legislation changing the name to Veterans Day to honor all those who served their country during war or peacetime. On this day, the nation honors military veterans — living and dead — with parades and other observances across the country and a ceremony at the Tomb of the Unknown

Soldier at Arlington National Cemetery in

The following facts are made possible by the invaluable responses to U.S. Census Bureau surveys. We appreciate the public's cooperation as we continuously measure America's people, places and economy.

Did You Know?

15.8 million - The number of military veterans in the United States in 2023, representing 6.1% of the total civilian population age 18 and over.

1.7 million - The number of female veterans in the United States in 2023, representing 10.9% of the total veteran population.

0.6% - The share of veterans in 2023 who served during World War II. Additionally, 3.5% of veterans served during the Korean War; 33.0% during the Vietnam War; 24.8%

> 11/11 VETERANS DAY

during the Persian Gulf War; and 28.0% during the Post-9/11 period (September 2001 to present).

8.6% - The percentage of veterans in 2023 who were Hispanic or Latino (of any race). Additionally, 72.2% of veterans were White alone (not Hispanic or Latino); 12.6% Black or African American alone; 2.0% Asian American alone; 0.8% American Indian or Alaska Native alone; 0.2% Native Hawaiian or Other Pacific Islander alone; and 2.8% Some Other Race alone. The percentages include only those who reported a single

27.9% - The share of veterans 75 and older in 2023. At the other end of the age spectrum, 8.3% of veterans were younger

28.0

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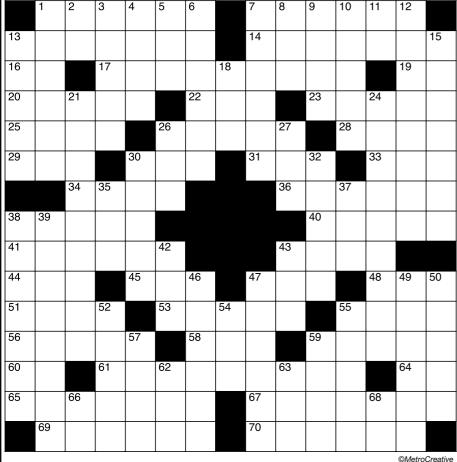
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#### **CLUES ACROSS**

- 1. Schoolhouse tool
- 7. Martens
- 13. Slags 14. One who scrapes
- Centiliter
- 17. White wine
- 19. Of I
- 20. Former Syracuse great Warrick
- 22. Relating to the ear 23. Sandwich shops
- 25. Victories
- 26. White (French)
- 28. Self-immolation by fire
- 29. Genus of parrots
- 30. Unhappy
- 31. Talk incessantly 33. Type of Squad
- 34. Unit of perceived
- loudness
- 36. Violent seizure of property 38. Agave
- 40. Sound units 41. Removes from record
- 43. Partner to Mama
- 44. Mythological bird 45. Dash
- 47. Hair product
- 48. Two-year-old sheep
- 51. Signs a deal
- 53. Conifer
- 55. Autonomous republic in NW Russia
- 56. Wife of Muhammed 58. British Air Aces
- 59. Ears or ear-like appendages
- 60. Not caps
- 61. Deep-bodied sea dweller 64. Rural delivery
- 65. Feeling
- 67. Study of relations of organisms to one another

- 69. Room to argue 70. Question
- **CLUES DOWN**

#### 1. Cream puff

- 2. Road open
- 3. Stressed syllable
- 4. Thailand's former name
- 5. Cologne
- 6. Recounted
- 7. Garment of cloth 8. Airborne (abbr.)
- 9. Reproduced
- Emits coherent radiation
- 11. "Westworld" actor Harris
- 12. Smallest interval in
- Western music 13. Unstressed central vowel
- 15. Lives in
- 18. When you expect to get somewhere
- 21. Storage bags
- 24. One who covers with plastic
- 26. Cast out

- 27. Automobile
- 30. Repaired shoe
- 32. Belonging to the bottom
- laver
- 35. Possesses
- 37. Soda
- 38. Programs
- 39. In an unexpected way 42. A bag-like structure in a
- plant or animal
- 43. For each
- 46. Unbelief
- 47. Seized or impaled 49. Arrive on the scene
- 50. Especially happy
- 52. Classic western film 54. Split pulses
- 55. Frida \_\_: Painter
- 57. Start again 59. Employee stock
- ownership plan
- 62. Young women's
- association 63. Frozen water
- 66. "The First State"
- 68. Computers need one

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# 10.7 3.5 World War II Vietnam War Persian Gulf War 2013 2023

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Percentage of Veteran Population by Service Periods

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# HOME IMPROVEMENT



# How to make renovation projects go smoothly

Homeowners are spending big bucks home renovations. According to the Joint Center for Housing Studies at Harvard University, home improvement project spending continues to increase. It's predicted to go from \$472 billion spent in 2022 to \$485 billion in 2024.

Those targeting a specific home renovation likely know there is much that goes into the process from start to finish. Patience is a requisite virtue with any remodel, as even a thoroughly conceptualized can encounter a plan bumps along the Although there is way to completely remove renovation-related obstacles, there are ways to make projects go more smoothly.

- Establish a clear plan from the beginning. Now is not the time to be on the fence about details. A vision for the renovation is essential, and should include details about layout, materials, colors, and design.
- Manage your expectations. Again. this speaks to a need for patience with a project but also involves flexibility. Being too rigid when choosing materials can require waiting for backordered supplies to come in. Wanting contractors to bend to your schedule can delay the project even further. Creativity and flexibility are key.
- Establish a budget. It can be easy to spend beyond one's means, especially when issues crop up. Black House Real Estate stresses the importance of creating a budget before starting a renovation, which may involve working with a local professional to help. Houzz advises preparing for worst-case scenarios by adding anywhere from 1 percent to 20 percent to the budget. Commit to sticking to the budget no matter what comes down the pike.
  - · Assemble a good team.

Thoroughly research all contractors who will involved with the be renovation. These include designers, architects. builders, and more. Be sure they come highly recommended and research online reviews. A good team removes some stress from the project because you'll know the work is in experienced hands.

• Prepare the space for the remodel. Any work

you can do will help save on labor costs and make it easier for the team to get started on the project. Clear out clutter and personal items. Ask if it would be helpful for you to handle some demolition, whether that's pulling up old tile, removing drywall or another task.

Have an escape hatch at the ready. Home renovations can cause upheaval to daily life, and

chaotic If money situation allow, Consider spending a few nights at a hotel or a friend or relative's house to escape the constant grind of the

that can mean stress on top of already schedules. plan a getaway during a particularly tough stretch of the project so the noise, mess, and disruptions will not induce headaches. projects add value and functionality to homes.

Such undertakings can go more smoothly with some sound planning.







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# The Basics of Sensory Overload

#### FOR MMC

Hectic, loud and/or overly busy scenes and settings may not be safe havens for most people. In fact, it's likely a majority of people find such environments uncomfortable challenging to be in. Despite that discomfort, people

typically can still manage these types of situations. Those who struggle to do so might be dealing with a condition known as sensory overload.

#### What is sensory overload?

The Cleveland Clinic

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overload to an issue many modern adults have undoubtedly a computer paralyzed by running at once. Much like the operating system of a computer can be overwhelmed when too many internet tabs are open at once and/or too many applications are running simultaneously, a person's operating system can be overwhelmed by too much stimuli, potentially contributing to paralyzing feelings that make it hard to move forward. According to the Cleveland Clinic, the sympathetic nervous body responsible for the fight-or-flight system switches on and alerts individuals that they are in danger. This also occurs when individuals feel sudden stress resulting from some aspect of the world around them, which can be triggered by various

#### What are some potential triggers of sensory overload?

The organization Autism Speaks notes that sensory overload is triggered when an intense sensory stimulus overwhelms a person's ability to cope. A single event, including an unexpected loud noise, can be a trigger for sensory overload. The Cleveland Clinic reports these are some additional potential

confronted: many applications system is the part of the response. When a person experiences sensory overload, that

#### triggers: · Sight: A lot of visual

stimuli also can trigger sensory overload. That's because individuals confronting a lot of visual stimuli may not figure out where to look or focus their attention. Bright of flashing lights also can trigger sensory overload.

· Smell: Strong scents and aromas, such as those produced by perfumes and certain cleaning products, also can trigger sensory overload.

· Touch: The Cleveland Clinic notes some individuals are extra sensitive to the feel of certain fabrics. Tight, uncomfortable clothing can trigger sensory overload, as can wearing materials that feel itchy.

• Taste: Even spicy foods or dishes individuals have never tried can trigger sensory overload.

#### What happens when sensory overload is triggered?

Sensory overload can prompt both emotional and mental reactions. The Cleveland Clinic notes such reactions may include:

- · General feeling of stress
- Anxiety
- Inability to focus Irritability

unwanted

· Intrusive thoughts, which the Cleveland Clinic notes are unwanted images or urges that come to mind even though they are

Autism Speaks notes more specific signs that people with autism who experience sensorv overload may experience, which can include but are not limited to:

- · Increased movement, such as jumping, spinning or crashing into things
- · Talking faster and louder, or not talking at all Covering ears or eyes

- · Difficulty recognizing internal sensations like hunger, pain or the need to use the bathroom
- Refusing or insisting on certain foods or clothing items
- Frequent chewing on non-food items
- · Frequent touching of others or playing rough
- Difficulty communicating responding as the brain shifts resources to deal with sensory input (shutdown)
- Escalating, overwhelming emotions or need to escape a situation (meltdown) The Cleveland Clinic

notes that children are more prone to sensory overload because youngsters' coping skills are less developed than adults'. More information about sensory overload can be found at https:// health.clevelandclinic.org/ sensory-overload.

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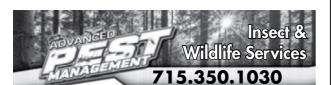
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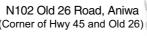
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#### **PLAY**

from page 4

more delightful chaos immediately ensues, and everything does, indeed, go wrong, including an unconscious leading lady, a corpse that cannot play dead, accident prone actors, and falling scenery. Yet, as the old adage states, "...the play must go on," and the members of the Cornley Drama Society fervently proceed with their show, missed cues and mishaps galore, leaving audience members aching with

Many of the students who are performing in the play actually play two or more characters because they portray actors, who themselves are also performing in the Cornley Drama Society's murder mystery play.

#### The Laona/Wabeno Rebel Drama Department cast members-in order of appearance- are as follows:

- · Madison Thomson plays Annie, the Cornley Drama Society's stage manager. • Ezekiel Sarratt plays Chris, the head of the Cornley Drama Society, the director of the play-within-the-play, and Inspector Carter, an esteemed
- Trenton Vladik and Eli Smith play Trevor and Taylor, the Cornley Drama Society's lighting and sound operators.
- Xavier Maass plays Jonathan, an actor who plays Charles Haversham (the dead body). • Jaden Danielson plays Robert, an actor who plays Thomas Colleymoore, Charles' old school friend.
- Jake Mason plays Dennis, an actor who plays Perkins, Charles' butler. • Autumn Warden plays Sandra, an actress who plays Florence Colleymoore, Charles' fiance and Thomas' sister.
- David Nelson plays Max, an actor who plays Cecil Haversham, Charles' brother and Arthur the Gardner, the gardener at Haversham Manor.
- · The "Onstage Crew" of the Cornley Drama Society is managed by Adele Sattler, and the "crew" includes the following students: Levi Beerntsen, Kaydin Chojnacki, Jedidiah Sarratt, and Madi Smitz-Craw

This play could not have been produced without the assistance of the following students:

- Director Assistants: Jaden Danielson, Ezekiel Sarratt, and Adele Sattler
- · Understudies: Adele Sattler and Madi Smitz-Craw
- Costume Manager: Autumn Warden, assisted by Lyla Brehmer, Shaina Shepard, Makenzie Tucker, and Amira
- · Properties Managers: Jaden Danielson, Jake Mason, and Ezekiel Sarratt
- · Original Music and Audio Design: Jaden Danielson, assisted by Ezekiel Sarratt
  - Audio Operator: Elise Harris
- Lighting Operators: Kyra Beaber and Addisyn Lochen
- Set Construction: Sawyer Jameson, Leland Matt, Nolan Milham, and Levi Newman
- · Fall Play Helpers: Precious DeVerney, Sofey Heath, Joseph Lampereur, Button Martin, and Zechariah Sarratt A self-serve bake sale to help support the Laona/Wabeno Rebel Drama Department programs will be available

during the short intermission. Bring the whole family to see this hilarious slapstick comedy. General Admission Tickets are \$5.00 and are available at the door. Performances are held in the Nancy Volk Auditorium, Thursday, Friday, and Saturday,

November 14-16, 2024 at 7:00 PM and Sunday, November 17,

2024 at 2:00 PM at 4325 Branch Street, Wabeno High School. For more information, contact Janet DeJean Newton, the Laona/Wabeno Rebel Drama Director at Wabeno High School: (715) 473-5122, Extension 3439. The play is produced by special arrangement with Broadway Licensing, LLC, servicing the Dramatists Play Service Collection (www. dramatists.com)

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# Easy Living



## Habits that affect cognitive health



changes Various appearance and health are associated with aging. Issues such as diminished vision, waning muscle strength and grav hairs are among the more common and noticeable side effects of aging. Cognitive decline is another symptom often associated with aging, even if that needn't be the case.

Certain lifestyle choices protect against cognitive decline and dementias. While there is no surefire way to prevent dementias, here are some good habits for maintaining cognitive function well into your golden years.

#### **Exercise frequently**

Harvard Health reports that exercise, in addition to the many other benefits it provides, may help improve cognitive function in people who have already experienced memory issues. Exercise may be particularly advantageous to people who carry the APOE4 gene variant, which makes people more susceptible to Alzheimer's. Speak with a doctor about how much exercise is needed and what is safe for your age.

#### **Enjoy video games**

Playing a favorite video game may improve longterm cognitive function. Researchers at Cambridge Brain Sciences found study participants who played non-cognitive-training video games were associated with better performance in several cognitive domains, but only for younger (age 18 to 64) participants. Cognitive training games, on the other hand, were not associated with any cognitive improvement.

## Stay socially engaged

According to a study published in the journal Experimental Aging Research, seniors have high levels of social engagement also have better cognitive function. Getting together with friends, participating in a club, attending religious studies, and any other activity that gets you out with other people can help with cognitive function.

#### Eat a healthy diet

Eating a diverse array of healthy foods is beneficial. Nutritious diets can help reduce the risk for illnesses that may affect cognitive ability. Eating well also helps keep the brain healthy. A Mediterranean diet appears to lower the risk or slow the progression of dementia in people who have the condition.

#### **Get help for sleep** disorders

Lack of sleep can affect memory and learning. By getting help for sleep disorders, you may reduce your risk for cognitive

While it is not possible to prevent or cure cognitive conditions like dementias with lifestyle changes. certain behaviors can lower the risk of developing these illnesses or reduce their severity.

#### WHY PLAN AHEAD

There's a lot that goes into planning a funeral, but making arrangements beforehand gives you time to consider all of your options and make sure that you're covering all of the necessary details. Still feeling unsure? Here are some of the most important reasons why planning ahead may be the best option.

Fill out a form or meet with a member of our staff to put your plan in place.

Anyone can create a plan, at any stage in their life, and you always can make changes if you wish.

#### You Decide

Pre-planning lets you create your own unique life celebration. We encourage you to bring your family along if you are meeting with us for funeral pre-planning Including your family in the planning process can help them feel connected to you both in life and in death, knowing that your arrangements reflect you

Relieve Your Family's Burden Through pre-planning, your family will know what your wishes are, which can relieve the burden of wondering if they are truly following your plans. The family can focus more time and energy

#### Where Do I Start?

We suggest scheduling a time to meet with one of our funeral directors to discuss your options and make a plan. You may first check out our preplanning checklist and fill out the online form to





Now that's a Gright idea!

# Common questions about reverse mortgages

#### FOR MMC

Homeownership is a dream for millions of people across the globe. The National Association of Realtors indicates real estate has historically exhibited long-term, stable growth in value. Money spent on rent is money that a person will never see again. However, paying a traditional mortgage every month enables homeowners to build equity and can be a means to securing one's financial future.

Homeowners typically can lean on the value of their homes should they need money for improvement projects or other plans. Reverse mortgages are one way to do just that

#### Who is eligible for a reverse mortgage?

People near retirement age are eligible for a specific type of loan they can borrow against. Known as a "reverse mortgage," this type of loan can be great for people 62 or older who perhaps can no longer make payments on their home, or require a sum of money to use right now, without wanting to sell their home.

In addition to meeting the age requirement, a borrower must live at the property as a primary residence and certify occupancy annually to be eligible for a reverse mortgage. Also, the property must be maintained in the same condition as when the reverse mortgage was obtained, says Fannie Mae.

#### How does a reverse mortgage work?

The Consumer Finance Protection Bureau says a reverse mortgage, commonly a Home Equity Conversion Mortgage, which is the most popular type of reverse mortgage loan, is different from a traditional mortgage. Instead of making monthly payments to bring down the amount owed on the loan, a reverse mortgage features no monthly payments. Rather, interest and fees are added to the loan balance each month and the balance grows. The loan is repaid when the borrower no longer lives in the home.

#### What else should I know?

With a reverse mortgage, even though borrowers are not making monthly mortgage payments, they are still responsible for paying property-related expenses on



time, including, real estate and property taxes, insurance premiums, HOA fees, and utilities. Reverse mortgages also come with additional costs, including origination fees and mortgage insurance up to 2.5 percent of the home's appraised value, says Forbes. It's important to note that most interest rates on these loans are variable, meaning they can rise over time and thus increase the cost of borrowing. In addition, unlike traditional mortgage payments, interest payments on reverse mortgages aren't

tax-deductible.

#### How is a reverse mortgage paid back?

A reverse mortgage is not free money. The homeowners or their heirs will eventually have to pay back the loan when the borrowers no longer live at the property. This is usually achieved by selling the home.

The CFPB notes if a reverse mortgage loan balance is less than the amount the home is sold for, then the borrower keeps the difference. If the loan balance is more than the amount the home sells for at the appraised value, one can pay off the loan by selling the home for at least 95 percent of the home's appraised value, known as the 95 percent rule. The money from the sale will go toward the outstanding loan balance and any remaining balance on the loan is paid for by mortgage insurance, which the borrower has been paying for the duration of the loan.

Reverse mortgages can be a consideration for older adults. However, it is essential to get all of the facts to make an informed decision.





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