PRSRT STD U.S. POSTAGE PAID RHINELANDER, WI PERMIT NO. 44

POSTAL CUSTOMER



FREE | Wednesday, January 8, 2025 | Volume 69, Issue 8

From inmate to inspiration

www.starjournalnow.com

Ex-convict finds success as barber, motivational speaker



Rhinelander local Josh Newman, who discovered his passion and talent for barbering while in prison, now has his own business, Cutz with Connection, where he gets to do what he loves — cut hair and connect with clients from all walks of life. **Submitted photo**

BY CHRISTINA BRANDMEIER

EDITOR

In the almost five years since Rhinelander local Josh Newman was arrested and jailed for meth possession, he got his cosmetology license, started his own barbering and motivational speaking business, and most recently, set up shop at The Muse Salon, where he hopes to inspire clients with his life story.

"The support is unreal," Newman said on a busy weekday between haircuts. "I couldn't imagine five years ago that I could even have a place in my community, let alone a spot where I can advocate for people who struggled with the same kind of things as me, drug addiction and mental health."

Now 30 years old and over two years sober, Newman is amazed at the new life he's created for himself and wants to share his story because "you never know who's listening or who's going to take something away from it," he said.

"Being quiet isn't useful to anybody, so I'm willing to make myself uncomfortable for other people because I want them to know that it's okay if you screw up...you can still have a life. I'm living proof of it," Newman added.

Breaking bad

After being expelled from Rhinelander High School, Newman attended the Wisconsin Challenge Academy, an alternative education program designed to reclaim the lives of at-risk youth.

"I was just a bad kid, man. It was continuous. I got into a fight at school, and it was kind of the last straw moment," Newman said.

But he didn't hit rock bottom until years later, in 2020, after being arrested for methamphetamine possession with intent to deliver.

Unexpected inspiration

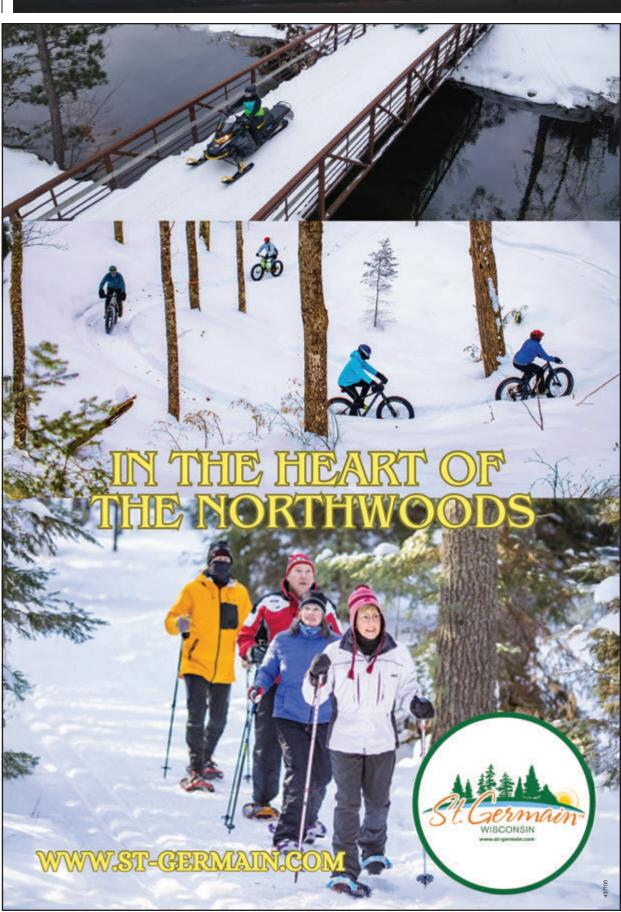
In jail, he realized his passion for barbering. "It's weird, going back, I kind of remember different signs, like, 'Oh, yeah, I think I could do hair, I think I could get into it," Newman recalled. "But while incarcerated, that's where I appreciated it. Some of the best men's haircuts I've ever seen in my entire life were in prison, and some of the best artists I've ever seen."

"I was down a track where it was my second time in

See JOSH NEWMAN page 3







Alzheimer's Association to host workshop

FOR STAR JOURNAL

The Alzheimer's Association will offer a Healthy Living for Your Brain and Body workshop Tuesday, Jan. 21, from 1-2:30 p.m. at the Aging and Disability Resource Center (ADRC) of Oneida County in Rhinelander.

The workshop covers seven lifestyle habits associated with healthy aging: sleep, smoking, mental health, cognitive activity, physical health and exercise, diet

and nutrition, and social engagement.

It will include information and tips based on the latest research and is designed for individuals of any age looking for information on ways to age as well as possible.

Registration is requested. To register, contact Julie St. Pierre at 715-352-4091 or jstpierre@alz.org.

The ADRC of Oneida County is located at 100 Keenan St.

AARP to offer free tax services

FOR STAR JOURNAL

The American Association of Retired Persons (AARP) Foundation Tax-Aide Program will once again provide free 2024 federal and state income tax and Wisconsin Homestead Credit preparation, including electronic filing.

The service will be available at the Aging and Disability Resource Center (ADRC) of Oneida County in Rhinelander, by appointment only, on Mondays and Wednesdays, Feb 3-April 9. To schedule an appointment, contact the ADRC of Oneida County office at 715-369-6170.

The target group is people with low to moderate income, emphasizing those 60 and older. Volunteers are trained and certified by the Internal Revenue Service.

There will also be Tax-Aide sites in Eagle River at the Walter E. Olson Memorial Library on Wednesdays, Feb. 5-April 9, and in Minocqua at the Public Library on Fridays, Feb. 7-April 11.

TLCFA takes temporary break from events

FOR STAR JOURNAL

The Three Lakes Center for the Arts (TLCFA) has announced it will take a temporary break from events in January to work on technical projects to enhance the audience experience at the theater and gallery.

"From new lighting and energy efficiency projects to enhanced marketing displays, we will be testing, tweaking, and improving the environment of our building," said TLCFA president Collette Sorgel. "This means you will enjoy more activities in comfort when our 2025 season opens in April/May."

According to Sorgel, in 2024, the cen-

ter hosted 25 live events, 31 movies, three gallery nights, several art shows, and other activities. It will continue to celebrate arts in the Northwoods in the new year.

"Thank you to our sponsors, those who attended our events, visited our gallery, or engaged in TLCFA-sponsored activities in 2024!" Sorgel added. "Our success is due to your patronage and generosity."

TLCFA is located at 1760 Superior St. in Three Lakes.

For more information on the upcoming season or to donate, follow TLCFA online or contact ColletteSorgel@gmail.com or 715-477-0001.



Biz of the year

The Northwoods Children's Museum was recently named Eagle River's 2024 Business of the Year. As the only children's museum in an 80-mile radius, it's considered "a vital and vibrant community resource." The museum's staff and board of directors said the recognition humbled them and sincerely thanked the community for selecting them for the prestigious award. From left to right are Kim Emerson, Jackie Weight, Danielle Larsen, and Sue Herfindahl. **Submitted photo**

Hodag Dome holds Winter Walking Challenge

FOR STAR JOURNAL

The Hodag Dome invites the public to participate in a Winter Walking Challenge until Feb. 28.

To join, choose a 25-, 50-, or 100-mile goal and track progress in the book at the Hodag Dome front desk.

Walking can be completed at the Dome, outside, or anywhere participants choose.

All participants will receive a prize at the end of February. Those who pay a \$10 participation fee can choose from a Hodag Dome t-shirt or pint glass. Those who pay \$20 can select a sweatshirt.

Sign up at the Hodag Dome front desk at 863 Hodag Dome Drive in Rhinelander.

For more information, call 715-365-9520.

YMCA offers membership deal

FOR STAR JOURNAL

The YMCA of the Northwoods in Rhinelander has announced its Pay the Day membership promotion is available until Jan. 12.

Membership fees are based on the sign-up day. For those who sign up on Jan. 8, the cost is \$8. For Jan. 9, it's \$9, and so forth.

"With programs from A to Z — like athletics to after-school care, volleyball

to volunteerism — we don't just strengthen individuals, we strengthen our community," the Y said.

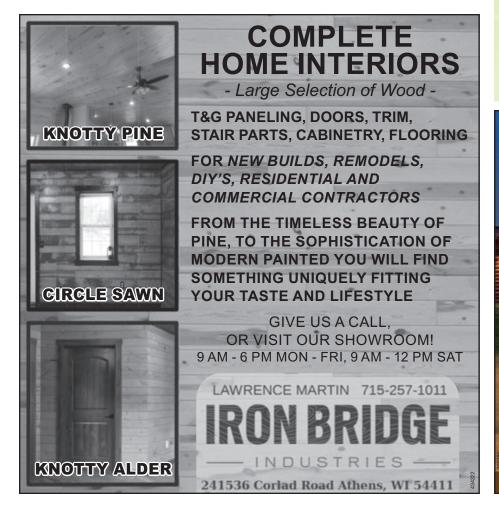
Pay the Day requires a three-month commitment. Regular membership fees start Feb. 1.

The YMCA of the Northwoods is located at 2003 E. Winnebago St. For more information, visit ymcaofthenorthwoods. org or call 715-362-9622.

Nurse wins DAISY award

Aspirus Eagle River Hospital recently honored Morgan Westphal, RN, with the DAISY Award for **Extraordinary Nurses** for her commitment and patient-centered approach to care. Aspirus said the award is part of the **DAISY Foundation's** program to recognize the superhuman efforts nurses perform every day. Submitted photo







appropriately.

JOSH NEWMAN from page 1

prison within a very short amount of time, and I knew my life was stuck in this revolving door," he said. "I knew that if I was going to sit in prison for the rest of my life, I at least wanted a job while I was in there."

So, he started pursuing barbering and learned different techniques. Eventually, he completed an earned release program to get out early.

Making plans

"It was a six-month intensive rehab program in Chippewa Falls, and they help you build a plan to get released back into society, and I chose to do barbering," Newman said.

He planned to attend Nicolet College in Rhinelander because he knew they had a cosmetology program. To maintain his sobriety and avoid falling back into familiar but toxic patterns, he signed up for school upon release from prison in 2022.

"I knew that the day I went there and just did it, it was something that would change my life," Newman said.

He's got skills

At school, Newman realized he not only loved barbering but that he was good at it. "When I was in school, I was asked to join a cosmetology competition, and I was like, 'Hell, no! I can't do that. You're just setting me up to be embarrassed," he said.

But he did it — and won first place in the barbering competition at the 50th annual SkillsUSA Wisconsin State Leadership and Skills Conference in Madison, which allowed him to compete nationally. "I was able to go to Atlanta, and I got seventh place in the nation, out of 37 states and Puerto Rico," Newman said proudly.

Full circle

Newman graduated from Nicolet College in April 2023, exactly one year from the day he was released from prison. He also gave the commencement address in the Hodag Dome at the high school where he was expelled as a teenager.

"It was very intense," Newman said of the full circle moment. "It was my first time telling my story on a big level. I knew that I wasn't just speaking for myself anymore. I knew that I was going to be creating a new platform for myself and that it was going to [create] new forms of pressure. It was probably the bravest thing I've ever done."

Making connections

Since then, Newman has continued to tell his story. He used to work as a receptionist at Fantastic Sam's, and his background often came up in conversation.

"People were pretty curious why there was a giant man with tattoos at a hair salon with a bunch of little old ladies, and I'd just tell them, this is a step in my journey," he humbly recalled.

It turned out to be a step in the right direction because his time there led him to the idea for his business, Cutz with Connection.

When Jason Bertrand, currently the Laona School District middle and high school principal, brought his kids in for a haircut, he and Newman started chatting.



Newman gives the commencement address at his graduation from Nicolet College in April 2023. **Submitted photos**

"He was like, 'Hey, you should come in and be a speaker at our school,' so I went there and spoke. I had a lot of good reviews. I brought one of my friends with me to take pictures, and I was like, 'I want to make this something, and I want to call it Cutz with Connection because I want to connect with all walks of life,'" Newman said.

He also had an opportunity to cut hair and inspire inmates at the Vilas County Jail when the jail administrator, William Weiss, stopped in the salon.

From there, he created a logo and a website, and Newman was off and running in his career as both a barber and motivational speaker. "I started to put all my time into the side business, knowing that it would eventually become a barber shop or something like I'm doing right now," he said.

Finding his muse

Newman recently celebrated the opening of Cutz with Connection at The Muse Salon in Rhinelander.

"The support from the community is absolutely wild, and not just our community. I've got people driving from neighboring towns, neighboring counties, all the way from an hour away," Newman said, still in disbelief.

He specializes in modern and traditional barbering and has experience cutting ethnic hair. He loves to go the extra mile for his clients. "I put in a lot of effort to the small details," he said, such as adding a treatment along with a cut.

He also aims for good communication and connection. "I named my business Cutz with Connections because my favorite part of my job is connecting with my people."

Clean slate

On Christmas Eve, Newman celebrated being off probation for the first time in eight years. "I spent my first night off probation in my new home, with an entire new life ahead of myself. It's a clean slate. It was the coolest feeling ever," he said.

As he moves forward, he knows not everything will be perfect, but today, he has the coping skills to manage life as it unfolds

"Life is gonna happen. But being able to understand that and be grateful for what I do have, since I've lost so much, man, it's been unreal. I have to stop and assess my life almost every single day. I just try to be positive and grateful."

For a fresh cut — and maybe a fresh perspective — Newman is available at The Muse Salon, 905 Lincoln St.; 715-600-2266.



The Rhinelander Area Ambassadors recently welcomed Josh Newman, a former convict turned barber, to The Muse Salon on 905 Lincoln St. Pictured with Newman are Linda Krebsbach, Nicole Raduechel, Tom Peterson, Renee Draszkiewicz, Diane Sowinski, Tarsie Goes, and Cora Eckrich.

Winter lake ecology program to be held in Eagle River

FOR STAR JOURNAL

The Northwoods Land Trust (NWLT) and Trees For Tomorrow invite the public to study winter lake ecology during a free event Thursday, Jan. 23, from 1-3:30 p.m. at Trees For Tomorrow in Eagle River.

NWLT said participants will venture out on frozen Silver Lake to collect physical data, including ice thickness, water depth, lake temperature, dissolved oxygen, and clarity.

There will be opportunities to use underwater cameras to study plant and animal life. Afterward, there will be a discussion about how these parameters change seasonally and what that means for the lake's organisms.

Participants will be outdoors for about one hour and should dress

To register for the event, visit north-woodslandtrust.org, call 715-479-2490, or email troy@northwoodslandtrust.org by Monday, Jan. 20. Space is limited.

NWLT permanently conserves natural shorelands, woodlands, and other natural resources to benefit present and future generations in Vilas, Oneida, Forest, Florence, Iron, Price, and Langlade counties.



The Northwoods Land Trust and Trees For Tomorrow host a free event to study winter lake ecology. **Submitted photo**



| OBITUARIES |



With family by her side Suzanne Stevens of Arbo Vitae passed away peacefully on December 20, 2024, at Seasons of Life Hospice in Woodruff. She was 81 years

Sue was born in Wausau to Emil and Evelyn Keckhaver and grew up as so many of her generation did, on a farm, the fourth of ten children. Her hap piest childhood memories were of feeding the animals, swimming in the creek, and spend ing time alone out in nature

away from all her siblings, where it was quiet and she could think. She attended Lakeland Union High School and ex celled in drawing and art, but ever the pragmatist, vigorously pursued a business degree from Nicolet College after gradu ation. Upon returning to the Northwoods and the dense for est she loved, she married her high-school sweetheart, Tec Vernick, a singer and guitar player for a local band, The Tornados. They had one daughter before divorcing. She ther married Dick Stevens, an avid fisherman and outdoorsman and they remained together until his death in 2001.

Sue worked as an Insurance Agent in Minocqua for over forty years, eventually running her own successful agency there. She was well known and respected by many in the area and often spoke of the joy she found in helping people Never one to sit still, she continued to be active in a service capacity by volunteering as transport for the sick and elderly after her retirement.

She was a voracious reader of books, papers, and journals an enthusiastic gardener who loved to dig her fingers in the soil every Spring and watch her efforts bloom, a creative and talented chef of elaborate holiday dinners and small family meals, an empathetic nature and animal lover who never me a stray she didn't like or try to save, and a savvy and inde pendent woman of strong will and conviction, happily chain sawing fallen trees while maintaining her property well into her 70s. She was also, unbeknownst to most, a skillful bowler, wielding a mean fifteen-pound ball to the dismay o many a pin.

Sue is survived by her daughter Monique (Max) Stevens Olson, sisters Colette, Marci, Lynn and Bonnie, brothers Rick and Bill, a multitude of nieces and nephews, and three aged cats, Molly, Katie and Winnie. She was preceded in death by brothers Jim and Emil (Sonny) Jr. and beloved sis ter Alice. She was a mainstay for her family, reachable at the same telephone number for forty-five years and always will ing to lend an ear. She will be sorely missed by all who knew and loved her.

Per Sue's request there will be no funeral or memorial ser vice. Those wishing to honor her memory are encouraged to make donations to the Oneida County Humane Society, 1852 N. Stevens St, Rhinelander, WI 54501 www.ochspets.org or to The Nature Conservancy, 4245 N. Fairfax Drive, Suite 100, Arlington, VA 22203 www.preserve.nature.org. Bolger Funeral Home is assisting the family, www.bolgerfuneral. com for condolences.

| DEATH NOTICES |

John A. Nehls, 89 of Rhinelander, died Dec. 19, 2024. Carlson Funeral Home.

Carol Jean Krause, 85 of Rhinelander, died Dec. 20, 2024. Carlson Funeral Home.

Barbara Mary Wisnewski, 83 of Rhinelander, died

Dec. 20, 2024. Hildebrand Funeral Home. Randall Scott Robl, 71 of Rhinelander, died Dec. 23,

2024. Carlson Funeral Home. Julie Ann Mitchem, 83 of Enterprise, died Dec. 23,

2024. Hildebrand Funeral Home.

Arleen Taras, 94 of Rhinelander, died Dec. 25, 2024. Carlson Funeral Home.

Alice Mae Frederickson, 87 of Rhinelander, died

Dec. 26, 2024. Carlson Funeral Home. Lawrence F. Wesley, 81 of Marquette, Mich., died

Dec. 26, 2024. Carlson Funeral Home.

A Traditional Way to say Good Bye

Honor your loved one with an obituary in this Free weekly newspaper that reaches loyal readers.

Inquire with your local funeral director or contact us for more information.



24 W. Rives Street, Rhinelander WI 54501 866-369-3331



| PUBLISHER LETTER |

Finding The Perfect Someone

Dear Reader,

Life's treasures aren't measured in material possessions like a sleek car or a spacious mansion. You could have all of these things, but without someone to share them with, what do they really mean? Isn't life truly about finding that perfect someone—a person who turns the ordinary into extraordinary?

We long for someone who is more than just a partner; someone who is witty, who lights up the room with a smile, and who can turn even the dullest moments into something unforgettable. This is the person who finishes your sentences, who has your back without question, who loves you with a fierce loyalty that never wavers.



Together, you become more than just individuals; you are a team, a unit that others see as one. Friends and family expect to see you together, and even children instinctively ask for the other when only one is present.

But what happens when that magical connection is suddenly severed? How do you navigate life without the person who brought joy to your every day, who was your constant in a world full of change? How do you move forward knowing that no one will ever quite match what they brought to your life?

Finding the perfect person means everything. It's a rare and beautiful gift that, once lost, leaves a void nothing else can fill.

PATRICK J. WOOD

Publisher

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

RDL announces January programs

The Rhinelander District Library's calendar January offers fun and educational opportunities for youth and adults alike.

Movie Mondays starts in 2025 with "The Greatest Showman" and popcorn on Monday, Jan. 13, from 5-7 p.m. in the meeting room. Children must be accompanied by an adult.



Make a beaded suncatcher with library staff on Wednesday, Jan. 15, from 3:30-5 p.m. in the meeting room. Registration is required and limited to 11 people ages 18 and up.

Learn how online tax filing works with Bug Tussel on Thursday, Jan. 16, from 10 a.m. to noon in the meeting room. Moderate tech experience expected. Registration recommended.

The popular Sourdough Starter demo will return on Thursday, Jan. 23, from 5-6 p.m. in the meeting room.

Learn how to make and feed a sourdough starter. Starter kits and recipe booklets will be provided for attendees while supplies last.

Teenagers ages 12-18 are invited to Teen Clay Day on Friday, Jan. 24, from 1-3 p.m. Featuring air-dry clay, attendees can bring their work home, let it dry, and paint

The library will host an Adult Block Building Night for LEGO fans ages 18 and up on Monday, Jan. 27, from 5-6:30 p.m. in the meeting room. It's an unstructured program — attendees can drop in anytime to build.

The library will offer a three-part embroidery class starting Thursday, Jan. 30, from 11 a.m. to 1 p.m. in the meeting room. Registrants for this program must commit to all three events — the other dates are Thursday, Feb. 27, and Thursday, March 27. Registration is limited to six participants, ages 18 and up. Registration will begin approximately two weeks before the first event.

All programs are free and open to the public. For more information, call 715-365-1070 or visit rhinelanderlibrary.org.

Boulder Junction library to host wellness series

FOR STAR JOURNAL

The Boulder Junction Public Library will offer a series of free informational presentations this winter to help patrons learn ways to support health and wellness.

The first program in the series, "An Introduction to SHAPE ReClaimed Health Restoration," is set for Thursday, Jan. 16, from 10:30 a.m. to noon at the Boulder Junction Community Center.

According to the library, the SHAPE program is not a diet or weight loss program. It gets to the root cause and helps the body heal on a neurological and cellular level.

The presentation will be hosted by Jane Thomas, ND, CHHP, with guest speakers Dr. Todd Frisch and Linda

"They truly believe food is medicine, and SHAPE ReClaimed shines a spotlight on the negative eating habits that contribute to common health challenges,' said library director Cherie Sanderson.

The community center is located at 5392 Park St. in Boulder Junction.

Registration is not required but is appreciated. For more information or to register, call the library at 715-385-2050.

Youth money camp set Jan. 27-30

FOR STAR JOURNAL

The School District of Rhinelander (SDR) Community Education Program and My Money Camp are teaming up to offer a financial education program for youth ages

The program will be held Monday, Jan. 27, to Thursday, Jan. 30, from 5 to 8 p.m., at Rhinelander High

According to SDR, the four-day program introduces teens to real-world exercises in earning, spending, and saving money.

Students learn how much various jobs pay, how to build and manage a budget, the differences between debit cards, credit cards, and payment apps, investing and compound returns, and how to avoid debt.

Retired Rhinelander High School personal finance teacher Patrick Kubeny will facilitate the camp.

The camp, typically \$199 per student, is free to the first 30 area students to sign up.

Pre-registration is required, and space is limited. To register, visit rhinelander.k12.wi.us/community/community-education-classes.cfm. Once there, scroll down to the "My Money Camp" section, click on the link to the Google Form, and complete the form to enroll.

Bringing a Chromebook or laptop is encouraged but not necessary

For more information, contact Community Education Manager Mike Cheslock at 715-365-9745.



Patrick J. Wood publisher@mmclocal.com

Advertising: Nicole Raduechel hodagads@mmclocal.com

tschreiber@mmclocal.com

Classified Advertising: hodagbg@mmclocal.com Christina Brandmeier, Editor cbrandmeier@mmclocal.com

Customer Service: Marie Towne

Copyright Multi Media Channels LLC 2025. All Rights Reserved No part of this publication or any of its contents may be reproduced, copied, modified, or adapted without the prior written consent of Multi Media Channels LLC.



Certified CIRCULATION audited by COUNCIL



School District of Rhinelander

Community Education Program



The Community is Our Classroom

Discover Something New With Lifelong Learning

WINTER/SPRING 2025 COMMUNITY EDUCATION CLASS GUIDE

Check inside for full descriptions of classes!

JANUARY

Jan. 14 – Fitness with Carrie

Jan. 19 – Learn to Curl

Jan. 20 - Learn to Curl

Jan. 20 – Golf Lessons – Level 1

Jan. 20 – Golf Lessons – Level 2

Jan. 20 – Pickleball Lessons – Level 1

Jan. 20 – Pickleball Lessons – Level 2

Jan. 21 – Pickleball Lessons – Level 3

Jan. 21 – Balance & Strength: No Falls Approach

Jan. 21 – Tai Chi for Health

Jan. 21 - Walking for General Conditioning

Jan. 22 - Watercolor Painting - Colors of Purple

Jan. 22 – Zumba with Val

Jan. 27 – Holistic Nutrition

Jan. 27 – Rally Dog Obedience – Advanced

Jan. 27 – Nosework for Dogs

Jan. 29 – Acrylic Painting – The Love of Lights

Jan. 29 – Guided Meditation

Jan. 29 – Puppy Manners

Jan. 29 - K9 Manners

FEBRUARY

Feb. 9 – Learn to Curl

Feb. 10 – Learn to Curl

Feb. 10 - Golf Lessons - Level 1

Feb. 10 – Golf Lessons – Level 2

Feb. 15 – Cross Country Ski Clinic

Feb. 19 – Square Dance Lessons – Intermediate

Feb. 19 – Watercolor Painting – In the Deep

Feb. 20 – Square Dance Lessons – Beginner

Feb. 25 – Fitness with Carrie

Feb. 26 – Acrylic Painting – Hey There!

Feb. 27 – Cooking Class with Clinical Nutritionist, Health Expert

Feb. 28 – Stamping Class: Birthday Card Organizer Kit

MARCH

March 3 – Golf Lessons – Level 1

March 3 – Golf Lessons – Level 2

March 4 – Stamping Class: Expressions of Kindness Card Kit

March 12 – Watercolor Painting – Sweet Girl

March 13 – Sewing Machine Basics

March 25 – Balance & Strength: No Falls Approach

March 25 – Tai Chi for Health

March 25 – Walking for General Conditioning

March 26 – Acrylic Painting – Ghost of the Forest

March 26 – Zumba with Val

March 31 - Rally Dog Obedience - Advanced

March 31 – Nosework for Dogs

APRIL

April 2 – Puppy Manners

April 2 – K9 Manners

April 9 – Watercolor Painting – Red Slayer!

April 10 – Beginner Basket Weaving: Make a Mini Easter Basket

April 10 – Spring has Sprung: Cookie Decorating

April 14 – Acrylic Painting – Sunny Day

April 14 - Get Out and Walk 100 Mile Walking Challenge

April 16 – Acrylic Painting – Beauty!

MAY

May 1 – Barn Quilt Painting

May 7 – Watercolor Painting – Solitude



WE HAVE ONLINE REGISTRATION!

Visit https://www.rhinelander.k12.wi.us/community/community-education-classes.cfm for instructions on how to register online with a credit or debit card. Please call 715-365-9745 to inquire about space. Space is limited for all classes.

We encourage online registration, but you can also register by mail or drop off. A paper registration form can be found at: https://www.rhinelander.k12.wi.us/community/community-education-classes.cfm. Please print the form, complete it, and mail it with payment to the address on the form. Your registration and payment must be received before the registration deadline for the class. Personal check is preferred.

Winter/Spring 2025 Commu

ARTS and CRAFTS

Watercolor Painting

Join local artist Robin Harrison and learn to express your creativity and passion for watercolor art in a meaningful, creative way. By using various techniques, such as weton-wet, dry brush, and overlay, you can create a masterpiece of your own style. For these classes, participants will not be locked into a step-by-step process, rather, the instructor will provide support and advice based on the needs of the individual. Participants will have the freedom to express their own inherent creativity in a relaxed and low-pressure environment. Each class will have a pre-drawn easy-to-follow paper. Some previous experience is helpful, but not required. All levels are welcome. The artwork in these classes will have a nature-based theme.

Ages: Grade 5 - adult Instructor: Robin Harrison, Artist Fee: \$10/person/class

Location: RHS Room 134 (Art Room)

Colors of Purple

Learn direct painting technique. Color in the bird and branches, and using a splatter technique, add color in the background with dots. These lovely finches will stay all winter long with the correct food and feeders! Date and Time: Wednesday, January 22, 5:30 – 7:30 pm

Registration Deadline: Jan. 20

In The Deep

This artwork will have a wet-on-wet background, leaving the sea turtle, fish, and other background elements unpainted. After the depth of color is achieved, we will direct-paint the other elements.

Date and Time: Wednesday, February 19, 5:30 – 7:30 pm

Registration Deadline: Feb. 17

Sweet Girl

This painting will involve layering of color to achieve the depth desired by the participant. Several layers will be placed on the cat to show light and dark values. The finish will be a splatter to fill in the background.

Date and Time: Wednesday, March 12, 5:30 – 7:30 pm

Registration Deadline: Mar. 10

Red Slayer! For this wonderful painting, we will paint a wet-on-wet background, then fill in the branch and dragonfly. Participants can choose the colors of the

Date and Time: Wednesday, April 9, 5:30 - 7:30 pm

Registration Deadline: Apr. 7

For this serene piece we will use wet-on-wet techniques for most of the painting, and then paint the boat with soft edges. Participants can choose the waterlily colors and decide how much background is added.

Date and Time: Wednesday, May 7, 5:30 – 7:30 pm

Registration Deadline: May 5

Acrylic Painting

Join local artist Robin Harrison and learn new techniques in acrylic painting. Participants will learn how to mix colors from a palette of six basic colors to achieve the delightful effects in each month's painting. Learn different textures by using common household items. Each participant will be able to create and explore their own style and color palette every month. For these classes, participants will not be locked into a step-by-step process, rather, the instructor will provide support and advice based on the needs of the individual. Participants will have the freedom to express their own inherent creativity in a relaxed and low-pressure environment. Some previous experience is helpful, but not required. All levels are welcome. The artwork in these classes will have a nature-based theme.

Ages: Grade 5 - adult

Instructor: Robin Harrison, Artist

Fee: \$12/person/class

Location: RHS Room 134 (Art Room)

The Love of Lights

Learn to paint a beautiful background of northern light in unusual colors! Paint the background from a white full moon, to pinks, yellows, blues and greens, with the perspective given on the left side of a pine tree. Participants can choose other colors if desired.

Date and Time: Wednesday, January 29, 5:30 – 7:30 pm

Registration Deadline: Jan. 27

Hey There!

a cute raccoon looking out of his log. This little critter is simple to paint. Help is provided as needed. Soft colors make up the log while the raccoon is a study in black and whites.

Date and Time: Wednesday, February 26, 5:30 – 7:30 pm

Registration Deadline: Feb. 24

Ghost of the Forest

A beautiful albino buck is set off by the gorgeous pine trees behind him. We will paint the background and foreground first. Another option is to add snow in front and on the branches of the pines. The albino buck will be painted last. Date and Time: Wednesday, March 26, 5:30 – 7:30 pm

Registration Deadline: Mar. 24

Beauty!

This exotic mosaic butterfly is resting on a buttercup plant. We will start with the butterfly and fill in the background as desired. Butterflies with colors like this are a favorite for artists to paint!

Date and Time: Wednesday, April 16, 5:30 – 7:30 pm

Registration Deadline: Apr. 14

This lovely zinnia is painted with a teacup birdfeeder on a sunny day! We will start with the zinnia, mixing and laying out the color of choice, adding details to the middle of the flower. The background can be painted and we will add

Date and Time: Wednesday, May 14, 5:30 – 7:30 pm

Registration Deadline: May 12

Barn Quilt Painting

Barn quilts are a form of American folk art that are usually made of simple geometric shapes - squares, rectangles and triangles. They're often painted in bright, solid colors, though every now and then you'll come across one that has more complex patterns and colors. There are many reasons why someone would want to add a barn quilt to the barn, garage, shed, fence or home exterior. Just because you don't have a barn doesn't mean you can't add a bit of American folk art to your home. In this class you'll learn the basics to create a 24" x 24" barn quilt. You will leave with a completed barn quilt; the pattern, and the knowledge to create more barn quilts in a variety of sizes. The class provides all supplies and instruction with lots of tips for completing your project with ease. So, grab a

Date and Time: Thursday, May 1, 5:00 – 9:00 pm

Ages: 12 - adult

Instructor: Dottie Reeder, Local Artist

Fee: \$80/person

Location: RHS Room 134 (Art Room) Registration Deadline: Apr. 21

AQUATICS

Community Open Swim

For all members of the community! Enjoy family time and lap swim in the Heck Family Community Pool (located in RHS).

Date/Time: Sundays, Sept. 10 – May 19 (throughout the school-year), 9:00 am – 12:00 pm *Open swim will not take place during holidays and some school breaks. Please check the website for full details

Ages: All (children under 10 years old must be accompanied by an adult)

Registration: Pre-registration is not required. Sign-in is required upon arrival.

DOG OBEDIENCE

Rally Dog Obedience – Advanced Level

Looking to do something fun with your dog? Rally Class is designed to keep your dog moving while you build a working relationship with your dog. In this class, dog/handler teams will complete courses made up of signs describing specific obedience exercises. Your dog will be off leash when you are working on the course. You will be presented with many new signs. A prerequisite to this class is either the Intro Level or Novice Level of Rally O. Owners must bring a 6-foot leash, the dog's favorite soft treats, and proof of

Instructor: Carol Lofquist, from TLC - Training with Love by Carol

Location: Pelican Elementary School Gymnasium

First Offering: Mondays, January 27 – March 3, 6:00 – 6:45 pm Registration Deadline: Jan. 239

Second Offering: Mondays, March 31 – May 12, 6:00 – 6:45 pm

(no class April 21)

Registration Deadline: Mar. 27

Nosework for Dogs

Nosework is an activity that allows your dog to use their natural desire to sniff and/or hunt. Your dog will learn a unique ability to detect scent and determine the source. This class is for dogs of any size or age. Come have a blast with your dog as he/she hones their sniffing skills! Owners must bring a 6-foot leash, the dog's favorite soft treats, and proof of rabies vaccination

Instructor: Carol Lofquist, from TLC – Training with Love by Carol

Location: Pelican Elementary School Gymnasium

First Offering: Mondays, January 27 – March 3, 7:00 – 7:45 pm Registration Deadline: Jan. 23

Second Offering: Mondays, March 31 – May 12, 7:00 – 7:45 pm (no class April 21)

Registration Deadline: Mar. 27

Puppy Manners

You brought a puppy home. Now what? Puppy Manners class will get you started on health tips, and behaviors such as potty training, biting, jumping, etc. Puppies will learn commands such as "sit", "down", and "come" calls. They will learn to socialize with other puppies. This class is for puppies up to 6 months old. Owners must bring a 6-foot leash and the puppy's favorite soft treats.

Instructor: Carol Lofquist, from TLC – Training with Love by Carol

Location: Pelican Elementary School Gymnasium

First Offering: Wednesdays, January 29 – March 5, 6:00 – 6:45 pm Registration Deadline: Jan. 27

Second Offering: Wednesdays, April 2 – May 14, 6:00 – 6:45 pm

(no class April 23)

Registration Deadline: Mar. 31

Did you rescue a dog? Or is your dog showing signs of misbehaving and could use some lessons in manners? If either is the case, this class is for you! Sharpen up your dog's skills with distractions. Many problem solving situations will be offered. Basic commands will be taught as well. This class is for dogs ages 7 months and older. Owners must bring a 6-foot leash, the dog's favorite soft treats, and proof of rabies vaccination.

Instructor: Carol Lofquist, from TLC - Training with Love by Carol

Fee: \$90/dog

Location: Pelican Elementary School Gymnasium

First Offering: Wednesdays, January 29 – March 5, 7:00 – 7:45 pm

Registration Deadline: Jan. 27

Second Offering: Wednesdays, April 2 – May 14, 7:00 – 7:45 pm

(no class April 23)

Registration Deadline: Mar. 31

FITNESS

Fitness with Carrie

This is a low-impact class for all fitness levels which are important for flexibility and balanc will help prepare you for activities in your da to improve balance, stability, and mobility usi stretching. Participants must provide their mat, and a water bottle.

Ages: Adults

Instructor: Carrie Ketter, Certified Group Fit Location: Pelican School Gymnasium

> First Offering: Tuesdays and Tl January 14 – Fe Registration Deadline: Jan. 10

Fee: \$40/person Drop-In Fee: \$5/person/time

Second Offering: Tuesdays and Registration Deadline: Feb. 21 Fee: \$45/person

Drop-In Fee: \$5/person/time

Walking for General Condition

Walking is effective, convenient, and great for training component can boost your calorie and you improve your overall health. In addition t doing workouts targeting total body, upper bo practice this new technique for a new you! Ea Please bring a floor mat.

Ages: Adults

Instructor: Tori Cihla (Certified Personal Tra Fee: \$130/person Location: Hodag Dome

> First Offering: Tuesdays, Thurs January 21 – Ma

Registration Deadline: Jan. 17 Second Offering: Tuesdays, The

7:15 - 8:15 au Registration Deadline: Mar. 21

Tai Chi for Health

Tai Chi is a martial art exercise with origins in safe way to stretch and strengthen your muscl and de-stress your mind. No equipment neede welcome to this beginner class.

Ages: Adults

Instructor: Tori Cihla (Certified Personal Tra Fee: \$65/person

Location: Hodag Dome First Offering: Tuesdays and Tl January 21 - Ma

> Second Offering: Tuesdays and March 25 - N Registration Deadline: Mar. 21

Registration Deadline: Jan. 17

Balance & Strength: No Falls

Build strength, balance, and everyday living i and hand exercises. We'll add in some march approach to our aging cycle. Athletic/tennis si Ages: Any age (55 and older is target audience Instructor: Susie Wegner

Fee: \$50/person Location: Hodag Dome

> First Offering: Tuesdays and Tl January 21 - Ma Registration Deadline: Jan. 17

> Second Offering: Tuesdays and March 25 - N Registration Deadline: Mar. 21

Zumba with Val

The most awesome workout ever! Dance to g calories without even realizing it. No experien participants of all abilities. Dance moves can Ages: 10 - adult

Instructor: Val Foley Fee: \$18/person **Drop-In Fee: \$4/person/time**

Location: James Williams Middle School Gy First Offering: Wednesdays, Jan

(no class Feb. 13 Registration Deadline: Jan. 20

Second Offering: Wednesdays, Registration Deadline: Mar. 24

Intermediate Square Dance L

These lessons are intended for people who co for former and current square dancers, as a wa mainstream program.

Dates and Times: Wednesdays, February 19 (no class on March 19) Ages: 7 years old to adult

Instructor: Jimmie Burss Fee: \$15 per person

Location: Cedric A. Vig Outdoor Classroom Registration Deadline: Feb. 17

inity Education Class Guide

. It focuses on core muscles, not just abs, e, creating a strong frame for your body that ly life. We will focus on using proper form ng kettlebells, dumbbells, body weight and own light dumbbells weights, an exercise

ness Instructor

nursdays, oruary 18, 5:00 – 6:00 pm (no class Feb. 11)

Thursdays, February 25 - April 10, m (no class on Mar. 18 or Mar. 20)

ning

r your body. Adding a high intensity interval fat burning potential substantially, and help o outdoor and indoor walking, you will be dy, lower body and core. Get started and ch participant will receive a resistance band.

iner)

days, and Fridays, rch 14, 7:15 – 8:15 am (no class Feb. 28)

ırsdays, and Fridays, March 25 - May 22, n (no class on March 28 or April 18)

n ancient China. You will learn a gentle and es, improve your mobility, posture, balance, d. Practice your new skills anywhere. All are

iner)

nursdays, rch 13, 8:15 - 9:15 am

Thursdays,

Iay 15, 8:15 – 9:15 am

Approach

novements with head, shoulder, knee, toe, ng movements for building that no-falls noes are required.

ursdays, arch 13, 10:00 - 11:00 am

Thursdays,

Iay 15, 10:00 – 11:00 am

reat music, with great people, and burn nce necessary! This class is open for be modified to fit individual needs.

nuary 22 - March 5, 5:30 - 6:15 pm

March 26 – April 30, 5:30 – 6:15 pm

mpleted the Fall Beginner lessons, or ay to strengthen their dance skills in the

May 14, 6:30-8:30 pm

(CAVOC Lodge)

Beginner Square Dance Lessons

Square dancing is a great way to exercise and socialize! It is a fun activity for families, couples, and single people of all ages. No experience is necessary. If you have previous experience square dancing, consider joining as a refresher course or to help with the beginners. The class will be led by an experienced square dance caller who makes dancing fun and easy to learn! Dates and Times: Thursdays, February 20 - May 22, 6:30-8:30 pm

(no class on March 20 or April 17)

Ages: 7 years old to adult **Instructor:** Jimmie Burss Fee: \$15 per person

Location: Cedric A. Vig Outdoor Classroom (CAVOC Lodge)

"Get Out and Walk" 100 Mile Walking Challenge

Get out and enjoy the fresh air! Get some exercise in the beautiful Northwoods environment! Walk 100 miles in seven weeks. Your walking routes are your choice. Keep track of your distance and log your miles. After the seven weeks is up, submit your completed log sheet. All who complete the challenge will be eligible for a random drawing for Chamber Bucks! All who participate will receive a gift. We encourage you, your family, and friends to take part in this fun activity!

Dates: Monday, April 14 - Sunday, June 1

Facilitator: Mike Cheslock Fee: \$10/person Location: Participant's choice Registration Deadline: Apr. 13

Aspirus Community Fitness Center

Located in Rhinelander High School, the fitness center is available to the community FREE of charge. Use free-weights, machines, treadmills, bikes, and other exercise equipment. Date/Time: Mondays – Fridays (throughout the school-year), 3:30 – 6:30 pm. *The fitness* center is closed, or has special hours, during breaks and holidays. Check the School District of Rhinelander website for more information.

Fee: FREE (a waiver must be signed prior to using the fitness center)

FOOD and COOKING

Spring has Sprung: Cookie Decorating

Get into the springtime spirit and join in for a fun evening of cookie decorating! This class is designed for beginners who want to learn the basics of cookie decorating with royal icing. You will get five (plus extras) cookies to decorate, all in a spring theme—think flowers and butterflies. Everything will be provided: cookies, icing, decorations and recipes. Find your inner sugar artist and you will surprise yourself with how beautiful your cookies will look. Date and Time: Thursday, April 10, 5:00 – 8:00 pm

Ages: 14 - adult Instructor: Dottie Reeder Fee: \$50/person Location: RHS Room 112 Registration Deadline: Apr. 4

HEALTH and WELL-BEING

Holistic Nutrition

Holistic Nutrition takes an approach that considers all aspects of a person's health. This includes environmental, emotional, physical, and mental factors. We will focus on lifestyle practices that promote the overall well-being, including foods and how nutrition supports the body's natural healing abilities. We will also use and review a Foods and Moods Journal, learning how certain foods can cause specific Energy Draining Reactions, what precise areas of the body this relates to, and how to change these to Primary Healing Responses. This class encourages participation from students, as well as thoughts and questions, and the opportunity to share self-reflection.

Date and Time: Monday, January 27, 5:30 - 6:30 pm

Instructor: Roni Detienne, CHt, HN Fee: \$5/person

Location: RHS Room 111

Registration Deadline: Jan. 23

Guided Meditation

Guided meditation, led by a trained practitioner, will help a person to make positive changes in their life. This class will help you to get rid of the thoughts that may be crowding your mind and causing stress. You will learn to develop a sense of calm and peace that benefits your overall health and emotional well-being. You will be able to use techniques to relax and cope with stress by staying centered and focusing on what calms you. This class is great for beginners or seasoned meditation practitioners.

Date and Time: Wednesday, January 29, 5:30 – 6:30 pm

Instructor: Roni Detienne, CHt, HN

Fee: \$5/person Location: RHS Room 111

Registration Deadline: Jan. 27

Holistically Healing, Whole-Food Cooking

Clinical Nutritionist Sydney Zettler, of ORGANIQUE Clinic, is an expert in preparing healthy, delicious and nutritious food. Join her for a fun-filled, easy-to-follow class that is focused on finding food substitutions, preparing nutrient-dense meals and improving health through diet. Hear directly from Sydney, herself: "When I was younger, I believed that I ate relatively healthy, but through education and guidance, I found out quickly that was not the case. When beginning the process of changing your diet, it can be overwhelming. I am confident that, through this workshop, the process will become easier, you will gain knowledge into how your diet can aid in healing and your view of food will change. It doesn't have to be difficult; I am here to help.'

Date and Time: Thursday, February 27, 5:30 - 7:00 pm

Ages: Grade 9 - adult

Instructor: Sydney Zettler, Clinical Nutritionist

Fee: \$15/person

Location: RHS Room 112

Registration Deadline: Feb. 24

HOME and HOBBIES

Stamping Class: Birthday Card Organizer Kit

This kit comes with everything you need to help you get organized and never miss out on a birthday celebration. It comes with supplies to make 12 birthday cards with matching envelopes that you can easily customize. The kit has pre-cut floral and background pieces to make your crafts unique. It also comes with an 8" x 10" yearly birthday organizer with

Date and Time: Tuesday, January 28, 6:00 – 8:00 pm

Instructor: Kristy Hicks, Local Stampin' Up! Demonstrator

Fee: \$25/person

Location: RHS Room 111

Registration Deadline: Jan. 24

Stamping Class: Expressions of Kindness Card Kit

This class will feature floral designs in beautiful color tones. This kit is perfect for alloccasion cards for friends and loved ones. Pair the desired sentiments and images from the kit to quickly create beautiful cards. The kit includes: Expressions of Kindness stamp set, clear stamp block, Blackberry Bliss stampin' spot, 8 cards, 4 each of 2 designs with printed envelopes, die-cut images and gold foil labels, gold sparkle gems, adhesive, and step-by-

Date and Time: Tuesday, March 4, 6:00 – 8:00 pm

Ages: 10 - adult

Instructor: Kristy Hicks, Local Stampin' Up! Demonstrator

Location: RHS Room 111 Registration Deadline: Feb. 28

Sewing Machine Basics

Want to learn to use a sewing machine? Or need a "refresher"? Learn sewing machine "basics", and stitch a small tote bag. Sewing machines, fabric, thread, and other tools will be provided. If there is enough interest, we may offer additional classes, or a sewing club,

Date and Time: Thursday, March 13, 5:30 - 8:30 pm

Ages: Grade 6 - adult Instructor: Louise Perreault Fee: \$18/person Location: RHS Room 109 Registration Deadline: Mar. 11

Beginner Basket Weaving: Make a Mini-Easter Basket

Learn basket weaving basics and create a mini-basket in time for Easter. All materials will be provided, including Easter grass and plastic colored eggs, ready to be filled.

Date and Time: Thursday, April 10. 5:30 – 8:00 pm

Ages: Grade 6 - adult Instructor: Louise Perreault Location: RHS Room 109

Registration Deadline: Apr. 8

RECREATION and SAFETY

11th Annual Cross Country Ski Clinic

Brought to you by Coasters Cycle Works, participants will learn the basics of cross country skiing. If you do not have your own skis, please contact Mike Bellile at (715) 224-3522 and provide your height, weight, and shoe-size, or stop by Coasters Cycle Works in Tomahawk to get fitted prior to Friday, February 16, and equipment will be provided for you. There is no charge for use of equipment. Participants may bring their own equipment. Date and Time: Saturday, February 15. 9:00 am – 12:00 pm

Ages: All ages are welcome

Instructor: Mike Bellile from Coasters Cycle Works

Location: Rhinelander High School (trails and fields)

Registration Deadline: Feb. 13

Outdoor Safety Courses

The School District of Rhinelander and the Oneida County Sheriff's Office work together to offer several safety courses throughout the year. This includes Hunter's Safety, Snowmobile Safety, ATV Safety, Boater Safety, and MORE! Call Mike at (715) 365-9745

SPORTS and GAMES

Learn to Curl

Join us for a 3-week session and learn the fun and unique sport of Curling! Curling is a sport that you will never age out of. Learn the strategies and etiquette of the game from some of the most experienced Curlers in Wisconsin. All ages are welcome. Stick curling is also available for those with bad knees or backs. Please wear a clean pair of tennis or court

Instructor: Terri Gleason and others

Ages: All (youth under 10 years of age must be accompanied by an adult)

Location: Rhinelander Ice Arena

First Offering: Sundays, January 19 – February 2, 6:00 – 8:00 pm Registration Deadline: Jan. 16

Second Offering: Mondays, January 20 – February 3, 9:00 – 11:00 am

Third Offering: Sundays, February 9 - 23, 6:00 – 8:00 pm

Registration Deadline: Feb. 6

Fourth Offering: Mondays, February 10 - 24, 6:00 – 8:00 pm, 9:00 – 11:00 am Registration Deadline: Feb. 6

Golf Lessons – Level 1

This beginner program is for individuals wishing to learn about the game of golf. You will develop the basic skills and knowledge of golf, which will allow you to feel comfortable golfing with friends and family. The lessons will consist of explanation of topics and skills, followed by practice on either the Simulator or the turf. Come learn golf in an informative, fun, and low pressure environment! Everyone who completes the class will receive a punch card for 4 hours of simulator time.

Instructor: Mike Tolvstad Fee: \$40/person

Location: Hodag Dome

First Offering: Mondays and Wednesdays,

January 20 - February 5, 10:00 am - 12:00 pm

Registration Deadline: Jan. 12

Second Offering: Mondays and Wednesdays,

February 10 – February 26, 10:00 am – 12:00 pm

Registration Deadline: Feb. 6

Third Offering: Mondays and Wednesdays,

March 3 - March 19, 10:00 am - 12:00 pm

Registration Deadline: Feb. 27

Winter/Spring 2025 Community Education Class Guide

Golf Lessons - Level 2

This program is for individuals who have either taken beginner lessons or have previous golf experience. The objective will be to refine your existing golf skills. Topics discussed will include: physical and mental preparation, refining your swing, selection of golf clubs, chipping, putting, hitting off a slope, and more! Every participant will receive a 3-pack of special golf balls that will help with the development of putting skills. Everyone who completes the class will receive a punch card for 4 hours of simulator time.

Ages: Adults

Instructor: Mike Tolvstad **Fee:** \$45/person **Location:** Hodag Dome

First Offering: Mondays and Wednesdays,

January 20 – February 5, 1:00 – 3:00 pm

Registration Deadline: Jan. 12

Second Offering: Mondays and Wednesdays,

February 10 – February 26, 1:00 – 3:00 pm

Registration Deadline: Feb. 6

Third Offering: Mondays and Wednesdays,

March 3 – March 19, 1:00 – 3:00 pm

Registration Deadline: Feb. 27

Pickleball Lessons: Level 1

This class is for beginners and nearly-new players. If you've never played pickleball before or have played very little, these lessons are for you. No prior skills are required. Learn serve, return of serve, basic volley and overhead, dinking and the No Volley Zone, third shot drop, basic strategy and positions, rules, faults, court geometry, and scoring.

Ages: Adults

Instructors: Larry McKitrick and others

Fee: \$65/person
Location: Hodag Dome

First Offering: Mondays and Wednesdays,

Jan. 20 – Feb. 12, 12:15 - 1:15 pm

Registration Deadline: Jan. 16

Second Offering: Mondays and Wednesdays,

Jan. 20 – Feb. 12, 6:00 – 7:00 pm

Registration Deadline: Jan. 16

Pickleball Lessons: Level 2

This class is for intermediate players. You will continue to practice and improve on all of the skills presented in Level 1. Completing Level 1, or having previous pickleball experience, is a prerequisite of this class.

Ages: Adults

Instructor: Larry McKitrick and others

Fee: \$65/person **Location:** Hodag Dome

First Offering: Mondays and Wednesdays,

Jan. 20 – Feb. 12, 1:15 - 2:15 pm

Registration Deadline: Jan. 16

Second Offering: Mondays and Wednesdays,

Jan. 20 – Feb. 12, 2:15 – 3:15 pm

 $\textbf{Registration Deadline:} \ Jan. \ 16$

Pickleball Lessons: Level 3

This is a drills class for anyone at a 3.5 skill level or higher. **Dates and Times:** Tuesdays, Jan. 21 – Feb. 11, 1:00 - 3:00 pm

Ages: Adults

Instructor: Larry McKitrick and others

Fee: \$65/person
Location: Hodag Dome
Registration Deadline: Jan. 16

TECHNOLOGY and ENGINEERING

HODAG FAB LAB COMMUNITY HOURS

The Hodag Fab Lab exposes the Rhinelander community to some valuable tools that will provide many opportunities for creativity. Some of the tools available include cutters, scanners, printers, replicators, engravers, routers, saws, surfacers, jointers, and sanders. Some examples of what can be created in the Fab Lab include: signs, benches, plaques, glass engravings, key chains, medals, cribbage boards, and more! Please contact Mike Wojtusik at (715) 365-9500 or wojtumic@rhinelander.k12.wi.us to inquire about sign-up.

Date and Time: Mondays and Thursdays, 4:00 - 8:00 pm

Ages: All ages welcome (children younger than 9th grade must be accompanied by an adult)

Instructor: Mike Wojtusik, RHS Industrial Technology Teacher and Fab Lab Director **Fee:** FREE to try out! 1-year memberships are \$50/single and \$75/family. Rhinelander

students are free! **Location:** RHS Fab Lab

CAVOC for the COMMUNITY

The Cedric A. Vig Outdoor Classroom (CAVOC) has many opportunities for community use!

<u>RENTALS</u> - CAVOC is available for birthday parties, family reunions, weddings, bridal showers, baby showers, holiday gatherings, conferences/retreats, business meetings/workshops and MORE! Call (715) 365-9745 for information on how to rent the CAVOC facilities.

ROPES COURSE – The Challenge Ropes Course is available for community groups. It is a tool for personal and educational growth. Build trust, teamwork, and courage! The course consists of high and low elements constructed of ropes, beams, and cables within the forest. Activities are led by trained facilitators. Call (715) 365-9745 for information on how to reserve the Ropes Course.

GEOCACHING – There are several geocaches located on the 160-acre CAVOC property. This is a fun activity to take-part in with your family and friends, or as an individual. Visit www.geocaching.com, set up an account, and use your orienteering skills to find the hidden caches.

TRAIL USE – The CAVOC trail system is available year-round for walking, running, and cross-country skiing. There is a special area for snowshoeing as well. Use of the CAVOC trails is FREE and sign-up is not required. Trails are not available during special events like ski meets.

Visit the CAVOC website at https://www.rhinelander.k12.wi.us/schools/cavoc/ for a full listing of what CAVOC has to offer.

HODAG DOME

The Hodag Dome is a large, climate-controlled indoor facility that serves the students of SDR as well as our community. Community members living within SDR boundaries may purchase an annual membership for \$15/year. Kids are free. Amenities include indoor walking, pickleball, tennis, open turf times for free play, batting cages, and golf simulators. More information can be found at https://www.rhinelander.k12.wi.us/hodag-dome/ or by calling (715) 365-9520.

If you have an idea for a community class, or if you have a skill, talent, or knowledge you would like to share with the community, please contact Community Education Manager Mike Cheslock at (715) 365-9745 or cheslmik@rhinelander.k12.wi.us.

We have ONLINE REGISTRATION! Visit the School District of Rhinelander website for instructions on how to register with a credit or debit card. If the online software indicates that the class is full, please call 715-365-9745 to inquire about space.

We encourage online registration, but you can also register by mail or drop off. A paper registration form can be found on the School District of Rhinelander's website. Please print the form, complete it, and mail it with payment to the address on the form. Personal check is preferred.

I COMMUNITY CALENDAR I

Jan. 8, Northwoods Project Search Information Night: 5:30 p.m., Aspirus Rhinelander Hospital. Project Search allows young adults with developmental disabilities an opportunity to perform internships to learn and develop job skills and explore career paths. 715-482-8957.

Jan. 8, Line Dancing: 6-8 p.m., The Haven, Rhinelander. Every Wednesday. For more information, call Diane at 715-282-5226.

Jan. 9, Oneida County Fair Bingo: Doors open at 5 p.m., games start at 6 p.m. Cabaret Cove, Rhinelander. Monthly bingo night on the second Thursday of each month from January to May. Raffles, food, and bingo. Cash only. For more information, call 715-550-8221 or visit ocfairwi. com/projects-2.

Jan. 9-12, Vintage World Championship Snowmobile Races: World Championship Derby Complex, Eagle River. Classic vintage races dedicated to the grand old racing machines of the sixties, seventies and eighties. Includes racing, vendor displays, manufacturer displays and more. For a daily schedule, visit derbycomplex.

Jan. 9, Thursday Night Trivia: 7-10 p.m., Backwaters Bar and Grill, Rhinelander. Join teams of up to six to compete in a live hosted

trivia game of 50 questions. Weekly on Thursdays through May 15. 715-369-5645.

Jan. 9, Lakeland Chapter Ducks Unlimited Inaugural Winter Gun Banquet: 5:30 p.m., American Legion Hall, Minocqua. 150 dinner tickets are available, 30+ guns will be raffled, and live and silent auctions will be held. 715-892-

Jan. 9, Builder's Club: 1-5 p.m., Rhinelander District Library, 106 N. Stevens St. Legos, Magna-Tiles, and more available in the children's department. 715-365-

Jan.9-11, ArtStart Winter Gallery Exhibitions: Thursday, Jan. 9, and Friday, Jan. 10, 11 a.m.-4 p.m.; Saturday, Jan. 11, 11 a.m.-2 p.m. Featuring "Passing Through Wonderland" from artist Andrea Kidd and "Past, Present, and Future" from Cassandra Smith. 715-362-4328 or artstartrhinelander.org.

Jan. 10, Northwoods Low Vision Support Group: 10 a.m. to noon, Cedar Room, ADRC of Oneida County, 100 W. Keenan St., Rhinelander. Discussion topic: "New Year, New Ways of Being You." Free and open to the public. 715-525-2060.

Jan. 10, AA meeting: 7 p.m., Immanuel Lutheran Church, 21 W. Timber Dr., Rhinelander. 715362-5910.

Jan. 11, Ice Fishing Tournament: 8 a.m.-2 p.m., Lake Nokomis, Tomahawk Hwy N boat landing. The 17th annual NCO Club and AMVETS Post 724 Ice Fishing Tournament. Visit amvets-ncoicefishing.com for more information

Jan. 11, Rhinelander Area Food Pantry: 9-11:30 a.m., distribution. Donation drop-off hours 8 a.m.noon Mondays through Fridays. 627 Coon St. Rhinelanderareafoodpantry.org.

Jan. 11, Indoor Farmers Market: Saturdays from 9 a.m-noon throughout the fall and winter at the YMCA of the Northwoods, 2003 E. Winnebago St., Rhinelander. 715-362-9622 x 118.

Jan. 11, Conover Sno-Buddies/ Phelps Snowmobile Club Trailside Roast: 10 a.m.-2 p.m., at the No. 500 intersection of trails eight and six near Blong Road. Featuring hot dogs, brats, s'mores, hot cocoa, and more. Conoversnobuddies.com.

Jan. 13, Warm For Winter: 4-6 p.m., First Congregational UCC, 135 E. Larch St., Rhinelander. New and gently used warm clothing, shoes, boots, coats, hats, mittens, toys, and bedding. No income requirements. Place donations in the bin outside the church or the tub in the Oneida

County Health-ADRC building. 608-345-7305 or Warm For Winter Facebook page.

Jan. 13, AA and Al-Anon meeting: 7 p.m., Immanuel Lutheran Church, 21 W. Timber Dr., Rhinelander. 715-362-5910.

Jan. 13, Overeaters Anonymous: 1 p.m., Trinity Lutheran Church, 235 N. Stevens St., Rhinelander. 715-362-4258.

Jan. 13, Bridge Games: noon, American Legion Hall, 121 W. Front St., Minocqua. \$4. Call Lee at 715-356-4243.

Jan. 13, Rhinelander Area Food Pantry: 3-5 p.m., distribution. Donation drop-off hours 8 a.m.-noon Mondays through Fridays. 627 Coon St. Rhinelanderareafoodpantry.org.

Jan 13., Baby Storytime: 10 a.m., Rhinelander District Library. Stories, songs, and playtime. 715-365-1070 or rhinelanderlibrary. org.

Jan. 13, Personal Essentials Pantry (PEP): 3:30-5 p.m., First United Methodist Church, 724 Arbutus St., Rhinelander. Use entrance A on the corner of Prospect and Wabash. PEP provides products necessary for personal and household cleanliness and good health. 715-362-2091.

Jan. 13, Movie Mondays: 5-7 p.m., Rhinelander District

Library. Featuring "The Greatest Showman" and popcorn. Children must be accompanied by an adult. 715-365-1070 or rhinelanderlibrary.org.

Jan. 14, Rhinelander Woman's Club meeting: Doors open at 11 a.m., lunch 11:30 a.m., business noon to 1:30 p.m. The Pines Event Center, 5840 Forest Lane, Rhinelander. Melissa Bryner from the ADRC will be speaking about radon. See Facebook page for more information.

Jan. 14, Preschool Storytime: 10 a.m., Rhinelander District Library. Stories, flannels, songs, and fun for ages two and older. 715-365-1070 or rhinelanderlibrary.org.

Jan. 14, Teen Art Experience: 4-5:30 p.m., ArtStart, 68 S. Stevens St., Rhinelander. Youths ages 13-plus are invited for open studio time with local artists. Participants can expect a casual art-making experience with different materials and projects. Free, but registration is required. 715-362-4328.

Jan. 15, Beaded suncatcher class: 3:30-5 p.m., Rhinelander District Library. Make a beaded suncatcher. Ages 18 and older. Registration is required and limited to 11 participants. 715-365-1070 or rhinelanderlibrary.org.

Minocqua snomo safety class "a huge success"

FOR STAR JOURNAL

The Minocqua Forest Riders and Northern Hornshoe Trails snowmobile clubs sponsored a snowmobile safety education class Dec. 7-8 at the Area 31 facility in Minocqua.

Fifteen youths and two adults attended the class.

According to the club, the purpose of the class is to reduce the potential for snowmobile-related incidents, injuries, and fatalities; to minimize the potential for conflict between participants, landowners, and other resource users; and to promote safe, responsible, and ethical use of the environment and resources.

The class, maintained by the Wisconsin Department of Natural Resources (DNR), was hosted by DNR Warden Sam Eagan. Instructors Keith and Debbie Checolinski and Matt Lindborg led the training.

Instructors reviewed the DNRprovided student booklet and lesson plans over the two-day, nine-hour program. Each student passed the class and will receive a snowmobile



Over the two-day, nine-hour program, instructors reviewed the student booklet and lesson plans provided by the Department of Natural Resources. Each student passed and will receive a snowmobile safety certificate.



Fifteen youths and two adults attended the Minocqua Forest Riders and Northern Hornshoe Trails snowmobile safety education class Dec. 7-8 at the Area 31 facility in Minocqua. **Submitted photos**



Minocqua Forest Rider club members Dan Sikora and Scott Rosen drove a groomer to Area 31 for the students to view and ask questions.

safety certificate from the DNR.

Per the DNR, any person born on or after Jan. 1, 1985, and who has reached the age of 12 must have completed and received a snowmobile safety certificate to operate a snowmobile in Wisconsin.

Club members Dan Sikora and Scott Rosen also drove a groomer to Area 31 for the students to view and ask questions. Chayce Walker from Area 31 supplied a snowmobile for demonstration purposes.

The Minocqua Forest Riders launched a Ride Right Safe Riders Program in early 2024. The club said the initiative aims to inform, educate, and promote a safe and responsible snowmobile riding culture for present and future snowmobilers.

For more information, visit minocquaforestriders.org.

Health experts share tips to prevent winter injuries

FOR STAR JOURNAL

As winter sets in, snow and ice can turn sidewalks, driveways, and parking lots into hazardous zones. According to Aspirus Health, slip and fall injuries are among the most common winter-related accidents, often leading to serious consequences such as fractures, sprains, and head injuries.

Kaitlin Eichman, a physical therapist with Aspirus Health, said with a little foresight and some practical measures, these incidents can be significantly reduced.

"You want to make sure you have some quality footwear with good traction so that when you're making contact with the ground, starting from your feet down, you've got good tread, non-slip soles, something that's stable and secure on your feet," said Eichman.

The first line of defense against slips and falls is keeping pathways clear of snow and ice. Shovel walkways promptly after snowfall to prevent buildup and ice formation. For added safety, apply ice-melting products such as rock salt or sand to improve traction. Homeowners and businesses should routinely inspect their property for hidden patches of ice, especially in shaded or low-traffic areas.

Eichman encourages a cautious approach when walking on potentially slippery surfaces and to think, "walk like a penguin."

"We encourage people to make your base of support a little wider, turn your feet outward a little bit, and take short steps," said Eichman. "You don't necessarily need to slide your feet when you're walking, but take shorter, smaller steps and slow down your speed so that you have that wider base of support you can keep yourself upright a lot easier."

Slopes and stairs can be particularly dangerous for individuals with limited mobility.

"Older adults and individuals with disabilities are particularly concerned about falls due to slippery surfaces like ice and snow," said Jennifer Clark, community health educator with the Aging and Disability Resource Center (ADRC) of Central Wisconsin.

"It's important to take your time and not be in a rush, use handrails, and keep your hands free as much as possible," added Clark.

Winter hazards don't stop at the doorstep. Melted snow and water tracked indoors can create slippery floors. Place absorbent mats at entrances and encourage the use of boot trays to catch excess water. Regularly mop up wet areas and use "wet floor" signs to warn others of potential hazards.

Even with precautions, accidents can happen. Carry a cell phone or alert others if venturing into areas with known hazards. Learning basic fall prevention techniques and maintaining good physical health, such as improving balance and flexibility, can also reduce the risk of serious injuries.

By taking proactive measures and staying vigilant, individuals and organizations can significantly reduce the risks of winter slip and fall injuries.



Students of the Month

The Rhinelander High School (RHS) December Students of the Month were recognized on Dec. 19 at the RHS library. In the front row are Katy Petts and Olivia Hartman (physical education and health), Ava Kurilla (business/IT/marketing), Benjamin Olson (family and consumer science), and Kameron Christian (English). In the back are science teacher Mrs. Cihla, Kamden Kostrova (social studies), Zachary Webster (fine arts), Truman Lamers (science), and Brody Kowieski (mathematics). Not pictured is Kemeny Bosin (world language, Germany). Submitted photo

			1	2	3	4		5	6	7	8	9		
	10	11					-	12					13	
	14						15						16	17
18						19				20		21		
22					23				24		25			
26				27				28		29		30		
		31	32						33		34			
35	36									37				
38					39				40					
41				42		43		44				45	46	47
48			49		50		51					52		
53				54		55						56		
57			58		59				60	61	62			
	63	64						65						
		66						67					_	

CLUES ACROSS

- 1. Hand (Spanish)
- 5. Siskel and __, critics
- 10. Seaman
- 12. Chemical weapon
- 14. One who eliminates
- 16. They precede C 18. Baseball stat
- 19. Americans' "uncle" 20. Cassia tree
- 22. Surround
- 23. Crisp and Pebbles are two
- 25. A sudden very loud sound
- 26. Affirmative
- 27. Disadvantage
- 28. Corpuscle count (abbr.)
- 30. OJ trial judge
- 31. New York art district
- 33. Become more bleak
- 35. Upstate NY city
- 37. Clarified butters
- 38. One who witnesses
- 40. Condemn 41. __ juris
- 42. Natural
- 44. Prohibit
- 45. Swiss river
- 48. Greek war god
- 50. 5 iron 52. New Zealand mountain
- parrot 53. Scandinavian surname
- 55. Follows sigma
- 56. Doctor of Education
- 57. Spanish be
- 58. One that feeds on bugs 63. Tooth issue
- 65. Get into
- 66. Lumps of clay 67. Overly studious student

CLUES DOWN

- 1. Variety of Chinese
- 3. Japanese classical theater
- 4. Prayer

- 7. Retailer payment system

- 13. Sea dweller
- 17. Businessmen

- 23. Make a soft murmuring sound
- 24. One point west of due
- 27. Trout

- 2. Boxing's GOAT

- 5. Inspire with love

- 6. Ballplayers' accessory
- 8. More raw
- 9. Atomic #81
- 10. Fencing sword 11. Hostilities
- 15. Resinlike substance secreted by certain insects
- 18. Rest here please (abbr.)
- 21. Loud devices
- south

- ©MetroCreative
- 29. Type of grass 32. South American plant
- 34. Letter of the Greek
- alphabet
- 35. Not secure
- 36. Traveler
- 39. Sweet potato
- 40. Period after sunrise and
- before sunset
- 43. Some are choppy
- 44. Asian country
- 46. Genus of mosquitoes
- 47. Cool!
- 49. Shrill, wailing sound
- 51. A baglike structure in a plant or animal
- 54. Within
- 59. Unhappy 60. Decorate a cake with
- 61. Videocassette recorder 62. Largest English dictionary
- 64. It cools a home

			а	Я	3	N		S	а	0	٦	၁		
	S	S	3	၁	၁	A		Я	A	Т	Я	A	Т	
	3	Я	0	٨	I	Т	၁	3	S	N	ı		S	3
а	а	3				n	A	Т		3	К	S	1	Э
A	3	К			٨	Н	S	A	M		S	3	Н	A
Я	A	A		N	A	В		W	A	Я		Ι	n	S
		M	0	0	а				У	Я	A	Τ	0	N
S	3	3	Н	Э						A	၁	Τ	Т	n
N	3	s	Я	0	W				0	Н	0	S		
0	Τ	1		၁	В	Я		N	0	၁		0	Я	Ь
Я	A	0	Я		S	0	၁	0	၁			M	3	Н
A	N	N	3	S		M	A	s				Ι	8	Я
В	A		Я	0	Τ	A	٦	ı	Н	-1	N	N	A	
	M	٦	A	Ь	A	N		Я	0	٦	- 1	A	S	
		Τ	Я	3	В	3		0	N	A	M			

I ONEIDA COUNTY WARRANTS OF THE WEEK I

The Oneida County Sheriff's Office is asking for your assistance in locating these individuals. If you have seen or have information regarding their whereabouts, please contact the Oneida County Sheriff's Office at 715-361-5100.



Edmond S. Broeffle, 25, Lac Du Flambeau. Fail to pay. **BOND: \$473**



William G. Ganser, 40, Sun Prairie. Fail to appear. BODY ONLY



Taylor V. Nickey, 32, Rhinelander. Failure to pay. BOND: \$1,956.50



Taylor J. Paral, 32, Green Bay. Failure to pay. BOND: \$901.82



Benjamin P. Rosenberry, 34, Rhinelander. Failure to pay. BOND: \$293.50

ONEIDA COUNTY COURT REPORT

AIA Jan. 27.

DEC. 26-JAN. 1 Herbert Matthew Burrows, Iv, 39, Waupun, disorderly conduct,

\$500 signature bond, PTC Jan. 30. Richard Leroy White, Jr., 20, Madison, disorderly conduct, \$2,500 signature bond, AIA Jan. 6.

Antonio Jabar Felton, 33, Waupun, battery by prisoners, \$1,000

signature bond, AIA Jan. 9. Jonathan James Sanders, 47, Three Lakes, battery or threat to judge, prosecutor, or law enforcement officer, \$2,500 signature bond,

John R. Regalia, 63, Presque Isle,

sex Offender-fail/update informa-

tion, \$2,500 signature bond, AIA

Jan. 27.

Braeden M. Anderson, 17, Iron River, battery, strangulation and suffocation, and disorderly conduct, all with domestic abuse-threat modifiers, \$2,500 signature bond,

AIA Jan. 27. John Alan Braem, 62, Appleton, fail/report to jail (misdemeanor),

\$1,000 signature bond, AIA Feb. 4. Frances Ann Thiel, 62, Presque Isle, OWI (third), \$3,500 signature bond, AIA Feb. 17.

Minocqua, OWI (second), \$2,000 signature bond, AIA Feb. 17.

Thomas Daniel Sciano, 34,

DPA - Deferred Prosecution Agree-

DEJ - Deferred Entry of Judgment

WSP - Wisconsin State Prison

ES - Extended Supervision PAC - Prohibited Alcohol Concentra-

IID - Ignition Interlock Device

DL - Driver's license AIA - Adjourned initial appearance PTAC - Party to a crime

WHS/POP - Withhold sentence/ period of probation

DRI - Dismissed but read in PTC - Pre-trial conference

ABBREVIATION KEY: PH - Preliminary Hearing \$100,000 winning lottery

ticket sold in Rhinelander

FOR STAR JOURNAL Last month, a winning \$100,000 All or Nothing ticket was sold at True North Energy on 2219 N. Stevens St. in

Rhinelander. The ticket matched 11 of 11 numbers for the Dec. 21 evening drawing. It's the 18th time an All or Nothing top prize

was won in 2024. According to the Wisconsin Lottery, the odds of winning the All or Nothing \$100,000 top prize are 1:352,716.

Tickets are \$2 per drawing. Drawings are held seven days a week, twice daily. Tickets must be purchased before 1:30 p.m. for the midday drawing and before

9 p.m. for the evening drawing. Players have 180 days from the draw

date to claim winnings. For more information, visit wilottery.com.

United to launch seasonal flights to Chicago

8

a

4

Level: Intermediate

3

4

FOR STAR JOURNAL The Rhinelander-Oneida County Airport (RHI) announced the arrival of United Express flights to Chicago O'Hare (ORD) beginning May 22 through Sept.

28. The daily, nonstop flights will be op-

5

3

2

Fill in the blank squares in the grid, making sure that every

row, column and 3-by-3 box includes all digits 1 through 9.

8

SUDOKU

4

6

erated by SkyWest Airlines. According to RHI, the flights to ORD will be onboard a CRJ200 regional jet aircraft. They will be timed to provide passengers with optimal connection op-

portunities to destinations worldwide from the second busiest

hub airport in the nation. Initial service will begin with one daily roundtrip flight, with a second daily roundtrip flight added on

June 28. "On behalf of Chairman Patrick Marquart, Commissioners Bradley

Kowieski and Geoffrey Weller, I wish to extend our gratitude to SkyWest and United for demonstrating their strong commitment to the furtherance of commercial air service for Rhinelander and the surrounding Northwoods said Matthew region," Leitner, Rhinelander-Oneida County airport

director. For more information, area travelers can visit united.com to view flight options.

9 7 9 9 6 3 7 G 8 3 7 9 9 6 8 9 6 Þ 3 7 3 G

in the classifieds! Search our classifieds for anything you need.

Automotive • Real Estate **Employment • Merchandise** Services • Recreation **Business Directory • Much More**

| CLASSIFIEDS |

Snow Removal 7330

ICE DAM and Snow Removaldecks, roofs, walkways, clearing. Insured, reliable, refer-15 years experience. 715-550-0531

Painting and Wallpaper

FRITZ BARN PAINTING rusty **Roofs**, Metal Buildings Free Est 608-221-3510 920-821-6311

Miscellaneous Merchandise

SNOWBLOWER- Toro 5 hp, 22' electric start, w/cab, \$400 OBO; snow bibs, black, size 3XL, \$25. Call 715-362-1064

Dogs

After Christmas Sale: Purebred Jack Russell Terrier puppies. First shots and dewormed. \$275 each. 715-921-2989

AKC GERMAN SHEPHARD PUP-PIES! 2-M \$400 Serious inquiries only! DOB 11/13 Very nice pup Shots DEW 715-304-1097 (12/30)

AKC GOLDEN RETRIEVER PUP-PIES. Ready Now Shots Vet Ck'd \$450! 715-721-6407 (1/6)

REG. CAVALIER KING CHARLES SPANIAL PUPS. DOB 10/24 Shots, DEW, Vet Ck'd \$800. Call 715-644-5726 (1/6)

DOODLE **PUPS** Shots/Worm/Vet ck'd, can deliver 715-255-2661 (#269146)1/6)nw

and other options.

Dogs 7272

Australian Shepard Black Tri M-\$175 Blue Merle F-\$275 11 Weeks Old. Wanted to buy Manx puppy M/F 920-905-4665 (1/6)

KING CHARLES CAVALIER MIXED PUP. Adorable Faces Shots DEW Vet Ck'd \$450 715-669-5928 (1/6)

BOSTON/RAT TERRIER PUPS Shots/Worm/Vet ck'd, can deliver 715-255-2661 (#269146)1/6)s

BOSTON TERRIER PUPPIES Maels/Females Health Guar. Ready Now \$600 715-937-0916

PUPS \$700 Shots/Worm/Vet ck'd, can deliver 715-255-2661 (#269146)12/30)nw

For sale COLLIE PUPPIES! Shots DEW Marion area \$120 715-754-5214 (12/30)

GOLDENDOODLE PUPS! MINI Shots/Worm/Vet ck'd, deliver 715-255-2661

Pomeranian Puppies Cute Fun Vet Ck'd \$500 call 715-654-5149

PUGALIERS PUP CAVALIER KING CHARLES Mixed with PUG PUPS. DOB 10/24 Shots, DEW, Vet Ck'd \$600. Call 715-644-5726

Krist

NOW HIRING

114 W Pine, Eagle River, WI AND

1691 Superior St., Three Lakes, WI

Contact us at 906-284-3175

Dogs

REGISTERD CAVALIER KING CHARLES PUPS. Shots, Dews, Vet Ck'd Ready NOW Can deliver 715-470-0458 (#509642) 1/6 am

SHITZO TEDDYBEAR PUPS! Cute Shots Dewormed \$600 call after 6pm 715-669-3356 Thorp Wi.

WHOODLE PUPS Shots/Worm/Vet ck'd, can deliver 715-255-2661 (#269146)1/6)s/m

Livestock 7284

ALL NAT. GRASS FED BEEF. Butchered Jan 14th Vac. Pak. Incl. Processing \$6.50lb. 715-250-2793

Agriculture Services 7292

Hand Crafted Garden & Storage Sheds, Garages & Cabins. Many Styles and Options. Sizes from 8' x 8' up to 15' x 40' are available Call BAKER BARNS, LLC

715-873-3338 mile North of Gleason, Hwy 17

Miscellaneous for Rent 7442



Publisher's Notice All real es ate advertised here-in is subject to the Federal Fair Housing Act which makes it illegal to adver-tise "any preference, limitation of discrimination based on race color, religion, sex, handicap, fa milial status, or national origin or intention to make any such oreference, limitation or discrimi nation.

We will not knowingly accept any advertising for real estate which is in violation of the law All persons are hereby informed that all dwellings advertised are available on an equal opportu-

Miscellaneous Real Estate

PUBLISHER'S NOTICE:

7487

Equal Housing Opportunity

All Real Estate advertised in this newspaper is subject to Federal and State Fair Housing Laws which prohibit discrimination or he basis of color, religion, na tional origin, ancestry, sex, age handicap, lawful source of in come, or marital status of the person maintaining the house hold and sexual orientation We will not accept advertising indicating an intention to discriminate. our readers are informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. If you think you have been discriminated against, call the Fair Housing Council, 1-877-647-3247 or HUD toll-free at 800-424-8590

Motorcycles

BUYING SALVAGE MOTORCY CLES-ATVS-WATERCRAFT 920-850-9299 Local Dealer Pickup

7502

SUVs

FORD ESCAPE: 2015, 4-door, front wheel drive, 110,00 miles, red, no rust, clean. \$7,900. 715-

STAR JOURNAL

24 West Rives Street Rhinelander, WI

866-369-3331 **OFFICE HOURS:**



BUSINESS DIRECTORY

To have your professional service appear in this section, call 866-369-3331 today!



Northern Wisconsin's Pest Removal Experts MOSQUITOS, BATS, SPIDERS & MUCH MORE..

WWW.ADVANCEDPESTMGMT.COM

AVCO Vacuum Cleaner Co.

Ron Platek • **715-362-3376** 10W. Keenan St., Rhinelander **Warranty Repairs on** Sanitaire

Call Vernon

BISSEI

Repair & Services on All Makes Sewing Machine Repairs • New, Used & Rebuilt Vacuums Now Renting Commercial Carpet Shampooer!



Existing Roof

Ventilated At Peak

Energy Star Efficient

Resistant

Hidden Fastener

- Can Be Installed Over An 28 Colors Available 40 Year Factory Warranty4-Star Hail and Fire
 - Steel or Asphalt Roofing
 - Top Quality Work for Less
 - Individual Homeowners,
 - Contractors, or Commercial

BADGERLAND STEEL ROOFING

Tired Of Re-Roofing Your House? Try a Steel Roof!

Do it Right!

CALL TODAY FOR YOUR FREE ESTIMATE





Drop off or mail to: Northwoods Star Journal, 24 W. Rives St. Rhinelander, WI 54501

WE'RE HIRING! 2 MERRILL LOCATIONS

YOUR WINDOW OF OPPORTUNITY JUST GOT BIGGER!

Crew Member \$19.79-\$21.29/hr Join our Team!

APPLY IN-PERSON

Two Locations:

605 N. Ohio St. | 1815 Water St.

Questions? Call: 715-722-1884

See all opportunities at: SPI.CAREERS

Sierra Pacific is an (EOE) Equal Opportunity Employer, including those with a disability and veterans.

4 10-Hour Days

- Both shifts available
- Possible OT on Friday
- Attendance Bonus Program (up to an additional \$1.50/hr)
- Retirement & Life Insurance
- Paid Holidays and Vacations
- **Excellent Low-Cost Benefits:** Individual: \$84/Month Spouse: +\$134/Month

Child: +\$56/Month 2025 Monthly Rates



SPORTS

BOB MAINHARDT PHOTOS

Hodag Highlights

GIRLS BASKETBALL

On Jan. 3, Wisconsin Rapids played the Hodag girls basketball team for the first game of the new year.

In the nonconference game, the Hodags could not get the baskets to fall, and the pressure defense by the Hodags kept the team close as the score was 24-16 in favor of Rapids at halftime.

The second half continued in the same manner, although the Hodags scored the tying basket on a three-point shot by JaLyn LaChapelle with four minutes remaining in the game.

With the score tied at 36, Rapids would outscore the home team 11-2 to take the game 47-38.

The only points for the Hodags after the tying three were two points by Aubryn Clark on two free throws. Clark led all scorers with 17 points and LaChapelle added nine.

On Jan. 7, the Hodags will travel to Three Lakes for another nonconference game.



Vivian Lamers was fouled hard on a layup attempt and made both free throws awarded her.



JaLyn LaChapelle shot and made a three-point attempt to tie the game at 36 with just under four minutes left.



Sophomore Aubryn Clark watches as her second free throw goes through the hoop. The two made free throws were the only points the Hodags would score after the game was tied at 36, as the Wisconsin Rapids would

WRESTLING

On Friday, Jan. 3, the Hodag wrestling team hosted a double dual at the middle school gym with Phillips and Merrill's varsity reserves. The Hodags defeated Phillips 48-34 and Merrill 36-33.

Avrom Barr, Logan Schwinger, and Reid Schultz each scored two pins for the Hodags. Others with single pins were Mya Swanson, Gavin Dotter, Trevor Denton against Phillips, and Anthony Boldt against



Gavin Dotter scored a pin against the Phillips wrestler at 215 pounds



Senior Logan Schwinger, at 190 lbs, scored a pin against Merrill and Phillips.



Junior Mya Swanson worked to get the Phillips wrestler pinned in the night's first match. Swanson scored one of the five pins against Phillips.



Avrom Barr escaped to earn a point and eventually scored the pin. Barr also pinned his opponent from Merrill.



Trevor Denton, at 113 pounds, goes chest-to-chest with the Phillips wrestler and scores the pin.

BOYS HOCKEY

On Jan. 2, the Hodag hockey team was looking for a nonconference win against Marshfield after going scoreless in the two games played during the holiday break.

The game did not begin well, as the Marshfield Tigers scored a goal seven seconds into the game.

The Tigers scored four in the first period and four more in the second to send the game into run time.

The third period was scoreless as the Hodags were outshot 31-16 and were held scoreless for the third straight game.

On Jan. 7, the Hodags travel to DC Everest to play the Evergreens.



Drake Nelson takes a shot in the second period



Kadin Rodziczak's shot gets by a Marshfield defender



Seven seconds into the game, Marshfield's first shot on goal finds the back of the net. Timber Cronauer, Zach Edyvean, and goalie Asher Rivord were back on defense.



Parents and players came out on the ice together on Parents Night.





Better Sleep Pain Free That's our Promise

7731 Hwy 51 South Minocqua, WI 54548 2 Miles South of the Minocqua Bridge

> 715-356-3488 888-456-3488 **Beautyrest**

CTEMPUR-PEDIC STEARNS & FOSTER



