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Registration Required: <http://langladecountyedc.org/events>  
Call or email Angie Close at 715-623-5123 or [aclose@co.langlade.wi.us](mailto:aclose@co.langlade.wi.us) with questions  
Class Fee: \$250.00 (Scholarships available for Langlade County residents upon successful completion)







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Once again we will have IRS trained counselors from American Association of Retired Persons Providing tax assistance for the 2024 Tax Season. This **FREE** tax service will help you file your Income or Homestead Taxes for those with low to moderate income, with emphasis on the elderly, during February and March 2025.

**Services will be provided on Tuesdays and Thursdays, by Appointment Only**

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This ad is sponsored by the Senior Center of Langlade County

**SAVE THE DATE**

The Antigo Chapter of Trout Unlimited will be having their 42nd Annual Fundraising Banquet on **Saturday, March 22, 2025** at Northstar Lanes in Antigo.

Doors open at 4pm with buffet-style dinner at 6pm.

**We will have door prizes, auctions, FOOD & FUN! GET YOUR TICKETS TODAY!**

Join us for a great evening of fun with friends supporting Antigo Trout Unlimited!

For tickets contact Scott Hendricks at 715-623-3867. 213 Mary St., Antigo. Tickets are only \$50 ea. Cash or check only.

**Hope to see you all there!**  
Antigo Chapter of Trout Unlimited

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# A special Valentine Day for the elderly

## 99 Valentine Bags given with love to residents from Eastview...Greenview...and Garden view

LORI LEIDER

Shark and Minnow Designer Den and Antigo Crochet Club put together a gift bag with a handmade crocheted coaster with a bag of tea, and a few bits of candy. Along with the bag they all got a Valentine's card that told them how special they are.

We seem to forget the elderly at little holidays like Valentines, and we got together and crocheted each coaster with love and kindness, for them. The smiles and the look of pure joy was seen by most of the residents as we told them all individually how special and very loved they were.

Many of the residents do not have family that visit.. Some do not have family at all. It was amongst my absolute favorite Valentine's Days to see that joy and that pure appreciation in every person.

Jenna, the pomeranian, was the supervisor in this project.



## AHS YA and Co-Op Programs

SHALYNN DOMKE,  
AHS TEACHER OF  
AGRICULTURE SCIENCE

The Antigo High School Youth Apprenticeship (YA) and Co-Op programs help to guide the students through their training and provide inspiration as they learn valuable skills. The students participate in a work-release program to obtain job skills used to benefit them in their future careers. Gaining job experience also secures recognition for the students as they compete for scholarships. Both the YA and Co-Op programs are formulated as either a one- or two-year experience.

The Youth Apprenticeship program is a statewide program that requires the apprentices to work at least 450 hours annually at their YA worksite and take related high school or college classes to enhance their worksite experience. After the program, the mentor completes a competency checklist, evaluating the student on



the various job tasks. This real-world connection benefits both the student and the worksite.

The Co-Op program also helps to pave the way for a successful school-to-work transition. The students acquire job skills and evaluations are implemented that solidify their career readiness. The students are required to work an average of 10 hours per week. The program does not adhere to the competency checklist or the class coordination present within the YA program.

The CTE (Career and Technical Education) Department instructors provide the skills

necessary to perform the job tasks required to meet the demands of the positions. The CTE department consists of the following instructors: Ray Churchill, Transportation; Evelyn Ditzler, Family and Consumer Sciences; Shalynn Domke, Agriculture; Jeremy Doucette, Graphic Design & Printing; Joanie Fisher, Marketing & Business; Tracie Frisch, Family & Consumer Sciences; Justin Gravitter, Construction; Dave Kuhr, Architecture, CAD, Engineering & Media; Luke Marten, Family & Consumer Sciences; and Mike Parizek, Metals Manufacturing.



Antigo FFA traveled to Gresham Community Schools to compete in District 22 FFA LDEs. The following students competed in various speaking events: Brayden Anderson, Extemporaneous Speaking; Marty Bauer and Korbin Schoepfer, Employment Skills; Anna Hangartner and Arri Forster, Prepared Speaking; and Carissa Dixon and Kaeden Wincentsen, Discussion Meet. In the FFA Creed Speech, Elizabeth Greif placed third and Gracie Rogatski placed first and will be moving on to Sectionals in March. Congratulations to everyone for working hard and trying something new. Gool luck to Gracie at Sectionals!



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OBITUARIES

Jerome Cahak



Jerome G. Cahak, of Antigo, died on Monday, February 17, 2025 at Aspirus Langlade Hospital. He was 83 years old. He was born on April 24, 1941 in Antigo, a son of Leo and Margaret (Price) Cahak.

Jerome was a United States Army Veteran who also served in the National Guard.

Survivors include his wife, Mary Ellen (Andraschko); two sons, Jerome Cahak, Jr. of Milwaukee and Paul Gregory (Sue) Cahak of Theresa; two daughters, Brenda Louise Gustafson of Merrill and Pamela Susan (Joseph) Folger of Cascade; nine grandchildren, Caitlin Cahak, Emily (Kyle) VanDyke, Tim (Rachel) White, Samuel (Morgan) Gustafson, Jonah (Savanna) Gustafson, Shawna (Robert) Barth, Allison Cahak, Jodi Cahak, Benjamin (Laurissa) Folger; and nine great-grandchildren.

He is also survived by a sister, Linda Lange; three brothers, Lawrence (Carol) Cahak, Terrence (Jeanne) Cahak, and Douglas (Janice) Cahak; a sister-in-law, Sandy Cahak; and a brother-in-law, David Hersant.

In addition to his parents, he was preceded in death by sisters, Betty Hersant, Marion Nowe, Sue Hitz, Eunice Antoniewicz, and Mary Cahak; and brothers, Ronald Cahak, Donald Cahak, and Charles Cahak.

A private service will be held. Bradley Funeral Home is assisting the family with arrangements. Online condolences at [www.bradleyfh.com](http://www.bradleyfh.com).

Jerry Clarence Gabriel



Jerry Clarence Gabriel, 73, of Antigo passed away peacefully surrounded by family after a brief illness on Thursday, February 13, 2025, at Froedtert Hospital Milwaukee.

Jerry was born on July 31, 1951, in Antigo, the oldest son of the late Clarence and Magdeline (Dallman) Gabriel.

He attended Peace Lutheran School and graduated from Antigo High School in 1969. He completed vocational training in welding at Northcentral Technical College and worked at HammerBlow Corporation in Wausau and Greenheck Fan Corporation in Schofield.

He enjoyed hunting, fishing, watching sports and was often seen riding his red scooter around Antigo in his retirement. He had no pets of his own, but enjoyed spoiling his relatives, dogs, donkeys and goats.

He is survived by sons: Bill (Fiance Amy) and Curtis (Partner Bryan); brother, David (Brigid) Gabriel; and grandchildren: Ethan Follett, Kayla (Josh) Nelson and Marcus (Ashley) Fitzgerald.

He was preceded in death by his brother, Dan Gabriel; and both parents.

A celebration of life will be held later this year. The date and location of this event will be announced in the future.

Online condolences may be expressed to Jerry's family at [www.muethlboettcher.com](http://www.muethlboettcher.com)

Judith Popelka



Judith Marie "Judy" Popelka, age 81of White Lake, passed away peacefully Tuesday, February 18, 2025 at Rosalia Gardens under the care of LeRoy hospice and her family. Judy was born on August 21, 1943 in White Lake, a daughter of the late Alex and Della (Swim) Strong.

Judy was a graduate of White Lake High School. She went on to attend Milwaukee Area Technical College and Concordia University to pursue her nursing degree.

On December 30, 1961, Judy was united in marriage to James Popelka at St. Matthew's Lutheran Church in White Lake. The couple was blessed with 63 years of marriage. Judy and James lived in Milwaukee for over 40 years, where Judy was a nurse, working at Depaul Rehabilitation Center, Zablocki VA Medical Center and various nursing facilities.

Upon retirement, they returned to White Lake. Judy was dedicated to the community, serving on the North Lakes Community Clinic Board, Langlade County Board of Health, The White Lake Area Historical Society Board of Directors, and American Legion Auxiliary Post #524 of White Lake. Judy enjoyed her flower garden and was a faithful member of Risen Saviour Evangelical Lutheran Church in Mountain.

In addition to her husband, James, Judy is survived by a son Jim (Ann) Popelka of White Lake, grandchildren; Megan (Matthew) Nowak and Emily Popelka, a great granddaughter Leah, a sister-in-law Bernadine Strong, many dear relatives and friends.

A memorial service will be held on Friday, February 28 at 11:00 AM at Risen Saviour Evangelical Lutheran Church, 13825 State Hwy 32, Mountain, WI. Visitation will be from 10:00 AM until the service at the church. Reverend Michael Willitz will officiate.

Memorials in Judy's name may be directed to The American Heart Association, Risen Saviour Evangelical Lutheran Church or The White Lake Area Historical Society. Strasser-Roller Funeral Home is assisting the family. Friends may visit online at [strasserrollerfuneralhome.com](http://strasserrollerfuneralhome.com).

Karen Prunty



Karen (Vanden Wymelenberg) Prunty of Antigo, whose unbounded kindness was a comfort to countless people, died in her home Saturday morning. She was 66.

Karen was born to Richard and Bernice Vanden Wymelenberg in Wrightstown, WI. She was Class Valedictorian (1976) and an inductee to the Wrightstown High School Wall of Fame (2024). She cherished memories with her nine siblings and parents, in particular, annual trips to Lake Lucerne and working at the family grocery store Dick's Family Foods. There she learned cake decorating alongside her mother and cultivated her ability to make others feel seen.

Her cake artistry was never a celebration of herself but a tribute to the receiving person. She could intuitively sense how to make anyone feel special; each project was personalized, bringing joy to birthdays, weddings, anniversaries, and even International Credit Union Day.

During three decades of delivering weekly meals to the homebound, she always listened to their stories. A dedicated servant leader, she shared her gifts as a 4-H leader for 25 years, a member of the Antigo Library Board, and an active member of her church, including being a member of the Rosary Society and a singer in the choir.

A person of deep faith, she centered her life on helping others. She co-founded the not-for-profit organization Living Waters International and volunteered thousands of hours. Her actions enabled education and brought critical infrastructure to hundreds in Africa and other developing regions.

Her proudest achievement was being a mom to five children and grandma to ten grandkids. Each will cherish a unique memory or lesson, such as how to preserve produce for enjoyment through the winter, how to roast the perfect s'more, and where to find the potato bugs.

Her children will remember her voice, harmonizing with dad's, singing Happy Birthday as the first thing we hear each year. Her grandchildren will remember the outpouring of playful joy, including dressing up as royalty for tea parties, making Valentine's cards out of construction paper, playing Ping-Pong (with all the intention of winning), and teaching them her baking secrets.

Karen is preceded in death by her father, Richard Vanden Wymelenberg, and brother, Mike Vanden Wymelenberg. She is survived by her partner in life's most extraordinary adventures and husband of 45 years, Brian Prunty. She is also survived by son Eric (Kristy) Prunty and grandchildren Logan, Lucy, and Aubrey; daughter Jennifer (Nick) Matuszewski and grandchildren Wyatt and Violet; son Sam (Alyssa) Prunty and grandchildren Roxie, Irellyn, Leo, Lyle, and Greyleigh; daughter Elly (Kevin) Hall, and daughter Mary (Wyatt Massey) Prunty.

She is also survived by her mother, Bonnie Vanden Wymelenberg; sister-in-law, Nancy Vanden Wymelenberg; siblings, Paula (Mike) Weyers, Mary Ann (Dave) Ozarowicz, Nancy (Dan) Matheiu, Rick (Mary) Vanden Wymelenberg, Pete (Mary Jo) Vanden Wymelenberg, Jamie (Jen) Vanden Wymelenberg, John (Ann) Vanden Wymelenberg, Michelle (Pete) Rentmeester; brothers-in-law, Kevin Prunty, Tim (Rose) Prunty, Joel (Janet) Prunty; sisters-in-law, Mary Jo (Royce) Sorensen, Anne (Chuck) Sterletske, and Amy (Jon) Kollath.

The family thanks all her caregivers and spiritual partners, including Aspirus LeRoy Hospice. Finally, the kids thank their mom and dad - who together on the three-year ALS journey - dared to love deeply; and to mom for her remarkable strength, who pursued life with such vigor and optimism that she was ordering her garden seeds up until her final day.

A funeral Mass will be held on Saturday, February 22 at 11 a.m. at SS Mary & Hyacinth Catholic Church with the Very Reverend Joel Sember officiating. A private burial will take place at Queen of Peace Cemetery.

Visitation will be held on Friday, February 21 from 4 to 8 p.m. at the Bradley Funeral Home with a parish wake service at 7 p.m. In lieu of flowers, memorials may be directed to Living Waters International <https://www.livingwatersinternational.org/>.

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# Money Smart Wisconsin Essay Contest is Live

### Clarity is Confidence

The sixth annual Money Smart Wisconsin Essay contest is live and accepting essay submissions until midnight on March 7, 2025.

Participation in this popular annual event has grown each year from a very small and regional event to the current statewide participation. Special thanks to our scholarship sponsors for supporting fifteen \$1,000 scholarships this year.

To enter, students must write a short essay that responds to How do you plan to be money smart and future ready? Additional guidelines are on our website.

This is an excellent opportunity for students to map out their financial plan while also increasing chances for even more financial support.

All contest details and application information can be found on our website at <https://debtsmarts.org/money-smart-essay>

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PUBLISHER’S LETTER

The Gift of Life And The Inevitable Abyss

Dear Reader,

One of God’s greatest gifts is the gift of life. But that gift comes with an expiration date. In the grand scheme of eternity, our time on this earth is just a speck—here today, gone tomorrow. No matter who we are, where we come from, or what we accomplish, the end awaits us all. And when our time runs out, we disappear into the abyss of humanity, fading away into the vast ocean of those who have come before us.

We all leave our mark—some big, some small. Some build empires that echo through the ages, while others quietly tend to their families, neighborhoods, or communities. No matter the scale, each mark has value. But eventually, every empire crumbles, every accomplishment is forgotten, and every individual falls into the same great oblivion. It’s a humbling reality and a universal truth.

So, knowing this, the question remains: What do you want to do with your life?

Will you spend your days chasing material things that rust and decay, or will

you invest in moments that last beyond your time here—moments of kindness, love, and connection that ripple through the lives of others? Will you lift up those around you, plant seeds of goodness, and be an instrument of peace, or will you let your days slip away, consumed by the trivial?

Life is fleeting, and none of us know how much time we have. But within this brief window, we all have a choice. What legacy will you leave? What will you do with your gift of life? Will you simply exist, or will you dare to make your mark?

Our moments are few, and our time is short. But even a small spark can light up the darkness. So let’s make it count. Before we vanish into the abyss, let us live with purpose, gratitude, and a commitment to make the world just a little bit better for those who will follow.

PATRICK J. WOOD

Publisher

Author of “Reflections” a new book now available on Amazon.

Ripco Credit Union – 93rd Annual Meeting

Tuesday, April 29, 2025 5:00 PM

Ripco Credit Union members are invited to attend this year’s Annual Meeting. This meeting will be available virtually online or in person, at our main office – 121 Sutliff Avenue, Rhinelander.

At this meeting, Ripco’s Chairman of the Board and Board of Directors, will report on the financial state of the Credit Union and share information on other topics of interest to the Credit Union’s member-owners.

Two Director’s – Alyssa Borski and Rick Zoerb - will be reappointed to the Board by acclamation, as no nominees were presented to challenge the incumbent. The meeting will be held via video conference, dial in by phone or in person at our main offices in Rhinelander.

A registration link will be available online at [ripco.org](https://www.ripco.org) at least two weeks prior to the virtual event.

For more information, please Call Ripco at: **715-365-4800** (toll free at 1-877-365-4800)

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# Signs your dog may be dehydrated

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Water is essential for mammals’ bodies to operate at peak capacity. The American Kennel Club says water is necessary to lubricate joints, facilitate digestion, regulate body temperature, and cushion internal organs, among many other functions. Similar to humans, pets that fail to consume enough water can face dire consequences.

Dehydration is a medical term for when the body has lost more fluid than it has taken in. Dehydration can occur at any time, but it is even more common during the warm weather months. Dogs quickly can become very sick from dehydration. That is why every pet owner should learn how to recognize the symptoms of dehydration in their dogs.

The Veterinary Emergency Group says symptoms of mild dehydration can include:

- Dry nose, although this also can be a signal of other problems, like fever.
- Excessive drooling occurs as the dog tries to cool down its body.
- A dehydrated dog can exhibit signs of fatigue, including a reluctance to move around much.
- Sticky gums

As the dog becomes more dehydrated, the following symptoms can develop:

- Loss of elasticity of the skin.
- Loss of appetite.
- Thickening of the dog’s saliva.
- Gums may go from sticky to dry.



- Excessive panting may begin.
- Vomiting or diarrhea also may occur.
- Dehydration causes the body to redistribute fluid lost, and fluid may be pulled from the eyes, causing the eyes to appear sunken.

If a dog appears to be dehydrated, you can start offering small amounts of water to slowly rehydrate the animal, says Northeast Veterinary Referral Hospital. It’s important to call the veterinarian and get further advice regarding how to address dehydration. Some vets may suggest offering an electrolyte-enhanced fluid like Pedialyte so electrolyte loss does not affect organs. The vet may want you to come into the office so the dog can receive intravenous fluids, says the American Kennel Club.

The best way to treat dehydration is to prevent it in the first place. Provide dogs with a constant supply of clean, clear water at all times. The amount of water needs to increase if the dog is spending time outdoors in hot weather or exercising.

Cats also are prone to dehydration and can exhibit the same symptoms as dogs. So cat owners also must be diligent in checking for dehydration symptoms in their pets

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male  
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AVAILABLE CATS:

Bolt: male beagle –  
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Ranger: 3 year old neutered male German Shepherd

Hydro: 3 year old neutered male Golden-Doodle

Topaz: adult spayed female

Sunny: neutered male kitten

Spencer: neutered male kitten

Snowbear: spayed adult female

Sasha: spayed adult female

Sammy: neutered adult male

Raven: spayed young female

Mausha: neutered young male

Marti: spayed adult female

Isabelle: spayed adult female

Pip: spayed adult female

Claudia: Spayed female kitten

Cinnamon: adult neutered male

Blue: Neutered male adult

Azule: neutered male kitten

Cammie: spayed adult female



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 N 9575, 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. 24th 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. 25th & Feb. 27th 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. 26th 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.

**Cribbage League** Feb. 26th (Wednesdays) 6pm. Northstar Lanes 400 Prosser Pl., Antigo. Weekly payouts; no need to sign up or attend every week.

**Rolling Stone Lake Fisheree** Feb. 22nd 7am. Walley Lodge Bar & Grill N11159 Walley Rd., Pearson. If the ice is not safe, the festivities will still be going on at Walleye Lodge. Tickets are \$10 each. Every ticket is eligible for prizes - you don't need to fish to win. Pre-register at Walleye Lodge. Call 715-484-3333 for more info.

**The Art of Origami** Feb. 27th 5-7pm. AVA Art Center 1350 N Hogan St., Antigo. Learn the ancient art of origami and create your own unique paper creations. Taught by a skilled artist and hosted by Antigo Visual Arts, this class is perfect for beginners and experienced origami enthusiasts alike. All materials will be provided. Don't miss out on this fun and creative opportunity! \$5

**Moose Lake Youth Fishing Derby** March 1st 9-3pm. Moose Lake. Youth ages 15 and under can participate. Prizes will be awarded at 3pm. Food and refreshments will be offered at the Mattoon Community Hall and Moose Lake at noon. Bait will also be provided. Please call 715-219-4304 or 715-219-3706 for more information.

**MEETINGS**  
**Langlade County Broadband Commission Meeting** Feb 25 4-5pm. NTC Antigo 312 Forrest Ave., Antigo.

**Antigo Visual Arts Monthly Member Meeting** Feb. 26th 6pm. NTC Antigo 312 Forrest Ave., Antigo.

**Public Works Committee - Regular Meeting** Feb 26th 5:30pm. 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.

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

**GriefShare Community Grief Recovery Seminar and Support Group:** Feb. 17th through May 12th 5-6:30pm. Peace Lutheran Church 300 Lincoln St., Antigo. Each weekly session is on a different grief topic. Park in the 8th Avenue lot and enter Door #3 for the Fellowship Hall. Sessions are FREE and no pre-registration is necessary.

**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](mailto:nwinkler@mmclocal.com)

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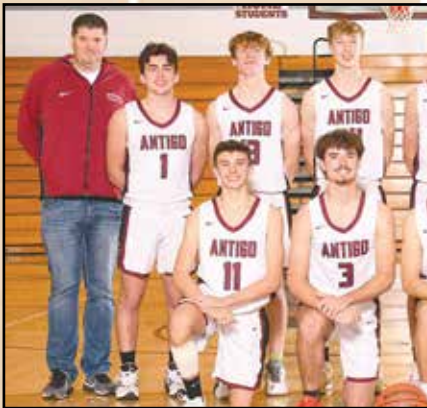
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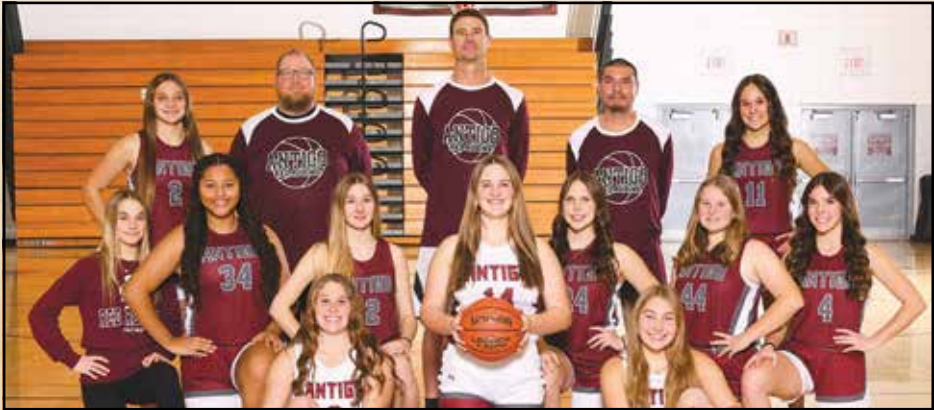
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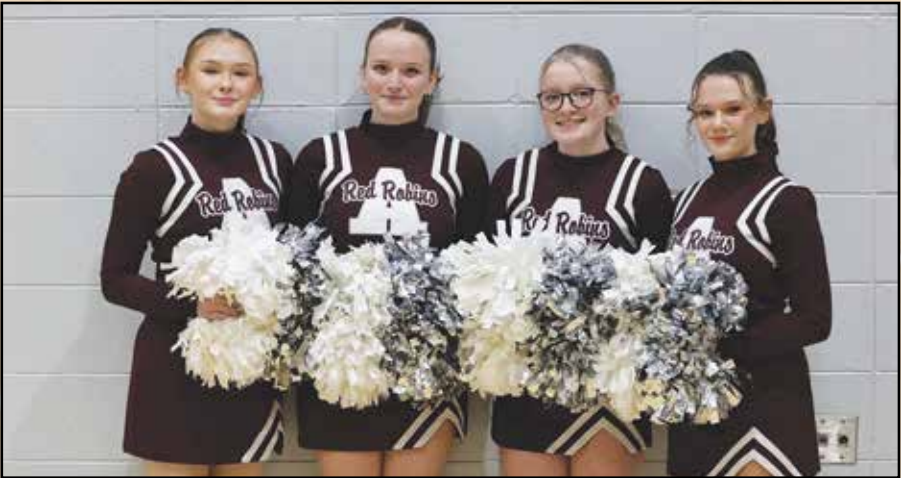
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# Dining Guide

## How to dine out while dieting



### FOR MMC

Making smart food choices and watching your portions are hallmarks of many diet plans. While nutritionists often say that losing weight and being healthy involves changing your relationship with food rather than adopting a particular fad diet, even the most carefully designed diets can be derailed when dining out.

According to the Centers for Disease Control and Prevention, nearly one-half of adults tried to lose weight within the last 12 months. In 43 markets surveyed within YouGov Global Profiles, 52 percent of global consumers are “usually trying to lose weight.”

Once people understand what goes into maintaining healthy diets at home, they can extend those lessons while dining out. The following is a sound approach to making smart food choices when out and about.

- Plan ahead. Look at the menu online and see

what the offerings are. This way you can map out what you will be eating without feeling pressured or rushed at the restaurant.

- Don’t arrive hungry. Eat a small snack before you leave home so you’re not arriving at the restaurant with a growling belly. Choose small, protein-based snacks and whole grains, like some hummus and a slice of whole-wheat toast.
- Consider an appetizer. Dining involves portion control. It can be easy to eat too much when dining out, as portions seemingly get larger and larger. Instead of choosing an entrée, opt for an appetizer or even something from the kids’ menu, as those portions are likely to be smaller and more in line with the amount of food diners should be eating.
- Fill up on salad or vegetables. Salad and vegetables are nutritionally dense but low in calories for their serving sizes. By eating a salad or making the majority of the meal

vegetables, it’s possible to eat fewer calories overall.

- Practice mindful eating. Mindful eating involves paying full attention to the process of eating. Focus on eating rather than conversation, and try to avoid distractions like watching television while munching, which could compel you to eat too much.
- Make healthy choices. Look for menu items that are smart choices, like lean cuts of meat, grilled or baked foods, broth-based soups, and vinegar-based dressings. Anything that says “fried” or “creamy” likely should be avoided.
- Skip the buffet. When choosing between a sit-down meal and a buffet line, the sit-down entrée may be the smarter choice. The amount of food on the plate will be finite rather than chafing dish after chafing dish of tempting options.
- Avoid alcohol. Medline Plus indicates the average drink can have anywhere from 100 to 165 calories per serving. Certain mixed drinks, like a chocolate martini or piña colada, can exceed 500 calories. By skipping the cocktail or wine, it may be possible to trim several hundred calories off a meal.

Dining out presents unique obstacles to healthy eating plans. But planning ahead makes it possible to dine out without compromising dieting plans.

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## Wisconsinites Invited To Participate In Wisconsin Conservation Congress Resolution Process

### DNR OFFICE OF COMMUNICATIONS

The Wisconsin Conservation Congress (WCC) reminds all Wisconsinites that there is still time to participate in its annual spring hearing process by introducing a local resolution.

The WCC is an independent organization of residents that advises the Wisconsin Natural Resources Board and the Wisconsin Department of Natural Resources (DNR) on how to responsibly manage Wisconsin’s natural resources.

Each year residents have an opportunity to submit ideas as resolutions to the WCC. Wisconsinites can submit proposed resolutions via the online process now through Feb. 24, 2025. Resolutions must meet the following criteria:

- The concern must be of statewide impact.
- The concern must be practical, achievable and reasonable.
- The concern must be within the mission

and vision of the Wisconsin Conservation Congress.

An individual may submit no more than two resolutions per year. Those interested in submitting a resolution are encouraged to reach out to the resolution review committee or their WCC County Chair for guidance in drafting a resolution.

Additional tips on preparing a resolution are available on the WCC and DNR’s Spring Hearings webpage.

Resolutions will be accepted until Feb. 24, 2025. At the close of the submission process, the resolutions will be reviewed by a committee of WCC delegates to ensure they meet the criteria for inclusion and will be prepared for the spring hearing agenda and online input, which kicks off on April 14 and will close on April 16.

For further information or questions, contact Terri Roehrig, Executive Committee Member of the Wisconsin Conservation Congress, at 920-540-2775.

### TONI SCHMITT HELP MANAGER

Good News Project is thrilled to announce that it has been awarded a generous grant from the Inclusa Foundation to expand its Health Equipment Lending Program (HELP) services to rural communities. This funding will enable the launch of a new Mobile HELP Truck service, which will transport medical equipment to and from Wausau, significantly enhancing accessibility for those in need.

HELP has been a cornerstone of Good News Project’s mission in north central Wisconsin for 20 years, providing essential durable medical equipment to individuals who may not have the means to acquire it otherwise. With the introduction of the Mobile HELP Truck, the program will now be able to reach even more people, particularly in rural areas where transportation barriers have historically limited access to these vital resources.

“Transportation should never be a barrier to receiving essential medical equipment,” said Toni Schmitt, HELP Manager at Good News Project. “With the support of the Inclusa Foundation, we are

## Good News Project Receives Grant

now able to ensure that more people in our community have the access to durable medical equipment that will allow them to live healthier, more independent lives.”

The mobile truck will operate on a regular schedule, making stops in 11 rural communities throughout the region: Antigo, Athens, Birnamwood, Edgar, Hatley, Marathon City, Merrill, Mosinee, Rhinelander, Stratford and Tomahawk. This service will not only deliver equipment but also pick up items that need to be returned to our inventory or serviced, ensuring a seamless and convenient experience for all users. This effort could not be implemented without the generous support of businesses in these rural communities who are willing to allow the Mobile HELP Truck to park for one hour each month on their property. Partnering businesses include Marathon Cheese (Marathon), Twisted Sisters Market (Antigo), Charlie’s Hardware (Mosinee) and Dollar General (all other communities).

Good News Project is deeply grateful to the Inclusa Foundation for their support and commitment to improving healthcare accessibility.

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# 2025 Aspirus Scholars named to tackle physician shortage

## ASPIRUS HEALTH

The Aspirus Health Foundation has awarded two medical students \$350,000 in scholarships through its Aspirus Scholars Program. The students, both from the Medical College of Wisconsin-Central Wisconsin campus (MCW-CW), accepted their scholarships during a ceremony on February 6.

The Aspirus Scholars Program is a community collaboration to address the national physician shortage and meet the needs of people and communities in north central Wisconsin and Upper Michigan today and for future generations.

It provides generous scholarships for tuition to medical students and connects them to Aspirus and the communities served by Aspirus during their training. In return, students commit to employment at Aspirus in the areas of primary care, psychiatry, or general surgery.

This year’s scholarships were awarded to:  
Kaylynn Imsande, First-Year Medical Student (Hometown: Menomonie, WI)  
Rhiley Maguire, First-Year Medical Student (Hometown: Mosinee WI)

“Our Aspirus Scholars award recipients already have strong ties to our area and are passionate about medicine and caring for patients,” said Lanna Scannell, Aspirus Vice President, System Philanthropy. “Both will be a tremendous addition to the Aspirus family and help us grow access to vital services in our communities.”

A selection committee made up of Aspirus physicians and community members from Wisconsin and the U.P. screened applications and selected the recipients. This is the ninth class of Aspirus Scholars.

The Aspirus Scholars Program is made possible through contributions from Aspirus hospitals, as well as



community partners such as The Legacy Foundation of North Central Wisconsin, Judd S. Alexander Foundation, Dwight and Linda Davis Foundation, B.A. & Esther

Greenheck Foundation, Dudley Foundation, and the family of the late surgeon Dr. Al Molinaro.

# Be Part of the Next Wisconsin Agriculture Youth Council

## WISCONSIN DEPARTMENT OF AGRICULTURE, TRADE AND CONSUMER PROTECTION

Current high school juniors can apply now for the next Wisconsin Agriculture Youth Council. The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) will accept council applications through March 31, 2025.

“Farmers and agriculture have been the backbone of our state for generations. We must continue to bolster this industry so that it remains a central part of our state’s future, and that means preparing new generations of farmers, producers, and agricultural leaders,” said Gov. Evers. “2025 is the Year of the Kid in Wisconsin, so I’m encouraging students to participate in the Wisconsin Agriculture Youth Council, which provides a great opportunity for young people to be a part of building that future.”

The Wisconsin Agriculture Youth Council meets virtually each month of the school year to listen to presentations, engage in discussions, and connect with professionals across the agriculture industry. Students who

will be seniors during the 2025 – 2026 school year are encouraged to apply.

“I am proud the Wisconsin Agriculture Youth Council will begin its sixth year in the fall,” said DATCP Secretary Randy Romanski. “The council is a great opportunity for young people who are enthusiastic about agriculture to connect with DATCP staff and industry leaders.”

DATCP seeks to have 15 members with at least one member from each of the nine council districts. The remaining seats will be filled with at-large members. A map and listing of which counties are located in each of the nine districts is available at <https://AgYouthCouncil.wi.gov>.

“Being part of the Wisconsin Agriculture Youth Council has allowed me to expand my knowledge and interest in agricultural policy,” shared Makayla Staudinger, a council member from De Pere. “The council has played a significant role in my career exploration, and I would encourage any senior interested in ag to apply.”

The goals of the council are to highlight agricultural-related careers, share resources available for farmers, provide insight in agricultural policy development, and increase networking opportunities for participants. Members serve a one-year term on the council.

“The former and current council members are outstanding representatives of the agricultural industry,” added Romanski. “The council members provide valuable perspective about Wisconsin agriculture to me and the DATCP team in each session.”

New in 2025, the application form is now electronic to streamline the process for students. Through a brief essay and one-minute video, applicants must share information about their current involvement in agriculture and their future education or career plans.

“The Wisconsin Agriculture Youth Council has been an amazing way to learn more about Wisconsin

agriculture, DATCP, and myself,” concluded Jordan Berg, a council member from Neillsville. “I highly recommend applying to be on the council to anyone interested in pursuing a career in agriculture. No matter what your interests are, there is something for everyone.”

Council members will receive a certificate at the completion of their term. To access the application and additional information, visit <https://AgYouthCouncil.wi.gov>.



## Clear Your Appliance Vents!

City Gas reminds you to be sure all appliance exhaust vents and air intake pipes are clear of snow and ice during this winter. Dangerous carbon monoxide gases can become a hazard in your home when not properly ventilated. Also clear snow from all outdoor meters and regulators to ensure proper operation.



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@MetroCreative Level: Intermediate

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Antigo

Times

The Antigo Area

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CLUES ACROSS

- Greek mythological figure
- Small amount
- Play a role
- River in Georgia and Alabama
- Water in the solid state
- Ancient Greek sophist
- Having a strong sharp smell or taste
- Fleece
- Writer/actress Dunham
- Behave in a way that belittles
- Comedienne Gasteyer
- Zoroastrian concept of holy fire
- Conceits
- Slowed down
- Nourishment
- Midway between east and southeast
- Fights
- Comedienne Tyler
- Standing operating procedure
- Locks
- Old
- Song sung to one's lover
- Whale ship captain
- Moved quickly on foot
- Volcanic craters
- Large musical instrument
- Liquefied natural gas
- Ethiopian town
- Not closed
- A team's best pitcher
- Spiritual leader of a Jewish congregation
- Disfigure

- Prefix denoting "in a"
- Sleep

CLUES DOWN

- S. American plant
- Soul and calypso song
- Fruit of the service tree
- Continent
- Albania's capital
- Poisonous plant
- Argues
- Assists
- Town in Galilee
- Russian leader
- Promotional materials
- Wings
- Not odd
- Expression of creativity
- Conceptualize
- A digital tape recording of sound
- Peyton's little brother
- Cost, insurance and freight (abbr.)

- Difference in potential
- Owner
- I (German)
- Chinese conception of poetry
- The world of the dead
- Sign language
- Coincide
- Religious observance
- Confined condition (abbr.)
- Polite interruption sound
- Texas ballplayer
- Type of sword
- Abba \_\_, Israeli politician
- Basic unit of a chemical element
- Native American people in California
- Swiss river
- Hebrew calendar month
- Easily swindled person
- One point south of southwest
- Small island (British)

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2025 Monthly Rates



# DNR Awards \$6 Million In Grant Funds To Protect Surface Water



**JEN JEFFERSON**  
DNR STATEWIDE SURFACE WATER GRANT COORDINATOR

The Wisconsin Department of Natural Resources (DNR) recently awarded more than \$6 million in grant funding for lake organizations, nonprofit organizations and municipal and county governments throughout the state.

This grant program provides cost-sharing for projects that restore and protect surface water. The organizations and governments receiving funding will help to restore and protect our state’s surface water resources in 2025 and beyond. This year, the program received 418 applications from eligible applicants requesting nearly \$8 million.

Of the applications received, 371 grants totaling more than \$6 million were awarded. The projects are incredibly diverse, including education and outreach activities, management planning, habitat restoration, runoff management, water quality improvement projects and aquatic invasive species prevention and management. The projects selected for awards leverage a substantial amount of local funding and commit to making important contributions to our natural resource legacy.

Annually, the program supports many local and regional partnerships working to improve water quality across counties and watersheds. This year, the program was able to fund several river and lake restoration and management plan implementation projects.

“Grantees, partners and DNR staff are often most excited about implementation-type projects, as it is fulfilling to see ideas, many of which took years of nurturing, come to reality as the projects are initiated and completed,” said Jen Jefferson, DNR surface water grant program manager.

Of these seven funded river restoration and implementation



projects, one will replace a culvert to improve a road stream crossing (Oneida County), and four will restore segments of Mineral Springs Creek (Ozaukee County), Pigeon Creek (Ozaukee County), the Yahara River (Dane County) and an unnamed tributary to Lake Winnebago (Calumet County).

Two other projects work to reduce runoff from land adjacent to creeks. The Cedar Grove-Belgium School District (Sheboygan County) will convert around 25 acres of farmland to a naturalized upland-wetland system and Wood County will work with property owners to establish over 100 acres of harvestable buffers.

A total of 14 lake restoration and implementation projects were funded this year and span a wide range of activities, from construction projects and alum treatments to staff positions.

One construction project is in Green Lake County, where the Green Lake Sanitary District has collaborated with many organizations and agencies to install a new barrier that will prevent common carp migration to a marsh adjacent to Green Lake.

Further north in Oneida County, the Northwoods Land Trust, Inc. will create a new staff position to conduct

targeted outreach and provide technical services to landowners interested in taking steps to protect their land through conservation programs.

Finally, 156 organizations will receive support to participate in the Clean Boats, Clean Waters (CBCW) program and 38 organizations will receive support to participate in the Lake Monitoring and Protection Network (LMPN). As part of CBCW, local advocates focus on education and outreach to empower watercraft users to help prevent the spread of aquatic invasive species. The LMPN supports lake monitoring and aquatic invasive species (AIS) prevention activities on a county basis and continues to be present in 69 of 72 counties in Wisconsin.

These projects are just a few examples of the organizations and communities receiving funding this year. If your local organization could benefit from a surface water grant, reach out now to determine your eligibility and begin developing your ideas before the September pre-application deadline.

Visit the DNR’s website for more information or to find a Surface Water Grant project in your community.

March

High School

SPORTS

March 1

TBD Witt-Brin Girls Basketball Regional Game 3 @ TBD  
TBD Witt-Birn Boys & Girls Wrestling State Meet @ TBD  
10am Antigo Boys & Girls Wrestling Tournament @ Kohl Center UW Campus  
5:30pm Antigo Boys & Girls Wrestling Tournament @ Kohl Center UW Campus  
7pm Antigo Girls Basketball Regionals @ TBD

March 4

7pm Witt-Birn Boys Basketball Regional Game 1 @ TBD

March 6

7pm Antigo Girls Basketball Sectionals @ Pulaski HS  
7:30pm Witt-Birn Girls Basketball Sectional Game1 @ TBD

March 8

TBD Witt-Birn Boys Wrestling State Meet @ TBD  
7pm Witt-Birn Boys Basketball Regional Game 2 @ TBD  
7pm Antigo Girls Basketball Sectionals @ Mosinee HS  
7:30pm Witt-Birn Girls Basketball Sectional Game 2 @ TBD

March 13

TBD Witt-Birn Girls Basketball State @ TBD  
7pm Witt-Birn Boys Basketball Sectional Game 1 @ TBD

March 14

TBD Witt-Birn Girls Basketball State @ TBD  
TBD Antigo Girls Basketball State @ Resch Center GB  
7pm Witt-Brin Boys Basketball Sectional Game 2 @ TBD

March 15

TBD Antigo Girls Basketball State Tournament @ TBD

March 20

4:30pm Witt-Birn Boys & Girls Track Invitational @ Northland Pines HS  
4:30pm Antigo Girls Track Invitational @ Northland Pines HS  
7pm Witt-Birn Boys Basketball State @ TBD

March 21

7pm Witt-Birn Boys Basketball State @ TBD

March 22

7pm Witt-Birn Boys Basketball State @ TBD

March 24

1:30pm Antigo Softball Game vs National Cathedral @ Florida

March 25

TBD Witt-Birn Softball Game @ TBD  
9am Antigo Softball vs Perrysburg @ Florida

11:15am Antigo Softball vs Delaware Hayes @ Florida  
4:30pm Witt-Birn Boys Track Invitational @ Marshfield HS

March 26

TBD Witt-Birn Softball Game @ TBD  
11:15am Antigo Softball vs National Cathedral @ Florida  
1:30pm Antigo Softball vs Perry @ Florida

March 31

4:30pm Witt-Birn Softball Game @ Weyauwega-Fremont HS

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# Aspirus Promotes Early Heart Disease Detection with Coronary Calcium Score Scan

It’s quick, affordable, and highly effective at helping us determine heart disease risk in patients who may not have symptoms

ASPIRUS HEALTH

Heart disease remains the leading cause of death in the United States, often developing silently before symptoms appear. In recognition of Heart Month, Aspirus Health is raising awareness about an advanced, non-invasive test, the coronary calcium score scan, which helps identify heart disease before symptoms arise.

This quick and painless CT scan measures calcium buildup in the coronary arteries, providing a clearer picture of a person’s heart health. The scan results in a numerical calcium score that helps doctors assess a patient’s risk for heart disease.

“The results do matter,” says Dr. Daniel Krause, a cardiologist at Aspirus Heart Care. “A score of zero is ideal, meaning no calcification. Most people have a score under 100, but if it’s over 100, we take a closer look at risk factors. A score above 400 is concerning and may lead to further evaluation, such as stress testing.”

With this information, doctors can create personalized prevention plans, including lifestyle



modifications, medication, or additional screenings if necessary.

The scan is particularly beneficial for individuals between the ages of 40 and 70 who have risk factors for heart disease, such as:

- High blood pressure
  - High cholesterol
  - Diabetes
  - A family history of heart disease
  - Smoking history
  - Obesity
  - A sedentary lifestyle
  - Chronic stress
- Even those without symptoms could benefit if they have one or more of these risk factors.

“This is a great screening tool,” says Dr. Krause. “It’s quick, affordable, and highly effective at helping us determine heart disease risk in patients who may not have symptoms.”

Coverage for a coronary calcium score scan varies by insurance provider. Many insurance plans do not cover the test, meaning patients may need to pay out-of-pocket. At Aspirus, the average cost of the test is \$99. Patients should check with their insurance provider or health care facility for specific cost details.

Heart Month serves as an important reminder that early detection saves lives. Individuals concerned about their heart health are encouraged to speak with their primary care provider or cardiologist about whether a coronary calcium score scan is right for them. Taking action now can help reduce the risk of heart disease and improve long-term heart health.



## The Langlade County Snowmobile Trail System



AL MURRAY,  
LANGLADE COUNTY FOREST ADMINISTRATOR

**BY RECOMMENDATION OF THE LANGLADE SNOWMOBILE COUNCIL, THE LANGLADE COUNTY SNOWMOBILE TRAIL SYSTEM INCLUDING ALL STATE FUNDED TRAILS ARE SCHEDULED TO CLOSE ON MONDAY, FEBRUARY 24, AT 8:00 A.M.**

At this point the closure is expected to be temporary but is weather dependent. The purpose of this temporary closure is to preserve the existing base during a period of warm weather and possible rain. The Langlade County snowmobile trail system will reopen when/if weather and trail conditions improve.

The Langlade County Snowmobile Ordinance prohibits snowmobiles and all-terrain vehicles from operating on the trails after the official closing date.

For questions regarding the trails please contact the local snowmobile club or visit their social media accounts. You may also contact the Forestry, Parks and Recreation Department at 715-627- 6300.

Langlade County would like to thank the snowmobile clubs, sponsors and operators of the trails, for all of the volunteered hours brushing, signing, and grooming of trails over this season to provide high quality snowmobile trails in Langlade County. Please make sure to continue to support the sponsors and clubs.

We hope that you enjoyed the Langlade County trail system and thank you for supporting the economy and businesses of Langlade County!



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Lb.

8<sup>99</sup>  
Coho  
**Salmon Fillets**  
Lb.

3<sup>29</sup>  
Alaskan  
**Pollock Fillets**  
Lb.

3<sup>99</sup>  
Selected Varieties  
**Our Family Butter**  
15 to 16-Oz. Pkgs.

4/\$5  
Selected Varieties  
**Birds Eye Steamfresh Vegetables**  
10 to 10.8-Oz. Pkgs.

3/\$10  
Selected Varieties  
**Jack's Original Thin Pizza**  
13.8 to 15.8-Oz. Pkgs.

12<sup>99</sup>  
Selected Varieties  
**Pepsi Products**  
24-Pks. • 12-Oz. Cans

2/\$1  
Selected Varieties  
**Our Family Mac & Cheese**  
5.5 to 7.3-Oz. Boxes