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Photo Credit: Antigo Sports Photography

## **Heinzen's Hard Work Pays Off with Commitment to the University of Fort Lauderdale**

### NATASHA WINKLER

Antigo High School senior Sydnie Heinzen is trading in Wisconsin's chill for the Florida sunshine, having officially signed to continue her softball and academic pursuits at the University of Fort Lauderdale. The momentous occasion was marked by a celebration where Heinzen, a standout athlete, was flanked by the proud faces of her family, school coaches, and her travel team coach - a testament to the village that supports a student's journey.

This commitment is more than just a signature on a dotted line; it's the culmination of years of unwavering dedication, relentless perseverance, and a profound love for the game of softball. Heinzen, known for her versatility on the field playing positions such as third base. shortstop, and left field, has consistently demonstrated the tenacity and skill that

collegiate programs seek.

As she prepares to don the UFL Eagles' colors, Heinzen will undoubtedly bring with her a robust work ethic, a fierce competitive spirit, and burgeoning leadership qualities. These attributes, honed on the fields of Antigo and with her travel team, will be invaluable as she transitions to the collegiate level and contributes to her new team.

The Antigo Athletic Department has expressed immense pride in Heinzen's accomplishments, both on and off the diamond. Her success serves as an inspiration to younger athletes, underscoring the rewards that can be achieved through sustained effort and passion. As Heinzen embarks on her final

See **COMMITMENT** page 14

### Tavern League **Donation** FOR MMC

Molly Held representing the Langlade County League Tavern is presenting a check for \$250 to Barb Ashby of the Deerbrook Rumble. The Tavern League of Wisconsin will provide matching funds. The Deerbrook Rumble is an



## **Antigo Wrestling Club Shines at WWF State Championships**





### NATASHA WINKLER

The Antigo Wrestling Club demonstrated skill and determination at the WWF Freestyle and Greco State Championships held at the Woodside Center Dome in Wisconsin Dells this past weekend. With six athletes competing in Freestyle on Saturday and seven in Greco on Sunday, the club had a strong presence throughout the tournament. Leading the way were Nolan Kielcheski and Olivia Hofrichter, both securing impressive second-place finishes in their respective divisions.

Nolan Kielcheski Takes Second in Junior Greco

Wrestling PIN number. In the quarterfinals, he faced Brandon Wright of Turtle Lake. Kielcheski started strong, securing a takedown 17 seconds into the match using an arm drag to a body lock. He quickly increased his lead to 6-0 with a pair of exposures from a side headlock. Just before the two-minute mark, Kielcheski executed an Italian lateral from an overhook for a four-point takedown, pinning Wright at 1:58

The semifinals pitted Kielcheski against Espyn Sweers of Mauston in a tightly contested match. Sweers took an early 2-0 lead with two push-out points. Kielcheski

organization that raises money for Never Forgotten Honor Flight. This years event is August 2, 2025



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Competing at 175 pounds in the Junior Greco division, Nolan Kielcheski earned a first-round by thanks to his high USA



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tied the score at 2-2 with a takedown late

### See WRESTLING page 5

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POLICE

### ANTIGO POLICE REPORTS

### MAY 6TH

The early morning hours saw a traffic stop at 12:50 AM at Forrest Rd and Wausau Rd because one of the registered owners was revoked. At 1:14 AM, an officer conducted a business check on 5th Ave, noting lights on in the shop and a vehicle in the parking lot, but no one was around and the business was secure. A beat check of Castle Park on Field St was performed at 1:40 AM. Suspicious activity was investigated at 1:57 AM in the south parking lot of North Elementary on Graham Ave, where an unoccupied vehicle appeared to be disabled; it was found to be secure. Officers conducted a beat check of the 100 block of 2nd Ave at 2:08 AM. An officer discovered a shop's rear door open on 5th Ave at 3:10 AM. Later, at 4:37 AM, a traffic stop on Superior St near Antigo Yamaha resulted in a 4 4th Ave and Superior St led to a written warning for a defective traffic stop at 5:33 AM at

During the day, at 7:53 AM, a resident on Park St reported having a cat in a trap and requested an officer take it to the shelter. A follow-up investigation was conducted on Neva Rd at 8:48 AM. A welfare check was performed on 3rd Ave at 9:12 AM. A traffic complaint came in at 9:04 AM regarding a Chevy Equinox speeding down Charlotte St and then turning into Fantastic Sams; the registered owner was contacted and admitted to speeding due to being late for work. Another follow-up investigation took place on Neva Rd at 9:56 AM. At 10:39 AM, a follow-up investigation was conducted on 10th Ave. A large rock, approximately 1.5 feet in diameter, was reported in the furthest right southbound lane of US 45 south of Parkside Ln at 10:55 AM; this was spawned from an earlier road blocked call.

In the afternoon, a follow-up investigation occurred in the -BLK of Edison St at 1:01 PM. At 1:29 PM, Probation and Parole on Clermont St requested assistance for a probation hold on a subject, who was then taken into custody. Officers were called to assist a motorist at 2:49 PM at S Superior St and Forrest Rd, where a couple on a motorcycle appeared to have broken down in the middle of the road and were trying to push it; however, officers were unable to locate them. An NCIC check was run at the Langlade County Safety Building on Clermont St at 3:22 PM. A traffic stop at 4:06 PM at 7th Ave and Clermont St resulted in a written warning for speed. At 4:24 PM, a theft was reported from 5th Ave, where a picture was on the window of a business trying to identify a retail theft suspect; officers spoke with staff. A case containing multiple phone chargers was turned in at 3rd Ave and Dorr St at 4:45 PM.

Evening activities included a traffic stop at 4:59 PM at Clermont St and 7th Ave, resulting in a verbal warning for expired registration and a cracked windshield. Another traffic stop at 5:09 PM at 4th Ave and Superior St led to a written warning for speed, with the passenger unwilling to identify themselves. A citizen came to the Langlade County Safety Building at 5:36 PM regarding property left at her house by someone who was now stating it was the reporting party's. A theft was reported at 5:50 PM from Dorr St, where an ottoman and chair were stolen from an enclosed porch sometime that day or the day before; there were no suspects, and the reporting party just wanted it on file. Officers assisted another agency at 6:42 PM. A traffic stop at 6:09 PM at State Rd 64 and State Rd 52 resulted in a verbal warning for expired registration. A 911 hang-up call from the aquatic center at Antigo High School on 10th Ave at 7:07 PM was found to be an accidental dial from an emergency phone that was knocked off. An NCIC check was conducted at the Langlade County Safety Building at 7:45 PM. An officer assisted a citizen at All Saints Catholic School on Hudson St at 9:40 PM, who was out for a walk; all was okay. A traffic stop at 9:03 PM at 10th Ave and Wilson St resulted in a verbal warning for a defective running light. Another traffic stop at 9:11 PM at 10th Ave and Superior St led to a verbal warning for a defective headlamp. A large rock was removed from the lane of travel at 5th Ave and Superior St at 9:36 PM and placed next to a stoplight; the street department was to be advised. A traffic stop at 9:27 PM at S Superior St and Hickory St resulted in a 14-day written correction for no insurance and verbal warnings for a defective taillamp and failure to carry a driver's license. A traffic stop at Little Caesars on Superior St at 9:54 PM led to a written warning for expired registration. Another traffic stop at 10:13 PM at Superior St and 10th Ave resulted in a verbal warning for a defective light. Suspicious activity was investigated at 11:50 PM on Neva Rd where an unoccupied vehicle was found; the vehicle and the nearby building were secure.

#### MAY 7TH

Early morning foot patrol was conducted at Castle Park on Field St at 12:05 AM. Beat checks were performed at 5th Ave and Superior St at 12:14 AM and again at 12:51 AM. A traffic stop at 12:48 AM at 5th Ave and Morse St resulted in a written warning for expired registration. An officer found an open north door on Forrest Rd at 1:13 AM. A traffic stop at 1:23 AM at S Superior St and 10th Ave involving a white Honda Goldwing, recently purchased, resulted in a warning for displaying false registration. Another traffic stop at 2:02 AM at Neva Rd and North Ave led to a written warning for speed. A traffic stop at 5:46 AM at North Ave and Pioneer Rd resulted in a written warning for speed and a verbal warning for expired registration. During the morning, a manhole cover was reported half off in the eastbound lane about 500 feet west of the dog park on State Rd 64 at 8:17 AM. A two-vehicle property damage accident with no injuries and minor damage occurred at 1st Ave and Superior St at 8:56 AM: one driver received

occurred at 1st Ave and Superior St at 8:56 AM; one driver received a citation and a traffic education pamphlet. A follow-up investigation was conducted at Langlade County Social Services on Langlade Rd at 9:21 AM. A vehicle repossession was reported on Wausau Rd at 9:27 AM. A 911 hang-up call from 1st Ave at 9:36 AM was confirmed to have no emergency. A follow-up investigation took place on Lincoln St at 10:10 AM, and another on 10th Ave at 10:40 AM.

In the afternoon, a parking complaint was received from Antigo High School on 10th Ave at 12:58 PM, where a vehicle was parked in a fire lane despite a previous warning. A theft was reported from Charlotte St at 2:53 PM, where a resident's acquaintance allegedly took items, and the resident wished to speak with an officer. A traffic stop at 4:17 PM at Edison St and 8th Ave involved a consent search, with bond conditions noted including absolute sobriety, no illegal drugs, no entry into Class B licensed establishments, and no out-of-state travel without court approval. The evening brought a report of suspicious activity at 5:24 PM at Willard

Ave and Edison St, where an officer was out with a male who was cited for OWR (Operating While Revoked/Suspended). An individual on a motor device on Graham Ave and Edison St at 5:33 PM was advised to keep it

on private property and pushed it home. A traffic complaint about a Dodge Caravan crossing the center line and driving slowly on County Rd Y and Western Ave, which then pulled into the high school, was received at 5:41 PM; officers were unable to locate the vehicle. This call was spawned again at 5:45 PM with the same result. A traffic stop at 5:51 PM at 1st Ave and Superior St resulted in a verbal warning for a child restraint violation. Another traffic stop at 6:02 PM at 10th Ave and Wilson St involving a blue Civic with no plate led to a citation for operating with no insurance and a 10-day written warning for non-registration. A traffic stop at 6:22 PM at N Superior St and Pierce Ave involving a Chevy Tahoe with no registration visible led to a vehicle search. A theft was reported from Willard Ave at 6:35 PM, where a man with brown hair and glasses in a rusted single cab pickup truck allegedly took a hoverboard and a bike that were on the curb. A traffic stop at 8:15 PM at Clermont St and 5th Ave resulted in the driver being instructed to pay an \$83 parking ticket. Another traffic stop at 8:26 PM at Superior St and 4th Ave for a recently purchased vehicle resulted in a verbal warning for non-registration. Information was received at the Langlade County Safety Building at 10:41 PM. A report of the smell of marijuana seeping from an apartment on Clermont St came in at 10:41 PM; officers found no answer at the door. A traffic stop at 4th Ave and Superior St at 9:35 PM involved a consent search which yielded negative results; a written warning for failure to stop was issued. An alarm (stop motion burglary) at BP Travel Center on Neva Rd at 11:12 PM was canceled by a keyholder. Officers made a bank deposit at CoVantage Drive

### MAY 11TH

Thru on 6th Ave at 11:56 PM.

Shortly after midnight, at 12:35 AM, a panic alarm was received from the pharmacy at Walmart on State Rd 64. Officers found the front doors secure with cars in the lot. A manager arrived on scene and advised everything was okay. A prisoner transport occurred from the Langlade County Jail on Clermont St at 12:56 AM. Suspicious activity was reported on 5th Ave at 1:21 AM, where two males in jeans appeared to be trying to get into a location; when the reporting party turned around, the males were smoking, and on a third pass, they were gone. Officers checked the building and nearby structures, finding all secure with no fresh damage and were unable to locate the individuals. A welfare check was conducted on 5th Ave at 1:44 AM.

Later in the morning, another welfare check was performed on 8th Ave at 4:43 AM. At 8:09 AM, a citizen came to the Safety Building to report losing her black phone at Castle Park on Field St. Officers assisted with a vehicle lockout at Pick N Save on State Rd 64 at 9:35 AM, between the grocery store and the Chinese restaurant. At 9:44 AM, officers assisted another agency by taking a lost dog found in Neva to the Langlade County Humane Society on Clermont St. An NCIC check was conducted at the Langlade County Safety Building at 10:58 AM. A traffic stop was made at 11:05 AM at State Rd 64 and Pioneer Rd. A theft was reported from 10th Ave at 11:36 AM; the reporting party stated that the previous day around 1:30 PM, his acquaintance saw someone come out of his house, and upon his return, approximately some amount of money was taken, with entry possibly made through a window using buckets. A welfare check was conducted on Mary St at 11:40 AM. Another welfare check took place at 12:48 PM on 8th Ave.

In the afternoon, a traffic stop at 3:19 PM at 10th Ave and S Superior St resulted in a verbal warning for an equipment violation. A 911 hang-up call from Walmart on State Rd 64 at 4:33 PM was an accidental dial, and all was confirmed to be okay. At 5:08 PM, officers assisted another agency on US 45.

Evening activities included a traffic stop at 7:04 PM at 7th Ave and Superior St, resulting in a written warning for speed. An assault and battery was reported on 9th Ave at 7:05 PM, where an individual claimed another physically assaulted them; the alleged assaulter stated the other party was injured but denied EMS. Officers assisted another agency at 10:00 PM at 5th Ave and Deleglise St. An animal complaint regarding a lost black Doodle with a red collar and possibly a black leash still attached, named [Dog's Name], came from 4th Ave at 9:49 PM; the owner was okay with their number being given out if the dog was found. The owner later called back to advise the dog had returned; the dog was verified as registered with the city. A noise complaint about loud music in the area of 7th Ave and Deleglise St was received at 10:36 PM; officers located the source behind a residence and counseled the parties.

#### <u>MAY 12TH</u>

In the early hours, at 2:56 AM, suspicious activity was noted on Superior St where a vehicle had its lights on in a lot for over an hour; the passenger was in the car while the driver was working out, and all was in order. A mental health related call was received from Edison St at 3:47 AM. Suspicious activity was investigated at 4:59 AM near Expressions Dance Studio on Center St, where an unoccupied vehicle with front driver-side damage, possibly from an accident, was found secure.

During the morning, at 6:46 AM, a harassment complaint was made from Edison St by an individual in the Safety Building lobby who reported that after officers were at their residence earlier, another party came out and harassed them by threatening to kick them; the reporting party was advised of their options. A prisoner transport was scheduled from Aspirus General Clinic on 5th Ave at 7:00 AM. An animal complaint came in at 7:51 AM from Park St, where a caller had a cat and was looking for someone to take it to the Humane Society. A disorderly conduct incident was reported from Industrial Park Rd at 8:27 AM. At 8:33 AM on Freiburger Ave, a resident reported a skunk in a trap and requested it be removed. Probation requested assistance with a home visit on Mary St at 8:50 AM, as there were large dogs at the address and an individual with a warrant was believed to be there. A theft was reported from 1st Ave at 9:17 AM by a citizen at the Safety Building, who stated they paid a contractor from Wausau \$7912.50 for work that was not completed.

Later in the day, a report of an intoxicated driver came from Aspirus Langlade Hospital at 10:37 AM; the caller could not provide a location or name but believed the driver might be headed towards Deerbrook. Officers were unable to locate the vehicle. A parking complaint was received at 10:53 AM from near Tap House on Edison St regarding a truck with a snowplow parked right on the building with a dog inside. The vehicle was moved. An animal complaint was made at 11:37 AM from Clermont St, where someone wanted to speak to an officer about another party harming their dog, which had been to the vet. Officers assisted another agency on County Rd X at 11:31 AM. A traffic stop at 11:57 AM at Superior St and 7th

Ave resulted in a written warning for registration. A follow-up investigation took place on 7th Ave at 12:11 PM. A follow-up investigation occurred on Kelly St at 12:38 PM. A parking complaint was received at 12:48 PM from the 1600 block of Clermont St regarding vehicles parked the wrong way and causing congestion; it was found to be construction workers moving a trailer. A mental health call was handled on 7th Ave at 2:23 PM.

Afternoon and evening saw several traffic stops: at 3:52 PM at Neva Rd and Willard Ave, a written warning for speed was issued. At 4:05 PM at US 45 and County Rd X, a driver was referred for bail jumping (driving while revoked and failure to install an IID). At 4:20 PM at Antigo Yamaha on Superior St, a written warning for speed was given. A 911 hang-up call from Eastview on Park St at 4:20 PM was due to a dropped phone, and all was okay. A follow-up investigation was conducted on Kelly St at 3:47 PM, involving property being retrieved and returned. Another 911 hang-up from East Elementary on 7th Ave at 4:25 PM was also due to a resident getting ahold of a phone; no emergency. A property damage accident occurred in the ER parking lot of Aspirus Langlade Hospital on E 5th Ave at 5:08 PM, involving two vehicles with no injuries; a crash report was completed. A traffic stop at 5:27 PM at Field St and 5th Ave resulted in a referral for OAR (Operating After Revocation) and failure to install IID. A welfare check was conducted on Clermont St at 5:41 PM. Officers assisted another agency at Neva Rd and Willard Ave, near a church, at 7:40 PM. Traffic stops continued with a verbal warning for no taillights at 3rd Ave and Superior St at 8:46 PM; a verbal warning for speed at Neva Rd and Kaplanek Ave at 8:58 PM; a verbal warning for a defective headlight at Forrest Rd and S Superior St at 8:38 PM, followed by another stop in the same location at 8:43 PM for speed, also resulting in a verbal warning. A traffic stop at the 1600 block of Clermont St occurred. Another traffic stop at Lincoln St and 5th Ave at 8:50 PM involved a black Ford Fusion. A verbal warning for speed was issued at Neva Rd and Kaplanek Ave at 8:30 PM. A traffic stop at 9:28 PM on Superior St resulted in a verbal warning for speed. At 9:02 PM at 8th Ave and Clermont St, a driver received a verbal warning for failure to stop before a crosswalk and a blinker violation. A motorist assist was provided at the Langlade County Fairgrounds on Neva Rd at 9:41 PM. A traffic stop at 9:52 PM at 1st Ave and Edison St resulted in a written warning for speed. A domestic incident on Langlade Rd was reported at 10:22 PM, leading to a subject being taken into custody. The offender underwent a PBT in the field and at the jail, then was taken to Aspirus Langlade Hospital for medical clearance before being returned to jail. An intoxicated male on a Honda mini bike was reported on the Hudson Street Bridge walking trail at 11:08 PM, allegedly stumbling and telling the reporting party he was intoxicated; a deputy made contact and found no signs of impairment.

### MAY 13TH

Shortly after midnight, at 12:12 AM, a follow-up investigation was conducted. Officers made a bank deposit at CoVantage Drive Thru on 6th Ave at 12:14 AM. A traffic stop at 5:09 AM at 1st Ave and Superior St resulted in a written warning for speed and a correction notice for no insurance. Funeral or school traffic was managed at Graham Ave and Superior St at 6:56 AM.

Later in the morning, West Elementary on 7th Ave advised at 8:19 AM they would be conducting a fire drill around 8:30 AM for about 5 minutes and did not need a response. An animal complaint was received at 9:17 AM regarding a large black and white pit bull-looking dog that had been running loose often for almost a year and was aggressive; the dog was currently loose and walking towards 4th Ave, but officers were unable to locate it. A minor property damage accident between two vehicles occurred in the parking lot of Antigo High School on 10th Ave at 9:21 AM with no injuries; a crash report was done. At 9:27 AM, an electric bike was reported at Ace Hardware, left there when an officer had previously transported an individual who needed air for the bike; attempts to contact the owner were made, and it was later confirmed the owner would retrieve it. A follow-up investigation was conducted at the Department of Social Services at 10:30 AM. Another follow-up took place at Cousineau Auto at 10:30 AM. An animal complaint came from Peace Lutheran Church at 10:53 AM, where staff reported some baby ducks had wandered into their parking lot with no mother duck around; they wanted to inform authorities in case anyone was missing them. An animal complaint was received at 12:23 PM from a citizen at the Safety Building who reported a small white dog running around 2nd Ave and Clermont St that would not come to them; officers were unable to locate the dog.

In the afternoon, a harassment complaint was filed at 1:57 PM by a Safe at Home participant who reported that while at Aspirus Langlade Hospital for an appointment, another individual was calling them names and then proceeded to follow them home from the hospital. A probation hold was requested by Probation and Parole on Clermont St at 11:36 AM for a subject who was unaware law enforcement was called and might cause problems; the subject was taken into custody. Traffic stops included one at 3:10 PM at Spruce St and S Superior St for a verbal warning for speed, and another at 3:19 PM at 4th Ave and Superior St for a verbal warning for registration. At 3:52 PM, a traffic stop at Aldis on Neva Rd resulted in a written warning for speed. A complaint was received at 3:52 PM regarding a cat that got out earlier and jumped near a neighbor's apartment. Probation and Parole requested assistance with another custody at Clermont St at 4:09 PM; the subject bolted before the officer's arrival.

Evening brought a 911 open line from Jaycee Park at 6:51 PM with sounds of someone screaming, though not aggressively; it was found to be someone playing pickleball, and everything was okay. A welfare check was requested at 5:45 PM as an individual was reportedly very aggressive when around family and throws objects. A juvenile offense was reported at 6:35 PM. A traffic stop occurred at 7:32 PM at 2nd Ave and Virginia St. Another traffic stop at 7:55 PM at 5th Ave and Field St involved a vehicle pulling into the Lakeside parking lot. A traffic stop at 8:38 PM at the Antigo Hotel resulted in a citation for failure to stop at a stop sign and referral to a traffic education class. A retail theft was reported from Walmart on State Rd 64 at 8:55 PM. A traffic stop at 7:54 PM at 10th Ave and Hudson St resulted in a verbal warning for expired registration. A mental health call was handled at 9:26 PM. A traffic stop was conducted at Fleet Farm at 10:47 PM.

### LANGLADE COUNTY SHERIFF REPORTS



### MAY 7TH

The morning began with a 911 hang-up call at 8:16 AM from County Rd H in Antigo. It was an open line from a deactivated number, with what sounded like machinery in the background; a deputy confirmed everything was okay. At 9:18 AM on Enterprise Lake Rd in Elcho, a semi was reported

### See **POLICE** page 15

## **Perpetual Monument Sales**

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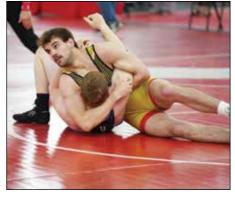


### WRESTLING from page 5

in the first round. Sweers regained the lead in the second period with another pushout and extended it to 7-2 with a four-point hip toss. Despite a late surge from Kielcheski, including two takedowns using arm drags to body locks, Sweers held on for a narrow 7-6 victory.

Dropping to the consolation bracket, Kielcheski faced Calvin Arentz of La Crosse. After Arentz scored first, Kielcheski responded with an arm spin for two points and added two more with a side headlock. He secured the win with an Italian lateral, pinning Arentz at 2:12. In the third-place match, Kielcheski had a rematch with Brandon Wright. Kielcheski took control early with an arm spin takedown. Although Wright scored points, Kielcheski dominated the match, using takedowns and gut wrenches to build a lead. Starting the second period strong, Kielcheski used an arm drag to a body lock takedown followed by two gut wrench exposures to win by technical fall, 14-6, at





4:10. Kielcheski then secured second place overall when Vincent Cook of Freedom medically forfeited the wrestle-back match. This strong performance earned Kielcheski a spot on the Wisconsin National Team for the third time in his career, qualifying him for Junior Nationals in Fargo.

Olivia Hofrichter Battles to Runner-Up Finish in Junior Girls Freestyle

Olivia Hofrichter also claimed a secondplace finish, competing in the Junior Girls 145-pound Freestyle bracket. Despite being a WIAA Folkstyle state champion and multiple-time WWF Freestyle state champion, Hofrichter faced tough competition. The top seed was Riley Hanrahan of Team Nazar, the WIAA state champion at 138 pounds and the nation's topranked wrestler at 140 pounds. Hofrichter herself holds a national ranking, sitting at #19 at 145 pounds.

In the quarterfinals, Hofrichter defeated Sydney Andrews of Team Nazar, a multipletime WIAA state place winner, via technical fall (13-2) at 2:22. Her semifinal match was against another Team Nazar opponent, Sydney Turner. Hofrichter took an early lead, countered Turner's moves effectively, and secured a pinfall victory at 4:07 after leading 6-4 at the end of the first period.

The final pitted Hofrichter against the top-ranked Hanrahan. Hanrahan quickly took control after an illegal triangle call on Hofrichter, using a leg lace from the par terre position to score multiple exposures and win by technical fall, 11-0. Despite the finals loss, Hofrichter's performance secured her third trip to the national tournament.

ANTIGO TIMES

Other Notable Antigo Performances

Joseph Stimac competed in both styles, earning a fifth-place finish in Greco. His Greco run included impressive wins, notably an 11-10 upset victory over fourthseeded Isaac Dunnom in the opening round and a pinfall victory over Drayk Nolan in the quarterfinals. His only Greco losses came against the eventual tournament champion, Eason Kammerud, and a rematch loss to Dunnom. Stimac secured fifth place with a pinfall victory over Ernest Peterson. In Freestyle, Stimac picked

up a 12-1 technical fall win over Gabriel Brittnacher.

Jordan Pregler also finished fifth in 16U Greco. He started with a 10-2 technical fall win over Daniel Meurett. After losses to the eventual champion Reed Falk and Caysen Martinek, Pregler won his fifth-place match with a pinfall victory in a rematch against Meurett.

Logan Gallenberg placed fourth in 14U Greco, highlighted by an injury default win over Colton Roffers. Gryphon Beer finished third in 14U Greco, securing a 47-second pin over Benjamin Treml. Logan DesJarlais finished fourth in both 16U Freestyle and Greco. Keagan DesJarlais, and Samson Smith also competed for the Antigo Wrestling Club over the weekend.

## **PUBLISHER'S LETTER** Memorial Day: Honoring the **Ultimate Sacrifice**

Dear Reader,

As Memorial Day approaches, we pause to remember and honor those who gave

everything for our nation. Each Memorial Day, we stand in solemn gratitude for those who never returned home. The empty chairs at family tables. The children who grew up without a parent. The spouses who faced life alone. Their sacrifice echoes through generations and

forms the foundation of the liberties we often take for granted.

My own father was among those who answered the call of duty, serving our country in World War II to keep the world free from tyranny and oppression. He was fortunate to return home, but many of his comrades-in-arms did not. My family's military tradition continued with my cousin, who served as a Lieutenant Colonel in the Army until recently. He earned the distinguished Ranger tab, representing the pinnacle of military training and excellence. Men and women like him stand ready to defend our nation at a moment's notice, prepared to make the same sacrifice as those we honor on Memorial Day.

As we honor the memory of those who gave their lives for our country, we must also recognize the silent battles many of our veterans continue to fight long after their time on the battlefield has ended.

Post-Traumatic Stress Disorder, or PTSD, affects a significant number of those who have served, and it is a reminder that

the cost of freedom is not always visible. These men and women carry wounds that can't be seen-a burden of trauma, memory, and sacrifice that continues well beyond their return home. Their courage does not end with deployment; it continues every day as they strive to

heal and find peace. As a nation, we owe them not only our gratitude but our unwavering support.

As we gather with family and friends this Memorial Day weekend for barbecues and celebrations, let us take a moment-a dedicated, mindful momentto remember why this holiday exists. Let us teach our children about sacrifice and service. Let us bow our heads in gratitude for those who died defending our values, our freedoms, and our way of life.

May we prove worthy of their sacrifice by being citizens who honor their memory not just on Memorial Day, but every dayby living with purpose, protecting the freedoms they died for, and building a nation worthy of their profound sacrifice.

They gave their tomorrows for our todays. We will never forget.

PATRICK J. WOOD Publisher

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



ANIWA **Bethany Lutheran Church** 174071 Church Rd., Aniwa Sunday Worship 10:30am

**Church of Christ** on Village Road

Antigo Seventh-Day Adventist Church 1515 3rd Ave., Antigo 715-623-4168 www.antigo22.adventistchurchconnect.org Saturday Worship Service 9:00am Sabbath School 10:30am

Antigo United Methodist Church 2034 W. 5th Ave., Antigo ww.antigoumc.org 715-623-3802 Sunday 10:00am

**Ascension Lutheran Church** 1412 Neva Rd, Antigo 715-627-2232 www.ascensionantigo.com Sunday 9:00am ndav Family Bible Hour 10:15am

**Faith United Church of Christ** 628 Clermont St., Antiac 715-623-5717

Sunday 10:30am **First Baptist Church** 414 Eckart St., Antigo 715-610-0774 Wednesday 6:00pm Prayer Meeting Sunday 10:00am

Homestead Church 710 Center St., Antigo 715-623-5093 Sunday 10:00am www.homesteadantigo.com

Liberty Baptist Church 311 2nd Ave., Antigo 715-623-4304 Sunday 10:30am Kid's Club Wed, Evenings 6:30pm Peace Lutheran Church

St. Philomena Church 432 State Rd., Birnamwood 715-449-2104 Sunday 8:00am **Trinity Lutheran Church** 407 Birch St., Birnamwood 715-449-3778 Sunday 10:00a DEERBROOK St. Matthew Lutheran Church (Miss. Synod) N5674 Cty Rd E, Deerbrook

715-627-7989 Sunday 9:00am ELCHO

**Holy Family Parish** W10524 Cole St., Elcho 715-275-3750

**KEMPSTER United Church of Christ** N7234 Keen Rd, Kempster 715-275-3031 Sunday 8:45am MATTOON St. John's Luthera **Church - LCMS** 

304 Flint Ave., Mattoo 715-489-3471 Sunday 9:00am

Sunday School 10:00am MOUNTAIN **Risen Savior Evangelical** Lutheran Church 13825 State Hwy 32, Mountain

715-473-5633

PICKEREL St. John's Luther **Church - LCMS** N8934 State Rd 55, Pickerel 715-484-3382 Mondays 10:30am

St. Mary's Catholic Church N9155 State Rd 55 Pickere 715-484-4300 www.hfstm.org Thursday 9:00am Saturday 4:00pm

POLAR Polar Mennonite Church N3480 County Rd. S Antigo, WI 54409 Contact: Mervin Brubaker 715-921-2638 Sunday Morning 10:00am



P4805 Village Rd., Aniwa Sunday Bible Class 9:30am Worship 10:30am & 6:00pm Wednesday Bible Class 6:30pm www.cocvr.org

### St. Boniface Catholic Church

W19104 Church, Aniwa Saturday 4:00pm

### St. Paul's Lutheran Church

W18995 1st St., Aniwa Sunday Service 8:30am Sunday School 9:45am Member of TULP

### **ANTIGO**

### Antigo Church of the Nazarene 230 Elm St., Antigo 715-489-3405 Sunday 9:00am Worship

### Antigo Church of Christ

1427 5th Ave., Antigo 715-627-4588 Sunday 9:30am Bible Class 10:30am Worship

### Antigo Community Church

723 Deleglise St., Antigo 715-627-2805 www.antigocommunitychurch.org Todd Stensberg - Executive Pastor Steve Sanford - Teaching Pastor Sunday 9:30am

### **Calvary Lutheran** Church ELCA 310 S. Superior St., Antigo 715-623-3102 www.calvarylutheranantigo.com

May-Aug Service Sunday 8:30am

#### **Christ Central Church**

630 Superior St., Antigo PO Box 482, Antigo, WI 54409 715-350-4242, 715-610-1787, 715-610-1788 Sunday 10:00am

### **Christ Gospel Church** 840 7th Ave., Antigo 715-623-6367 Sunday School 10:00am Sunday Morning 11:00am Sunday Evening 6:30pm Wednesday 7:00pm, Friday 7:00pm

### Church of Jesus Christ of

Latter Day Saints 717 Sunset Dr., Antigo 715-212-3188 Sunday 9:30am

#### Faith Center Church of God

N2142 Hwy 45 S, Antigo 715-627-7200 Wednesday 7:00pm Sunday 10:30am

300 Lincoln St., Antigo 715-623-2200 www.peaceantigo.org Saturday 6:00pm

SS Mary & Hyacinth Parish 819 Third Ave., Antigo 715-623-4938 Saturday 4:00pm, Sunday 7:00am

St. Ambrose Episcopal Church Sixth Ave. & Clermont St. 715-551-6796 Wednesday Mass 10:00am

St. John Catholic Parish 415 Sixth Ave., Antigo 715-623-2024 www.stjohnantigo.com Saturday 6:00pm, Sunday 9:00am

### BIRNAMWOOD

**First Congregational Church** 417 Elm St., Birnamwood 715-524-5724 Sunday 10:30am St. John Lutheran **Church - ELCA** W17680 Church Rd., Birnamwood 715-449-3778 May-Aug Service Sunday 10:30am

### St. Paul's Lutheran Church

N9035 US Hwy 45, Birnamwood 715-449-2101 Thursday 7:00pm Sunday 10:30am

5893 Brook Trail, Eagle River Thursday 10:15am Sunday 10:30am

### St. Luke Lutheran Church

(Miss. Synod) N11341 Antigo St. (Hwy 45), Elcho 715-275-3152 Sunday 10:45am

United Church of Christ

N11291 Dorr St., Elcho 715-275-3031

Sunday 10:30am

**Upper Room Family Church** 

W10285 County Rd K, Elcho 715-275-3255 Wednesday Bible Study 7:00pm

Sunday Service 10:00am

### HATLEY

St. Florian Parish 500 Church Ln., Hatley 715-446-3085 www.stflos.org Saturday 4:00pm Sunday 10:30am

St. Ladislaus Parish (Bevent)

6455 St. Hwy 153, Hatley 715-446-3060 www.stladislaur.org Saturday 4:00pm, Sunday 10:10am Saturday 6:30pm

### NEVA

St. Wenceslaus Parish N5340 Church Road, Deerbrook 715-627-2126 Tuesday 8:00am Sunday 10:30am

### PEARSON

**Arbutus Lutheran Church ELCA** W6607 Church Lane, Pearson 715-219-6363 arbutuselca@gmail.com Sundays 9:45am PELICAN LAKE St. John Evangelical Lutheran Church

4 Miles West of Hwy 45 on Cty Rd G, Pelican Lake

715-487-5484 Sunday 11:00am

### **PHLOX**

St. Joseph Holy Family **Catholic Church** W7365 Hwy 47, Phlox 715-489-3330

Father Edmundo Siguenza www.sjhf-phlox.org Saturday 6:00pm, Sunday 10:00am

3rd & 4th Sunday Evenings 7:00pm Everyone Welcome

St. Peter Lutheran Church N2891 Cty Rd S, Antigo 715-623-6921 Sunday 9:00am

### WHITE LAKE

Four Corners Assembly of God N3891 County Rd. P, White Lake Corner of Hwy 64 and P 715-882-3021 Sunday 10:30am Wednesday (Youth) 6:00pm

### SS James & Stanislaus **Catholic Parish** 235 Bissell St., White Lake 715-882-2551 stjames2551@frontier.com St. James - White Lake Thursday 9:00am Saturday 4:00pm (May 29-Sept. 4) Sundays 8:00am Mass

St. Matthew Lutheran Church 138 Bissell Street, White Lake 715-882-3111 Sunday 10:00am Worship; 8:45am Sunday School & Bible Class

> List your services here by calling 715-350-6866.

### ANTIGO TIMES



## **Mental Health Awareness Month: Aspirus Shares Tips** to Manage Stress and Build Resilience

### ASPIRUS HEALTH

"Just like we listen to our body when we are hungry, we can learn to recognize emotional cues like stress or overwhelm."

One in five adults in the United States experience mental illness each year according to the National Alliance on Mental Health, yet many hesitate to seek help because of stigma, fear, or uncertainty. This May, in recognition of Mental Health Awareness Month and the 2025 theme "Turn Awareness Into Action," Aspirus Health is encouraging individuals to take meaningful, everyday steps toward emotional well-being.

Jessica Schaefer, a licensed clinical therapist with Aspirus Health, says one of the most effective ways to begin improving mental well-being is through emotional self-awareness. By tuning in to our internal cues throughout the day, we can address feelings like stress or overwhelm before they escalate.

'Just like we listen to our body when we are hungry, we can learn to recognize emotional signals," Schaefer said. "Taking a short pause or giving yourself space in the moment can prevent those emotions from building.'

From there, Schaefer encourages people to reflect on how they're currently coping. While it can be tempting to push difficult emotions aside, avoiding them can lead to increased stress over time. Confronting those feelings early, either through personal reflection or with the help of a provider, can support long-term wellness.

Reaching out for help, however, is not always easy. "It is completely normal to feel uncertain about seeking help," said Schaefer. "We may never feel fully ready. But often, taking action despite the discomfort is how healing begins."

For those looking to support someone else, Schaefer recommends leading with empathy and curiosity. Instead of offering advice right away, start by asking what the person needs. "Everyone experiences support differently. What helps one person may not feel right for another. Meeting people where they are is key."

In addition to seeking support, building resilience can start with small but powerful habits. Practices like noticing moments of gratitude or surrounding yourself with emotionally supportive people can help you feel more grounded, especially during challenging times.

"This Mental Health Month, I want people to know they do not have to stay stuck," Schaefer said. "Support is available, and even one small step can begin to shift things for the better."

### **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!

Monday Funday with Jack Lake Silent Sports Association Mondays 5:30pm. Jack Lake Mountain Bike Trail N8375 Park Rd., Deerbrook. Come enjoy an evening of mountain biking, trail running, or hiking. Choose your preferred activity. Come solo or bring a friend. Meet others who enjoy time outside and stay after for social time. Laid back atmosphere, go at your own pace, enjoy the outdoors! All abilities welcome!

Geezer Bike Ride Tuesdays 10am. Antigo Public Library 617 Clermont St., Antigo. The group normally rides less-traveled town and county roads. The distance depends on how far the participants want to go. Sometimes the group splits up for those who want to go shorter distances and those who might like longer rides. We also try to include areas with interesting vegetation and wildlife. If people want to be included in the periodic email updates, please email Nick Salm at njsalm1@gmail. com.

Yoga with Carrie Tuesdays 5-6pm. Senior Center of Langlade County, 623 Edison St., Antigo.

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!

Sewing Club Wednesdays 10am. Senior Center of Langlade County, 623 Edison St., Antigo. The Senior Center has created a sewing room complete with multiple sewing machines, ironing board, irons, materials and whatever else is needed to have fun making items to donate. Tie blankets are a favorite project. Men are invited to participate too.

Senior Dining Wednesdays 11:30am-12:15pm. Senior Center of Langlade County, 623 Edison St., Antigo. Senior dining is open to all people sixty and above. The suggested contribution is \$6 for a full meal, served by wonderful people. RSVP is required by calling 888-486-9545.

Cardio and Strength Training Wednesdays 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 Wednesdays 6pm. Northstar Lanes 400 Prosser Pl., Antigo. Weekly payouts; no need to sign up or attend every week.

Advancing the Science: The latest on Alzheimer's and Dementia Research May 20 6-7:30pm. Senior Center of Langlade County, 623 Edison St., Antigo. Today, almost 7 million Americans are living with Alzheimer's — an escalating health crisis that affects many in our community. At the same time, significant progress in Alzheimer's research has led to advancements in diagnosing, treating and preventing dementia. Join us to learn more about the latest in Alzheimer's research, and how the Alzheimer's Association is leading the way toward a world without Alzheimer's and all dementia.

"Keeping Our Wetlands Healthy" Presentation May 22 1-3pm. Langlade County Land & Water Conservation Building 837 Clermont St., Antigo. The Langlade County Waterways Association will be holding a presentation by DNR Senior Aquatic Biologist Aaron Marti about keeping our wetlands healthy.

Langlade County Craft & Market Fair May 23-24 4-8pm. Langlade County Fairgrounds 1633 Neva Rd., Antigo. The Langlade County Craft & Vendor Fair will be held across several weekends this summer and will feature local crafts, an open market (rummage), and food.

Sunset View 6th Anniversary & Summer Kick-Off May 24 12pm. Sunset View Resort & Tavern N11594 Post Lake Dr., Elcho. Stoked Pizza Company will be serving wood-fired artisan pizza. Then from 6pm-9pm, Melanie Rose will be performing live music.

Yoga at the Lake May 25 9-10am. Sunset View Resort & Tavern N11594 Post Lake Dr., Elcho. Yoga + Lake Views = Instant Calm. Step away from stress and into serenity. This all-level yoga class by the lake is your chance to slow down, stretch out, and reconnect with what mattersvou. You don't need to be flexible or experienced. Just show up & breathe.

### **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

Group Alanon/Nornon 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

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.

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.

If you are feeling overwhelmed or unsure where to start, your primary care provider can be a helpful first connection. Learn more about behavioral health services at Aspirus Health by visiting www.aspirus. org/mental-health-treatment-counseling.

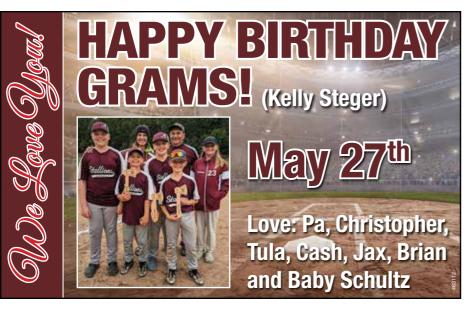
### MEETINGS

LCEDC Board Meeting May 19 4-5pm. NTC Antigo Campus-Wood Technology Center 312 Forrest Ave., Antigo.

County Board May 19 5:30 pm

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



### TOWN OF NEVA IS REQUESTING BIDS FOR A **STANDALONE GENERATOR**

Sealed bids to be open on June 10, 2025, 7pm board meeting. Bids should be sent to Doug Curler, Neva Town Chair,

PO 85, Deerbrook, WI 54424. Notation on outside 'generator bids.' Town of Neva reserves the right to reject or accept all bids.



Town Hall is located at N5500 Cty. A, Deerbrook, WI 54424. Generator to be run by natural gas. Town hall building is 30 feet by 60 feet. To manage: lights, outlets, furnace, refrigerator, electric stove and well. Wiring from the electrical box to the generator. A standalone generator or portable generator. An inspection of the building is possible by contacting Doug Curler at 715-623-2253. 463111



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# **AHS Scholarship: Recipients**



Congrats to all the recipients & all the graduates! NTC Foundation Scholarship: Kennly Hoffman, Preston Knapkavage, Carter Wassen

Bremer and Trollop Scholarship: Maggie Neufeld Money Smart Scholarship: - (not yet announced)

Andrew McCarthy Memorial Scholarship: Tristin Arlen, Lauren Lenzner, Gordon Lucht, Hazel McPhail

American Legion Exemplary Senior Boy and Girl: Maggie Neufeld, Luke Bastle

Edna B. Collins Scholarship: Alexia Rank

Antigo Education Association Scholarship: Sydney Swartz

Elizabeth Macasalyn Hill Kessler Scholarship: Margaret Neufeld

Triple R Riding Club: Marty Bauer, Lauren Lenzner

Cindy Horst Memorial Scholarship: Lauren Lenzner Frederick A. Berner Memorial Scholarship: Rex Cornelius

Antigo Community Theatre Scholarship: Ilah Lundgren, Max Busse, Mat Antone-Vance, Ezra Gatton, Molly Powell

Bradley Foundation Scholarship: Lillian L'Esperance Antigo Sno-Drifters Snowmobile Club Scholarship: Margaret Neufeld

Evelyn Thorne Scholarship: Lillian L'Esperance

Deerbrook Bridge Runner Snowmobile Scholarship: Mia Schropefer

McKenna-Mann Performing Arts Scholarship: Ava Kakes

Langlade County 4-H Archery Scholarship: Allison Noskowiak

4-H Lakeside Scholarship: Evie Trabant McKenna, Jacob Adamski, Lauren Lenzner, Marty Bauer, Abby Pennington, Michael Hagerty

4-H Novak Family Medical Scholarship: Abigail Pennington

Skills USA Recognition Chelsea Kubiaczyk, Marty Bauer Langlade County Fair Volunteerism Scholarship: Sydney Swartz, Michael Hagerty, Abigail Pennington, Mia Schroepfer, Connor Umland, Marty Bauer

Langlade County Fair Livestock Scholarship: Mia Schroepfer, Abigail Pennington, Allison Noskowiak, Michael Hagerty

Triple Progress Scholarship: Michael Hagerty

Elks Teen of the Month Recognition Jacob Adamski, Sydney Swartz, Michael Hagerty, Ava Kakes, Connor Umland, Lillian L'Esperance, Tyler Boots, Tristin Arlen, Luke Bastle, Maggie Neufeld, Abigail Pennington, Mia Schroepfer, Ruby Beattie

Elks Club Teen of the Year Scholarship: Tyler Boots, Mia Schroepfer

Elks Local 662 Most Valuable Student - Local: Michael

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Hagerty, Connor Umland

Elks Most Valuable Student - State: Colton Thomae Elks State Foundation: Technical College Scholarship: Sydney Swartz

Community Band Scholarship: Evan Lundgren

Better Life Scholarship: Margaret Neufeld

Nancy and Ronald Blood Family Foundation: Ava Kakes, Ilah Lundgren, Tyler Boots, Mat Antone-Vance

AHS Mamma Mia! Award: Ava Kakes, Tyler Boots, Johnny Wissbroecker, Ilah Lundgren, Mat Antone Vance, Max Busse, Zander Reetz, Ezra Gatton, Evelyn Trabant McKenna, Finley Bauknecht, Abigail Pennington, Evan Lundgren

AHS Drama Club Senior Award: Not yet announced. AHS Drama Club Senior Recognition Award: Not yet

AHS Drama Club Senior Recognition Award: Not yet announced.

AHS Drama Club Director's Award: Ava Kakes, Tyler Boots

Academic Excellence Scholars Program: Lillian L'Esperance, Sydney Swartz

Technical Excellence Scholars Program: Mia Schroepfer, Caleb Wiegert

Antigo C.T.E Awards: Nolan Akright, Tristin Arlen, Marty Bauer, Tyler Boots, Nicholas Bostwick, Ian Brittenham, Caitlyn Burkhart, Mya Burt, Max Busse, Kendra Caffero, Lola Cornelius, Rex Cornelius, Natasha Fermanich, Lauren Genske, Logan Griese, Michael Hagerty, Sydnie Heinzen, Kennly Hoffman, Trapper Honzik, Adriana Johnson, Zachary Kuhr, Mitchell Meyer, Lily Muraski, Allison Noskowiak, Aiden Parker, Mac Patterson, Sam Quinlan, Bella Reimer, Ethan Roberts, Elijah Robrecht, Mia Schroepfer, Grace Schuessler, Maggie Slominski, Lucas Stickney, Sydney Swartz, Chloe Tainter, Colton Thomae, Kylee Walrath, Caleb Wiergert, Kaeden Wincentsen

WIAA Scholar Athlete Award: Lillian L' Esperance, Colton Thomae

4-year 3-sport Athlete: Tristin Arlen, Michael Hagerty, John Oelkee, Colton Thomae

GNC Scholar Athletes: Jacob Adamski, Ruby Beattie, Tyler Boots, Mya Burt, Lola Cornelius, Avery Federman, Logan Griese, Lillian L'Esperance, Bethany Lewis, Gordon Lucht, Mitchell Meyer, John Oelkee, Abby Pennington, Alexia Rank, Zander Reetz, Mia Schroepfer, Chloe Tainter, Colton Thomae, Evelyn Trabant McKenna, Connor Umland, Anna VandeWeerd, Kylee Walrath

Coach Gordy Schofield Scholarship: Gordon Lucht

### See SCHOLARSHIPS page 10



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up to 20 words, in print & online Garage Sale Map Listing Call, text, or fax your ad to 715-350-6866 or email to

nwinkler@mmclocal.com

Map will also be shared as a Google Map online that you can use to go from listing to listing. Deadline: Friday, May 23 at 4pm





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# Aeration breathes new life into lawns



### FOR MMC

Regular maintenance is necessary when caring for a lawn, and various strategies translate into thicker, greener and healthier grass. Much like car owners routinely get an oil change or tire rotation on their vehicles, homeowners should recognize that certain lawn care strategies are periodically necessary to keep a property looking its best. Aeration is one task that can complement other lawn care strategies throughout the growing season.

### What is lawn aeration?

The Home Depot says that aeration involves making holes in the lawn to loosen the soil underneath. Over time, the lawn and soil can become compacted, creating a layer of thatch that forms between the soil and the grass in the lawn. Thatch can prevent air, water and fertilizer from reaching the roots of the grass, eventually stifling growth. The holes made during aeration allow oxygen, water and nutrients to reach the lawn's roots.

### When to aerate

Aeration can be good for a lawn, but it can cause stress to the grass if timed improperly, advise the lawn care experts at Pennington. Cool-season grasses common in northern lawns should be aerated in the early fall or early spring. Warm-season grasses should be aerated in the late spring

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or very early summer. Aeration should be done right before the grass reaches peak time for natural growth.

### How to aerate a lawn

Homeowners can use different aeration equipment, including manual and automated machinery. Some homeowners wear spiked aerator "sandals" strapped to shoes to walk across the lawn. These may be useful on a small scale, but not on larger properties.

Slicing aerators have rotating blades that slice through grass and thatch into the soil. Core or plug aerators often are preferential for lawn professionals. Hollow tines remove plugs of soil from the lawn and deposit them on top where they break down.

### What's next?

According to The Spruce, it is necessary to water the grass every two to three days after a lawn has been aerated. This also is the time to perform overseeding. Apply a quality, slow-release fertilizer to revitalize the lawn. Wait at least a month before mowing, and avoid heavy traffic on the lawn after aerating to prevent grass damage.

Aeration is an important step to maintain lawn health. While aerating can be labor-intensive, the end result of a lush lawn can be worth the extra effort.

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## How to establish a peaceful backyard retreat

Backyards have undergone quite a transformation over the last decade-plus. The days when patios and decks were all a backyard living space had to offer are largely a thing of the past, as homeowners have realized just how valuable

it can be to commit to a stunning backyard. The real estate experts at Zillow estimate that homes with backyard features such as outdoor televisions, outdoor showers and outdoor kitchens command 3.1 percent more than expected upon reaching the market. If 3.1 percent doesn't sound like a lot, it actually equates to nearly \$11,000 on a typical home. But there's more to gain than money when converting a backyard space into a relaxing respite. Such spaces can provide a welcoming escape from the hustle and bustle of daily life, all the while giving homeowners and residents a comfortable space to soak in the great outdoors. With that in mind, homeowners can take the following steps to establish a peaceful backyard retreat.

### • Refresh the landscape

Even if your vision is centered on outdoor furniture and a space that accommodates movie nights under the stars, it's still best to refresh the existing landscape if it needs a little upkeep. Overgrown trees, hedges and bushes can create the same cluttered vibe that dominates interior spaces overrun with items. If necessary, work with a local tree service or landscape architect to trim, or even remove, trees and hedges that are crowding the backyard and making it feel claustrophobic or giving it an unkempt look. Aim for a landscape that affords a balance of sun and shade so the space is as comfortable as possible throughout the day.





### • Set up multiple gathering spaces, if possible

Once a backyard retreat is established, everyone who calls the property home might find the space hard to resist. Keep this in mind when planning the space and aim to set up multiple gathering spaces. An outdoor kitchen with a nearby dinner table can be a great space to enjoy al fresco dining, but a separate area to read a book or watch a movie or ballgame can make the space more versatile. Some may want to relax away from the noise of the grill area, and multiple gathering spaces ensures there's always a peaceful spot to unwind out back.

### • Add a water feature

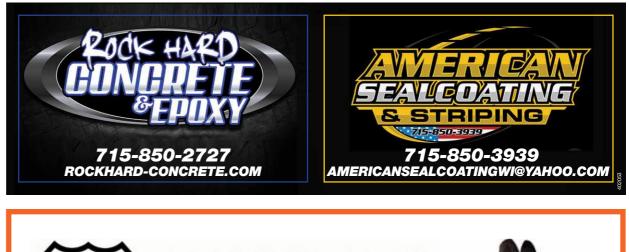
Running water has a way of calming the nerves, and that's good to keep in mind when planning a backyard retreat. Water features run the gamut from garden ponds to koi ponds to fountains to hot tubs. Homeowners can identify which feature best aligns with their idea of relaxation and then work with a landscape architect to ensure it's installed in their backyard oasis.

### • Don't forget shade

Temperatures are rising in many areas of the globe, and that's worth noting when planning a backyard retreat. Even the most ardent sun worshippers likely won't want to be exposed to the sun at all times when relaxing in their backyards. Strategically chosen means of providing shade can make spaces enjoyable all day long. Consider umbrellas, gazebos, pergolas, and even retractable awnings to cover patios and decks when the sun is at its highest each afternoon. If you plan to spend ample time in the grass, make that more enjoyable by planting shade trees, which also can protect the grass from drought and make it more comfortable underfoot.

A relaxing backyard retreat can make for an ideal space to escape the hustle and bustle of daily life.

**Jerry Lee** 





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# Promote health with these daily habits



### FOR MMC

Health should be a priority, but too often life gets in the way and individuals take a reactive, rather than proactive, approach to their personal well-being. But living healthier need not be so difficult. In fact, research suggests that small, positive changes in how a person lives each day creates a healthier person over time.

A Hologic-Gallup survey on the state of women's health conducted in April 2024 found 63 percent of respondents said it was hard for them to make health a priority. They cited feeling overwhelmed, needing to care for others before themselves, emotional/mental health, and work as the top barriers to focusing on health. But it's important that both women and men recognize that small changes can add up to big results. These healthy habits can help individuals start living healthier lifestyles.

• Get some exercise. Regular physical activity is one of the most important things a person can do fo his or her health. Exercise helps manage weight, reduces the risk of disease, strengthens bones and muscles, and improves brain health. The Centers for Disease Control and Prevention says adults should aim for at least 150 minutes (30 minutes a day for five days) of moderateintensity aerobic activity a week. A great place to begin is with a daily walk, which is a simple and effective habit that does not require a lot of time and no equipment except a good pair of athletic shoes.

• Wear sunscreen every day. After washing your face each morning, apply a facial moisturizer with an SPF of at least 30, or blend equal parts of sunscreen and regular moisturizer, suggests Harvard Health. Use it on the face, neck, ears, and any thinning hair spots on the scalp. Skin cancer is the most common type of the disease worldwide, and wearing sunscreen can help many people avoid it.

• Spend time outdoors. It takes just a few minutes in the sun to raise vitamin D levels. Vitamin D is necessary for bone and heart health and helps to boost mood, says WebMD. Various studies indicate spending time in green spaces promotes calm and increases happiness.

• Plan your meals. Meal planning is not just a way to manage food budgets. It's also a great method to being more mindful of food choices and avoiding impulse buys or meals that may not be as healthy as they can be. Adding more plant-based foods to a diet is a good start. Such foods can reduce the risk of chronic conditions like high cholesterol and hypertension. Stay hydrated. Hydration supports good digestion, increases energy and may improve brain performance, states Harvard Health. Drink a glass of water each day upon waking up and with every meal. Older adults often do not feel thirst like they did when they were younger, so it is especially important for seniors to stay hydrated. Healthy habits are more easily adopted when people begin small and make a daily commitment to their overall health.

## Understanding the Latest U.S. Trade Numbers: A Record High Deficit

### NATASHA WINKLER

Every month, the U.S. government shares important numbers about what our country buys from and sells to other nations. This information helps us see how goods and services are moving between the U.S. and other countries.

On May 6, 2025, official sources released the trade numbers for March 2025. The main takeaway from this report is about the U.S. trade deficit. A trade deficit happens when our country buys more goods and services from other countries than it sells to them. In March 2025, this deficit was the highest it has ever been.

The report states that the total trade deficit for goods and services in March was \$140.5 billion. This was a noticeable

### **SCHOLARSHIPS** from page 7

Antigo Red Robin Shooting Sports Scholarship: Lauren Genske

UW Madion Alumni Club of Antigo Scholarship: Ezra Gatton, Jacob Adamski, John Oelkee, Tyler Boots, Adriana Johnson, Ilah Lundgren

Badgerland Classics and Customs Scholarship: Sydney Swartz

Junior Optimist Club Award and Scholarship: Connor Umland, Elijah Robrecht, Tristin Arlen, Evelyn Trabant McKenna

Distinguished Athlete Award - US Marine Corps: John Oelkee, Tristin Arlen

Semper Fidelis Award Musical Excellence - US Marine Corps: Mat Antone-Vance, Evan Lundgren

Scholastic Excellence Award - US Marine Corps: Lillian L'Esperance, Colton Thomae

Wisconsin D-9 High School Bowling Scholarship: John Lewis

FFA Alumni and Supporters Scholarship: - Not yet announced.

FFA Cord Recognition - Not yet announced.

Antigo Garden Club - Not yet announced. Trout Unlimited: Lauren Genske

UW-Stout Hotel, Restaurant and Tourism Management Scholarship: Margaret Neufeld

Dexter Hohensee Memorial Scholarship: Lillian L'Esperance, Sydney Swartz, Lauren Genske, Connor Umland, Margaret Neufeld, Avery Federman, Adriana Johnson, Ethan Buchman, Anna VandeWeerd

Shawano Masonic Lodge Scholarship: Margaret Neufeld

AHS Class of 1974 Scholarship: Sydney Swartz, Avery Federman

Antigo Swim Club: Dawson Behm

VFW Post 2653 Scholarship: Anna VandeWeerd, Ian Brittenham

Wendy Bunster Memorial Scholarship: Michael Hagerty

AHS Class of 2025 Student Council Scholarship: Margaret Neufeld, Ava Kakes, Abigail Pennington, Tristin Arlen

Nicolet College Scholarship: - Not yet announced.

Chris Blemke Memorial Scholarship: Lauren Genske

Student Athlete Gerald and Doroth

increase from February 2025, when the deficit was \$123.2 billion (this February number was also slightly updated). So, the deficit grew by \$17.3 billion from February to March.

What caused this increase in the deficit? According to sources from the US Census, it was mainly due to a larger gap in the trade of goods. Goods are physical items like cars, electronics, or materials. The deficit for just goods went up by \$16.5 billion in March, to a total of \$163.5 billion. The U.S. usually sells more services (like tourism or banking) than it buys, creating a services surplus. However, this surplus went down by \$0.8 billion, to \$23.0 billion.

See **TRADE** page 11

Rank

MSOE - Academic Merit Scholarship: Mac Patterson

MSOE Computing Scholarship: Mac Patterson Valedictorian/Salutatorian Medals

Valedictorian/Salutatorian Medals Lillian L'Esperance, Sydney Swartz

Red Robin Foundation Scholarships - Not yet announced.

Peshtigo National Bank Scholarship: Margaret Neufeld

William and LaVonne Duernberger Memorial Scholarship: Chloe Tainter

Robert and Ruth Smits Memorial Scholarship: John Oehkle

Gail LeVeque Memorial Scholarship: Ian Brittenham

Bob LeVeque Memorial Scholarship: Colton Thomae

Antigo Lions Club Scholarship: Lily Muraski, Nolan Akright

Antigo Kiwanis Scholarship: Samuel Quinlan, Zander Reetz, Lola Cornelius, Mya Burt

Julie Langseth Memorial Scholarship: Alexia Rank, Arabella Parilek

Howard Wagner Memorial Scholarship: Jack Stronstad

Jean Nilles-Noskowiak Memorial Scholarship: Arabella Parilek

Ruth Coyer Memorial Scholarship: Lillian L'Esperance

Kenneth Thiede Memorial Scholarship: Music Appreciation Kaeden Wincentsen

Kenneth Thiede Memorial Scholarship: Sydney Swartz

Eric Scharenbrock Bear Paw Resort Scholarship: Margaret Neufeld

Antigo Junior Women's Club Scholarship: Tristin Arlen, Bella Reimer Hoffman Family Scholarship: Maggie

Slominski Ed Stasek Memorial Scholarship: John

Oelkee, Alexia Rank Wendy Kondzela Memorial Scholarship:

Lauren Genske, Alexia Rank

James Kondzela Memorial Scholarship: Gracie Hall, Rex Cornelius

Ed Vavruska Progressive Memorial Scholarship: Ezra Gatton, Bethany Lewis, Colton Thomae

Ed Vavruska Memorial Scholarship: Sydney Swartz, Avery Federman, Ethan Buchman

George and Alice Vassau Scholarship: Avery Federman

Gerald and Dorothy Volm Scholarship:



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Ernie Koprek Memorial Student Athlete Scholarship: Connor Umland

Northwoods Association of Realtors Scholarship: Lola Cornelius

Medford Cooperative Scholarship: Allison Noskowiak

Wisconsin Lutheran College Presidential Scholarship: Gordon Lucht

Wisconsin Lutheran College Endowment Scholarship: Gordon Lucht

Wisconsin Lutheran College Campus Visit Scholarship: Gordon Lucht

Congregational Partner Grant: Gordon Lucht

AHS Yearbook Scholarship: Maggie Neufeld, Sydney Swartz

Sartori Cheese Scholarship: Mia Schroepfer

Norbert Koeppel Scholarship: -Covantage Lily Muraski

UW La Crosse Merit Scholarship: Colton Thomae

Langlade County Farm Bureau Scholarship: Gordon Lucht

Military Acknowledgement: Johnny Wissbroecker, Lucas Stickney

St. Norbert College Merit Scholarship: Connor Umland

Specialty Crop Scholarship: Alexia

John Oelkee

Bob and Cindy Hilger Scholarship: Ezra Santiago

Antigo ACE Hardware Community Scholarship: Logan Griese

James Traut Memorial Scholarship: Margaret Neufeld

Herb and Kitty Husnick Family Scholarship: Mya Burt

Shirley Barta Scholarship: Anna VandeWeerd

Virginia Lynett Memorial Scholarship: Camren Gilbert

Frances Berberian Memorial Scholarship: Sydney Swartz, Avery Federman, Abigail Pennington, Elijah Robrecht, Jacob Adamski

Sam Jacobsen Memorial Scholarship: Lauren Genske

Barby Mattes-Wagner Memorial Scholarship: Marty Bauer

James and Diane Fronek Block Memorial Scholarship: Adriana Johnson

UW Platteville Kaeden Wincentsen

Tom Kislow Memorial Scholarship: Tristin Arlen

Al Remington Foundation Scholarship: Not yet announced



## Prepare For ATV/UTV Riding Season By Taking A Safety Education Class



### DNR

The Wisconsin Department of Natural Resources (DNR) encourages off-road recreationists to earn their ATV/UTV safety certification by taking an approved course.

In 2024 alone, 40 people died in ATV/ UTV crashes in Wisconsin, with most of them not wearing helmets. Simple steps can prevent fatalities, highlighting the importance of a safety course.

"The primary focus of our safety education course is preventing crashes that lead to injuries and fatalities," said Lt. Jacob Holsclaw, Wisconsin DNR offhighway vehicle administrator. "We want folks to create positive memories and have a great experience on our trails, and that only happens if everyone returns home safely at the end of the trip." Any operator at least age 12 and born on or after Jan. 1, 1988, is required to complete a DNR-approved safety course and carry their proof of certification while riding. But the course isn't just for youngsters. Even if operators aren't required by law to complete a class, the DNR encourages all operators to brush up on their skills and knowledge.

Even operators who ride only a few times a year or at a relative's house should take the course. Inexperience is a top contributing factor in many serious crashes.

View more statistics, including the 2024 Recreational Vehicle Annual Report, on the DNR's ATV Crash Information webpage.

Visit the DNR's website to sign up for a course or learn about becoming a safety education instructor.

## TRADE

### from page 10

This means the main reason the total deficit increased was due to the trade in physical goods.

Looking closer at the numbers, the U.S. sold \$278.5 billion worth of exports (goods and services sold to other countries) in March. This was a small increase of \$0.5 billion from February. However, the U.S. bought \$419.0 billion worth of imports (goods and services bought from other countries). This was a much larger increase of \$17.8 billion from the previous month.

Because imports were so high in March, some other records were set. Imports of goods in March (\$346.8 billion) were the highest ever recorded. Within goods, imports of 'capital goods' also reached their highest level. Capital goods are items like machinery and equipment that businesses use to make other products or provide services. Imports of 'consumer goods' (items people buy for themselves) also hit a record high when measured in real dollars. Imports of industrial supplies and materials were also very high, the highest since November 2022.

Even though imports set new records, exports were also high, just not recordbreaking overall. March exports of goods (\$181.1 billion) were the highest they've been since July 2022, and only a little lower than that month. March exports of industrial supplies and materials were also the highest since November 2022.

One type of export, goods not including petroleum, reached a record high.

The report also pointed out that the U.S. trade deficit with some specific countries reached record highs in March. These countries were:

Mexico (\$18.6 billion) – the highest deficit on record with Mexico.

Ireland (\$29.3 billion) – the highest deficit on record with Ireland.

France (\$3.5 billion) – the highest deficit on record with France.

India (\$7.4 billion) – the highest deficit on record with India.

On another note, even though the U.S. had larger trade deficits with some countries, the report showed that imports from China in March (\$29.4 billion) were the lowest they have been since March 2020 (\$19.6 billion).

Historical numbers show that the U.S. has often bought more goods from other countries than it has sold to them over the last few decades. However, the March 2025 total deficit for goods and services is a new record high in this long history.

To sum up, the newest trade information from the U.S. government shows the trade deficit hit a record high in March 2025. The main reason for this was a big increase in imports. Imports of general goods, capital goods (for business use), and consumer goods (for personal use) all reached record levels. The increase in the deficit was especially large with countries like Mexico, Ireland, France, and India, where the U.S. had its biggest trade deficits ever



## Governor Evers Recognized Outstanding Wisconsin Volunteers at 2025 Service Awards

### FOR MMC

Governor Tony Evers recognized outstanding local volunteers, AmeriCorps members, and AmeriCorps Senior volunteers who had gone beyond the call of duty to help their fellow Wisconsinites at the 2025 Governor's Service Awards. The ceremony took place on Thursday, May 15, 2025. at Olbrich Botanical Gardens in Madison.

This year, twelve individuals and one organization from throughout the state were honored for their outstanding volunteerism and service. Additionally, 33 AmeriCorps Seniors volunteers were honored for achieving the remarkable milestone of 20 years of service to their fellow Wisconsinites.

The honorees' service addressed critical issues that impacted Wisconsin communities throughout the last year. Their work included:

• Supporting individuals in recovery from substance use

• Reducing barriers to accessing health care

• Providing academic and social support to students

• Assisting seniors, immigrants, and refugees with transportation needs

• Coordinating resource drives and community events

And much more across the state

The Governor's Service Awards ceremony was held at the Olbrich Botanical Gardens (3330 Atwood Ave, Madison, WI 53704) at 9:00 a.m. on Thursday, May 15, 2025. Governor Evers opened the ceremony with remarks and presented the awards to the 2025 honorees.

The Governor's Service Awards were organized by Serve Wisconsin, the state service commission responsible for supporting the work of AmeriCorps programs and promoting volunteerism throughout the state. A complete list of the 2025 honorees and their programs is included below. Additional information about the Governor's Service Awards is available at https://www.servewisconsin. wi.gov/governors-service-awards.

### 2025 Governor's Service Awards Honorees

AmeriCorps Member of the Year: Julie Wilson – Marshfield Clinic Health System - Recovery Corps (Eau Claire)

AmeriCorps VISTA Member of the Year: Bharath Shetty – Wisconsin Association of Free & Charitable Clinics (Milwaukee)

AmeriCorps Alumni of the Year: Sara Shaw – served with Teach For America Milwaukee (Milwaukee)

AmeriCorps Seniors Volunteer of the Year: Chuck Kamp – RSVP of Dane County

(Madison)

AmeriCorps Seniors Volunteer of the Year: James Lee – Interfaith Caregivers of Ozaukee County (Cedarburg)

AmeriCorps Seniors Lifetime Impact Volunteer: Harriet Edwards – ADVOCAP Foster Grandparent Program (Fond du Lac)

AmeriCorps Seniors Lifetime Impact Volunteer: Maryann Ludwigson – CESA 10 AmeriCorps Seniors Foster Grandparent Program (Chippewa Falls)

AmeriCorps Seniors Lifetime Impact Volunteer: Judy Wightman – RSVP of Rock County (Beloit)

AmeriCorps Seniors Program of the Year: Interfaith Caregivers of Ozaukee County AmeriCorps Seniors Program (Grafton)

Volunteer of the Year: Analena Peterson – Literacy & Positive Impact Advocacy (Germantown)

Volunteer of the Year: Sage Spear – United Way of Jefferson & North Walworth Counties (Whitewater)

Volunteer of the Year: Jaxson Thomas - Jaxson's Christmas Toy Drive (Kenosha)

Marty Stein Friend of National Service Exemplary Supporter: Steve Frodl – emeritus program director of NCCAP AmeriCorps (Wausau)

### Americorps Seniors Volunteers With 20 Years Of Service

In addition to these nomination-based awards, the Governor's Service Awards also recognized all AmeriCorps Seniors Volunteers who had reached their 20th year of volunteer service between June 1, 2024, and May 31, 2025.

ADVOCAP Foster Grandparent Program: Harriet Edwards

Foster Grandparent Program of Portage County: Marilyn Pederson

Milwaukee County and Waukesha County RSVP: Mary Jo Burkemper, Ed Ericksen, Gail Hovey, Mary Kubesch, Bud Moertl, Paul Trojan, Dianne Warrick, John Watta

RSVP of Dane County: Stuart Baker, Robert H. Coffin, Thomas Krauskopf, Sherry Lange, Suzanne Matiash, Stephanie Moritz, Georgia Punswick, Bob Ruder, Doris Marie Schnabel, Jerry Schultz, Sue Sheets, Deborah Speckmann RSVP of Portage County: Roseann

Debot, Steve Lybeck, Joanne Mlodik, David Pederson, Donna Rossing

RSVP of Rock County: Lina Nelson, Judy Wightman

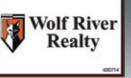
Volunteer Fox Cities RSVP: Robert Salm, Kathleen Salm

Western Dairyland RSVP: Louise Bauer, Dianne Bossert



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## Cell Phones in Our Schools: Finding the Right Balance for Wisconsin Students

### NATASHA WINKLER

A recent report from the Wisconsin Policy Forum has brought a statewide debate to our local doorstep: how should we manage cell phone use by students in our K-12 schools? It's a conversation happening across the country, and Wisconsin is considering a bill that would ban cell phone use during instructional time in public schools.

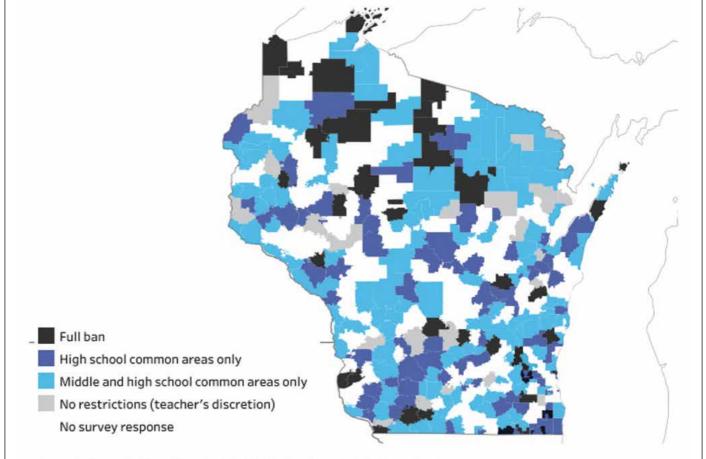
Many of us didn't grow up with smartphones in our pockets, but for today's young people, they are a constant presence. This has created a new challenge for our teachers, with a significant 72% of high school educators reporting that students being distracted by their phones is a "major problem" in the classroom.

Currently, Wisconsin schools have a variety of rules. A recent survey of 309 districts and charter schools showed that most already limit phone use to common areas like hallways or cafeterias. Interestingly, smaller school districts, perhaps like some in our own area, tend to have stricter rules, with over a third of those with 500 or fewer students enforcing full bans. Some districts, however, have no restrictions, leaving it up to individual teachers.

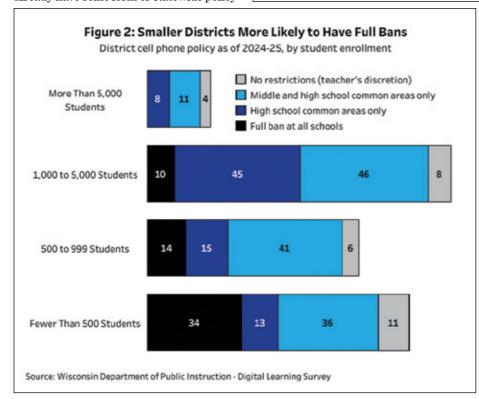
The proposed state law aims to create a more consistent approach by requiring schools to ban phone use during teaching time, though schools could still choose to have even tighter restrictions. This wouldn't be unique to Wisconsin; 19 states already have some form of statewide policy



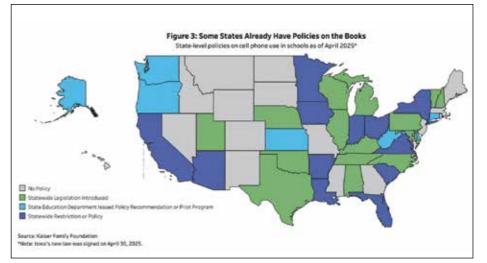
Cell phone policy by public school district, 2024-25 school year



Source: Wisconsin Department of Public Instruction - Digital Learning Survey



or recommendation, and 16 more are debating similar measures. Our neighbors in Iowa recently passed a law banning student cell phone use during instructional time, and Illinois is considering a similar move. Public opinion seems to lean towards these restrictions. A Pew Research survey found that 68% of U.S. adults, including 80% of those aged 50 and older, support banning cell phone use during class. Even among parents of K-12 students, 65% are in favor.



However, there's less support for a complete ban on phones in schools altogether, with many parents wanting to be able to reach their children if needed.

The report highlights that simply having rules about using phones isn't always enough if students still have them readily available. As a result, some schools are looking at policies around possessing phones, such as requiring them to be kept in lockers or special pouches during class time.

The challenge, as the Wisconsin Policy Forum points out, is to balance the potential benefits of these devices with the very real problem of distraction. While school-issued laptops or tablets can be valuable learning tools where content can be managed by educators, personal cell phones present a different set of issues.

As our state and local communities consider these policies, it's important to understand the different viewpoints and the practicalities of enforcement. The goal is not just to limit distractions, but to help our students develop the skills to manage their attention and technology use effectively as they move into adulthood. This is a crucial conversation for ensuring our local schools remain effective places of learning.



### **UW WISCONSIN**

The 2025 Four-State Dairy Nutrition and Management Conference on June 11 and 12 at the La Crosse Center in La Crosse, Wisconsin. This conference features the latest insights to improve productivity and profit. A new highlight his year is the award for herds in the Four State area with the highest pounds of solids produced per cow.

The Arm & Hammer Animal Nutrition pre-conference symposium focuses on improving efficiency through better health. Dr. Joel Pankowski, Dr. Sangita Jalukar, Dr. Isaac Salfer, and Jesse Thompson will discuss various aspects of improving efficiency, including immune function, mycotoxin mitigation, and probiotics.

Four State conference speakers include Dr. Alex Bach (University of Lleida in Spain), discussing management and nutritional strategies to improve profitability. Dr. Jackie Boerman (Purdue University)is talking on muscle composition changes throughout lactation. A panel featuring the award-winning farmers sharing their successes in achieving high solids production.

## Midwest's Premier Dairy Nutrition and Management Conference

The other general session will focus on advances in nutritional efficiency. It includes Dr. Mike Van Amburgh (Cornell University) who will present nitrogen efficiency strategies. Dr. Luiz Ferraretto, University of Wisconsin, will address corn silage management's impact on efficiency and Dr. Isaac Salfer, University of Minnesota, will offer practical approaches to improving feeding efficiency. Both sessions will include panel discussions with the speakers.

Breakout sessions will cover topics such as:

- The role of amino acids in fatty acid synthesis
- Maximizing dairy replacement performance
- Using videos to enhance feeding management
- Hidden costs of heat stress
- Calcium and negative DCAD impacts on reproduction
- The latest in dairy technology
- Cocktail forage mix effects on cow production
- Nutritional approaches to reduce calf stress

• AI timing strategies using sexed and conventional semen based on increased activity and synchronization

on fertility.

The conference will also host the third annual Three-Minute Student Thesis (3MT) contest with a poster session where graduate students from the partner universities will present their research in a fast-paced, engaging format.

In addition to the educational program, there is a trade show with over 40 companies exhibiting their latest products, enjoy evening receptions, and network with dairy professionals from across the region. CEU credits are available.

For register of learn more information, visit fourstated airy.org or contact your state dairy specialist. For questions, contact Jim Salfer at 612-360-4506 or salfe001@umn.edu

This conference is a collaborative effort of Iowa State University Extension, University of Illinois Extension, University of Minnesota Extension, and University of Wisconsin-Extension.



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### Page 14

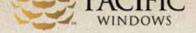


### COMMITMENT from page 14

high school season, the community watches with anticipation, wishing her continued success. The move to the University of Fort Lauderdale represents an exciting new chapter, and there is every expectation that Sydnie Heinzen will continue to excel, making her mark both as a student an athlete. Her and journey is a bright beacon, illuminating a future full of promise at the collegiate level and beyond.







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### **POLICE** from page 4

to have pulled a wire down from the side of a home and was last seen heading south towards Antigo. The name on the truck was noted. City units were advised but were unable to locate the semi. A garbage complaint came in at 10:19 AM from County Rd B and Camp Susan Rd in the Town of Summit, regarding nitrous oxide containers found on the side of the road about a quarter-mile into a trail; a deputy met with the caller and took the trash for disposal

In the afternoon, at 12:22 PM on 26 Rd in Antigo, a civil complaint was made about people allegedly breaking onto a property to ride four-wheelers, despite being told multiple times they were not allowed. An animal bite was reported at 12:44 PM on County Rd K in Elcho. A controlled burn of piles near Polar Rd and State Rd 64 in the Town of Polar was reported at 2:02 PM; the DNR had stopped by and advised of a ban, and those responsible were working to extinguish it, though it would likely smoke for a while. At 2:21 PM, a deputy conducted a business check on Elton South Rd in the Town of Evergreen and found everything in order. A fraud or identity theft report was taken at 3:12 PM from County Rd S in the Town of Polar, where a resident reported unauthorized charges on her credit card and planned to come in to file reports. A traffic stop at 3:51 PM on County Rd DD in the Town of Peck led to numerous correction notices being issued, and contraband, including suspected drugs (961), was confiscated after a probable cause search. This included citations for false display of plates, failure to register an auto, and no insurance.

Later, at 4:10 PM, a two-vehicle property damage accident with no apparent injuries occurred at County Rd A and County Rd V in the Town of Bryant; one vehicle was smoking, and both appeared undrivable. The intersection was temporarily shut down for vehicle

In the evening, a traffic complaint regarding a red Dodge Caravan crossing the center line and driving  $% \left( {{{\bf{n}}_{\rm{c}}}} \right)$ slowly, which then pulled into the high school, was received at 5:19 PM from County Rd Y and Western Ave in Antigo; city units were advised but unable to locate it. A garbage complaint was made at  $6{:}28\ \text{PM}$  from County Rd F in Antigo, where a resident stated their neighbor to the east was blowing yard debris into their yard and under/in the fence. Another traffic complaint, this time about kids plaving in the road in an area where the sun could block drivers' view, came from County Rd C in the Town of Gleason at 6:37 PM; a deputy checked the area.

MAY 8TH A vehicle repossession of a vehicle, color not specified, was reported at 8:17 AM from Bay Highlands Dr in Elcho; no backup was needed. A traffic complaint was received at 9:13 AM from a construction zone on County Rd A and County Rd O in the Town of Bryant, where cars were reportedly speeding through; the company name was provided. An animal complaint came in at 9:39 AM from 4th Ave in Antigo about a dog with a collar walking in a backyard; the owner of the dog called, and her number was given to the reporting party. Criminal damage was reported at 9:35 AM from a store on County Rd WW in the Town of Wolf River, where it appeared someone had burned part of the store under an outside window sometime between  $5{:}30~\text{PM}$  the previous evening and  $9{:}00~\text{AM}$  that morning. There was no damage inside, and the area was not hot upon discovery. The caller later indicated they got to the bottom of it.

A traffic stop at 10:22 AM on County Rd C and Town Forest Rd in the Town of Peck resulted in a citation for no proof of insurance and a written warning for speed. A motorist assist occurred at 10:57 AM on County Rd C and County Rd B in the Town of Neva. Two more traffic stops by the same deputy in the Town of Neva on County Rd A and Chillie Rd resulted in verbal warnings for speed at 11:07 AM and 11:19 AM.

In the afternoon, a rescue call came in at 12:32 PM from W Shore Dr and Tall Pine Ln in Elcho, where a boat motor had caught fire in the middle of the lake. The fire was out, and the motor was in the water. Those on board were towed back to the landing. At 12:45 PM on County Rd A in the Town of Ainsworth, a resident reported fraudulent charges on her credit card from the previous day at locations in Antigo. A 911 hang-up call at 1:01 PM from US 45 in the Town of Upham was from someone working on the Ice Age Trail, who made during a traffic stop at 3:06 PM on State Rd 64 and Fifth Ave Rd in the Town of Bryant. At 3:12 PM from State Rd 64 and Hill Rd in Antigo, a male called 911 and kept saying hello but couldn't hear dispatch; a voicemail was left. It was later determined he was reporting a lost black fleece wallet he accidentally left on the back of his motorcycle somewhere between State Rd 64/Hill Rd and White Lake; he later called back to say he found his wallet. An intoxicated person was reported at 3:23 PM on Flower Ln in Elcho, where a male in a blue Jeep Cherokee acted strangely, had a beer bottle, asked about the owner, and wanted to walk in the caller's garage before leaving eastbound on Enterprise Lake Rd. A harassment complaint was

property and threatened him; the brother had since left, and the caller wished to speak with a deputy. A 911 hang-up call at 4:01 PM from State Rd 55 in the Town of Wolf River was a pocket dial from someone making a hot ham and cheese sandwich at his new house; he confirmed no emergency.

ANTIGO TIMES

Evening brought a traffic complaint at 5:36 PM about a silver Equinox swerving and hitting the gravel, last seen westbound on State Rd 64 at County Rd H in Antigo, turning into a local establishment; the deputy was out of position. At 6:53 PM on County Rd F in Antigo. a report was made about people riding loud racing four-wheelers east of the caller's house, an ongoing issue for the past few nights. A deputy found the party racing ATVs on their own property and advised the caller about the noise ordinance. Suspicious activity involving a blue SUV driving around for hours was reported at 7:30 PM on Mark Ln in the Town of Neva; the driver, who didn't seem to know the last name of the "friend" he was looking for, was last seen about 10-15 minutes prior, possibly heading southbound on US 45. Deputies were unable to locate the vehicle. A traffic stop at 11:34 PM on State Rd 55 and Klapper Rd in the Town of Peck resulted in verbal warnings for speed and no lights on a trailer.

### MAY 9TH

Early morning, at 3:24 AM, a traffic stop on State Rd 64 and N White Lake Dr in the Town of Wolf River resulted in a verbal warning for speeding.

During the day, at 10:30 AM on County Rd S and Pit Rd in Antigo, two older vehicles (one green/gray) were reported parked at the intersection for about an hour and a half with drivers inside. A traffic stop at 12:24 PM on US 45 and County Rd T in the Town of Summit occurred. At 2:02 PM from Blue Bell Rd in the Town of Neva, a citizen came to the Safety Building to report that someone in Illinois was posing as him and trying to sell his property. A report of an intoxicated driver in a red SUV all over the road, hitting gravel and crossing the yellow line, came in at 2:56 PM from State Rd 64and County Rd S in Antigo. Suspicious activity was reported at 3:47 PM from Porky Ln in the Town of Vilas, where a strange vehicle was parked in front of a driveway on a dead-end road; the vehicle had the same last name as a neighbor, and all was found to be in order. At 4:18 PM on State Rd 64 and Polar Rd in the Town of Polar, a deputy was out with a subject who had lost some lumber in the roadway.

In the evening, an animal bite was reported at 5:02 PM from Eastview Dr and Omega Cir in Antigo; the victim was bitten by her boyfriend's parents' dog. A traffic complaint was received at 7:41 PM from US 45 and County Rd B in the Town of Bryant regarding two motorcycles driving recklessly, crossing centerlines, and driving in the wrong lane, last seen heading towards Pickerel on County Rd A; one rider wore an orange/red jacket. Deputies were unable to locate them. At 9:03 PM on W 1st Ave in Antigo, a citizen requested extra patrol due to threatening comments made by her sister earlier in the day; the caller believed her sister drove a gold Chrysler Town and Country but was unsure if she carried weapons. A traffic stop at 10:03 PM on County Rd A and County Rd S in the Town of Ainsworth resulted in a citation for operating a motor vehicle by a permittee without an instructor; the occupants were picked up by valid drivers. Another traffic stop at 10:38 PM on State Rd 64 and Shadey Rd in Antigo led to verbal warnings for speed and no proof of insurance.

### MAY 10TH

An accident with injuries occurred at 10:57 AM on County Rd H in Antigo, where a vehicle hit a culvert and flipped over with someone inside. A theft was reported at 5:11 PM from Polar Rd in the Town of Polar; an 8x16 enclosed white trailer with no logo went missing sometime between 9:00 AM and 3:30 PM that day. The reporting party mentioned a disagreement with the lien-holding company but had received no notice of repossession. A traffic stop at 5:55 PM on Chip N Dale Dr in the Town of Vilas resulted in a verbal warning for speed. A traffic complaint about a silver Infinity speeding past a house on County Rd F in Antigo was received at 6:17 PM; the caller noted multiple cars had sped past in the last couple of days. Criminal damage was reported at 7:39 PM from County Rd H in Antigo, where a resident came home to find ruts and debris in their yard and their mailbox gone. A traffic stop at 7:40 PM on County Rd A and County Rd O in the Town of Bryant resulted in a citation for speed. An animal carcass (deer) was reported in the middle of the road one mile east of the Lincoln County line on State Rd 64 at 7:42 PM; the deer was later removed. At 8:16 PM, a black cow was reported in the road on County Rd AA in Antigo. Several traffic stops occurred in the late evening: at 9:09 PM on State Rd 64 and Roehrig Rd in Antigo, verbal warnings were issued for speeding and an out headlight; at 9:28 PM on State Rd 64 and Ackley Rd in Antigo, a citation was given for speeding. Another traffic stop took place at 11:24 PM on State Rd 55 and County Rd A in the Town of Ainsworth.

### MAY 11TH

Early in the morning at 3:30 AM, a trespass to property incident was reported on State Rd 47 in Antigo, where an individual allegedly came over to an address,

party stated the subject lives one house east and is aggressive. A motorist assist was provided at 6:57 AM on State Rd 64 and Shadey Rd in Antigo for a vehicle with a flat tire; the driver was arranging for a pickup and would have the vehicle removed later, as it was off the roadway and not a hazard.

During the day, a 911 hang-up call at 9:01 AM from Golf Rd in the Town of Upham was an accidental dial. At 9:47 AM, a lost dog was reported in Neva. A traffic complaint was received at 10:26 AM regarding two "crotch rocket" motorcycles and a trike doing wheelies and intimidating traffic, heading northbound on State Rd 55 near County Rd M in the Town of Wolf River; the reporting deputy was on another traffic stop and unable to pursue. A 911 hang-up call at 1:01 PM from Sawyer Lake Rd in the Town of Wolf River, near the Lark building by a parking lot with a large grassy area involved faint talking; a deputy found some sort of function ongoing, and everything was okay. A fraud or identity theft report was made at 1:46 PM from County Rd K in Elcho, where someone had been using the caller's information at a Shell gas station over the last couple of days, totaling about \$50. An auto crash detection was received at 3:41 PM from US 45 and State Rd 47 in Antigo, plotting near a W Bear Lake Rd address; a deputy found the phone, and it was returned to the owner's wife, with no actual crash found at the intersection. A 911 hang-up call at 4:06 PM from State Rd 64 in the Town of Vilas was confirmed accidental. At 4:22 PM on US 45 in Antigo, a caller reported locking her keys in her house; entry was gained with minimal damage with the homeowner's consent.

In the evening, a 911 hang-up call at 7:49 PM from State Rd 64 in Antigo was confirmed to be an unknown call with no emergency. A traffic complaint at 8:09 PM involved a red Toyota Camry that allegedly passed the caller on a double yellow line while heading south on US 45 about three minutes prior, near Antigo St and County Rd K in Elcho; the vehicle was stopped at US 45 and County Rd V, and both parties were spoken to.

### AAY 12TH

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was working on changing it. 3 6 8 9 12 11 14 15 16 18 19 20 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 40 41 42

### **CLUES ACROSS**

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### Yearly tonnage (abbr.)

- 4. British thermal unit
- 7. Afflict
- 8. Refrain from harming
- 10. Galls 12. Leg bone
- 13. Rhine distributary
- 14. Recipe measurement
- 16. Chap
- 6. Wild, long-legged sh additive

5. Mesas

(abbr.)

1. Island

52. Unit of work

**CLUES DOWN** 

2. Pittsburgh ballplayer

3. Chemical compound

4. Indicates density of data

AM

A S T

Page 15

addressed at 7:50 AM at County Rd A and County Rd S in the Town of Ainsworth; WPS was contacted and handled the issue. At 8:10 AM, a disorderly conduct incident was reported from Industrial Park Rd in Antigo. An individual was upset, allegedly owed money, and made threats about 30 minutes prior to go kill his acquaintance and mess with his business, though no specific plan or weapons were mentioned. The subject was contacted and stated the comments were made out of frustration over a property disagreement and were not intentional. An animal complaint was received at 8:13 AM from Polar-Evergreen Rd and State Rd 64 in the Town of Polar regarding two beagles missing for two days, both with tags.

In the afternoon, suspicious activity was reported at 1:59 PM from a business on State Rd 64 in the Town of Vilas. A male claiming to be from Milwaukee, driving a Chevy Silverado with Colorado plates and no business logos, had stopped by offering pest spraying services and was currently spraying. The caller had red flags and was concerned he might be scoping out the place. The individual was found to be legitimate, having recently moved to the area with family and operating his business. A 911 hang-up call at 2:59 PM from Hillview Rd in Antigo was accidental.

Evening brought a disorderly conduct incident at 8:10 PM on County Rd K in Elcho. A 911 hang-up call with no answer on callback came from Elmo St in Elcho at 11:30 PM; a voicemail was left. An open garage door was reported on Arctic St in Antigo at 11:36 PM; a deputy spoke to the resident who advised to close it.

### MAY 13TH

Early morning saw a domestic incident at 2:24 AM on Merlin Rd in the Town of Summit, where an individual was reportedly trying to get the caller and their mother out of the house. A subject was taken into custody. At 3:40 AM, a deer was reported in the roadway on State Rd 55 just north of County Rd WW in the Town of Wolf River; a deputy was unable to locate it. A motorist assist for a flat tire was provided at 4:58 AM on State Rd 64 and De Hart Rd in the Town of Vilas; the male

22. Northern Italy city

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- 23. Klutz

- 32. Professional drivers
- 33. Atom or molecule type
- 34. The Constitution State

28. Popular breakfast food

29. \_\_ Mahal

- 31. BoSox legend Williams

clothes

24. Type of tree 27. Witnessed

45

48

made at 3:53 PM from Rosedale Rd in the Town of Peck by a caller stating his brother came onto his

confronted the resident's husband, and tried to fight him, possibly related to ongoing issues; the reporting

715-610-2475



<ol> <li>17. Useful book</li> <li>19. Mountain Time</li> <li>20. Snakelike fishes</li> <li>21. Places where people live</li> <li>25. US, Latin America,</li> </ol>	<ol> <li>8. Engine additive</li> <li>9. "CSI" actor George</li> <li>11. Stony waste matter</li> <li>14. Thyroid-stimulating hormone</li> </ol>							
Canada belong to 26. Periodical 27. A type of sense 29. A way to get possession of 30. Everyone has one	<ol> <li>Pores in a leaf's epic</li> <li>Digraph</li> <li>Married woman</li> <li>Peripheral</li> </ol>							
<ul><li>31. Body art</li><li>32. Mr. October</li><li>39. Abba, Israeli politician</li></ul>		B N I W	А О Я	н П П	⊥ S			
<ul><li>41. Head movement</li><li>42. Jeweled headdress</li><li>43. VCR button</li></ul>		∀ N	ย 0	∀ S	। К	L C		
<ul><li>44. A way to change color</li><li>45. Basketball move</li><li>46. Upright stone slab</li></ul>		S	٦	S	E G D E	K V O		
<ul><li>48. Forest-dwelling monkey</li><li>49. Pulsate steadily</li><li>50. Negative</li><li>51. Sino-Soviet bloc (abbr.)</li></ul>		D F	U Я І	L 8 ∀	I Ь В	d ⊥ S		

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National EMS Week is May 18-24, 2025 -Honoring our Past. Forging Our Future. Wednesday, May 21st is **Emergency Medical Services** for Children (EMSC) Day

EMS Week is the time we honor the entire EMS profession and its importance in protecting the safety and health of our citizens. Our country's EMS professionals serve in a broad range of roles, from providing highly skilled care in an ambulance, to serving as educators, to practicing community paramedicine, to conducting research. These individuals are dedicated to improving emergency medical services on numerous levels and are helping to advance the vision of EMS Agenda 2050, that of a datadriven, evidence-based, people-centered EMS system.

**Theme Days** Sunday – Health, Wellness, and Resilience Day Monday – Education Day Tuesday – EMS Safety Day Wednesday – EMS for Children Day Thursday – Save-A-Life Day (CPR and Stop the Bleed) Friday – EMS Recognition Day Saturday – EMS Remembrance Day

WEEP May 18-24, 2025 WE CARE. FOR EVERYO

As EMS professionals, WE CARE. FOR EVERYONE. Our dedication and lifesaving skills are put to the test every day. We're called to care in big cities and in small towns, in

private homes, businesses, schools and on our nation's roadways.

Whether it's saving a young victim of a motor vehicle crash, helping an elderly patient who's forgotten to take her medication, stabilizing a construction worker experiencing chest pain on the jobsite, or treating an overdose on a city street, we're trained and ready to deliver a range of medical interventions and



support because WE CARE. FOR EVERYONE.

Our roles and responsibilities are growing and changing and we're rising to the challenge. From community paramedicine to preventive healthcare, we're tasked with providing next-level patient navigation and care in new surroundings, using new technologies. We're there for our community, whenever and wherever they need us. Because WE CARE. FOR EVERYONE.



These area businesses would like to Thank all EMS & Medical Professionals!



### The History of EMS Week

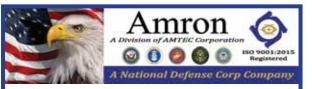
In 1974, President Gerald Ford authorized EMS Week to celebrate EMS professionals and the important work hey do in our natio n's communities. National Emergency







Medical Services Week brings together local communities and medical personnel to honor the dedication of those who provide the day-to-day lifesaving services of medicine's frontline. EMS Week is presented by the American College of Emergency Physicians (ACEP) in partnership with the National Associations of Emergency Medical Technicians (NAEMT). Together, NAEMT and ACEP lead annual EMS Week activities. These organizations are working to ensure that the important contributions of EMS professionals in safeguarding the health, safety and well-being of their communities are fully celebrated and recognized.



Thank you to all of our selfless **EMS and Medical Professionals!** 920 Amron Ave, Antigo 715-623-4176