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Call or email Angie Close at 715-623-5123
or aclose@co.langlade.wi.us with questions

Class Fee: \$250.00 (Scholarships available for Langlade County residents upon successful completion)



Registration is required

Grant Funding for Langlade County Residents is made possible by The Suick Family Foundation!!



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Preparing for the 2024 Tax Season
AARP Foundation Tax-Aide
 Provides
 tax assistance to anyone, *free* of charge, with a focus on taxpayers who have low to moderate income, with emphasis on the elderly. You don't need to be an AARP member to use the service during February and March 2025.

Services will be provided on Tuesdays and Thursdays by Appointment Only

Call 715-627-6580 after January 20th to schedule your appointment. Remember to answer your phone to confirm!

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Valentine's DINNER
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Beef Tenderloin or Baked Cod with Sides & Dessert
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COST: \$15.00 ADULTS, CHILDREN \$6.00, AGES 3-6 UNDER ARE FREE

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72ND ANNUAL MEETING
In-person & virtual options are available!
 Wednesday, February 19, 2025
 7:00 p.m.

CoVantage CREDIT UNION

If you are attending in person:
 ▶ The meeting will be held at the Antigo High School, 1900 West 10th Ave., Antigo. Registration starts at 6 pm.

If you are attending virtually:
 ▶ Please complete the registration form at: covantagecu.org/annualmeeting. We will send instructions via email on how to access the meeting.
 ▶ On Monday, February 17, you will receive an email with instructions from email@email.covantagecu.org.

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Northcentral TECHNICAL COLLEGE

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- Heartsaver First Aid/CPR/AED | Mar. 8
- Food Safety & Sanitation Certification | Apr. 1-15
- Food Safety Recertification | Apr. 15
- Babysitting Certification | May 3

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The purpose of this survey is to better understand Views on vaccines to anticipate the resources needed and develop community education and outreach materials.

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Antigo Chess Club Students Participate in Edgar School's Successful "Checkmate to Homelessness" Chess Tournament

Raising Funds and Awareness for Wausau's Homeless Shelter



FOR MMC

Students from the Antigo Chess Club participated in the "Checkmate to Homelessness" Chess Tournament hosted by the Edgar School District on January 18th, 2025. The tournament brought together student players from several school districts across the region, including Edgar, Mosinee, Antigo, Phillips, Colby, Marathon, Merrill, and Abbotsford, as well as homeschooled players. The event aimed to raise awareness and support for homelessness in Central Wisconsin, with participants contributing donations to the Wausau Homeless Shelter, including blankets, socks, mittens, and toiletries.

In collaboration with the Wisconsin Scholastic Chess Federation and coordinated by Colin Hanson, chess advisor for Edgar School District, the tournament not only showcased the region's top chess talent but also made a significant impact on the local community's fight against homelessness.

"This tournament was more than just a chess competition," said Colin Hanson. "It was a chance for our community to come together, celebrate the spirit of chess, and support a cause that affects so many families in Central Wisconsin. The generosity of our participants and supporters has been truly inspiring."

Tournament Highlights

The event featured intense competition in two divisions: Open and U1000. In the Open Division, the top players were:
 1st Place: Tate Gabriel of Antigo
 2nd Place: Hunter Raskie of Phillips
 3rd Place: Waylon Barber of Mosinee
 In the U1000 Division, the top players were:
 1st Place: Sullivan Schwebler of Antigo
 2nd Place: Vinnie Reif of Edgar
 3rd Place: Cedric Grimm of Edgar

Team Champions

Open Division Team Winner: Edgar High School
 U1000 Division Team Winner: Edgar Elementary
 The event also helped foster stronger connections among local chess clubs, with advisors discussing strategies to increase the frequency of chess meetings and tournaments across the region.

Impact and Future of Chess in Central Wisconsin
 Danna Gabriel, Advisor for the Antigo Chess Club, remarked, "The tournament generated significant momentum for chess in this region. Advisors from all participating schools engaged in meaningful discussions on how to increase the frequency of chess meetings and host more tournaments at their respective schools. This marks a major step forward for our chess program."

The tournament's success also paved the way for future events and collaborations, strengthening the community's commitment to both the game of chess and the cause of homelessness.

Special Thanks

A special thanks to Antigo Chess Club helpers Jason Markgraf and Andy Merry, whose generous donations helped our Antigo players participate in this tournament. Their support made a significant impact and is deeply appreciated by the club and the community.

Ways to Support the Antigo Chess Club
 The Antigo Chess Club is run through 4-H, and donations are always welcome to help support their program. To make a cash donation, please send your contribution to:

Langlade County 4-H Leaders Association Chess Club
 Donations Mail: Langlade County 4-H, 1225 Langlade Rd, Door #7, Antigo, WI 54409 Alternatively, donations can also be dropped off at the 4-H office.

For more information on how to donate or get involved with the Antigo Chess Club, please contact antigochessclub@gmail.com

Local Rotary Clubs Promote Ethics And Civility To Ninth Graders

FOR MMC

Rotary Clubs in communities throughout northeast Wisconsin and the Upper Peninsula are sponsoring local Rotary Four Way Test Speaking contests with students able to win up to \$1,500.

The Rotary Four Way Test was developed more than one hundred years ago to teach ethics to Rotary members and the business community.

It states, "In all the things we think, say and do, is it the truth, is it fair to all concerned, will it build goodwill and better friendship, and will it be beneficial to all concerned."

Ninth graders are invited to write a five minute speech on how to apply the Four Way test to social media and how people are treated. Detailed information about contest rules and how to enter is available at "redistricting6220org."

Local winners will be awarded a cash prize of \$500 and enter competition on the Rotary district level where first

See **ROTARY** page 5



SkillsUSA Wisconsin Announces Results for Stevens Point Regional Competition

Raising Funds and Awareness for Wausau's Homeless Shelter

FOR MMC

SkillsUSA Wisconsin, a partnership of students, teachers, and industry representatives working together to ensure America has a skilled workforce, announced the results of its regional competition held on Friday, Jan. 17, at Mid-State Technical College in Stevens Point, WI.

CO2 Dragster

First Place: Lily Leonard, Wittenberg-Birnamwood High School
 Second Place: Keane Steebs, Wittenberg-Birnamwood High School

Computer Programming

First Place: Casey Haugen, Chetek-Weyerhaeuser High School


See **SKILLS** page 6

Find out what's hot...
 in the **Classifieds.**

**NOTICE:
 TOWN OF
 PLOVER**

**Monthly Board Meeting
 February 11,
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 at 6 p.m. at the
 Plover Town Hall
Valerie Parker, Clerk
<https://townofplover.us/>

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OBITUARIES

Edward V. Spychalla Jr.



Edward V. Spychalla Jr., of Antigo, died on January 26, 2025 at Rosalia Gardens in Antigo under the care of his family and LeRoy Hospice. He was 90 years old. He was born on July 11, 1934 in Antigo, a son of Edward and Louise (Knapkavage) Spychalla. He married Mary Richards on July 23, 1960 at St. Mary Catholic Church in Antigo.

Ed was called to military service during the Berlin Crisis, and served with the United States Army stationed at Fort Bragg, North Carolina. He was transferred to the 322nd Chemical Depot headquartered in Baraboo, Wisconsin.

His employment history started at the Vulcan Corporation in Antigo for 9 years, followed by 27 years working at General Telephone (GTE) which became Verizon, as an installer repairman retiring in 1993. He and Mary owned and operated Burgers 45, and Scoops - N - More in Antigo for 7 years. Most recently at the age of 88 he worked part-time at Sheldon's in Antigo.

Ed had served on the St. Mary Catholic Church Pastoral Council, was a trustee and served on their parochial school board. He was currently a member of SS Mary and Hyacinth Catholic Church.

He was active with the GTE golf league and served as secretary of the Vulcan bowling team. Ed coached little league in Antigo for three years, from 1984 to 1986. He enjoyed spending time with and making wood carvings for his grandchildren and attending their sporting events. Ed was a handyman and master carpenter who could repair anything. He also had a passion for gardening.

In addition to his wife, survivors include two daughters, Kim (Dan) Peterlick of Rio Rancho, New Mexico and Heidi (Christopher) Lucas of Antigo; two sons, Paul Spychalla of Green Bay and David (Carrie) Spychalla of Milwaukee; nine grandchildren, Alyssa, Casey, Abigail, Ashley, Madison, Drew, Samuel, Michael, and Maxton; a great-grandchild, Christopher Valentine Lucas; two brothers, Eugene (Loretta) Spychalla of Portage and Duane (Juanita) Spychalla of Friesland; and nieces and nephews.

In addition to his parents he was preceded in death by his brother, Jerome Spychalla.

The funeral Mass will be held on Saturday, February 8 at 11 a.m. at SS Mary and Hyacinth Catholic Church with the Very Reverend Joel Sember officiating. Burial will take place in Queen of Peace Cemetery. Visitation will be held on Friday, February 7 from 4 to 7 p.m. with a parish wake service at 6:30 p.m. and Saturday, February 8 from 9:30 to 10:30 a.m. at the Bradley Funeral Home.

The family would like to extend their most sincere thanks to the staff of Rosalia Gardens and the LeRoy Hospice team. The family would also like to thank the entire medical surgical staff at Aspirus Langlade.

Online condolences at www.bradleyfh.com.

Todd Wiegert



Todd R. Wiegert, of Deerbrook, died peacefully at home on Tuesday, January 28, 2025. He was 72 years old. He was born on April 1, 1952 in Antigo, a son of Eugene "Bud" and June (McCormick) Wiegert. He married Kim Schroeffer on November 7, 1987 at St. Wencel Catholic Church in Neva.

Todd was a 1970 graduate of Antigo High School. He was a longtime logger having retired in 2013.

He was a handyman who loved woodworking and enjoyed gardening. Todd also enjoyed hunting and fishing.

Survivors include his wife, Kim; two sons, Steven (Leanne) Wiegert of Oshkosh and Michael (Molly) Wiegert of Bryant; three grandchildren, Maya, Mitchell and Myles Wiegert; a sister, Mary Sue Turk of Jackson, Mich; and a sister-in-law, Mary Wiegert of Antigo.

In addition to his parents, he was preceded in death by two brothers, Tim and Terry; and a brother-in-law, Don Turk.

A memorial service will be held on Wednesday, February 5, at 11 a.m. at the Bradley Funeral Home with Deacon Pete Schlegel officiating.

Visitation will be held on Tuesday, February 4, from 4 to 7 p.m. and Wednesday from 10 to 11 a.m. at the funeral home.

Online condolences at www.bradleyfh.com

White Lake School Book Donation



The Langlade County Sled Dog Club stopped in on January 27th and presented some of our students with 4 new books for our library. Kota, who comes in weekly to help students with reading, helped with the presentation of the books

Save for Future Education Expenses with Edvest 529, Wisconsin's Direct-Sold College Savings Plan

The deadline for Wisconsin taxpayers to contribute to an Edvest 529 account is April 15, 2025, to be eligible for the 2024 state income tax deduction

FOR MMC

In a time of rising expenses, families are looking for financial solutions to help cut costs. Enter Edvest 529, Wisconsin's direct-sold college savings plan, a triple tax-advantaged investment account that allows families to

save for future college and career training costs while also offering a state income tax deduction to Wisconsin taxpayers, tax-deferred growth on earnings and 100% tax-free withdrawals for qualified expenses.

See **PLAN** page 6

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PUBLISHER'S LETTER

Current Spaces and Empty Chair Echoes

Dear Reader,

Yesterday afternoon was bitterly cold, yet the sun shone brightly—a fitting reflection of the emotions in my heart. As I walked into the memory care unit of a Senior Living home I'd been visiting regularly to see my father-in-law Francis for the past two years, the familiar faces greeted me like old friends. They were scattered around the big room, watching yet another rerun of Mary Tyler Moore—or maybe it was The Dick Van Dyke Show. Their smiles, warm and welcoming, made me feel that despite not living there, I still belonged.



Lark stood up the moment she saw me, her arms outstretched for a hug. "You just made my day!" she exclaimed. "Where have you been these past few weeks?" I laughed, feeling a rush of appreciation for her words. Jimmy, wearing the black fedora I'd finally given him after months of promises, tipped it with a grin. I was wearing one too. We traded stories about "the good old days," and he launched into a tale I'd heard before. I didn't mind. I never did.

But my visit was more subdued this time because not everyone was there anymore including Francis, whose presence had always been both tender and sharp. Nick and Jack were also gone; their chairs, once as familiar as their faces, sat empty around the tables. I had been there to say goodbye to Nick, holding his hand and asking him to watch over his family, who clung to one another in quiet grief around his bed. Those goodbyes leave a mark, even as they remind us of the beauty in connection.

Karen, seated near the corner, reached for my hand. She launched into a vivid

story about her days as a nurse in the ER. Her eyes sparkled with pride as she spoke. Beside her, Mary Lou motioned for

me to come closer to her wheel chair. When I asked how she was doing, she lifted her hands like she was holding onto an invisible ledge. "Just hanging on," she said with a wry smile.

The aides began rounding everyone up for dinner so I made my last rounds, shaking hands, giving hugs, and sharing brief, meaningful exchanges. Lark pulled me into one last embrace before I pushed the buttons at the exit door to let myself out.

As the door clicked shut behind me, I couldn't help but reflect on the inevitable. Someday, I'll be in a place like this. Everything will be taken care of—meals, medications, and all the needs of a frail body. But even with all the care in the world, the loneliness lingers. Most of the residents were waiting, one step away from the reunion that comes when the spirit departs a worn-out body. Still, there was beauty in that waiting. It wasn't despair but a quiet anticipation of something more—a peace I could almost feel as I walked to my car.

Driving away, I thought about the rest of my day and all my tomorrows. I made a promise to myself: I'll savor the moments, big and small; I'll hold tight to joy, squeezing every drop from the time I have left. And one day, when I find myself in a room like that, I hope someone will walk through the door to remind me then of the life I'm living now.

PATRICK J. WOOD
Publisher

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

ROTARY from page 3

place will be \$1,000, second and third place prizes will also be awarded locally and by the district.

Rotary District 6220 comprises 41 clubs throughout Wisconsin the Michigan's Upper Peninsula.

Rotary International is one of the world's largest service clubs with more than 1,400,000 members in more than 200 countries.

Rotary District Governor Roger Utneher, a member of the Rotary Club of Wausau, invites parents, grandparents, teachers, friends and relatives to encourage ninth graders students to participate

"The next pandemic in America may very well be teen mental health. A

speaking contests that encourages students to think about their social media activity and how they treat others may be one ways to deal with the rising problem of teen anxiety and depression," Utneher said.

The thoughts shared by students in these five minute speeches can be very helpful assisting adults to relate more

effectively to young people, according to Utneher.

The deadline for local competitions is April 1, 2025 with the district competition scheduled for April 12th.

Local competitions may be online or in person. District competition will be online only.

All details on how to enter is available at ridistrict6220.org.

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(Every Wednesday, weekly payouts)

CORN HOLE WEDNESDAY NIGHTS @ 6:30PM
(See Facebook for schedule)

**RETIRED TEACHERS
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**REPUBLICAN PARTY
OF LANGLADE COUNTY MEETING**
Thursday, February 20th @ 6pm

DUCKS UNLIMITED BANQUET
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Saturday, March 22nd

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Consider wedding flowers carefully



FOR MMC

Although many decorative elements help to create ambiance for a wedding celebration, perhaps none is more awe-inspiring than beautiful floral arrangements. Flowers offer visual appeal, captivating aromas and texture that can make a space more welcoming.

Engaged couples typically go to great lengths when planning their weddings, but flowers may not be as micromanaged as other elements. Some are content to let florists design their arrangements, but the average cost of wedding flowers in 2023 was \$2,800, according to The Knot Real Weddings Study. That price tag merits some input on the part of couples. Floral experts say couples should budget for floral arrangements coming in at 10 percent of the overall wedding budget, which is the industry standard.

Therefore, for a \$60,000 wedding a couple should assume their florals will cost \$6,000. It's important to note that the cost of wedding flowers has been steadily increasing over the last few years due to inflation and climate change, says The Knot. So couples may need to be even more involved in floral decisions to maximize their dollars spent.

Here are some variables to consider when selecting wedding flowers.

- **Greenery:** Adding greenery to fill in spaces in floral arrangements can save some money. Centerpieces and bouquets that are floral-heavy will certainly cost more.

- **Symbolism:** Consider the meaning behind flowers to make choices even more personal. You also may want to select flowers that will complement the theme of the wedding. For example, traditional spring

blooms like tulips and daffodils will coordinate with spring weddings.

- **Flower varieties:** Hardier varieties of flowers, such as daisies, mums, carnations, and protea, are less likely to wilt quickly in bouquets or centerpieces than some other blooms, even when they are cut. Such blooms can hold up in any weather and last the entire day so that arrangements will be picture-perfect no matter the hour.

- **Venue:** Couples may find that some venues already have faux flowers or other decor. That may mean couples do not need to have as many flowers or any elaborate arrangements.

- **Size:** A particularly large floral centerpiece can overwhelm a table, and a bouquet that is overly cumbersome may detract from the bride or her bridesmaids. Choose the correct scale for comfort in bouquets. For table arrangements, select a size that will not discourage conversation or block guests' view, nor take up too much real estate on the table.

- **Allergies:** Although they are cut, flowers in arrangements can trigger allergic responses in some people. Others may be bothered by overly aromatic flowers. Work with the florist to find blooms that will be best.

- **Color scheme:** Although white flowers always coordinate, many couples like some color in their arrangements. Be sure the flowers pick up the hues used in bridesmaid dresses or even the season of the year.

Couples should take an active role in deciding what to include in floral pieces for their weddings.

SKILLS

from page 3

Second Place: Dagmar Beckel, Chetek-Weyerhaeuser High School

Industrial Robotics

First Place: Bryce Blaubach, Trynyn Verstegen, and Ian Whaples, Wausau West High School

Job Interview (High School)

First Place: Chelsea Kubiacyk, Antigo High School
Second Place: Marty Bauer, Antigo High School
Third Place: Sheldon Stransky, Marshall High School

Job Interview (Middle School)

First Place: Annabelle Parizek, Antigo High School
Second Place: Lily Leonard, Wittenberg-Birnamwood High School

Precision Machining Technology

First Place: Samuel Schumacher, Wausau West High School
Second Place: Nicholas Davis, Chetek-Weyerhaeuser High School
Third Place: Emma Schumacher, Wausau West High School

Prepared Speech (High School)

First Place: Benjiman Romatowski, Lincoln High School (Wisconsin Rapids)

Prepared Speech (Middle School)

First Place: Olive Kaminski, Wittenberg-Birnamwood High School

Team Engineering Challenge (High School)

First Place: Camren Raduechel, Eli Schuett, and Kingsley Tessmer, Wausau West High School
Second Place: Kylie Kurth, Emme Tetzlaff, and Gavin Wasmundt, Wausau West High School
Third Place: Evan Fournier, Keegan Obst, and Wyatt Witte, Stevens Point Area Senior High School

Team Engineering Challenge (Middle School)

First Place: Jessica Quade, Jaxson Schider, and Clayton Schultz, Wittenberg-Birnamwood High School
Second Place: Atticus Khan, Maddyx Malsom, and Miles Morehead, Chetek-Weyerhaeuser High School

Welding

First Place: Nash Sullivan, Chetek-Weyerhaeuser High School
Second Place: David Hoehn, Chetek-Weyerhaeuser High School
Third Place: Devon Holub, Lincoln High School (Wisconsin Rapids)

PLAN

from page 4

1. State Income Tax Deduction

Wisconsin taxpayers can deduct from their 2024 state income taxes up to \$5,000 per beneficiary (\$2,500 per beneficiary for married couples filing separately) on contributions made to an Edvest 529 account. The Wisconsin state income tax deduction is available to any Wisconsin taxpayer, not just the 529 plan account owner, making gift contributions a benefit for family members or friends. Taxpayers have until Tuesday, April 15, 2025, to contribute to an existing Edvest 529 account – or open and contribute to a new account – to be eligible for the 2024 state income tax deduction.

In addition, Edvest 529 is happy to announce that the Wisconsin state income tax deduction for the 2025 tax year has been raised to \$5,130 per beneficiary for single filers or married couples filing a joint return and to \$2,560 per beneficiary for married couples filing a separate return.

2. 100% Tax-Deferred Growth

All account earnings in an Edvest 529 account grow 100% tax-deferred at both the federal and state level, which means the payment of taxes on earnings is postponed until a later date. This results in potential account earnings being reinvested to help grow the account.

Welding Sculpture (High School)

First Place: Brice Kaiser, Wausau West High School
Second Place: Hunter Helms, Clintonville High School
Third Place: Faith Weso, Wittenberg-Birnamwood High School

Welding Sculpture (Middle School)

First Place: Milayna Groh, Wittenberg-Birnamwood High School
Second Place: Achilles Prantalos, Wittenberg-Birnamwood High School
Third Place: Bella Rumpel, Wittenberg-Birnamwood High School

Those who placed advance to participate in the 52nd SkillsUSA Wisconsin State Leadership and Skills Conference in Madison, Wis. on Tues., April 1 - Wed., April 2, 2025. State competitions will occur at the Alliant Energy Center, 1919 Alliant Energy Center Way, and Madison Area Technical College (MATC), 1701 Wright St.

The 2025 State Leadership and Skills Conference will feature more than 1,750 middle, high school, and college/post-secondary students, over 200 teachers, and more than 300 industry volunteers working in over 75 competitions.

Founded in 1973, SkillsUSA Wisconsin, with more than 2,500 members in over 150 chapters. The diverse talent pipeline covers 120 trades, technical, and skilled service occupations, mostly related to science, technology, engineering, and mathematics (STEM).

More than 200 corporations, trade associations, businesses, and labor unions support SkillsUSA Wisconsin. Programs are integrated into career and technical education through a framework of personal, workplace, and technical skills grounded in academics. SkillsUSA also offers technical skill assessments and other workplace credentials.

Helping each student excel and a solution to shrinking the skills gap, SkillsUSA is a national nonprofit organization serving high school and college students who are preparing for careers in trade, technical, and skilled service occupations.

SkillsUSA empowers its members to become world-class workers, leaders, and responsible American citizens. SkillsUSA improves the quality of our nation's future skilled workforce by developing framework skills, including personal, workplace, and technical skills grounded in academics. The SkillsUSA mission is built upon — and its success depends on — the commitment of members and partners to the following values: integrity, respect, responsibility, citizenship, and service.

For more information on the SkillsUSA Regional Competition in Stevens Point and/or the State Leadership and Skills Conference, visit www.skillsusa-wi.org or email wisconsinskillsusa@gmail.com.

3. Tax-Free Withdrawals for Qualified Expenses

Earnings accrued in an Edvest 529 account can be withdrawn from an account 100% tax-free at both the federal and state level when paying for qualified higher education expenses and for direct Roth IRA rollovers. Limitations apply.1

Qualified higher education expenses include tuition, fees, books, supplies, equipment, certain housing and food costs and more. Wisconsin taxpayers may also use their Edvest 529 savings to pay for K-12 tuition expenses (up to \$10,000 annually per beneficiary), costs associated with apprenticeship programs that are registered with the U.S. Secretary of Labor and professional programs and to pay back qualifying student loans (subject to a lifetime limit of \$10,000 per individual).2

"Tax season can be an ideal time for families in Wisconsin to kick off their savings journey for college and career training," said Wisconsin Department of Financial Institutions Secretary Cheryl Olson-Collins. The Wisconsin Department of Financial Institutions administers the Wisconsin 529 College Savings Program, which includes the Edvest 529 college savings plan. "By starting early, families can take full advantage of compound growth and the numerous benefits provided by the Edvest 529 College Savings Plan," Olson-Collins added.

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COMMUNITY CALENDAR

COMMUNITY EVENTS

Antigo Area Community Food Pantry Wednesdays 11am-1pm & Fridays 1-3pm. 2120 Progress Blvd., Antigo. All the time needs include: Low sodium 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 sugar-free, Plain Oatmeal, Peanut butter, Brown rice/whole grain pasta. Personal Hygiene: Laundry detergent, dish soap, shampoo, conditioner, bar soap, toothpaste (these are not purchased by the pantry unless we are given a grant specifically for these items). For more information, go to AntigoFoodPantry.com or call 715-623-1103. For emergency food assistance needs after hours call 715-627-1818.

Elcho Area Community Food Pantry Mondays 2:30-4:30pm. Wednesdays 4-6pm, 11224 Antigo St., Elcho. Food will be distributed based on availability and # of family members. Note that the pantry is not open on holidays, or on days when the schools are closed because of snow. 715-275-5010. In accordance with federal civil rights laws and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Community Closet Open Mondays 10am-Noon, Wednesdays 4-6pm & Saturdays 9-10am, N9570 Hwy. B, Summit Lake (across from the Summit Lake Post Office) Free Clothing and Jackets (Baby to XXL). Clothing donations are welcome. Everyone is welcome!

Senior Cribbage Group Mondays 1pm. Summit Lake Town Hall N9575, County Rd B, Summit Lake. CURRENTLY ON HOLD DUE TO LOW PARTICIPATION- PLZ CALL IF INTERESTED: Judy Beecher 715-219-4333

Group Dance Class & Social Tuesdays 6pm. 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!

Line Dancing Feb. 3rd 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.

StrongBodies Program (Virtual) Feb. 4th & Feb. 6th 9-10:15am. This will be a virtual program via Zoom that you can follow along with at home. Sign up online at <https://go.wisc.edu/j9468d>

Cardio and Strength Training Feb. 5th 4:30-5:30pm. Senior Center of Langlade County, 623 Edison St., Antigo. Cardio and strength training at the senior center with Dawn. This is designed for all levels of fitness. There is no charge.

Open Skate at Langlade County Multipurpose Building Feb. 7th 6-8pm. Langlade County Fairgrounds - Multipurpose Building 1635 Neva Rd., Antigo. Come enjoy an Open Skate! Rent Skates for \$2

Pickerel Rescue Squad Pancake Breakfast Feb. 8th 8am-11am. Pickerel Rescue Squad Building Station 2 N9062 State Highway 55, Pickerel. Come enjoy pancakes and sausage or biscuits and gravy for a good cause.

Wolf River Landscapes: The Glacier-Trout Stream Connection - Geology Presentation Feb. 8th 12pm. Wolf River Roots W1702 WI-64, White Lake. Join Wolf River Roots for a presentation by Professor Nelson Ham on the geology of the Wolf River and northeast Wisconsin region.

Jerry Schuh's Polar Bear Jump In Feb. 8th 1pm. Schuh's Sportsmen's Lodge 8915 Pickerel Lake Rd., Pickerel. Don't want to go into the freezing water? That's ok! You can watch others jump in the freezing water or try their skills at crossing the open water on their snowmobile. Food and refreshments tent out on the ice. The event will be preceded by the Pickerel EMS Pancake Breakfast 8-11 am at the Hwy 55 station and followed by the Tombstone-Pickerel Sno Club Chili Ride-In from 3-6 pm.

Tombstone Pickerel Chili Ride In Feb. 8th 3-6pm. TPSC Tractor Barn N9398 County Road DD, Pickerel. Join the Tombstone Pickerel Snowmobile Club for chili, hot dogs, cold beverages, and lots of basket raffles.

Knights of Columbus Pancake Breakfast Feb. 9th 8-11:30am. SS. Mary & Hyacinth 819 Third Ave., Antigo. Enjoy all-you-can-eat buttermilk and potato pancakes, Peroutka's sausage, applesauce, coffee, orange juice, and milk. Adults: \$12 Children 10 and under: \$5 Children 6 and under: Free

Antigo Gateway Squares Feb. 9th 2-4:30 PM; Valentine Dance called by Michael Streby; at the Senior Center of Langlade County, 623 Edison St., Antigo. Visitors are welcome. Rose Marie Kerner 715-623-2128 or Betsy Lane 715-350-9687.

MEETINGS

Economic Development Committee - Regular Meeting Feb. 3rd 6pm. City Hall, 700 Edison St., Antigo.

City Plan Commission - Regular Meeting Feb. 6th 6pm. City Hall, 700 Edison St., 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 of 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 In 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 Recovery Meeting Thursdays 7pm. 1005 Fifth Avenue, Antigo.

See CALENDAR page 11

FEBRUARY IS

American Heart Health Month

Taking Action to Protect #OurHearts

Heart disease is the leading cause of death in the United States – 1 in 5 people die from it each year, even though it is largely preventable. Research shows that many Americans will likely develop some form of heart disease, but you don't have to be one of them. According to the National Heart, Lung, and Blood Institute (NHLBI), you can take action by making small lifestyle changes that help reduce your risk and improve your overall health.

NHLBI's The Heart Truth® program encourages you to join the #OurHearts movement and take these actions to support a heart-healthy lifestyle:

- **Eat better.** Select nutritious snacks. Try whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables. Use herbs and spices instead of salt.
- **Add more movement to your day.** Sit less. Take the stairs. Park a good walking distance away from your destination. March in place, or walk around the block. Anything that gets your heart beating counts!
- **Stop (or don't start) smoking.** Make a list of the reasons you want to quit, select a quit date, and talk to a healthcare provider about resources that can help.

Here are few self-care tips to try every day to make your heart a priority:

Self-Care Sunday

Find a moment of serenity every Sunday. Spend some quality time on yourself.

Mindful Monday

Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range. Being aware of your health status is a key to making positive change.

Tasty Tuesday

Choose how you want to approach eating healthier. Start small by pepping up your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains, and low-fat dairy products.

Wellness Wednesday

Don't waffle on your wellness. Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea, or lightheadedness. You might be having a stroke if you have numbness in the face, arm, or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

Treat Yourself Thursday

Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show. Laughter is healthy. Whatever you do, find a way to spend some quality time on yourself.

Follow Friday

Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the Journal of the American Heart Association. If your mental health gets between you and your fabulous self, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.

Selfie Saturday

Inspire others to take care of their own hearts. Talk about your self-care routine with loved ones or share a selfie on your social media platforms. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.

Learn more in this Self-Care Tips for Heart Health fact sheet and visit www.hearttruth.gov to learn more about heart health.

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February is National Potato Lover's Month!

This Potato Lovers Month we salute the Langlade County area growers for their hard work and dedication providing an exceptional product, employing hundreds of individuals within the area and lasting benefits for our local economy.

Langlade County grows approximately 11,000 acres of potatoes per year and is #1 in the state for the production of seed potatoes. The seed industry of Wisconsin has some of the strictest standards in the nation.

Did you know?

- Potatoes are grown in all 50 U.S. states and roughly 125 countries.
- While sweet potatoes are categorized as a morning glory, white potatoes belong in the same group as tomatoes, tobacco, chili peppers, eggplants, and petunia.
- The potato is approximately 80% water and 20% solids.
- An 8-ounce baked or boiled potato only has around 100 calories.
- The average American eats around 120 pounds of potatoes every year. The average German eats about twice that.
- In 1974, Englishman Eric Jenkins grew 370 pounds of potatoes from a single plant.
- President Thomas Jefferson is credited for introducing "French fries" to the U.S. by serving them at a White House dinner.
- The potato became the first vegetable grown in space in October 1995. The technology was developed through a partnership between NASA and the University of Wisconsin, with the intention of feeding astronauts on long trips into space and eventually, future space colonies.
- Potato blossoms were once popular in royal fashion, after Marie Antoinette ventured the French countryside with potato blossoms in her hair.

		Carbs	Fiber	Vitamin C*	Potassium	Calories
	POTATO	26g	2g	30%	620mg	110
	BANANA (1 medium)	27g	3g	17%	400mg	105
	APPLE (1 medium)	25g	4g	14%	195mg	95
	BROWN RICE (1/2 cup)	22g	2g	0%	42mg	110
	PASTA (1/2 cup)	22g	1g	0%	31mg	110

* Percent Daily values are based on a 2,000 calorie diet.

Photo Courtesy of the Idaho Potato Commission



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and to thank our lo

HOMEMADE POTATO CHIPS

Ingredients:

- 6 medium russet potatoes
- 2 tablespoons white vinegar
- Water
- Oil for frying (vegetable, canola or peanut oil)
- Salt

Directions:

1. Peel potatoes and place potato in a bowl filled with water.
2. Slice potatoes to 1/16 inch thick. Use a mandoline to get an even, consistent size. Immediately place sliced potatoes in another bowl filled with cold water and 2 tablespoons of white vinegar. Allow potatoes to soak for at least 1 hour.
3. Drain potatoes and rinse with cold water. Leave potatoes in colander and allow all water to drain.
4. Place drained potatoes on a clean, dry kitchen towel. Pat lightly to remove any remaining water.
5. Fill pot with 2 inches of oil. Preheat oil to 380 F. Use a thermometer to test temperature of oil.
6. Test oil temperature. Ideal temperature will vary from 370 to 380 F. Fry one or two slices in the oil and cook until they are nicely browned. If the potatoes brown quicker than 3 minutes, lower the temperature by 5 degrees.
7. Place one handful of sliced potatoes in the oil. Stir gently to prevent potatoes from sticking to each other. Cook until golden; 3 minutes.
8. Scoop out and place on a baking sheet lined with a baking rack.
9. Sprinkle with salt immediately and repeat until all potatoes are cooked.

Tips: Soaking the potatoes helps remove excess starch and prevents the potatoes from sticking together. It also helps them fry up more crispy. Chips are best eaten the day they are made. Store in an airtight container for up to 2 days.



LOADED BAKED POTATO SOUP

Serves 6

Ingredients:

- 6 slices thick bacon, coarsely chopped
- 1 yellow onion, diced
- 2 cloves garlic, chopped
- 2 pounds Hannah sweet potatoes, peeled and diced
- 10 ounces cauliflower, cut into florets
- 4 1/2 cups chicken bone broth
- 1 cup cashew milk
- 3 1/2 teaspoons fine sea salt
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon apple cider vinegar
- 1/2 teaspoon freshly squeezed lemon juice
- Chopped fresh chives, for serving (optional)
- Dairy-free sour cream (optional)

Directions:

1. Line a plate with paper towels. In a stockpot, cook the bacon over medium heat until the fat is rendered and the bacon is crisp, about 8 minutes. Using a slotted spoon, remove the bacon from the pot and set it on the prepared plate to drain. Pour off most of the grease, reserving about 2 tablespoons in the pot.
2. Return the pot to medium-high heat, add the onion and garlic, and sauté for 2 minutes, until fragrant. Add half of the sweet potatoes and all of the cauliflower and cook for 5 minutes, stirring frequently. Add the bone broth, bring it to a gentle boil, and cook for 10 minutes, until the potatoes and cauliflower are tender.
3. Using an immersion blender, or working in batches in a blender, blend the soup until smooth. (If using a blender, remove the cap in the blender top and place a kitchen towel over the top to allow steam from the hot liquid to release while you blend.) Return the purée to the stockpot. Add the remaining sweet potatoes, the cashew milk, salt, paprika, vinegar, and lemon juice. Bring to a boil over medium-high heat, then turn the heat to low and simmer for 12 to 15 minutes, stirring frequently, until the sweet potatoes are tender and the cashew milk has thickened the soup.
4. Ladle the soup into bowls and top with the reserved bacon, chives, and dollop of sour cream. Serve immediately.
5. Store leftover soup in an airtight container in the refrigerator for 5 days, or in the freezer for 6 months. Defrost overnight in the refrigerator. Reheat in a saucepan over medium heat, stirring frequently, for 10 minutes.



SKILLET-ROASTED POTATOES WITH MUSHROOMS AND PANCETTA

Serves 4

Ingredients:

- 4 ounces pancetta, cut into 1/4-inch cubes (see note)
- 3 tablespoons olive oil, plus more if necessary
- 1 pound Yukon gold potatoes, unpeeled, scrubbed and quartered
- Kosher salt
- Freshly ground black pepper
- 10 ounces cremini or brown mushrooms, quartered
- 6 garlic cloves, peeled and halved crosswise
- 2 teaspoons dried thyme
- Several fresh thyme sprigs for garnish (optional)

Directions:

1. Arrange a rack at center position and preheat the oven to 400 F.
2. In a large, heavy, ovenproof frying pan (preferably cast iron) set over medium heat, sauté the pancetta until golden and crisp, 5 to 7 minutes. Remove with a slotted spoon to drain on paper towels.
3. Remove all but 2 tablespoons of the drippings from the pan. (If you don't have 2 tablespoons, add olive oil to make this amount.) When hot, add the potatoes and sauté, stirring, until they start to take on a little color, 5 to 7 minutes. Season with salt and pepper and place the frying pan in the oven. Roast for 15 minutes.
4. Remove the frying pan from the oven and add the mushrooms, garlic and the 3 tablespoons of olive oil. Add the dried thyme and season with more salt and pepper. Toss to coat well.
5. Return the pan to the oven and roast until the potatoes are golden brown and tender and the mushrooms are softened, about 15 minutes more. Remove the frying pan from the oven and stir in the reserved pancetta. If desired, garnish the center of the pan with fresh thyme sprigs. Serve warm.

Note: If buying pancetta from a deli, ask for it to be cut thickly into 1/4-inch slices. Prepackaged pancetta is often thinly sliced.



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| SPORTS |

Antigo Wrestling Team Impresses at Wausau East Lumberjack Invitational



Jack Sundermeyer



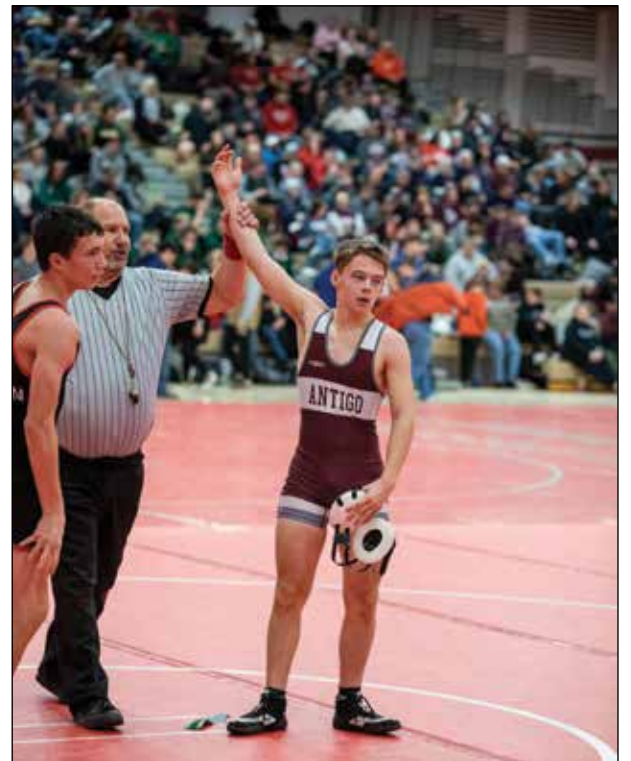
Jordy Pregler



Levi Binversie



Jayson Arrowood 100 wins



Mason Walrath

FOR MMC

The Antigo wrestling team delivered strong performances at the Wausau East Lumberjack Invitational, with standout individual achievements and valuable contributions across weight classes. The competition featured tough brackets, but Antigo wrestlers held their ground, highlighted by a first-place finish, milestones, and multiple podium appearances.

Top Performers

Nolan Kielcheski Dominates 165-Pound Bracket State-ranked wrestler Nolan Kielcheski continued his impressive season by winning the 165-pound bracket. He entered as the top seed and dominated his matches, pinning John Mews of Stratford in 1:12 in the quarterfinals. In the finals, Kielcheski defeated Calvin Arentz of La Crosse Logan in just 49 seconds with a pinfall victory. With these wins, Kielcheski improved his season record to 24-2.

Jayson Arrowood Achieves Career Milestone Senior Jayson Arrowood secured fifth place at 150 pounds and reached a personal milestone by earning his 100th career victory during the tournament. Arrowood's day included a pinfall victory over Kian Carter of Crandon and a dominant 18-2 technical fall win over Trevor Trowbridge of Auburndale in the fifth-place match. Arrowood's season record now stands at 19-5.

Strong Showings by Sundermeyer, Stimac, Binversie, and Taylor

Jack Sundermeyer placed sixth in the 132-pound bracket, highlighted by a 7-4 decision win over Xander Schiltz of Appleton East in the consolation round.

Joseph Stimac took seventh at 165 pounds, opening his day with a pinfall victory over Yukon Volk of Wabeno/Laona/Three Lakes and defeating John Mews of Stratford 8-3 in the seventh-place match.

Levi Binversie earned seventh place at 157 pounds, finishing with a pinfall win over Brandon Knetter of Stratford in 1:19.

Johanan Taylor claimed seventh in the heavyweight division with two pinfall victories, including one over Collin Wilson of La Crosse Logan in 3:36.

Additional Placements

Several Antigo wrestlers contributed to the team's efforts:

Levi Peterson placed 11th at 190 pounds, recording two pinfall victories.

Jordy Pregler also finished 11th at 215 pounds, highlighted by a pinfall win over Juan Gomez of Marathon.

Mason Walrath took 12th at 120 pounds with a pinfall victory over Wyatt Houle of Crandon.

Antigo Middle School Honor Roll

FOR MMC

HIGH HONORS

Grade 6

- Alexander Berg
- James Berg
- Alexandria Blevins
- Ashlyn Brown
- Gracie Bula
- Austin Burhop
- Jase Cole
- Eli Combs
- Elise Ferg
- Paige Fiser
- Athena Frazier
- Melissa Fyan
- Gavin Glatz
- Rylee Gregurich
- Lillyanna Griese
- Clara Gums
- Nora Henderson
- Katelynn Kolpack

Grade 7

- Logan Kressin
- Kyla Kuenzli
- Kye Lehman
- Reuben Lucht
- Xavier Manzano
- Alexia Martinez
- Olivia Miller
- Aylah Noskowiak
- Eli Pennington
- Elia Peterson
- Kinley Powell
- Logan Rowe
- Alias Schmidt
- Kale Stimac
- Adrienne Stinnett
- Parker Straw
- Alyssa Teske
- Natalie Vanden Heuvel
- Oliver VerHagen
- Sadie Walker
- Emmylou Woods
- Madalynn Zeise

- Wilmari Gonzalez Rios
- Kathryn Greif
- Rudy Hangartner
- Harvey Holup
- Ruby Husnick
- Liam Karpf
- Kylee Kopetsky
- Isabella Kühr
- Irving Marquez Morales
- Daniel Neufeld
- Brynnleigh Parilek
- Ashlyn Pennington
- Aniela Resch
- Kael Rowe
- Brinley Royce
- Alyeska Seefeldt
- Max Sundermeyer
- Jayda Tatro
- Lilly Taylor
- Abigail Tesch

- Aryann Hipke
- Charolette Hoepfner-Pendleton
- Oliver Hrovat
- Ashley Igl
- Nathan Jackson
- Scarlett Koszarek
- Kendall Leiskau
- Jocdani Lopez-Hernandez
- Ethan Mackiewicz
- Maysi Martinez
- Khaleena Mattmiller
- Sarah Miller
- Ian Milton
- Kaiden Mosher
- Emily Nelson
- Ella Paul-Schmitz
- Andrew Pennington
- Jayden Peters
- Lazaya Petonquot
- Kayden Philipps
- Ian Salvatierra Tucker
- Jason Schacht
- Paige Schinke
- Delilah Schulze
- Natalia Smith
- Brilynn Stolzman
- Alexa Strobel
- Arasahi Vargas
- Rodolfo Vasquez Arcos
- Cornelia Walrath
- Julian Wickersheim
- Cameron Williams
- Thomas Wirtz

Grade 7

- Jaxon Woodward
- Aleister Zoellner
- Ava Anderson
- Skylar Bauknecht
- Sophia Baum
- Gracie Berzinski
- Klaira Bolen
- Braylee Davis-Feck
- Avery Erickson
- Callista Fermanich
- Mackenzie Fleischman
- Willow Gibney
- Sabrina Henke
- Jaxon Hilton-Flannery
- Mason Hoecherl
- Sequoia Kallin
- Kylie Krause
- Alexzander Kubiacyzk
- EmmyLou Lewis
- Sidney Luoma
- Collin Mantor
- Leonah Powell
- Jaxson Pregler
- Wyatt Radtke
- Isaiah Riddle
- Kaiden Schmidt
- Brielle Schroeder
- Jack Schroepfer
- Emma Taguchi
- Emma Welke
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- Tessa Zwirschitz

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Grade 7

- Maya Andersen-Gamboeck
- Sawyer Brandt
- Mackenzie Brauner
- Michael Crum
- Lucy Dahms
- Bryce Dembowski
- Maycie DeWan
- Alexa Euler
- Jova Exume'
- Nolan Foley

HONOR ROLL

Grade 6

- Gabriella Adame
- Grace Bessert
- Ava Blaker-Servi
- Callum Casson
- Taytum Cross
- Rose Engel
- Tatiana Lee Farrior
- Dylan Gallenberg
- Allison Hansen
- Anna Hansen

Seasonal Affective Disorder: Finding Light in the Winter Months

Even small, manageable steps can help us find moments of joy and connection

ASPIRUS HEALTH

Winter can be a challenging time for many, as shorter days and colder weather often bring more than just a chill in the air. For some individuals, these seasonal changes may trigger Seasonal Affective Disorder (SAD), a form of depression that occurs during the darker months of the year.

“SAD can deplete our energy and affect our mood, leading to a cycle where we engage less in activities we enjoy, skip routines, and withdraw socially,” says Jessica Schaefer, a licensed clinical therapist with Aspirus Health. “This can make winter feel even more difficult to navigate.”

To combat the effects of SAD, Schaefer recommends small, intentional changes that can make a big difference. Examples include setting achievable goals, such as taking more steps during the day, meeting a friend for a simple outing, or trying a new activity. These small actions can boost energy, increase feel-good chemicals in the



brain, and help individuals reconnect with positive emotions.

Schaefer also suggests creating moments to look forward to, such as planning a weekly movie night or experimenting with new recipes. “Even small, manageable steps can help us find moments of joy and connection,” she notes.

For those experiencing persistent feelings of hopelessness, Schaefer advises seeking professional help. “If these feelings last for more than a couple of weeks or if someone experiences suicidal thoughts, reaching out to a health care provider is critical. A primary care provider can guide individuals to the resources they need.”

Aspirus Health encourages anyone struggling with Seasonal Affective Disorder to take the first step toward brighter days by reaching out for support. Help is available, and small changes can make a significant impact on well-being during the colder months.

CALENDAR

from page 7

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

Life 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

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CLUES ACROSS

1. “The Las Vegas of the East”
6. Cook
10. Manning and Wallach are two
14. Chameleon
15. A way to fill up
17. What MLBers hope to play in
19. Unhappy
20. Indefinite period of time
21. Excites
22. Males
23. Mongol leader Genghis
24. Turfs
26. Soda comes in them
29. Not nice
31. Professional organization
32. Part of a play
34. Sea eagle
35. Emily Blunt’s character in “Sicario”
37. Beige
38. Mental sharpness
39. Valley
40. Alcione’s husband
41. A place to gamble
43. Flightless Australian birds
45. Call out somebody’s name over a P.A. system
46. US spy group
47. Pancakes from buckwheat flour
49. Swiss river
50. Disfigure
53. Have surgery
57. Formal withdrawal
58. Early English council
59. Square measures
60. 2,000 lbs.
61. Siskel and __, critics

CLUES DOWN

3. You plug it in
4. Each
5. Largest English dictionary (abbr.)
6. King of Thebes
7. English name meaning “mythical hunter”
8. Indicates near
9. More herbaceous
10. Gas-powered cars need one
11. Dishonest individual
12. Systems, doctrines, theories
13. The woman
16. The whole of one’s holdings
18. Witnesses
22. Doctor
23. Paul __, Swiss painter
24. Kids look for him on December 24
25. Single
27. Competitions
28. Predict the future
29. Cage for trained hawks
30. Musician Clapton
31. Frozen water
33. Semiformal men’s evening attire
35. Most worn
36. Common soap ingredient
37. Former EU monetary unit
39. Provisions
42. Book parts
43. Republic of Ireland
44. Partner to “Pa”
46. Sammy __, songwriter
47. Dutch colonist
48. Clare Booth __, American writer
49. Solar disk in Egyptian mythology
50. Minute arachnid
51. From a distance
52. Monthly apartment cost
53. Young women’s association
54. Tourist destination
55. “Woman” in Ojibwe language
56. Pointed end of a pen

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Serve Wisconsin now Accepting Nominations for the 2025 Governor's Service Awards

Nominations Due Monday, Mar 17, 2025

FOR MMC

Serve Wisconsin is pleased to open nominations for the 2025 Governor's Service Awards.

The Governor's Service Awards honor individuals and programs for their exceptional dedication to service through AmeriCorps, AmeriCorps Seniors, and other impactful volunteer initiatives. Additionally, the ceremony will recognize a Volunteer of the Year across multiple categories of volunteerism, highlighting the extraordinary value and contributions of volunteers to communities statewide.

Nominations are due on Monday, March 17, and the award ceremony will take place on Thursday, May 15, at 2:00 p.m. at the Olbrich Botanical Gardens in Madison.

When honoring the recipients of the 2024 Governor's Service Awards, Governor Tony Evers told the 2024 honorees that "so much of our local impact rests on the shoulders of dedicated volunteers and organizations such as yourselves, and we could not have the reach or influence that we do in this state without partners

like all of you. Whether you have been doing this work for two years or twenty years, rest assured, the work you are doing is truly making our state a better place for Wisconsin kids, families, and communities everywhere."

Jeanne Duffy, Serve Wisconsin's Executive Director, echoed the Governor's sentiments, emphasizing the profound impact of the honorees' efforts, stating that "these individuals have gone above and beyond to make a difference in the lives of others. They are assisting homeless youth, offering compassion and care to our vulnerable seniors, and ensuring our youth have the necessary resources, education, and love to thrive. Their selfless efforts have made a tangible difference in the lives of countless fellow community members."

Nominations for the awards are due on Monday, March 17, with the 2025 nomination form and information on past recipients is available on the Serve Wisconsin website at <https://www.servewisconsin.wi.gov/governors-service-awards>.

Cyclones Hockey Wiener Dog Races happening February 8th



FOR MMC

The Wausau Cyclones 4th annual Wiener Dog Races presented by Rocket Industrial are coming up Saturday, February 8th. The puck drops at 7:10pm and the races will take place during the 1st and 2nd intermission of the Cyclones Hockey game. Each dachshund race will start at the goal line and finish at the center red line.

The races will feature dachshunds from across the state. Returning champion Hatley will be back looking to defend her crown. This event has sold out in all the previous years.

Fans are encouraged to act quickly to guarantee their opportunity to witness the excitement of February 8th. Tickets for the fourth annual Wiener Dog Races are available via wausaucyclones.com.

"Our organization takes pride in providing the local communities with unique and captivating events that create memorable entertainment experiences," Director of Business Operations Zach Serwe stated.

New Life Pet Adoption Center will

receive 100% of the proceeds from chuck-a-puck at the game and will also have a 50/50 raffle that evening. They will also receive a portion of the proceeds from the specialty Wiener Dog Race merchandise available on wausaucyclones.com. New Life Pet Adoption Center, Inc. is a 501(c)3 non-profit. The center was formed as a no-kill center in 2000 for the purpose of placing more adoptable companion animals into loving and caring homes; educating the public and municipal governments about the overpopulation problem with emphasis on the importance of spaying and neutering and to provide a place of safety and the humane treatment of companion animals while awaiting adoption.

Tickets for the fourth annual Wiener Dog Races are available via wausaucyclones.com. Stay connected during the season by following the Cyclones @wausaucyclones on Facebook, Twitter, TikTok, Instagram, Snapchat and online at wausaucyclones.com. Subscribe to the Cyclones podcast "Inside Cyclones Hockey", available on your favorite podcast network.

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Langlade County Health Department Seeking Community Input

FOR MMC

The Langlade County Health Department understands that deciding whether or not someone should receive a vaccine is an important and personal informed decision. We also understand that there are many different factors which influence a parents' decision to vaccinate their child(ren).

It is important that our public health efforts are in alignment with, and based on the unique concerns and needs of the community. One of our public health roles is to inform and educate. In order to this, we need to gather information and feedback from the particular audiences or populations we are attempting to reach. As



part of our vaccination efforts, we are interested in learning some of the factors that would influence a parent's decision as to whether or not they would get their child(ren) vaccinated.

We are asking any Langlade County resident that would like to share their viewpoint or provide input to complete our Vaccine Survey by February 28, 2025. You can access the survey by visiting langladecountyhealth.org

Our goal is to work with our partners, stakeholders, and our community members to plan and implement successful strategies which will fulfill our vision: Langlade County: thriving people, healthy communities, safe environments. We thank you for your participation.

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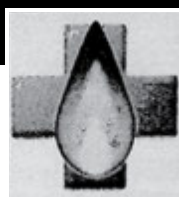
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Basic Tips

- Keep combustibles (paints and other flammable fluids, papers, curtains, rags, etc.) away from any gas appliance or an open flame.
- Teach children to never light or play with the controls of any gas appliance.
- Check the flame on gas appliances. A sharp, blue flame indicates the gas is burning cleanly.
- Never use a gas range for heat. This could create both a fire hazard and a carbon monoxide hazard.
- Always follow the manufacturer's instructions for operation of gas appliances.
- Make sure gas appliances have adequate fresh air and their vent is free of any obstructions.



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Level: Intermediate

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FOR MMC
Although vehicle owners have different options when it comes to servicing their cars and trucks, including doing it themselves or visiting an independent auto repair center, there are various benefits to using a dealership for servicing needs.

According to a study by Kelley Blue Book, 35 percent of all cars were serviced at a dealership in 2021. By 2023, that figure had dropped to 30 percent. Service chains, like tire service centers and quick lube brands, are gaining ground in the automotive servicing market. Here are six reasons why consumers may want to think about returning to the dealership to maintain their vehicles.

1. Cost

KBB says that owners are not saving much by shifting their business to service centers. In 2023, the average dealership service visit cost \$258, while a visit to a non-dealer service center was \$249 on average. Customers may be able to negotiate with dealerships where they purchased the car for lower prices or coupon incentives, as dealerships typically like to build relationships with customers to ensure repeat business.

2. Original equipment manufacturer parts

A big advantage to going to the dealership for service is original equipment manufacturer parts, known as OEM parts and accessories. OEM means the components used in the service or repair will be the same as those used by the manufacturer in their own workshops, guaranteeing both quality and compatibility, according to DCH Honda. This can be especially important for electrical components.

3. Certified technicians

Modern vehicles are complex and unique between make and model. Visiting a dealership for service means you'll be getting a service technician who has specific knowledge about the vehicles that dealership sells. Technicians at dealerships have to be manufacturer-certified, meaning they will have the most up-to-date knowledge and access to cutting-edge equipment.

4. Warranty savings

More often than not, new vehicles come with manufacturer warranties. Certain service may be covered by the manufacturer or dealership at no cost to the vehicle owner. Plus, the dealership can easily look up and apply the warranty pricing if applicable. Also, the service may need to be performed at a dealership by a certified technician for a warranty to continue to be valid.

5. Accessible records

If and when the time comes time to sell a vehicle,

having a handy log of all servicing can be advantageous. This is easier to come by if all of the visits took place at a dealership. They can simply pull up a record of the vehicle and provide it to the owner; otherwise, one may scramble to compile the vehicle history from various service centers.

6. Loaner vehicle

Oftentimes dealerships will provide courtesy cars to customers while service is taking place. This means that customers will not be inconvenienced if repairs take a day or more, and will not have to spend out-of-pocket to get a rental car.

Even if customers know and trust an independent mechanic, or feel confident in their own repair skills, there are times when going to a dealership for servicing may be a better idea.

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