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### \$3,713 in Hygiene Products Collected to Support Local Crisis Agencies



Prevail Bank partnered with 88.5FM (Wausau) and 99.9FM (Eau Claire) The Family for the 2025 Help for the Homeless Hygiene Drive, serving as an official collection site. Between six Prevail Bank branches in

Wausau, Eau Claire, Owen, Medford, Marshfield, and Wisconsin Rapids, Prevail gathered nearly nine full boxes of essential hygiene items, valued at \$3,713. These donations were distributed by The Family to local crisis agencies, helping those in need.

One of two piles of donated products, as shown the accompanying

photo, represents the incredible generosity of the community. Prevail Bank is deeply grateful to everyone who contributed to this important cause.

As part of its ongoing commitment to making a positive impact in the communities it serves, Prevail Bank continues to support local initiatives that make a difference.











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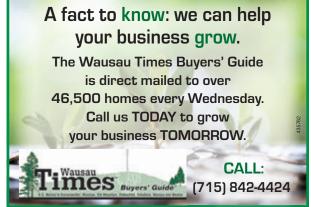
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### Resetting Your Brain Like You Reset Your Router

#### Sobriety is Like Resetting Your Inner Router

**LINDA LARSON SCHLITZ** 





1

9

5

6

3

6

9

Ah, sobriety. It's like resetting a router—frustrating at first but eventually miraculous when everything starts running smoothly again. I remember when things fell apart for me and I had to bite the bullet, (or maybe it was the cable cord?), and call someone to help me with the reset.

I couldn't do it on my own. I tried and wasted a great deal of time, energy and frustrations and my husband was driving me crazy because he was in the middle of his 979th episode of Gunsmoke and I was messing it up. (Like the router going out was my fault!)

If you are tired of looking at the static in your life and you want a clearer picture without poking yourself with a sharp object, like you need to do with the reset button, then here's the step-by-step guide to sobriety, tech-support style:

#### Step 1: Realize Something's Not Right

Much like when your Wi-Fi starts buffering in the middle of streaming your favorite show, you might hit a point in life where

6

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Level: Intermediate

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SUDOKU

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

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

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G

things just stop working. Maybe it's a pile-up of embarrassing moments, or perhaps you woke up realizing you were on the bathroom floor having been labeled "the porcelain queen."

Or maybe it was waking up with a pounding headache in a jail cell, and realizing you have no idea how it happened or what you did. If you still haven't pieced together that "something's not right," congratulations! You've unlocked a whole new level of denial.

#### Step 2: Locate the Reset Button

On a router, it's a tiny, hidden button you need a paperclip to press. In sobriety, it's the even tinier voice in your head whispering, "Maybe it's time to stop" or "remember what happened last time." You can't just poke the voice with a paperclip and poof it disappears, but recognizing it exists is a solid start.

For many of us we are reluctant to go to meetings like AA or Celebrate Recovery because we are too embarrassed or ashamed that "people will find out." Well, duh!! Do you think people in your life don't already know?

And that's what meetings are all about. Your fellow members will share with you a ton of one liners to keep in that head of yours that will eventually be screaming at you instead of whispering things like "nothing changes if nothing changes" and "play it to the end" and "what other people think of you is none of your business" to name a few.

They will also remind you of step 11 which says we" sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for the knowledge of God's will for us and the power to carry that out." Another one liner is "you can't, God can, let Him"

### Step 3: Power Off and Wait

Ever noticed how tech support's answer to everything is to turn it off and wait? Your Wi-Fi is down? Turn it off and wait. Laptop acting possessed? Turn it off and wait. Forgot your password for the 87th time? Okay, that's on you. But the point is, they swear that a little downtime fixes almost anything.

Sobriety works the same way—step away from the chaos and wait. And no, "waiting" doesn't mean savoring one last glass of wine while reflecting on life like you're on vacation in the Bahamas. It means actually letting your system cool down and reboot.

How long does it take? Well, that depends. If you're sitting there moaning, "This is too hard, I can't do it," those three minutes they tell you to leave the router unplugged will feel like eternity.

te eternity. When I quit drinking, 24 hours felt longer than waiting in line at a Beatles reunion outdoor concert on a 90 degree day with no shade. But guess what? Your body and brain have been running on poisoned fuel, and that's not an exaggeration.

Alcohol is the guest that shows up uninvited, destroys your brain cells, screws up your gut health, and leaves your emotions on a roller coaster ride with no brakes. (Wait, let me rethink that.... it is actually invited...by you...so you may want to rescind that invitation next time).

Sure, new habits take time, but so does everything worth having—whether it's sobriety, decent Wi-Fi, or a body that is able to get up out of a wheelchair and run a marathon. So turn yourself off and wait. You've got this.

#### Step 4: Restart

Here comes the fun part: restarting. At first, sobriety feels like when the router comes back online but the Wi-Fi doesn't. "Why isn't this working?!" you'll think.

But give it a second. Sometimes the signal takes a moment to reconnect with the universe. Now this isn't where you pick up a glass of wine to celebrate the reboot. I know people who have celebrated a milestone sobriety anniversary date by going out drinking. SERIOUSLY??

The challenge of the restart is that by the time we get to middle age or beyond we have spent more than half of our lives living in chaos! We have used alcohol to cope, relax, celebrate, get happy and go to sleep and that's a lot of rebooting to do!

The restart is like upgrading from Windows 10 to Windows 13 or going from an HP to an Apple and thinking everything is going to look and work just like the other gadget. It's great once you get the hang of it but it is a drag learning how to do it all.

#### Step 5: New Password Required

Routers always work better after you update the password. Same goes for sobriety: change the settings! Swap "Party-Hard" for "Freshstart!" New routines, habits, and a healthier mindset will help keep your network stable.

Passwords must be unique just like we are. There are no two people that recover in the same way, in the same time frame, with the same hardrive that may still need to be tweaked along the way.

Many of us had some wiring messed up 40-50 years ago that may need to be fixed but that password will unlock it all but you might want to get some help with that.

We tend to keep using the old password over and over again because we don't want to forget it! When it comes to sobriety, sometimes "the good old days" are best left in the



recesses of your mind or gotten rid of all together so you don't start ruminating on how fun it would be to do that again.

#### Step 6: Call for Backup When Needed

If you can't get the router working, you call tech support. And in sobriety, sometimes you need your own help desk—a friend, a support group, or even that guy who always posts inspirational memes on Facebook. You can find recovery meetings all over the internet, 24 hours a day.

You can go incognito so no one will know you are the President of a substance abuse treatment facility that teaches people how to stay sober every day. Just google where do I find alcohol recovery online meetings and you will find tons of resources. (or you can message me and I will send you a resource list and get you lots of other resources to help.)

Hopefully you also have

a church family that is loving and accepting and a pastor who is there for you to listen to you and give you some encouragement from the bible. Keep in mind that there are many other people, even in your own church, that are hiding in plain sight.

You just don't know it and you won't find out until somebody breaks the silence. Yes it may seem like the crystal cathedral crashing down on you but let me tell you, sharing your

story is healing to you and others. Hey...that's why I am here!

#### **Final Thoughts: Smooth Connection**

Sobriety, like a perfectly router, allows everything to work better. Your energy flows, your relationships strengthen, suddenly, you're streaming the best version yourself without buffering. Sure, you'll still have the occasional glitch, but, even routers need updates now and then

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**Detection** "If we remove polyps, we reduce the risk of colon cancer by 90 percent."

**ASPIRUS HEALTH** 



Colorectal cancer ranks among the top five most common cancers in the United States and is one of the top three causes of cancer-related deaths, according to the American Cancer Society. Despite its prevalence, early detection through routine screening significantly reduce risk of advanced improve disease and survival rates.

"Colorectal cancer the colon cancer of rectum, which is same thing as the the intestine," Heather Osterbrink, general surgeon at Aspirus Health. "Risk factors include a family history of colon cancer, smoking, a low-fiber diet, being overweight, and a sedentary lifestyle."

Current guidelines recommend colorectal cancer screening beginning at age 45 for most adults. However, individuals with a family history of colon cancer or conditions like Crohn's disease or ulcerative colitis may need to be screened earlier. A colonoscopy is considered the most effective screening method for both detecting and preventing colorectal

"Not only is a colonoscopy a good screening tool, but it is also a useful treatment tool," said Dr. Osterbrink. "If we remove polyps, we reduce the risk of colon

See SCREENING page 7



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Buyers' Guide

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# Lenten Dining Guide

### Fish Fry, Seafood and MORE!



#### AfterShock Bar & Grill

1418 Lenard St., Wausau 715-298-5015 Fridays: Open at 2pm. Serving Fish: 4-9p Cod, Perch, Jumbo Shrimp, Coconut Shrimp, Fish N' Shrimp Combo, Battering Options: Lightly Breaded, Baked or Cajun Fish Fries served with Rye Bread, Coleslaw & Choice of Side Side Choices: Potato Salad, Baked Potato, Tater Tots or **Brew City Fries** 

No Burgers on Fridays \$3 Muddled Old Fashioned \*Like us on FACEBOOK to follow our specials!\*

#### **Hog Creek Bar & Grill**

143203 W Highway 153, Mosinee 715-693-7222

Open 9A-CL Sun-Mon. 55¢ Shrimp on Wednesday Haddock, Walleye, Jumbo Shrimp, Perch and More! Check us out on Google or hogcreekbarandgrill.com **CREDIT CARDS ACCEPTED** 

### <u>Lisa's at Lakeside</u>

214857 Cty. Rd. Y, Hatley 715-446-3730 Open at 11AM

Cod, Walleye, Shrimp, Salmon Homemade Potato Salad, German Potato Salad, plus much more. Serving Smelt every Thursday through April 24th. Closed April 5th.

WE ARE WORTH THE DRIVE!

#### Sunrise Bar & Grill 167310 State Hwy. 52, Wausau

715-571-6733 Friday Fish Fry Hours: 12p-8p Atlantic Cod,

Jumbo Shrimp & Walleye. **Battering Options: Beer Battered** & Traditional.

Grilled Options: Cajun, Lemon Pepper or Garlic Butter. All sides include Rye Bread, Coleslaw & Choice of Fries or Homemade Potato Salad Like us on FACEBOOK & follow our daily specials!

#### The Chatterbox

102 S. 2nd Ave, Wausau 715-842-3059

Serving Fridays: 11 a-8p Atlantic Cod, Fish Sandwich, Shrimp Platter, Fish & Shrimp Combo Plates, Choose from the following options: Beer Battered, Italian Grilled, Lemon Pepper Grilled, or Cajun.

Check out our Facebook page for our weekly Friday specials!

#### **The Mill Yard**

238532 County Rd W, Wausau 715-298-0923

Friday Fish Fry Hours: 11a-9p Lightly Breaded Perch, Pan Fried Walleye Beer Battered Haddock (Baked after 4pm), Jumbo Shrimp Dinner and Mix & Match.

Side Options: German & American Potato Salad, Baked Potato (after 4pm), **Brew Pub Fries & Cottage** Cheese.

Check out our FACEBOOK for more specials!\*

#### Treu's Tic Toc

1201 W Thomas St., Wausau 715-848-2465

Friday Fish Fry Hours: 11A-8:30P Haddock, Bluegill, Walleye, Perch, Jumbo Shrimp & Popcorn Shrimp. Combo Plates: 2 Haddock & 3 Jumbo Shrimp OR 2 Bluegill, 2 Perch & 2 Haddock Choose from the following sides: German & American Potato Salad, Home Fries, Baked Potato or Cottage Cheese. Eat Street Delivery Service \*Check out our FACEBOOK page

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for more specials!\*

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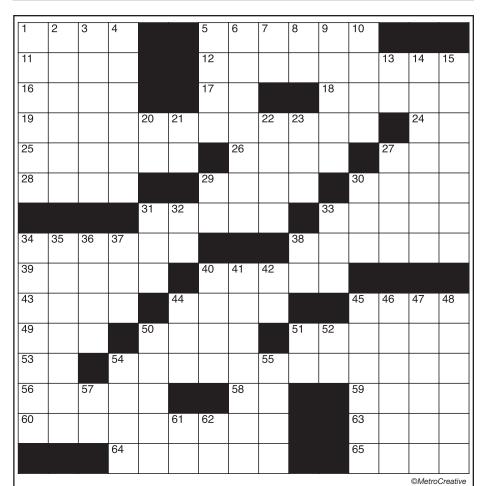
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#### Read local Wausau news online at www.WausauTimes.com



#### **CLUES ACROSS**

- 1. Narrow piece of wood
- 5. African desert
- 11. Waxy covering on birds' beaks
- 12. Sour
- 16. Infrequent
- 17. Former AL MVP Vaughn
- 18. Policemen wear one
- 19. Out of the question
- 24. Used to chop
- 25. Symptoms
- 26. Not moving
- 27. Folk singer DiFranco 28. Comedian Armisen
- 29. Quantitative fact
- 30. Incline from vertical 31. Scottish musician
- 33. Rooney and Kate are two 34. Positioned
- 38. A very short time
- 39. Tropical American shrubs 40. Yemen capital
- 43. Spanish municipality
- 44. Medical professionals
- 45. Fibrous material
- 49. Confined condition (abbr.)
- 50. Without covering
- 51. "Mad Men" honcho Don
- 53. Hockey position
- 54. Taste property
- 56. Fertile spots in a desert
- 58. They precede C
- 59. "Requiem for a Dream" actor Jared
- 60. Try a criminal case
- 63. Liberal rights organization
- 64. Spoke
- 65. Insect repellent

#### **CLUES DOWN**

- 1. Unshaven facial hair
- 2. More thin
- 3. Show up
- 4. Seethed 5. Ancient Greek city
- 6. Poisonous plant
- 7. Hello
- 8. College sports official 9. Monetary unit of Russia
- 10. Wings
- 13. Take too much of a substance
- 14. A citizen of Uganda
- 15. Most appealing
- 20. Atomic #18
- 21. Global investment bank
- (abbr.) 22. Jewish calendar month
- 23. Popular sandwich
- 27. Swiss river
- 29. Incorrect letters
- 30. Popular entree
- 31. Foot (Latin)
- 57. Thus 61. Where LA is located 62. Western State T B B O N C L U

32. A driver's license is one

33. Extinct flightless bird

36. It neutralizes alkalis

37. Beverage container

40. Gray American rail

41. Salt of acetic acid

42. Canadian province

44. Dish made with lentils

45. Narrative poem of popular

34. Appetizer

35. After battles

38. Partner to "Pa"

46. For each one

48. Test

47. Come to terms

50. More dishonorable

51. Unit of loudness

52. The Ocean State

55. Lying down

54. Monetary unit in Mexico





### **Signs of spring: Peregrine falcons return** to WPS, We Energies power plants

**WPS** 

The fastest animal on the planet has returned to Wisconsin Public Service (WPS) and We Energies power plants. In a sure sign of spring, peregrine falcons are getting ready to lay eggs and raise their young.

This year, there are cameras livestreaming the endangered species' nest boxes at one WPS power plant and three We Energies

- Weston Power Plant in Rothschild
- Oak Creek Power Plant Port Washington

Generating Station

• Valley Power Plant in Milwaukee

Now is a great time to tune in-the first two eggs of the nesting season recently arrived at the Oak Creek Power Plant. More eggs are expected to be laid in the coming weeks.

If all goes well, this

year's class of fluffy falcon fledglings should make their arrival later this spring. We'll share more updates on each nest box on X, Facebook and Instagram all season long.

#### falcon Peregrine program

WPS and We Energies began installing peregrine falcon nest boxes on power plants in 1992. So far. 453 peregrine falcons have hatched at WPS and We Energies facilities—that's 20% of all peregrine falcons born in Wisconsin.

This program is another way WPS and We Energies are building a bright, sustainable future. From helping endangered and restoring animals natural habitats, to building new solar facilities and reducing carbon emissions, WPS and We Energies are committed to a cleaner

#### PUBLISHER'S LETTER

#### The Inside In or the **Outside Out**

Dear Reader,

When I was young, love seemed like something you could measure in glances. I wanted a pretty girl—the that turned

and made other guys envious. I'd walk into a room with her, and the looks we'd get felt like a raised evebrow and a quiet 'Wow, buddy, how'd you do that?" In my mind, I'd say to everyone watching, "Eat your hearts out."

How shallow that seems

Time has a way of showing you what really matters. It took years—and some heartbreaks-for me to realize that beauty on the outside pales next to the beauty within. Now, as I look back, I treasure the richness of the life I share with someone who knows me at my core. She is not just my partner but my most trusted friend, the keeper of my past, and the compass for my future. She embodies the familiarity of family, the comfort of shared memories, and the strength of shared

almost missed it. I was so busy casting for the surface that I nearly overlooked the depth. But by some miracle of fate—or

grace-my last cast in the pool connected me to the love I didn't even know I needed.

Now, I wake up each day beside her, and the morning sun shines a little brighter. The stars twinkle a little more at night. She makes the world go round. Not with the kind of beauty that fades but with the kind that grows richer, deeper, and more radiant with every passing year.

To anyone still searching or holding out for the "wow" factor, I say this: Look deeper. True beauty something you show off to the world; it's something that wraps itself around your heart, fills your soul, and makes life worth living.

PATRICK J. WOOD Publisher Author of "Reflections" a new book now available on Amazon.

by Patrick Wood Reflections is Now Available at Janke Book Store.

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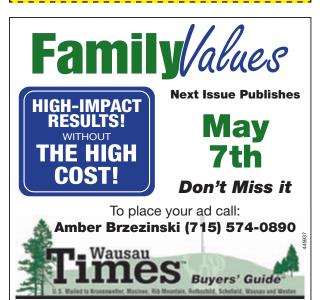


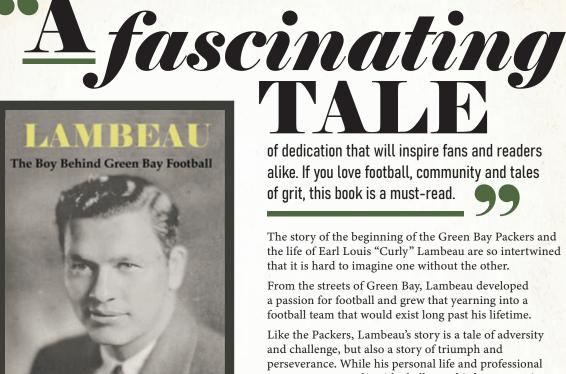


### Family/alues

Buyers' Guide







Leonhardt

the life of Earl Louis "Curly" Lambeau are so intertwined that it is hard to imagine one without the other.

From the streets of Green Bay, Lambeau developed a passion for football and grew that yearning into a football team that would exist long past his lifetime.

Like the Packers, Lambeau's story is a tale of adversity and challenge, but also a story of triumph and perseverance. While his personal life and professional career were wrought with challenge, his legacy continues to resonate in the Green Bay

community, including a massive structure along Lombardi Avenue that shines a light on his contribution to the professional team.

### AVAILABLE AT:

**Bosse's News Depot, De Pere** 

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Our Saviour's Lutheran Church Merrill, WI. Seeking **Director of** Youth & Family Ministry, Part Position(20 Hours Per Week). The position strives to foster Christian community through building relationships with young people and their families and pursuing ways to bring all generations together to participate in God's mission for this church. Call 715-536-5813.

#### Announcements

I will pick up your unwanted small and large items for FREE! 715-355-9776

#### Entertainment

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#### **Rummage Sales This Week** 7200

#### Kronenwetter:

Huge Multi Family Sale April 3-5, Thurs-Fri. 8-6 Sat. 8-4 at 2080 Old Hwy 51, (1-1/2 miles south of Cedar Creek Mall) Items too numerous to list here. See pictures on Craigslist/Facebook 715-359-4184

#### LARGE PRE-OWNED SALE United Methodist Church,

903 N. 3rd St., Wausau. TH 4/3, 9a-4p; FRI 4/4, 9a-1p. Use Fulton St. parking lot entrance.

#### **Consignment and Resale**

ABC Kids Spring & Summer Sale April 3-5th, 2025. Central WI Convention and Expo Center

Rothschild WI 54474. Thursday, 7am-8pm. Friday, 9am-8pm. Sat. 8a-2p. (most items 1/2 off)

# the -Classifieds

**Estate Sales** 

**Estate Specialists** Large Estate Sale Thursday & Friday April 10-11 @ 9:30am 227 W Merrill Ave, Tomahawk Lots of antique & vintage items on this sale!!

House and garage are full!!

7208

Outdoor & Household Items Poulan Riding Mower, Stih String Trimmer & Leaf Blower Push Mower, Lawn Spreaders Pressure Washer, Lawn & Gar den Tools. Hand & Power Tools awn Decor, Ext Cords, Step 8 Ext Ladders, Shop Vac, Band Saw, Belt & Disc Sander, Outdoor Benches, Patio Furniture Pride Mobility Scooter, Walkers Refrigerator Kitchen Cookware & Bakeware, Roasters, Microwave, Full Size Beds, Sofas Recliner Chair, 70" LG TV, Lamps & End Tables, Wildlife igurines, Books, CDs, Vintage Records. Washburn Electric Guitar Women's Clothing, Lighted Oak Curio Cabinets, Bedding.

Antiques & Collectables: Cast Iron Cookware, Old Kitchen Items, Cookie Cutters, Coffee Mills, Wooden Spice Cabinet, RW Crocks & Jugs, Rw Beater Jar, Kerosene Lamps, Kraut Cutter. Washboards. Settee. Vani ties With Mirrors, Carnival Glass Lead Crystal, Hoosier Cupboard Pyrex Bowls, Glass Hens Or Nest, Mid Century Furniture, Rocker Chairs, Oak Drop Front Desk, Bird Cage, Steel Wheels Milk Cans, Round Oak Table 8 Chairs. Oriental Decor And Lots Of Small Items. Sale conducted by

#### Estate Specialists of Central Wisconsin 715-305-3996

Check Out Mv Facebook Page For Photos: Estate Specialists Of Central WI

#### **Cemetery Lots**

For Sale:

3) adjoining cemetery lots in Restlawn Park, Wausau. Call 715-432-8800 or 715-845-8600.

#### **Antiques and Collectibles** 7214

50 YEAR COLLECTION: Over 50 beer & advertising signs, flo blue china, linens, decoys, furniture, chello, Gibson mandolin, R/W crocks, & much more. Fri. & Sat, April 4 & 5- 8am-5pm. On the corner of W. State St. & Townline Rd, Iola, WI, follow signs. Look for ad on Marketplace.

#### **Weight Loss and Fitness** 7228

RECUMBENT FITNESS BIKE: Schwinn recumbent fitness bike \$50 715-212-0212 leave message if I don't answer or send a text

#### Adaptive Equipment

FOR SALE: One XL like-new power-lift chair \$999; One vacare Platinum 10 oxygenator w/3 hoses \$800; Two Inogen One G-5 oxygen concentrators w/3 Cannula hoses & carrying cases \$2000 ea.; Two blue oxygenators w/3 hoses & elec. cords \$400 ea Kronenwetter area: 661-755-0891

#### Firewood

Mixed firewood: oak and maple. \$55 face cord, seasoned 1 year \$80 from woodshed, seasoned 2 years. Bone dry. 715-253-2060. No delivery.

#### **Lawn and Garden** 7250

Call for landscaping, retaining walls, concrete removal, land clearing. Call or text Lynn @

### **Online Auction at Iggy's**

Ends Wednesday, April 9, 2025 Bid Now at IggysAuction.com

This Auction Features a Canon 5DS DSLR Camera, Canon Speedlite 470EX-Al & Professional Lenses New Air Jordan Shoes, Vintage Parlor Oil Lamps, Cloak, Beer Mirrors Advertising Signs & Clocks Cream Cans, **Hatchets & Axe Collection**, Deer & Pronghorn Shoulder Mounts, **Stamp Collection**, Blackstone 17" Griddle, Grilling Accessories, Crosscut Saws, Smart TV's, Mattel 2609 Intellevision Game Console, <u>Colins & Paper Money:</u> Morgan **Silver Dollars**, Large Cents, **Barber**, Wheat Pennies, **Mercury Dimes**, Proof Sets, Foreign and lots More. <u>Furniture:</u> Antique Bakers Display Cabinet, Vintage Dressers, Corner Hutch, Desk & Leather Recliner. <u>Jewelry & Watches:</u> 14K Gold Rings, Carneo, .925 Silver, Turquoise, Avon, Costume, German Silver. <u>Antiques & Collectibles:</u> Zippo Lighters, Gold Foil Notes, Goldback .999 Notes, Military, Dreidel Paperweights, Black Amethyst Glass, Capiz Shell Lamp, Decanter's, Edison Ediphone Voicewriter, Hall's Jewel Tea Dishware, Terry Redlin, Diecas' Harley Davidson & Franklin Mint, Wards Airline Model 62-131 Radio. Sporting Goods: Chest Waders Duck Decoys, Skateboard Decks, <u>Ammo:</u> 300 WIN, 22LR, 12 Ga. <u>Magazines</u>: Ruger Mini 14, Glock Brems <u>Tools:</u> Craftsman Tool Chest, Fluke 62 MAX IR Infrared Thermometer, Pivit Ladder Tool, Work Lights Hydraulic Floor Jack, Hand and Power, General Household, Kitchenware and so much more! Preview/Open House: Tuesday, April 8th (2pm-5pm) or By Appointment, Call (715) 305-2475

Preview/Payment/Pick Up Location: Iggy's Auction, 206 E. Depot St. Marshfield, WI 54449

IggysAuction.com to View Auction Catalog and Bid Now!



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plants, taking orders for quarters and halves, April/May Processing. Also selling retail cuts from our on farm meat store. 715-610-9110.

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For Sale: 2014 Cub Cadet Challenger 750cc side by side, low miles, low hours, hard fully en closed cab, tilting dump box winch, camo color, four wheel drive with locking differential, full instrument panel, well main tained, excellent condition, call text: 715-574-5407

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#### **SCREENING**

from page 3

cancer by 90 percent."

A colonoscopy is an outpatient procedure that allows physicians to examine the colon and remove any potentially growths. cancerous Patients undergo bowel prep the day before to clear the colon, ensuring optimal visibility for detecting small

The procedure polvps. typically lasts between 20 minutes and an hour, with patients returning home the same day.

For those seeking alternative screening options, stool-based tests like the FIT test and Cologuard are available. However, these tests have limitations. FIT is an annual stool test that detects blood in the stool

but may not identify polyps. Cologuard, recommended every three years, detects some cancerous cells but identifies fewer than 40 percent of polyps.

Beyond screening, lifestyle changes can help reduce the risk of colorectal cancer. Avoiding tobacco and increasing dietary fiber intake, aiming for at least 10 to 15 grams per day, can contribute to better colon

health. Since colorectal cancer

often develops without symptoms, regular screening is the best defense. Talk to your primary care provider to discuss your risk factors and determine the best screening option you. Visit aspirus.org/ primarycare to learn more or find a provider near

### Page 7 Gonna need a JOB? We have good companies looking for new employees in our help wanted section! Times Buyers Guide

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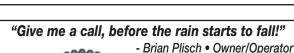
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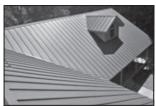
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### **Patriot K9's Donation**

STORY COURTESY OF MIKE HEILMANN POST 10 HISTORIAN-PUBLIC RELATIONS

Lani Rethaber, Executive Director of Patriot K9's of Wisconsin in Wausau and a United States Marine and National Guard Veteran accompanied by Scarlett, one of the organizations ambassadors, spoke at the Wausau American Legion Post 10 meeting on March 18, 2025 at Bunkers Restaurant in Wausau.

Lani talked about the Service Dog Training Program for Veterans and active-duty military. The canine, training and equipment are supplied free of charge to qualified Veterans. The certified service dogs accompany the Veterans in their daily life after graduation from the 24-week training program.

Tony Nardi, Commander of Post 10 presented Lani with a check to cover the cost of the training program. Post 10 is proud to be a sponsor of training a service dog.

The mission of the Patriot K9's of Wisconsin is: At no cost to qualified Veterans, we educate and train Psychiatric Service Dog Teams to have a fulfilling and meaningful life in the community of their choice.

Their goal is: Helping veterans win the war against suicide, depression and anxiety by empowering them with the use of a service dog. Patriot K9's is a 501c3 serving all qualified Veterans. They are members of ASDPMV and they are working on our accreditation with them.

For more information is available on their website www.patriotk9s.org.



Lani Rethaber is on the left, Tony Nardi is on the right.

Mike Heilmann photo

### **FGIA Honorary Member**

FOR MMC

Wisconsin resident and 30+ year volunteer, Steve Fronek, named new FGIA Honorary Member. Fronek joins legacy of Fenestration &

Glazing Industry Alliance's Honorary Members.

"Steve invested more than 30 years of volunteer service to FGIA, chaired more than 40 committees and helped author at least 25 technical standards," wrote his nominators. "He has led many critical issues to completion and is an example of service leadership, competency, community service and family values we should all emulate."

FGIA Board of Directors unanimously voted in favor of naming Fronek as one of three new Honorary Members.
Fronek is joined by Rob Luter (Lippert Components) and Steve Strawn (JELD-WEN) in the legacy of

b e c o m i n g Honorary Members of FGIA.

"Congratulations to Steve, Rob and Steve on this well-deserved honor," said Janice Yglesias, FGIA Executive Director. "These three individuals have served FGIA for years and together, they leave quite the legacy. FGIA pleased to bestow this recognition on them and thanks them for all their years of dedication to the industry."

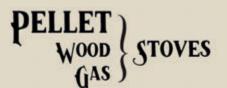
All three inductees have been invited to the 2025 FGIA Fall Conference in Indianapolis, Oct. 6-9, to be recognized for this distinction.

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