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Stan Thompson of rural Sparta has kept records of his daily runs for the past 39 years. He is pictured completing his 30,000th mile Saturday near his Town of Leon home, where he keeps the 39 record books that documented the journey to that milestone.

GOING THE DISTANCE

Rural Sparta man hits personal running milestone

by PAT MULVANEY Editor

About 40 years ago, Stan Thompson of rural Sparta switched addictions. He went from smoking to running... and running and running.

In fact, in the past 39 years, he's run far enough to circumnavigate the globe once and is well into his second lap.

Several years ago he surpassed the 24,901 mile mark, the distance around the Earth at the equator. But this past weekend was the milestone Thompson, who will be 74 next month, has been striving (or is that striding?) for.

On Saturday, running the same lonely stretch of road near Leon that he's jogged thousands of times before, he hit 30,000 miles. That's a lot of sneakers.

For those wondering how Thompson, a retired railroad tie salesman for Stella Jones and its predecessor Webster Wood Preserving in Bangor, was so sure of his accomplishment, he's as avid a record-keeper as he is a jogger.

"Everyday I write down what I ran, what my time is, and where I was," he said while thumbing through one of the 39 calendar books he's kept over the last four decades.

Like they say, every journey begins with one step and Thompson's was in St. Louis in 1976, when he was trying to quit smoking and took a walk after dinner to try to quell his desire for a cigarette.

"And it did," he recalls.

That first excursion was a half mile and

Thompson said he kept it up even after quitting smoking and not really enjoying running.

"Then I got some advice to slow down and not push myself so much and running became easier and more enjoyable," he said. "I was running one-and-a-half miles but that night I slowed my pace and ran three miles with ease."

With his nicotine craving replaced by runners euphoria, Thompson found himself entering 10 and five-kilometer races, winning his age group in a number of them when he turned 60.

But he's only run one marathon. That was the St. Louis Marathon when he was in his late 30s. He finished the 26.2 mile course in a respectable three hours, 26 minutes and 24 seconds.

His addiction may run in the family. His 47-year old son has run 12 Boston Marathons.

While Thompson doesn't consider himself a health nut, (he prefers meat over fruits and vegetables) he says the daily jogs have kept him healthy.

These days his running addiction has settled into a habit. He runs 3.2 miles a day, but he's less devoted and lets the weather dictate his regimen. "If it's raining I take a day off," he said.

He still enjoys it though and his enthusiasm hasn't waned, especially when he's encouraging others to give it a try.

"My only advice to people when they ask me about running is run at a pace that is comfortable for you. That will keep you going," he said.

That attitude will no doubt get him to the 40,000 mile mark.

UW-Extension looking at a big change in 2017

Historic cuts to program will result in 80 layoffs statewide

by PAT MULVANEY Editor

Ever since it was announced that the University of Wisconsin Cooperative Extension, which provides outreach services to counties in agriculture, 4-H and family living, will suffer historic cuts to its program, Bill Halfman, Monroe County's ag agent and Extension Department head, has been living in limbo.

"We're all sitting here wondering what our jobs are going to look like," he said.

Unfortunately, they may be wondering for some time yet, since the results of those cuts won't become apparent until later this year or early 2017.

But those cuts are significant. Cooperative Extension's annual \$82 million budget was cut by \$3.6 million, which will be offset by a 10% reduction in its workforce - an estimated 80 jobs.

Only \$1.2 million will be cut from county Extension programs, while the lion's share, \$1.7 million, will come from campus-based researchers. Another \$700,000 will come from administrative overhead.

The cut is fallout from a \$250 million slash in state funding to the University of Wisconsin system made during the last budget.

While each county will still maintain an Extension office, the staff will be shared between counties.

Besides Halfman, Monroe County's Extension office includes 4-H Agent Josh Goede and Family Living Agent Erin Eggert. At one time, the department included an economic resource agent.

County Extension departments and their agents receive dual funding, split between the state

and counties. Monroe County pays 40% of agents salaries and benefits along with 100% of support staff, which includes one office manager and a summer assistant.

Monroe County contributes about \$184,000 to the Extension budget, while the state contributes around \$142,000.

There are currently 40 vacant positions in Extension, half the number targeted for cuts. However, some of the those vacancies are priority positions and will need to be filled, requiring layoffs to offset them.

Cathy Sandeen, chancellor for UW-Extension, said each county will continue to have a 4-H program and Master Gardener program but staffing arrangements for the programs have yet to be determined.

Under the proposed multi-county area structure, Monroe County will be lumped with La Crosse, Vernon, Crawford and Richland counties.

"But we don't know what the final staffing profile will look like," said Halfman, adding the effect it will have on services also has yet to be seen.

"It's safe to say that when you have less people taking care of a territory, it will take longer to get an answer than it does now," said Halfman. "When you look at UW-Extension budgets everywhere, it's almost all personnel."

Halfman said individual attention to those who use Extension's services will likely have to be prioritized but he admits he has no crystal ball.

"They have a lot of things to work out," he said. "I don't know what the structure is going to look like when it's all said and done."

Third write-in joins Tomah mayoral race

With the entrance of one more mayoral hopeful in the City of Tomah election, there are now more write-in candidates than those who will appear on the ballot.

The latest write-in candidate is Dorothy Kortas, 707 Packard St., a 19 year employee of Toro, where she works as a quality control inspector.

She is the third candidate to register as a write-in, meaning her name won't be on the ballot

but any votes cast for her will be counted. The other two write-ins are Pete Peterson and Remy "Bert" Gomez.

They will be vying for the seat along with Nellie Pater, Tomah's Seventh District alderperson, whose name is on the ballot.

Incumbent Shannon Hough, who resigned as mayor on February 9, on the heels of a public controversy, has dropped out of the race but her name will still be on the ballot.

Making a Difference, one charity at a time

by RENAE CALDWELL Staff Writer

Almost \$100,000 was raised by the Remembering Jesse Parker charity in Tomah in 2015.

Numbers were just released regarding the total amount raised and distributed to local and global charities.

Jesse Parker was a Tomah High School student who died tragically in a car accident during a family vacation on July 4, 2009. An avid runner, his friends started a remembrance race in his honor, which has exploded into a very active network of people who fundraise for education, community and water.

Jesse supported social causes and was protective of those in need. He wanted to work with the Peace Corps to provide clean water to places that are without.

Jesse's dreams live on through the Remembering Jesse charity, which raised \$49,600 from the annual Remembering Jesse race in July.

Local funds were distributed at a special event at Ground Round in January.

Recipients included Tomah Area Cancer Support, Neighbor



Making A Difference

The Remembering Jesse Parker organization raised almost \$50,000 through race events this past year, and doled out the money to area charities at a reception last month. The event was a "thank you" to local charity leaders. Recipients include, front row, from left, Linda Barta, Tomah Special Olympics; Geena Skowronski and Mary Beth Jacob, Neighbor for Neighbor Food Pantry; and Julee Katona, The Parenting Place. Middle row, Sharon Nelson and Pam Rainwater, Monroe County Health Department; Jennifer Mubarak, Faith in Action; Becky Frost, Tomah Area Cancer Support and Mary Rezin, Hospice Touch. Back row, Jeff Cram, Tomah Lions Club; Jennifer Pederson, Monroe County Health Department; Maretta Budde, Boys & Girls Club of West Central Wisconsin; Joe Protz, Tomah Parks and Recreation; and Mark Nicholson, Tomah Police Department.

(See CHARITY Page 4)

What's happening ... Upcoming Area Events

Warrens Cranberry Festival **MONTHLY MEETING** will be held Mon., March 7, 6 p.m. in the festival office.

0-0-0

Lemonweir Elementary School, Tomah, will present its 3rd through 5th grade **MUSIC PROGRAM** on Mon., March 7, 6:30 p.m. at the Tomah High School auditorium.

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The Sparta **FARMERS MARKET** will hold its first meeting of the season at city hall on Tues., March 8 at 7 p.m. Interested vendors are invited to attend and give input for the 2016 season.

0-0-0

Queen of the Apostles School, 315 W. Monroe St., Tomah, (www.queenoftheapostlestomah.com) 2016-17 four-year-old and five-year-old **KINDERGARTEN PRE-REGISTRATION** will be held Tues., March 8, at 5 p.m. Children of any religious background are welcome and encouraged to attend. For more info call 608-372-5765 or visit tchoos@queenoftheapostlestomah.com.

0-0-0

Warrens Area **COMMUNITY DINNER** will be held Wed., March 9, 4-6:30 p.m. at the Warrens Lions Log Bldg. The event is free and open to all Warrens area residents. Donations appreciated.

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The Sparta Ministerial Association will sponsor **LENTEN LUNCHEON MEDITATIONS** to provide an opportunity for the community to come together and worship at a different host location each week; a simple lunch and short worship are shared. The luncheons will begin promptly at noon and finish by 12:55 p.m. Dates are: March 9 - St. John's Episcopal Church, Father Jerome Patric preaching; March 16 - Trinity Lutheran Church, Father Peter Augustine preaching.

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Sparta High School **CLASS OF 1959** will hold its monthly breakfast get together at 9 a.m. on Thurs., March 10, at Sparta Family Restaurant. All class members are welcome to attend.

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St. Mary's **HOSPITAL LUNCHEON** will be held Thurs., March 10, at 11:30 a.m. at the Sparta VFW. Anyone needing a ride can call 269-4358.

0-0-0

SPAGHETTI SUPPER BENEFIT for St. Clare Health Mission will be held Thurs., March 10, from 4-6:30 p.m. at the Sparta Eagles Club, 9901 State Hwy. 21, Sparta. Hosted by the Sparta Eagles Club Auxiliary. The public is invited.

0-0-0

The Lakeview Montessori **MUSIC PROGRAM**, "Planet Earth" will be presented Thurs., March 10, at the Sparta High School auditorium. Children's House will perform from 6-6:20 p.m. followed by E1's and 4th and 5th E2's at 6:20 p.m. Rehearsal that same morning begins at 9:45 a.m. for anyone who'd like to come at that time. Come and enjoy songs about how we can take better care of our earth. Mrs. Bright is the music teacher.

0-0-0

BREAKFAST with Tomah Area School District Superintendent Cindy Zahrtz will be held Fri., March 11, from 8-9 p.m. at McDonald's in Tomah, 2015 N. Superior Ave.

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Tomah High School/Middle School **SHOW CHOIR CONCERT** will be held Fri., March 11, 7 p.m. in the Tomah High School auditorium.

0-0-0

EUCHRE CARDS will be played at the La Grange Fire Hall on Fri., March 11, 7 p.m.

0-0-0

Monroe County **DHIA MEETING** will be held Fri., March 11, 7:45 p.m. at Jake's Northwoods, 1132 Angelo Rd., Hwy. 21, Sparta. The event will feature comedian John DeBoer.

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All ranges at the Sparta Rod and Gun Club will be **CLOSED** on the following dates due to forestry operations and harvesting on Ft. McCoy: March 7-12, all day; March 14-18, all day; March 21-25, all day. The club will continue to host the weekly five-stand shoots on Tuesday afternoon and evening as this has no impact on the logging operations. Ranges will be open on March 13, 19 and 20 for normal use.

0-0-0

Orrin Peterson Memorial SACS 13th annual **SPRING BAKE SALE** will be held Sat., March 12, at the Leon Town Hall, 8108 Jackrabbit Ave. Doors are open from 8 a.m.-12 noon. All proceeds go to Sparta Area Cancer Support (SACS).

0-0-0

EUCHRE CARDS will be played at the Greenfield Town Hall, Tunnel City, on Sat., March 12, 7 p.m.

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Family Promise of Monroe County will host a **CLOTHING GIVEAWAY** on March 12, from 9 a.m. to noon at Family Promise, which is located at the former Cistercian Abbey, 17304 Havenwood Rd., Sparta. There is no income verification required for the event - anyone who is in need of clothing is invited. Transportation will be available from both Tomah and Sparta. From Tomah, transportation will be offered from the Gordy's parking lot, and from Sparta from the Morrow Home north parking lot. Persons are invited to choose free clothing items on a first come, first serve basis. Each person in need of clothing should be present.

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Boy Scout Troop 7 will **COLLECT FOOD** for the Ecumenical Bread Basket Food Pantry at Hansen's IGA in Sparta on Sat., March 12, from 10 a.m.-2 p.m. as part of the annual Scouting For Food initiative.

0-0-0

Sixth Annual **TRIVIA CONTEST FUNDRAISER** for Families First of Monroe County is Sat., March 12 at Tomah Recreation Park. Entry forms available online at www.familiesfirstofmonroecounty.org; on Facebook: Families First of Monroe County; or at the Tomah office.

0-0-0

Entry forms and fees are due March 4.

'**500' CARD PARTY** is held at the Sparta Rod & Gun Club, 7:30 p.m. on the following Saturdays: March 12, April 9 and May 14. There will be prizes and lunch. The public is invited.

The Leon Community Club's annual **CHILI FEED** is Sun., March 13, at the Leon Community Center, 20638 Jameson Rd., Sparta (Leon). Serving starts at 11 a.m. The event includes a chili contest, raffles, basket drawings and door prizes, with the ticket drawing at 4 p.m. Over seven roasters of various kinds of chili will be available to sample, plus homemade desserts. Raffle tickets can be purchased at Hagen's Sales & Service, Foss Fine Meats or at the door.

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ST. PATRICK'S DAY CARNIVAL, sponsored by Queen of the Apostles, will be held Sun., March 13, 10:30 a.m.-2 p.m. at 315 W. Monroe St., Tomah. There will be many classic and new games for all ages to enjoy, silent auctions baskets, raffles, lots of food and more. Admission is free and open to the public. If you are interested in volunteering, donating or sponsoring a game, email pta@queenoftheapostlestomah.com or call 608-372-5765.

0-0-0

The **CATARACT MUSIC PROGRAM**, "Planet Earth" will be presented Tues., March 15 at Sparta High School auditorium at 6:30 p.m. Rehearsal will be held Mon., March 14 at 10 a.m. for anyone who'd like to come at that time. Come and enjoy songs about how we can take better care of our earth. Mrs. Bright is the music teacher.

0-0-0

Sparta Area Cancer Support (**SACS**) will meet Mon., March 14, at 7 p.m. in the Antonia Room in the basement of Mayo Health System, to plan for the 2016 Walk/Rally which is Fri., Aug. 5. Everyone is welcome.

0-0-0

Tilling Thyme **GARDEN CLUB** will meet at 6 p.m. on Mon., March 14, at Rolling Hills Center. Club member Bobi Cripe will present the program, "Making Good Scents". Members will learn to make pomanders, sachets and potpourri using their garden bounty to give wonderful aromas. Members are reminded to bring/wear the name tags made at the Christmas meeting.

0-0-0

Sparta High School **CLASS OF 1949** will meet Thurs., March 17, for an 11 a.m. lunch at the Sparta Family Restaurant.

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DAD'S WAFFLE BREAKFAST will be served Sat., March 19, from 7:30-10:30 a.m. at Lakeview Montessori School, 711 Pine St., Sparta. The menu includes all-you-can-eat waffles, sausages, flavored syrups and beverages. Tickets will be available at the door.

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Sparta Lions will hand out Diabetes brochures during **NATIONAL DIABETES ALERT DAYS** on Fri., March 18 from 11 a.m.-5 p.m. and Sat., March 19, from 11 a.m.-4 p.m. at Hansen's IGA in Sparta.

0-0-0

TRIVIA SUNDAYS are back. Come test your trivia knowledge while raising money for the Friends of the Sparta Free Library. The event is Sun., March 20 at 2 p.m. in the dining room of Southside Saloon, 716 Wolcott St., Sparta.

0-0-0

Mayo Clinic Health System Franciscan Healthcare Sparta Hospital Auxiliary will sponsor a talk on **PREPLANNING FOR FUNERALS** on Mon., March 21, at 12:30 p.m. in the St. Francis Room on the fourth floor. Jeff Schanhofer, funeral director from Lanham-Schanhofer Funeral Home, will be available to discuss this valuable topic. The public is invited to attend.

0-0-0

Mayo Clinic Health System-Sparta Hospital **AUXILIARY MONTHLY MEETING** is held on the third Monday of each month at 11:30 a.m. at the hospital. New members are always welcome to attend. Upcoming meetings are March 21, April 18, May 16, June 20, Aug. 15, Sept. 19, Oct. 17, Nov. 21 and Dec. 19.

0-0-0

Weekly **EUCHRE** tournaments are played at 1 p.m. Sundays at Club 16, Hwy. 16 W., Sparta. Entry fee includes 100% pay back to top three places. Everyone is welcome.

0-0-0

Sparta Eagles Club #2833 on Hwy. 21 East of Sparta, hosts a **LUMBERJACK BREAKFAST** every first Sunday of each month from 8 a.m.-12 noon. Menu includes ham, sausage, hash browns, toast, scrambled eggs, biscuits & gravy, potatoes, french toast, waffles, fruit, coffee and milk.

0-0-0

The Sparta American Legion Auxiliary hosts an **OMELET BREAKFAST** every second Sunday of the month from 8-11 a.m. in the back dining room of the Legion (use back banquet hall entrance). Menu includes a three egg omelet with your choice of fixings, hash browns and toast; for the smaller appetite, scrambled eggs will be available. This fundraiser helps the auxiliary support its programs.

0-0-0

'Outa Sight 2', Monroe County's **LOW VISION SUPPORT GROUP**, meets the third Monday of each month, **beginning in March**, from 1-3 p.m. at the Sparta Barney Community Center, 1000 E. Montgomery St., Sparta. This support group is for you, a friend or family member affected with low vision. Meet new and interesting people, hear guest speakers, learn about assistive devices and programs, and more. Transportation may be available. Call 608-269-8691 or 269-8690. All are welcome.

0-0-0

Monroe County Senior Services plays **BINGO** the first and third Fridays each month at 12:15 p.m. at the Sparta Barney Center, 1000 E. Montgomery St., Sparta. To have lunch beforehand, call 269-6778 the day before. There is no cost for Bingo. Sponsored by Oakdale Electric. Must be 60 years to play.

0-0-0

Are you struggling with someone else's drinking? **AL-ANON FAMILY GROUP** is there to help. It meets every Tuesday night at the Sparta United Methodist Church at 7 p.m. Use the "K" St. entrance.

0-0-0



Recognized

Rick Carlson, right, financial advisor and president of Carlson Advisors of Tomah, is recognized by Dale Brown, CEO of the Financial Services Institute (FSI), for his service as a member of the Board of Directors from 2012-2015. FSI is the leading advocacy organization for independent financial advisors and independent financial services firms.

From the past . . .

5 YEARS AGO - Mar. 7, 2011

Citing impasse, county supervisors resign from the building committee on a proposed justice center project
Student jump ropers raise \$7k for the American Heart Association

10 YEARS AGO - Mar. 6, 2006

Gearing up for the Black River Street project
SHS grad, Tyler Hendricks, to visit area with UW-Wisconsin Badger band

15 YEARS AGO - Mar. 5, 2001

Road thaw restrictions go into effect
Emily Ascher receives leadership award from UW-Eau Claire
CAP's energy assistance requests are up 17%

20 YEARS AGO - Mar. 4, 1996

Options in Reproductive Care, opens new offices
A stripper, a Cashton man, charged with lewd and lascivious behavior at Franciscan Skemp emergency room
La Crosse Center gearing up for Senior Fest

25 YEARS AGO - Mar. 4, 1991

School budget to include funds for full time gifted and talented student coordinator
Brownell hired as county bookkeeper after being shunned earlier
DNR tries to jerk Pine Valley Meats' waste discharge license
Bill to aid small businesses affected by Desert Storm - allowing deferment of payments for active military reservists
Slippery roads result in numerous mishaps

SUDOKU

Answers on page 11

		7	1		6		8	
3			7	2		9		6
	5		8	4				3
				6	8			
			4	2				
7	8		5			4		2
5	7	4	6		3		2	
	9						6	4
		3				1		7

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bonding puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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How much will it cost?
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Park Bank proudly holds the award as Wisconsin's SBA Largest Volume Lender, in banks of same size. We have won this award 14 consecutive years and strive to continue to offer area small businesses the financial backing needed to make our local economy strong.



Around Town

by Shari Arnold

A baby shower tea was held Saturday for Cassie Schnitzler. Guests enjoyed lunch, cake and games played for prizes.

Some area birthdays include: Theresa Arnold and Mandy Dinger on March 4th; Jeremy Hodgkins and Eva Mendez on March 5th; Jack and Clark Arnold and Macaulay Smith on March 6th; and Gabriella Leis and Paityn Tadder on March 7th.

Some of the many guests who attended the wedding and reception of Bruce and Angie Arnold were Tim Arnold, Kevin Arnold, Shannon and Tracy Scholze, Brad and Michelle Vieth, John Austin and Lori Brueggeman, Raven Wright and Ryott Arnold, Steve and Bonnie Scholze and John and Debbie Bell.

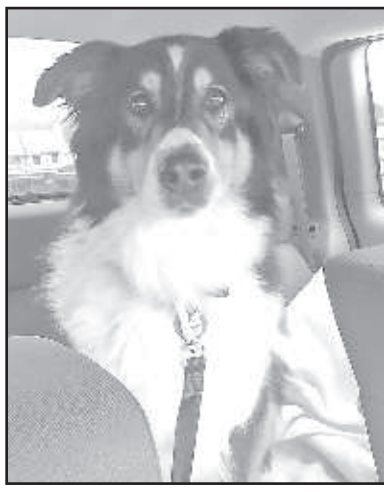
It was a packed house at the Club 16 on Sunday as many loved ones flocked to a benefit for Laura Jean Olsen-Peterson.

Carlos Danger entertained music fans at Shifty's on Saturday.

Did you celebrate your anniversary or birthday, travel, have a baby, or take in some entertainment?

Email, phone or mail your news to Shari Arnold at arnoldaaronshari@gmail.com; (608) 487-0975; 314 Meadowview Ln., Sparta, WI 54656.

In Memory of Sam



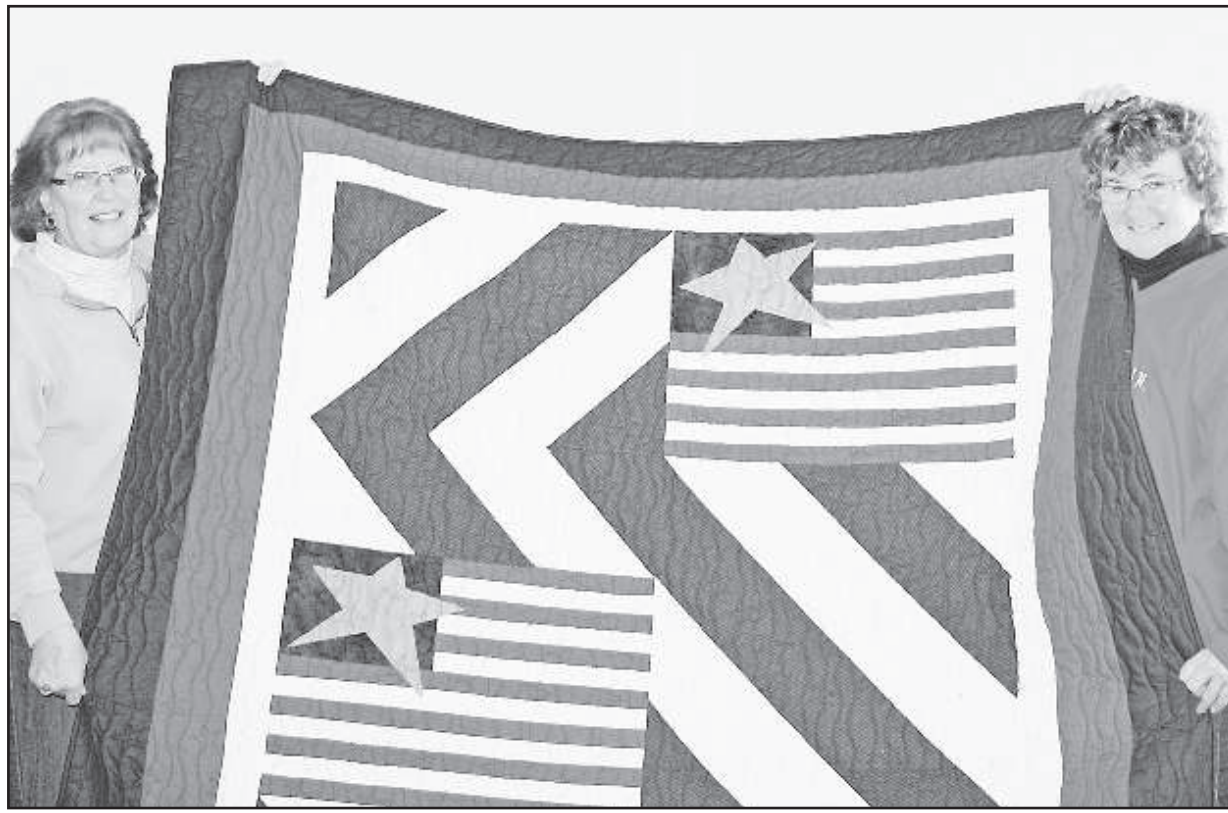
Feb. 19, 2001 - Mar. 9, 2015

The days turned into months and the months turned into years. Goodbyes are not forever. Goodbyes are not the end. I'll see you in my dreams until we meet again.

Love, Mom

3-7-1tp

Subscribe to the Sparta newspapers. Phone 269-3186.



Quilt Raffle For Veteran's Flight

Linda Jacques, left, is pictured with the quilt she made and donated as a prize for the upcoming Freedom Honor Flight fundraiser. The proceeds of the prize pay for one veteran to go on the next flight. Jacques is pictured with Coulee Region Freedom Honor Flight co-chair Gail Raddatz. Jacques has made one quilt per year for the cause for the past several years. The annual Freedom Honor Flight Casino Night fundraiser will be held Saturday, April 2 at the Sparta American Legion.

Contributed Photo

Accessing vital records from register of deeds is becoming more convenient

Monroe County Register of Deeds Deb Brandt said effective Jan. 1, 2017, residents may no longer have to travel to other counties to obtain their vital records.

Governor Walker signed 2015 WI Act 157, the Statewide Vital Records Issuance bill, on February 29.

Vital record events include: birth, death, marriage, and divorce certificates.

Currently, residents have to travel to the county in which the event occurred, order by mail, or order online with a credit card to receive their records. Under the new law, a citizen's ability to obtain these records will ultimately be easier than ever.

With new technology and a statewide database, this longtime vision of the register of deeds office will become a reality.

People whose event occurred in the State of Wisconsin, may be able to walk into any Wisconsin Register of Deeds office to purchase a vital record. At the onset in 2017, there will be limitations since not all of the records will be in the state database. Births from 1994,

deaths from Sept. 1, 2013 and marriages from May 18, 2015 to present will be available statewide. Older records will become available as the State Vital Records office completes back scanning and indexing projects.

Brandt emphasizes that not all records will be available at the implementation of this service. It may take a few years for every vital record to be available statewide, but personnel is working hard towards that goal.

Brandt encourages people to call ahead to inquire about the records available prior to coming into the office. The Monroe County Register of Deeds' phone number is 608-269-8716.

Information on National Diabetes Month Mar. 18- 19

It's National Diabetes month. Sparta Lions and Lionesses will be handing out brochures on Friday and Saturday, March 18-19, 11 a.m. until 5 p.m. both days. Stop in at Hansen's IGA in Sparta and get your free brochures about diabetes.

Almost 25.8 million people in the United States have diabetes, or 8.3% of the population! While an estimated 18.8 million have been diagnosed, unfortunately, one-fourth are unaware they have this disease. In Wisconsin, 1.46 million adults have pre-diabetes, and the incidence is growing at an epidemic rate. It is estimated that an equal number have diabetes, but have not been diagnosed.

The direct and indirect cost of diabetes in Wisconsin is counted in billions of dollars. Much can be done - through building awareness and education (public, patients with diabetes, families of those with diabetes, and health professionals) - to encourage early detection, improve control of diabetes and reduce the potential complications for those with diabetes

And Wisconsin Lions can make a significant and important contribution. The primary objective of the Lions project is to reduce the number of new cases of blindness caused by *diabetic retinopathy* (a common complication of uncontrolled diabetes) through diabetes education, early detection and treatment, and support of research.

Diabetes is the leading cause of new cases of blindness in people aged 20-74. Other diabetes complications include much higher incidences of heart disease stroke, high blood pressure, kidney problems, nerve damage and amputations,

For more information go to the internet at diabetes.com; plus, there are many recipe's you can download to help prevent diabetes and to use after you have diabetes. Diet and exercise are important to help prevent diabetes.

Birth Announcements

Gundersen Health, La Crosse

MARCH 1

A son was born to Lynn (Hemmersbach) and Nathan Isensee of Cashton.

MARCH 2

A son was born to Laura and Jason Fritz of Tomah.



JOIN AND GET A \$0 ENROLLMENT FEE 2 WEEKS ONLY!

March 1-16th • 269-9100
Womens Wellness Event
March 7th
FREE Subway and Seated Massage 5-6:30 p.m.

STRENGTH+BALANCE+CARDIO+CORE all in 30 minutes.
Classes range from low to high intensity.
TRY CURVES FOR FREE 7th-12th

Public Career Fair

Sparta High School • March 10th • 3:30-7p.m.

The following companies will have booths set up at the event:

- EGS
- Century Foods
- 1st Community Credit Union
- Scenic Bluffs
- Brenengen Auto Group
- ManPower
- Mathy Construction
- Referral Staffing Solutions
- ServPro of La Crosse
- Northern
- Carlisle
- Zimmerman Driving School
- WTC
- Organic Valley
- Dean's Satellite & Security
- Driftless Travel
- ABR
- Morrow Home
- Sparta PD
- US Army
- Parks & Rec
- Salon Professional Academy
- Neshonoc Lakeside Camp Resort
- Challenge Unlimited
- Westby Cooperative Creamery
- WI Army Nation Guard
- Coulee Region Adult Day Center
- Brick Brothers
- Courtesy Corp
- Fort McCoy

Spaghetti Supper
Thursday, March 10
4-6:30 p.m.
Spaghetti, coleslaw, garlic toast, dessert & beverage
Adult \$7.00 • 6-10 Yrs. \$4.00
5 & Under free
St. Clare Mission Benefit

Sparta Eagles Club
Hwy. 21 E., Sparta

2nd Annual Monroe County Habitat for Humanity
8 PIN TAP BOWLING TOURNAMENT
Friday, March 18 • 6 p.m.

Entry Fee: \$15 per person
Four Person Teams

\$25 cash prize for the highest score
In case of a tie, the winner will be selected by drawing

Proceeds from this event will be used for 2016 Monroe County Habitat for Humanity Projects.

Call 269-1806 To Enter

At: **Colonial Bowling Center**
1415 W. Wisconsin St. Sparta, WI



ARIES - Mar 21/Apr 20
Without your knowledge, you have made it to the top of a very influential person's list. This can only mean good things for your future, Aries. Be proud of yourself.

TAURUS - Apr 21/May 21
Friends and family who seem meddlesome may have more noble motives, Taurus. Give these loved ones the benefit of the doubt and be glad they care so much.

GEMINI - May 22/Jun 21
Gemini, a big project means you will be working with others in the week ahead. Put your best foot forward and be receptive of others' ideas and suggestions.

CANCER - Jun 22/Jul 22
Cancer, you are full of energy this week, but for whatever reason you are still holding back. Don't be afraid to unleash that energy and get to work. Others will be impressed.

LEO - Jul 23/Aug 23
Mull an invitation before responding this week, Leo. You can find both pros and cons to accepting the invitation, and taking the time to consider it will ensure you make the right call.

VIRGO - Aug 24/Sept 22
Virgo, a healthy sense of ambition will move a project along much more quickly than you or others had imagined. Once the work is done, you'll have plenty of time to relax.

LIBRA - Sept 23/Oct 23
A person from your past may come into your life, Libra. He or she stirs up old emotions, and you may need to take a step back in a current relationship. Think things over carefully.

SCORPIO - Oct 24/Nov 22
Scorpio, your ambition is growing, but you are already beginning to feel overwhelmed. You may need to put the brakes on any new endeavors for a little while.

SAGITTARIUS - Nov 23/Dec 21
Any business transactions you make this week can have a lasting effect on your financial status, Sagittarius. This means carefully considering every purchase.

CAPRICORN - Dec 22/Jan 20
Capricorn, expenses are piling up, and soon your stress levels may be rising as a result. You can use a dose of good news, and it's coming this week.

AQUARIUS - Jan 21/Feb 18
Someone is rubbing you the wrong way, Aquarius. Just walk away and don't let this person get under your skin. Taking the high road will serve you best in the long run.

PISCES - Feb 19/Mar 20
Pisces, the week ahead is full of promise. Your energy levels are soaring, and you are poised to meet new people and make things happen.

FAMOUS BIRTHDAYS
MARCH 7
Bryan Cranston, Actor (60)
MARCH 8
Kat Von D, Tattoo Artist (34)
MARCH 9
Bow Wow, Rapper (29)
MARCH 10
Chuck Norris, Actor (76)
MARCH 11
Terrence Howard, Actor (47)
MARCH 12
Liza Minnelli, Singer (70)

OPTIONS CLINIC IS NOW ESSENTIAL HEALTH CLINIC

Offered in Sparta at Essential Health Clinic:

- Birth control
- STD & HIV testing
- Annual health exams
- Pregnancy testing & counseling
- Emergency contraceptives

Call (800) 657-5177 to make an appointment.
Visit essentialclinic.org.

BUYING, BUILDING OR REMODELING IN 2016? ATTEND ONE OF OUR FREE LOAN SEMINARS!

Construction Loan/Home Loan Expo: Buying, Building or Remodeling? Get tips on financing your project! Vendors will also be on hand with product and service information.

SATURDAY, MARCH 12th from 9:00 - 11:00 AM
at the Colonial Banquet Center, 1415 W. Wisconsin St, Sparta

Homebuyers/1st-Time Buyers Seminar: Whatever your stage in life, if you plan to buy a home we can give you tips for the mortgage loan process

TUESDAY, MARCH 15th from 6:30 - 8:00 PM
at 1st Community Credit Union, 1410 W. Hwy 16, West Salem

PLEASE CALL OR EMAIL TO PRE-REGISTER
(608) 269-8121 or (608) 786-2420
or email general@1stccu.com

Hosted by the Mortgage Experts at
1ST COMMUNITY CREDIT UNION
1000 W. Wisconsin St, Sparta, WI (608) 269-8121
1410 W. Hwy 16, West Salem, WI (608) 786-2420
Federally Insured By NCUA

www.1stccu.com

Monroe County Circuit Court News

Sentenced

February 26

- Eugene M. Kaspari, 32, Ione, CA, was sentenced to 270 days in jail for battery, disorderly conduct and theft, to be served consecutive to the prison sentence he is currently serving in California.
- Dylan Swenson, 17, Sparta, was entered into a 24-month diversion agreement for strangulation and suffocation, battery and disorderly conduct. A sentence of 45 days in jail for each count was imposed and stayed, and 12 months probation was ordered. He must undergo a domestic abuse assessment and he may not have contact with the victim. If he successfully completes his probation, he may apply for expungement.
- Barron Gehri, 38, Sparta, was fined \$1,000 for disorderly conduct.

February 29

- Travis A. Cloud, 26, Tomah, was sentenced to 20 days in jail and 12 months probation for bail jumping, disorderly conduct and obstructing an officer, each as a habitual criminal. A sentence of 90 days in jail was imposed and stayed. He must undergo an alcohol or drug abuse assessment, attend domestic abuse counseling and pay restitution.

Charged

February 26

- Blake A. Ziemba, 19, Sparta, with failure to update sex offender information, theft, possession of marijuana and possession of drug paraphernalia, all as a habitual criminal, after he allegedly shoplifted from Sparta Market and Pharmacy. A \$1,000 signature bond was set. He may not have contact with the store.
- Seth W. Arttus, 32, Sparta, with fourth offense drunken driving and operating while revoked after a traffic stop. A \$500 cash bond was set. He may not drink alcohol or enter places where it is sold.
- Jessica L. Breese, 20, Sparta, with felony retail theft and misdemeanor retail theft, each as a habitual criminal, after she allegedly stole items from the Sparta Wal-Mart and pawned them at a shop in Onalaska. A \$500 signature bond was set. She may not have contact with the pawn shop or any Wal-Mart stores. She may not have contact with the co-defendant.
- Jody L. Swiercz, 45, Tomah, with domestic abuse related disorderly conduct after an alleged argument with her girlfriend. A \$1,000 signature bond was set. She may not drink alcohol or enter places where it is sold. She may not have contact with the victim, witness or their residences.

February 29

- Alexis M. Sullivan, 20, Sparta, with bail jumping and obstructing an officer after she allegedly lied about her name during a traffic stop. A \$250 cash bond was set.
- Ronald A. Olson Jr., 33, Sparta, with fourth offense drunken driving within five years and operating while revoked after a traffic stop. A \$250 cash bond was set. He may not drink alcohol or enter places where it is sold. A 7 p.m. to 7 a.m. curfew was imposed.
- Timmy L. Tiller, 31, Tomah, with felony bail jumping for allegedly drinking. A \$500 cash bond was set. He may not drink alcohol or enter places where it is sold. A 7 p.m. to 7 a.m. curfew was imposed.
- Chad M. Fritsch, 36, Sparta, with operating while revoked and two counts of bail jumping after police reportedly saw him driving and knew he was wanted on a warrant. A \$100 cash bond was set. He may not drink alcohol or enter places where it is sold.
- Brian L. Scafe, 49, Sparta, with operating while revoked, failure to install an ignition interlock device and two counts of felony bail jumping after a traffic stop. A \$250 cash bond was set. He may not drink alcohol or enter places where it is sold. A 7 p.m. to 7 a.m. curfew was imposed.

March 1

- Nathan A. Cox, 17, Sparta, with possession with intent to deliver marijuana, possession of marijuana, possession of drug paraphernalia, resisting an officer and disorderly conduct after the Sparta Police Department K-9 alerted to the presence of drugs during a traffic stop. A \$2,500 signature bond was set. He may not have contact with the co-defendant. A 7 p.m. to 7 a.m. curfew was imposed.
- Matthew L. Kendhammer, 32, La Crosse, with possession of drug paraphernalia after a traffic stop on I-90. A \$500 signature bond was set.
- Dustin S. Caravello, 24, Tomah, with exposing intimate parts as a habitual criminal after he allegedly exposed his genitals to an underage girl who was having sexual relations with his friend at the time. A \$2,500 cash bond was set. He may not have contact with the victim, co-defendant or their residences. He may not have contact with anyone under the age of 17.

March 2

- Derrick M. Parker, 19, Tomah, with seven counts of felony bail jumping and seven counts of misdemeanor bail jumping. He has allegedly been non-compliant with court-ordered bond conditions since his initial intake in December. A \$2,500 cash bond was set. A 7 p.m. to 7 a.m. curfew was imposed. He was ordered not to leave Monroe County.

March 3

- Dawn M. Roden, 28, La Crosse, with obstructing an officer, possession of a controlled substance, possession of drug paraphernalia and four counts of bail jumping after a traffic stop in Tomah. A \$1,000 signature bond was set. A 7 p.m. to 7 a.m. curfew was imposed.
- Jason R. Baldwin, 41, Tomah, with disorderly conduct as a habitual criminal after an alleged argument at The Crow Bar. A \$1,000 signature bond was set. He may not drink alcohol or enter places where it is sold.

Committee Meetings

Monroe County Administrative/Executive Committee will meet Tues., March 8, 9 a.m. in the Rolling Hills activity room, 14345 Cty. Hwy. B, Sparta.

Monroe County Justice Center Building Committee will meet Tues., March 8, 5 p.m. in the Monroe County Hwy. Dept. conference room, 803 Washington St., Sparta.

Sparta Board of Education Finance and Facilities Committee will be held Tues., March 8, 5:30 p.m. at the Administrative and Educational Center Conference Room, 201 E. Franklin St., Sparta.

Sparta Board of Education Personnel and Educational Initiatives Committee will meet Tues., March 8, 6:30 p.m. at the Administrative and Educational Center Conference Room, 201 E. Franklin St., Sparta.

Monroe County Personnel and Bargaining Committee will meet Wed., March 9, 5 p.m. in the Rolling Hills activity room, 14345 Cty. Hwy. B, Sparta.

2016 Festmaster nominations

The time of the year has come for Sparta Festivals to start gearing up for the annual Butterfest event, which is June 9-12. One of the first items on the agenda is choosing the 2016 Festmaster.

Sparta Festivals and the Past Festmasters have set up guidelines for the selection of Festmaster:

- He or she must be a resident within the Sparta School District for at least 10 years;
- They should be civic minded and willing to be active in representing Sparta during the year of their reign;
- They should be willing to continue playing an important role in the annual celebration as a past Festmaster;
- There is no age limit, but the individual selected must realize they will be expected to be available to speak to groups of people, both large and small;
- The Festmaster is obligated to attend the following functions: Monroe County Dairy Breakfast, Butterfest weekend (Thursday through Sunday) and parades throughout the year;
- They must be present for at least three of the following functions: Applefest Parade and coronation, Octoberfest parade, Festmaster's reception, visiting dignitary reception and post banquet, the Warrens Cranberry Fest parade and coronation and any other functions deemed necessary by the Festivals Committee.

Nominations for the position of Festmaster 2016 are due by Friday, March 11.

If you would like to nominate someone for Festmaster, send a brief resume and the reasons you feel this person should represent Sparta and become Festmaster. Send nominations to: Sparta Festivals Committee, P.O. Box 89, Sparta WI 54656.

Spotlight on



Members of the Tomah Masonic Lodge include, from left, Mark Charbonneau, Jerry McDonald, Jarrett McDonald, Jim Devoe, Mitch Koel, Ron Malcolm, Don Roscovius, Jesse Long and Hollis Herbison.

Tomah Masonic Lodge members

by Marci Martin

The Free and Accepted Masons of Wisconsin Tomah Lodge 132 has been in existence for over 150 years. Known simply as the Tomah Masonic Lodge in the area, it has been in its current location at 520 E. Saratoga Street since 1986.

"The organization's mission is to promote personal development of each of its members," said member Ron Malcolm. "To contribute to the relief of others, especially those that are less fortunate. Also, to promote friendship among all people. We consider all people to be equal."

Jim Devoe is Master of the

Lodge, Mark Charbonneau is Senior Warden and Jerry McDonald is Junior Warden, with Don Roscovius serving as Secretary/Treasurer.

The group meets twice a month on the first and third Thursday evenings. They support the Monday night community table, give donations to the food pantry, give out high school scholarships, have several members that volunteer at the Tomah VAMC, and help with the Red Cross blood drives in Sparta.

Masons are members of the Shriners, which run and fund the Shriner Hospitals for kids. They also are members of the Scottish Rite, which runs

dyslexia centers in Eau Claire and Madison and other sites around the country.

For more information about events or membership, visit their website at www.tomahlodge132.org or contact Jerry McDonald at (608) 344-1424.

Spotlight On... is a new feature column that will alternately feature local teachers, notable residents and community organizations and civic groups that make a difference in Monroe County. Contact Marci Martin at marci@writelikethat.com or (608) 797-7350 or Renaecaldwell@renaeacspartanewspapers.com or (608) 269-3186 with story ideas.

Probation check leads to drug arrest

Two Sparta men were arrested for maintaining a drug trafficking place after police found drugs and paraphernalia in their apartment.

The North Water Street apartment leased to Brandon J. Johnson, 25, was searched as part of Johnson's probation conditions.

A significant amount of marijuana was found in Johnson's bedroom, as well as a scale and smoking device. Other smoking devices were found in the living room and a second bedroom belonging to Timothy J. Withers, 20. Officers also found pills in Withers' bedroom that were not prescribed to anyone in the apartment.

In all, police found just over 43 grams of marijuana, six prescription pills and numerous smoking devices.

Johnson was charged with maintaining a drug trafficking place, possession with intent to deliver marijuana, possession of a controlled substance and possession of drug paraphernalia. He is free on a \$2,500 signature bond.

Withers was charged with maintaining a drug trafficking place and possession of drug paraphernalia. He is free on a \$1,500 signature bond.

The men are prohibited from having contact with one another, or their residences.

Science Made Easy by Larry Scheckel

What are germs?

It's hard to believe that something we can't even see will make us very sick and even kill us. We are so big and these creatures are so tiny. It just doesn't seem like it's a fair fight. Yet, those microscopic organisms sometimes win.

There are four major categories of germs: bacteria, viruses, fungi, and protozoa. The ones that we hear the most about are bacteria and viruses.

Bacteria are one-celled organisms that get their nourishment from their environment, which is our body in many cases. Bacteria can live inside or outside the body. Bacteria can cause infections, such as sore throat, pneumonia, ear aches, and tooth cavities.

The Oregon Trail is strewn with the graves of those who died of typhoid fever, cholera, and dysentery. All of these illnesses are caused by bacteria that thrived in poor sanitation conditions and contaminated water. It is estimated that 10 people died for every mile on the Trail, the vast majority due to cholera.

Many wagon trains used the same camp sites. A young husky pioneer man might hitch up the team of horses or oxen in the morning, start walking with his family along with others in the wagon train, and dead by sunset. The cholera bacteria flooded the intestines with water, leading to continual discharge, resulting in severe and often fatal dehydration.

Most bacteria can be killed by boiling water, chlorination, and disinfectants. When people develop serious infections due to bacteria, they can often be cured with antibiotics, such as penicillin.

If you want to read a really good medical detective story, look up John Snow. In about 1854, Snow made a map of cholera cases in London and pinpointed the source of the outbreak to a public well on Broad Street that had been dug only 3 feet from an old cesspool. It is the first time in which statistical analysis led to an effective approach to preventing serious infections. This saved the life of a great many people.

Not all bacteria are bad. Good bacteria in our intestines help digest food. Bacteria in laboratories help scientists produce medicines and vaccines.

Viruses are a hundred times smaller than bacteria, and were first seen by the electron microscope in 1931. Viruses have to be in our body cells to live and reproduce. They can't live for any length of time unless they are inside a host.

Viruses cause colds, flu,

measles, chickenpox, AIDS, and hepatitis, to name a few. Viruses reproduce rapidly because they only have a few genes, compared to humans who have 20,000 to 25,000 genes.

Viruses are so sneaky. Some are latent, and lie dormant and inactive for many years before causing illness; the virus that causes the painful condition called "shingles" is an example of this. Viruses do not divide by themselves. Instead, the virus invades the host cell and takes over some of the manufacturing machinery inside the cell. As a result, the virus forces the cell to produce thousands of copies of the original virus.

Infections that are due to viruses can't be treated with antibiotics, but many viral infections can be prevented with appropriate immunizations.

Because viruses contain genes that have the ability to mutate and evolve. That's why there is no cure for the common cold. If medical science finds a "cure for the cold", the wily virus will merely change, or mutate, and render the "cure" ineffective.

Bacteria of course contain genes too. They also have the ability to mutate and evolve. In fact, they can share genes with other bacteria to spread the ability to resist antibiotics.

The virus that is causing tons of concern and fear these days is Ebola. It's a relatively new virus, discovered in 1976 by a microbiology student in Belgium who had gotten a blood sample from a Belgian nun who had died in Zaire.

Viruses can be spread through the air by coughs and sneezes. Contamination of food and water, transmission of body fluids from person to person, and bites from blood-sucking insects are ways that different viruses can be spread.

Immunization is essential to help prevent the spread of diseases due to "germs", including some diseases due to viruses that antibiotics can't treat, like the viruses that cause measles, mumps, rubella, influenza, and hepatitis B. Immunization can also prevent severe reactions to bacterial toxins that would otherwise be fatal. This occurs, for example, with tetanus and also with anthrax.

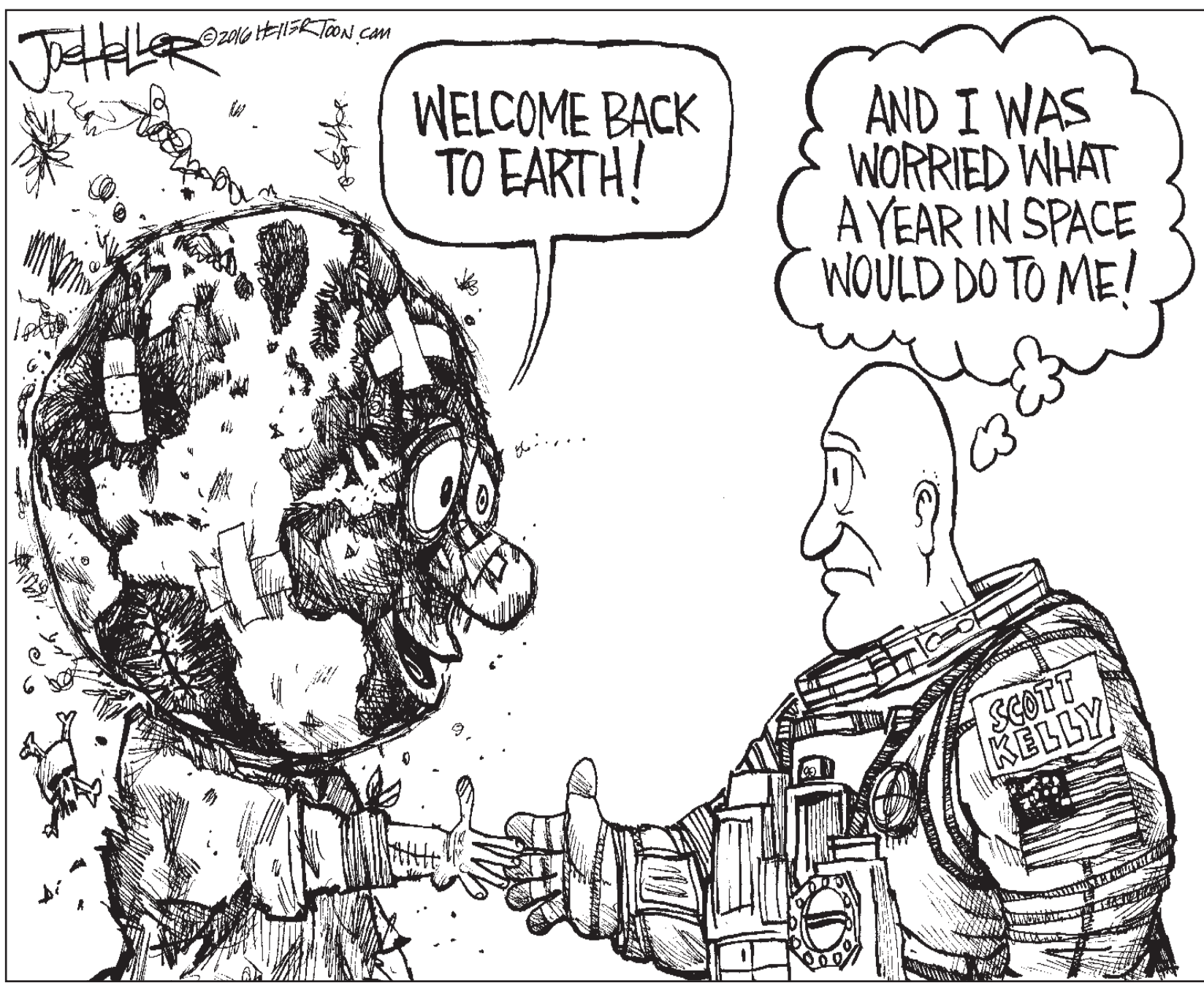
The Centers for Disease Control and Prevention has a website that explains which vaccines are appropriate for people of different ages. <http://www.cdc.gov/vaccines/schedules/> Assistance and suggestion provided by Dr. Doug Lanska

Larry Scheckel is a retired Tomah High School science teacher and author of *Aspen: A Science Teacher and Seneca Seasons: A Farm Boy Remembers*. Larry can be reached at lscheckel@charter.net or view his web page at <http://larryscheckel.com>.



FCCLA Regional Competitors

The following Sparta High School students participated in the FCCLA Regional STAR Event competition Feb. 26 at Western Technical College, and qualified for the State STAR Event competition to be held at the Kalahari. They are: Holly Larsen and Emily Bahr -- Interpersonal Communications -- "Connecting Kids and Careers"; MacKenzie Culpitt and Grace Hockersmith -- Chapter Service Project Display; Samantha Waddell, Sable Pfaff, Ally Cerde-Reyes -- Advocacy -- "Puppy Mills"; Kirsten Blaha, Kirsten Krause, MacKenna Antonneau -- Advocacy -- "Cancer"; Nathan Thompson -- Basic Food Production and Terminology Test. Other regional participants were Brenon Burkhardt and Jackson Bickford -- Environmental Ambassadors -- "Recycling at Parks".



Letters to the Editor

Swords Into Plowshares

Dear Editor:

Our defense budget is larger than the entire world's military combined. Maybe it's time for a haircut. Eisenhower in 1958 on defense spending, after railing about the military industrial complex:

"Every gun that is made, every warship launched, every rocket fired signifies, in the final sense, a theft from those who hunger and are not fed, those who are cold and not clothed. This world in arms is not spending money alone. It is spending the sweat of its laborers, the genius of its scientists, the hopes of its children. The cost of one modern heavy bomber is this: a modern brick school in more than 30 cities. It is two electric power plants, each serving a town of 60,000 population. It is two fine, fully equipped hospitals. It is some 50 miles of concrete highway. We pay for a single fighter plane with a half million bushels of wheat. We pay for a single destroyer with new homes that could have housed more than 8,000 people. This, I repeat, is the best way of life to be found on the road the world has been taking. This is not a way of life at all, in any true sense. Under the cloud of threatening war, it is humanity hanging from a cross of iron."

And that was in 1958. In 2015, 54% of our tax dollars (\$598.5 billion) went to defense spending. Perhaps we could pare that down a bit, oh say, to 44%, and rebuild some infrastructure. Put citizens to work doing that, instead of sending them to war, to be senselessly killed in the perpetual war machine. To put soldiers to work on our country's needs, instead of bludgeoning other countries with our version of "democracy". Goodness, what a concept! Instead of destroying humanity (and democracy, I might add), why not build a "coalition of the willing" to create jobs and rebuild the world? We could do this, citizens, if we only had the will. And the intelligence. Turning swords into plowshares, I believe, was the phrase from the bible. A worthy goal.

Maria Lichter
Cashton

From Negative to Positive

Dear Editor:

In the past year we have heard all of the negative and just plain wrong things going on at the V.A. Medical Center in Tomah. I think it is time some of our local residents step up and let our community know there is so much good there also.

My husband and I were headed to Branson, Mo., just after Christmas and we were in a very bad car accident. After being hospitalized in the St. Louis area, my husband was transferred to the Tomah V.A. Medical Center by ambulance. We cannot thank the social workers on both ends for all they did to get him home as soon as possible. He then spent a month at our local V.A. Medical Center healing from a fractured vertebra and a fractured sternum.

The care he received was EXCELLENT. We are so lucky to have the caring staff that we have here in Tomah. They had him in rehab within a few days and taught him how to manage his personal care, not so easy when you are in one of those turtle shell body casts. Any and all equipment he needed was provided.

He spent almost a month there until he was able to come home on a weekend pass and now he is home permanently, still using a cane or walker.

We will always be grateful for the great care from all the staff and their always being ready to answer all questions and concerns from family members and the good food.

There are so many great volunteers there to help you from your vehicle and escorting you to rehab daily. We thank all of you. It is nice to know that if he ever needs any continuing care it will be available so close to home.

So to all the staff and volunteers in Building 401, East Wing, a huge thank you.

For anyone who is a veteran and needs care, please do not hesitate to go there.

My husband worked there for 34 years, a long time ago, and was pleased with his care. So let us say *thanks* to those honest and caring people working there and not focus on the few that make headlines with the negative actions of such a few.

Liz Brown
Tomah

The School Bell Magnifying our efforts with strong schools

On Thursday, February 25, the GO Monroe County Economic Development Conference was held at Fort McCoy. Sharon Folcey, Monroe County's Economic Development, Commerce, and Tourism Committee (EDCT) chair, and Steve Peterson, the Monroe County Economic Development coordinator, organized a phenomenal event with educational sessions focused on the theme of "magnifying our economic efforts". The mission of the EDCT Committee is to "grow Monroe County's economy through the coordination and promotion of its resources". Having representation from three school districts in Monroe County - Tomah, Sparta, and Cashton - on a panel discussing the technical training and potential apprenticeship opportunities in high schools demonstrates the understanding that our schools are an important resource and critical to the economic success of our county.

The skills needed for either of these pathways is similar. Our graduates must understand and demonstrate the importance of being dependable and punctual, they must be innovative, self-disciplined and self-directed, and have strong problem-solving skills, regardless of whether they are pursuing more education or entering the workforce. Tomah High School has numerous opportunities for students to develop these skills and to earn certifications which make them ready to enter the workforce. Students in our construction trades program become OSHA and first aid certified. Students interested in a health pathway can earn a Certified Nursing Assistant certification. An Assistant Child Care Teacher certification is available for interested students through articulated courses with WTC. Students have the ability to

participate in apprenticeships in welding, agriculture, health services, and banking/finance. Students also have the opportunity to participate in a work experience program designed around their own personal work/learning experiences.



Cindy Zahrte
Guest Opinion

The economic strength of our county is only enhanced by strong educational opportunities for our young people. Companies interested in moving to our community want to know about the schools. They want strong schools for their employee's children and they want strong schools to ensure a well-educated labor market. Magnifying our economic efforts means investing in our schools to ensure that quality educational opportunities are maintained and our children are prepared to contribute to our community upon graduation.

As you consider the Tomah Area School District referendum vote on April 5, remember that a strong economy throughout Monroe County can be magnified through one critical resource- a strong educational system. If we want our communities to grow and flourish, so must our schools. Be a well-educated voter. Get the facts on the 2016 TASD Referendum by reviewing information on our District website, www.tomah.k12.wi.us or by attending any one of the many meetings which have been set up throughout the month of March. Let's GO Monroe County... Strong Schools, Strong Communities: Together Shaping the Future!

If you have any questions or comments about the information and opinions expressed in this edition of *The School Bell*, please contact Cindy Zahrte, District Administrator, at cindy@tomah.k12.wi.us or 374-7002.

Cindy Zahrte is the administrator of the Tomah Area School District.

Road help thrown by the wayside despite overwhelming taxpayer support

Wisconsin residents seem ready to pay more to the government to fix their roads and highways.

The latest Marquette University Law School poll showed broad support for a tax-increase idea that floated through the State Capitol but was not enacted. It would have allowed county boards to impose an additional half-percent sales tax to meet local road maintenance needs.

The margin of support was 2-to-1, and that's a high level for a tax-increase proposal of any kind. It may reflect the condition of roads. News accounts suggest the state roads have been rated the third worst in the nation.

There has been broad bipartisan legislative support for raising additional transportation funds. But set aside is any real discussion of exactly how the money would be raised.

What's missing is support from Gov. Scott Walker. He has opposed all fee increases or higher gasoline taxes to meet the state's road needs.

On another transportation issue, Walker is questioning whether to put repeat drunk drivers in prison. The Legislature has voted to make a fourth drunk-driving conviction a felony. The Department of Corrections has suggested in the first year that could cost \$100 million by putting 1,000 people in prison. The governor says he wants

to find a cheaper alternative for handling the repeat drunk drivers. Fewer drunk drivers is certainly a highway safety issue as well as a criminal matter.

On the highway repair and construction issue, Walker's approach last year continued to be the use of borrowing for the short term. But bonds and their interest must be repaid. Some might suggest that Walker's opposition to any boost in transportation fees or taxes might have been tied to his hopes to be the next president of the United States.

Opposition to any fee or tax increase for transportation could have been attractive to Republican voters in other states as they select a presidential candidate. But the Marquette poll suggests it isn't as attractive to those who travel on Wisconsin roads.

Assembly Speaker Robin Vos, R-Rochester, said the lack of a transportation solution was "my single disappointment with the (legislative) session."

Elected officials should "have figured out a way to solve transportation," Vos told a Racine audience. "It is not conservative ... to not fix something until it is so broken we have to spend a lot more to repair it," said Vos. "We have to raise new revenue in some way or

other. That's what it really comes down to."

Both Vos and Rep. Peter Barca of Kenosha, the Democratic leader in the Assembly, like the idea of toll roads in Wisconsin. That would require federal approval because of the funding of interstate highways.



Matt Pommer
Guest Opinion

Help from Washington seems unlikely any time soon. Earlier this month, President Obama proposed a \$10-per-barrel tax on oil companies to raise hundreds of billions of dollars to fund road and bridge work and other infrastructure. Republican leaders in the Congress quickly rejected the idea.

The tax idea involved in

the Marquette University poll also could have difficulties. A higher sales tax would help urban counties, but the benefit might not work out for lower-population rural counties with a lot of roadway to maintain.

That would be bad news for Walker. An earlier Marquette University poll showed the largest drop in his support has been in rural western and northern Wisconsin. The latest Marquette poll showed his statewide support still is less than 40 percent.

Matt Pommer, known as the "dean" of State Capitol correspondents, has covered government action in Madison for 35 years, including the actions of eight governors. The content in this column does not reflect the views or opinions of the Wisconsin Newspaper Association or its member newspapers.

WISTAX Facts: WI home sales rebound in 2015

After declining slightly (1.3%) in 2014, the number of homes sold in Wisconsin increased 11.5% from 68,857 in 2014 to 76,800 in 2015. Yearly housing sales fell at an annual average rate of 8.7% during recessionary 2007-2010. Sales then increased in 2012 (21.0%) and 2013 (11.1%), before

stalling in 2014. Since 2010, homes sales have increased at an annual average rate of 8.3%.

The Wisconsin Taxpayers Alliance is a nonpartisan, nonprofit research organization dedicated to good government through citizen education since 1932.

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(USPS 359-300)

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REGIONAL CHAMPS



Bangor senior guard Kellen Kravik (2) looks for an open teammate after driving past Blair-Taylor senior Sean Reismann (33) in the first half of Saturday's Wisconsin Interscholastic Athletic Association Division 5 boys basketball regional final at Bangor High School. Kravik finished with 15 points for the Cardinals, who edged the Wildcats 87-85 to capture the Division 5 regional

championship. Bangor advances to Thursday's WIAA Division 5 sectional semifinal at La Crosse Central, where the Cardinal cagers will take on Scenic Bluffs Conference rival Hillsboro - the top-ranked Division 5 team in the state. Hillsboro defeated the Cardinals in a pair of conference contests earlier this season. Photo by J.P. Schaller.



Bangor sophomore Drew Johnson (12) gets to the rim to score two of his team-high 29 points in Saturday's 87-85 WIAA Division 5 regional final victory over Blair-Taylor. Photo by Delaney Schaller.

Sophomore duo ignites Cards

Johnson, Reader lead Bangor to regional championship

by JOHN PAUL SCHALLER
Sports Editor

A pair of youngsters kept Bangor alive in Saturday's Wisconsin Interscholastic Athletic Association Division 5 regional final, but it was a veteran who put the icing on the cake.

Senior Jack Reader's layup with three ticks left on the clock lifted the eighth-ranked Cardinals past Blair-Taylor 87-85 to keep Bangor's post-season hopes alive.

The sophomore duo of Drew Johnson and Luke Reader came up big for Bangor as well, combining to score 56 points for the Cardinals.

"It's huge," said Bangor coach Jordan Laufenberg of the win.

"It's been a while since we've won a regional final. We have not played well in this game, so it's nice to get a win," he continued. "We kept our composure. Hopefully, we can build on this win."

The game was a barn-burner from the get-go, but the Wildcats were able to maintain a lead through the opening 18 minutes of play to take a 45-41 lead over the host Cardinals at halftime.

An early second-half basket gave Blair-Taylor its biggest lead of the game at 47-41, but Bangor answered with an 11-5 run in less than four minutes to force a 52-52 deadlock with 14 minutes to play.

The Wildcats regained the lead with a pair of baskets and a free throw to pull in front 57-52, but Bangor senior Kellen Kravik answered, scoring on back-to-back driving layups which cut the deficit to 57-56 with just under 12 minutes on the clock.

THE BIG NUMBER 56

Combined points scored by Bangor Cardinal sophomores Drew Johnson and Luke Reader during Bangor's 87-85 victory over Blair-Taylor in Saturday's WIAA Division 4 regional final. Johnson scored 29 points, while Reader finished with 27.

Blair-Taylor remained in the lead, however, until Johnson buried a three-pointer with 7:39 remaining to give the Cards their first lead of the game at 69-67.

Two free throws by Blair-Taylor senior Dylan Zinn put the Wildcats back on top 76-74 with just under five minutes remaining, before Bangor pulled back in front 80-78 after a goal-tending call with 2:10 on the clock.

Johnson scored with 1:43 remaining to give Bangor a four-point lead at 82-78 and Bangor opened the door for the Wildcats with a missed free throw in the final 30 seconds.

Blair-Taylor took advantage of the miss, tying the game with 10.7 seconds remaining on a basket by senior Connor Brekke.

The Cardinals wasted little time, however, as sophomore Sam Johnson made a perfect pass to hit Jack Reader under the Bangor basket.

Reader finished strong to give

Bangor a two-point lead with three seconds left and a desperation heave by the Wildcats fell short of its mark as time ran out.

The Cardinals were on the attack from the start, pounding the ball inside the paint from the opening tip-off.

And Bangor's inside game paid off by putting Wildcat 6'-7" sophomore big man River Kirchner in early foul trouble.

"That's what we try to do all the time," offered Laufenberg. "Regardless of who's in there, we want to keep attacking the rim."

Kravik, the quarterback who led Bangor to a WIAA Division 7 state football championship last fall, is normally the quarterback on the basketball floor as well.

Saturday, however, Kravik was a scorer for the Cards, twice venturing inside among the big boys to score back-to-back driving layups that cut into the Blair-Taylor lead.

"I was just looking to Drew and

Caleb (Miedema). All the guards were setting me up," he said.

"It's camaraderie, teamwork and leadership," continued Kravik. "All of our seniors are leaders. It's seems easy sometimes, because we know each other so well. We know what each other is going to do."

Despite trailing the Wildcats for a majority of the first half and much of the second as well, Bangor never got rattled.

"We kept our composure. There's no quit in these guys," said Laufenberg. "They spent too much time working hard in the off-season - they're not going to quit."

Johnson led Bangor with a 29-point performance, while Luke Reader finished with 27 points.

Kravik added 15 tallies for the Cards, followed by Jack Reader with 14 and Miedema with a pair.

Zinn scored a game-high 42 points to pace Blair-Taylor, which finished its season with a 16-9 record.

The regional final match-up was the second between the two teams this season.

Bangor defeated the Wildcats 82-63 in a nonconference game at Bangor on Dec. 4.

With the win, the Cardinals advance to Thursday's Division 5 sectional semifinal at La Crosse Central, where they will face Scenic Bluffs Conference rival Hillsboro in a 7 p.m. game.

Hillsboro defeated Bangor twice this season - topping the Cards 74-64 on Jan. 12 and 64-61 on Feb. 18.

The Tigers are ranked first in the latest Division 5 poll, while Bangor holds down eighth place.

Hillsboro upends Lady Cardinals

Second-half comeback lifts Tigers to 59-52 upset of Bangor in sectional semifinal

by JOHN PAUL SCHALLER
Sports Editor

The third time was a charm for Hillsboro Thursday, as the Tigers erased a five-point deficit and rallied to defeat Bangor 59-52 in Wisconsin Interscholastic Athletic Association Division 5 sectional girls basketball action at West Salem.

The match-up was the third between the Scenic Bluffs Conference rivals this season.

The Cardinals defeated the Tigers 55-52 at Bangor Jan. 9 and 49-44 at Hillsboro Feb. 11.

Thursday's match-up was a back and forth battle from the start.

The fourth-ranked Lady Cardinals opened up a 23-21 lead in the closing seconds of the first half, but the Tigers knocked down a three-pointer at the buzzer to take a 24-23 lead into the locker room at intermission.

Ashlie Lockington scored early to give Bangor a 25-24 lead early in the second half, which featured 10 lead changes.

Emma Wittmershaus made a free throw after she was fouled making a basket to complete an old-fashioned, three-point play that gave Bangor a 39-34 lead with 10:16 left in the game.

Just 30 seconds later, however, Wittmershaus picked up her third foul.

Wittmershaus spent a short time on the bench, but was whistled for her fourth foul with



Bangor sophomore Jaclynn Freit (right) goes up for two points in the first half of Thursday's 59-52 loss to Hillsboro in the WIAA Division 5 girls sectional semifinal. Photo by J.P. Schaller.

7:25 left on the clock shortly after returning to action.

Bangor held a 44-39 lead at that point, but Hillsboro took advantage with Wittmershaus on the bench.

The Tigers scored eight unanswered points to take a

47-44 lead before Wittmershaus returned with 5:41 left in the game, and added two more after she came back in the game to hold a 49-44 advantage with 5:36 remaining.

Two free throws by Jaclynn Freit pulled Bangor to within

three points at 49-46, but Tiger senior Morgan Huntley answered with a basket to help Hillsboro regain a five-point lead with just under four minutes to play.

A three-pointer by Alea Fortier cut the deficit to 51-49 with 1:44 left on the clock, but Hillsboro responded 22 seconds later to take a 53-49 advantage.

Another Fortier trey pulled the Lady Cards to within a point of the lead at 53-52, but Bangor was forced to foul after that, and Tiger senior Destiny Shore sank six straight free throws to seal the victory for Hillsboro.

The Tigers shot well from the free throw line all game, knocking down 16 of 20 free throws to shoot 80 percent from the line.

Fortier led Bangor with a game-high, 23-point effort, while Freit finished with 11 points.

Wittmershaus added seven points for the Lady Cardinal cagers, followed by Lockington with six, Elizabeth Nicolai with three and Ariana Hundt and Courtney Oesterle with one each.

Sydney Johnson scored 20 points to lead Hillsboro, while Huntley and Shore finished with 13 and 11 points, respectively.

Hillsboro advanced to Saturday's sectional final at Richland Center, but came up short of a state tourney berth after a 66-34 loss to top-ranked Barneveld.

The loss was only the second of the season for Bangor, which finished with a 24-2 record.

Timberwolves fall to Central in regional semifinal

by JOHN PAUL SCHALLER
Sports Editor

Central used a pair of big runs - one in each half - to fuel an 84-47 victory over Tomah in Wisconsin Interscholastic Athletic Association Division 2 regional boys basketball action at La Crosse Friday night.

The Timberwolves forged an early one-point lead in the regional semifinal, but the top-seeded Red Raiders answered with a 19-2 run to open up a 26-10 lead midway through the first half.

Central outscored Tomah 24-13 the rest of the way to open up a 50-23 lead at intermission.

It was more of the same in the second half, as the Mississippi Valley Conference champion Red Raiders opened the frame with a dozen unanswered points to increase their advantage to 62-23.

The Timberwolves outscored Central 24-22 the rest of the way, but the large Red Raider cushion was too much for Tomah to handle.

Central made 10 of 16 three-pointers to shoot a sizzling 62 percent from beyond the arc.

Sophomore Josh Dahlke led the Timberwolves on offense with 10 points, while teammate Kyle Kroener contributed seven points.

Jordan Albrecht added a six-point effort

for Tomah, followed by Jack Haye with five, Brian Georgeson with four and Blake Larsen, Peter Brey and Johniel Buenrostro with three apiece.

Kobe King knocked down a game-high 24 points to lead the Red Raiders, while teammate Bailey Kale added 15 tallies.

Central advanced to Saturday night's Division 2 final, where they scored a 63-28 victory over River Falls to earn a berth in Thursday's sectional.

Tomah, which advanced to the regional semifinal with a 64-58 victory over New Richmond in Tuesday's quarterfinal, finished its 2015-16 season with an 8-16 overall mark.

Sparta grad headed to NCAA III national wrestling tournament

Tristan Zurfluh, a 2013 graduate of Sparta High School, has qualified for the NCAA III National Wrestling Championships that will be held at U.S. Cellular Center, Cedar Rapids, Iowa, March 11-12.

Zurfluh will be making his first appearance at the national finale.

Zurfluh qualified after placing third at 157 pounds in the NCAA III Central Regional held Sunday, Feb. 28 at the Five Flags Center, in Dubuque, Iowa.

The top-three place winners in each weight class qualified for the national championships.

Zurfluh, who finished the regional tournament with a record of 4-1 that included two falls, defeated Blake Tisza of Millikin University 2-0 in the third place match.

He will enter the national championships with a record of 25-16 and as a 59-45 career mark as a member of the Luther College wrestling team.

Wrestling will begin with preliminary rounds at 10 a.m. on Friday, March 11.

The top-eight place winners in each weight class will earn All-America honors.

As a team, Luther, ranked No. 11 in the nation, will have six wrestlers at the national championships.

Zurfluh is the son of Scott Zurfluh and Tess Olson of Sparta.

Luther College is a four-year liberal arts college affiliated with the Evangelical Lutheran Church of America and is located in Decorah, Iowa.



TRISTAN ZURFLUH

The Norse compete in 10 men's and nine women's intercollegiate sports.

As a member of the Iowa Intercollegiate Athletic Conference (IAC) since 1922, the men have won 162 conference championships.

In 1982 the IAC expanded its championship sponsorship to include women's sports.

During this time span, the women have won 71 team titles.

Combined, Luther is the first school in the Iowa Conference to capture 232 league titles.

Wrestling banquet site changed from high school to middle school

The annual Sparta wrestling awards and recognition banquet has been moved from the high school cafeteria to the Sparta Meadowview Middle School cafeteria.

The banquet, which will get underway at 6 p.m. on Thursday, March 10, was originally to be

held at the high school, but the site has been changed due to a scheduling conflict and the event will take place at the same time at the middle school.

The social will get underway at 6 p.m., while dinner and the awards and recognition program will follow at 6:30 p.m.

Little "Skeeter" has big fun on the ice

Sled hockey helps Tomah's Sevanna Utesch cope with spina bifida

by BOB KLIEBENSTEIN
Contributing Writer

For Shannon Utesch, it started with a sled hockey clinic for disabled veterans at the Tomah Ice Center.

Three years ago, it was unlikely the Utesch family had any notion sled hockey would play such a pivotal role in their family. Daughter Sevanna was 11-years-old. Born with spina bifida, Sevanna would never have the chance to "lace up the skates" to play regular hockey.

As a physical therapist at the Tomah Veterans Affairs Medical Center who helps organize sled hockey clinics for veterans, Shannon was confident her daughter would benefit from the rigors of sled hockey to increase her upper body strength and stamina.

"The sport has helped her physically get stronger," Shannon said

Starting with her exposure to the sport at the clinic, Sevanna, Shannon and father/husband, Jeff, are now associated with Wisconsin Skeeters Sled Hockey, based in Madison.

The Skeeters consists of players around Wisconsin with varying physical disabilities. They range in age from eight to 18-years-old. One team member is from Wausau.

The family learned about the club through Shannon's affiliation with organizing the sled hockey clinic for VA vets.

Their participation has taken the Utesch family on tournaments throughout Wisconsin and to the National Disabled Hockey Festival at Boston, Buffalo and Philadelphia.

This year, the Skeeters travel to Detroit for that event April 8-11. The plan is to combine with a team from Minnesota to compete and defray travel costs for that



Sevanna Utesch refuses to let spina bifida keep her down. The Tomah 11-year old straps up to play sled hockey on a regular basis as a member of the Wisconsin Skeeters based out of Madison. Contributed photo.

tournament.

Sevanna is a well-known 14-year-old freshman at Tomah High School.

Physical limitations of spina bifida have not dampened her spirit.

Quite the opposite, in fact. She takes pride in being the

official "pep-talk provider" for the Tomah varsity volleyball team.

If she spots you in a crowd and knows you, be prepared for a warm, gentle hug.

Shannon said the Skeeters club got its name for being small, pesky and tenacious. Sevanna fits that mold ideally.

Sevanna is eight years removed from using a walker, only needing braces on her legs for stability, but they do little to hinder an active lifestyle.

And while she can't lace up the skates, she can't wait to "buckle in her sled" for weekly Saturday practices at the Madison Ice

Arena. The season runs from September through April. The arena is one of 10 in the United States that is sled hockey accessible, said Shannon.

From her first time on the ice, Sevanna was hooked.

Asked about physical challenges, she said, "I was not really nervous about that. But it's hard. When you fall over, getting back up (in your sled) is hard."

Sevanna takes pride that she has had no penalties other than an interference call in three years of club competition.

Each line has five players along with a goalie.

Like any club sport, costs start to add up.

Shannon said teams supply sleds. Some equipment is donated. Some is purchased. For most of this season, lower gas prices eased expenses.

The Skeeters have not lost to an "able-bodied" team in three years. That is a team comprised of players able to walk, but play in sleds.

But the Skeeters have been on the losing side against sled hockey teams with physical disabilities, Shannon adds.

Unlike some sled players with paralysis or amputees, Sevanna's situation poses a challenge. She has lower extremity circulation. Her legs get stiff and tingly when she is buckled into her sled.

"You get used to that," she said.

But Sevanna chuckles when she talks about getting "numb butt" in her sled, a sensation one may get from sitting for a long period in a car seat. She tried wheelchair basketball, but concedes, "sled hockey is more fun."

The experience has opened doors to witness different levels of sled hockey.

The Skeeters watched the United States Paralympics sled



SEVANNA UTESCH

hockey team play and met Team USA head coach and former longtime Wisconsin Badger men's hockey coach Jeff Sauer. Sevanna beams proudly about getting Sauer's autograph.

Sled hockey promotion/education is always at the forefront, Shannon adds.

This season, the Skeeters played an exhibition game against the Madison Police and Firefighters between periods of a Madison Capitals hockey game. Skeeter coaches would like to start an adult team at some point.

Closer to home, Sevanna would like to see the Skeeters play a game at the Tomah Ice Center for her friends and the public to have the opportunity to see sled hockey. It may not be this year, but stay tuned...

For now, Sevanna accepts being a role model to friends with physical disabilities and a sled hockey ambassador.

And she still has three more seasons of providing pep talks for Tomah's volleyball team.

AMKM gymnasts fare well in back-to-back meets

The season is in full swing for the gymnasts of AMKM Gymnastics Training Facility in Rockland.

Over 30 gymnasts are competing in both the AAU and USAG programs in levels 1-10. To date, AMKM gymnasts have participated in 10 meets since last September.

While the competitive season typically stretches from September through May, the springtime months see the majority of activity.

The weekend of Jan. 29-Feb. 1, a total of 18 AMKM gymnasts competed in the Wisconsin Dells Gymnastics Vacation Classic.

Over 1,500 total gymnasts competed over the three day event.

From AMKM, USAG gymnasts included Gracie Giraud and Claire Roby in Level 3; Isabell Korn, Taliya Michlig and Morgan Siekert in Level 6; Lydia Korn and Lily Wiegand in Level 7; and Ella Hemker in Level 9.

AMKM AAU gymnasts included Amber Bradley and Jaycee Michek in Level 1; Gabby Bjorkman, Halee Porter and Amelia Russ in Level 2; Gracie Giraud and Emma Lubinsky in Level 3; Brooke Bauercamper in Level 4; and Kayden Cramer, Katie Peterson and Hailee Zimmerman in Level 6.

In the USAG Level 6 and 7 session, Morgan placed 6th on Vault, 4th on Beam, 2nd on Floor and 10th All-Around; Isabell placed 11th All-Around; and Taliya placed 5th on Vault, 3rd on Bars, 7th on Beam, 6th on Floor and 2nd in the All-Around.

These finishes helped the Level 6 team place 4th in the team competition.

In Level 7, Lydia took 4th on Beam and 8th in the All-Around.

In the USAG Level 3 session, Claire placed 5th on Bars, 9th on Beam and 8th in the All-Around, and Gracie placed 13th All-Around. In the USAG Level 8 session, Lily placed 2nd on Vault and 9th in the All-Around.

For USAG Level 9, Ella hit season highs in all four events and finally hit her mobility score to move to Level 10. Her efforts earned her 1st place on Vault and 5th in the All-Around!

For the AAU Level 1 and 2 session, Jaycee placed 1st on Vault, Beam, Floor and All-Around, and 2nd on Bars; Amber placed 1st on Bars, 3rd on Floor



Members of the AMKM gymnastics team had stellar outings during a pair of recent meets in Wisconsin Dells and Galesville. The team, based out of Rockland, includes a number of gymnasts from Sparta and the surrounding area. Contributed photo.

and 4th All-Around. In Level 2, Halee placed 3rd on Vault and Bars, 6th on Beam and 7th in All-Around; Amelia placed 4th on Bars, 6th on Vault, 8th on Beam and 7th All-Around; Gabby placed 3rd on Vault, 6th on Beam and All-Around, and 5th on Floor.

As a team, the AMKM Level 2's placed 6th! In the AAU Level 3 session, Gracie placed 8th on Vault, 13th in All-Around and had a season high vault score! Emma placed 3rd on Floor, 8th on Vault, 6th on bars and 5th All-Around! In the AAU Level 4 session, Brooke placed 5th on Bars, Beam and Floor, 7th on Vault and 6th in the All-Around!

In the AAU Level 6 session Hailee placed 1st on Vault, Bars and All-Around, 4th on Beam; Katie placed 2nd on Bars, 4th on Vault

and Floor, and 5th All-Around. Kayden placed 2nd on Floor, 4th on Bars and All-Around, and 5th on Vault, and the Level 6 Team took 2nd Place!

These ladies all did an amazing job with a lot of top performances at such a large meet.

On Feb. 13-14, the gymnasts traveled to Galesville to participate in the annual Blue Angels Flip for a Cause meet hosted by the Blue Angels gymnastics club.

Overall, AMKM had 31 gymnasts compete throughout the two-day event.

Levels 1-4 competed on Saturday. In the Level 1 session, Amelia Bishop placed 3rd on Vault and in All-Around, 2nd on Bars and Floor, and 5th on Beam; Amber Bradley placed 3rd on Vault, Beam, Floor and All-

Around, and 4th on Bars; Lily Radcliffe placed 1st on Vault, Bars, Floor and All-Around and 3rd on Beam; Jaycee Michek placed 1st on Vault, 6th on Bars, 2nd on Beam, Floor and All-Around; Marlena placed 2nd on Vault, 1st on Bars, Beam, Floor and All-Around; Emma Langrehr placed 1st on Vault, Bars, Beam, Floor and All-Around; and Kalli Giraud placed 2nd on Vault, Bars, Beam, Floor and All-Around.

These top finishers lead to a Level 1 Team Championship.

In the Level 2 session, Gabby Bjorkman placed 1st on Vault, 6th on Bars, 3rd on Beam and Floor, and 2nd in All-Around; Marin Gasper placed 6th on Vault and Beam, 4th on Bars, 9th on Floor and All-Around; Livvy Nelson placed 2nd on Vault and Bars,

4th on Beam and All-Around and 6th on Floor; Halee Porter placed 1st on Vault, Bars, Floor and All-Around and 3rd on Beam; Amelia Russ placed 2nd on Vault, Bars, Beam and All-Around and 3rd on Floor; Jordan Sawyer placed 4th on Vault, 2nd on Bars and Beam, 5th on Floor and 3rd All-Around; Taj Tracey placed 1st on Beam, 7th on Vault, 3rd on Bars, 6th on Floor and 4th All-Around; Mackenzie Werner placed 3rd on Vault, Bars and Beam and All-Around and 5th on Floor. The Level 2 team also earned the team championship trophy.

In the Level 3 session, Ellayna Christopherson placed 1st on Bars, Beam and All-Around, 2nd on Vault and 3rd on Floor; Gracie Giraud placed 3rd on Beam, 4th on Vault, 7th on Bars and

Floor and 8th All-Around; Emma Lubinsky placed 1st on Floor, 2nd on Vault, Bars, Beam and All-Around; Kolbi Primmer placed 1st on Vault, 4th on Beam and Floor, 8th on Bars and 5th All-Around; Anna Radcliffe placed 6th on Vault and All-Around, 5th on Beam and Floor and 4th on Bars; Claire Roby placed 1st on Bars, Beam and All-Around, 2nd on Vault and 3rd on Floor. The Level 3 Team also took 1st Place.

In the Level 4 session, Lily Radcliffe placed 1st on Floor, 3rd on Bars and Beam, 5th on Vault and 2nd All-Around; Brooke Bauercamper placed 1st on Beam, Floor and All-Around, 3rd on Bars and 6th on Vault.

In the Level 6 session, Isabell Korn placed 2nd on Beam, 3rd on Floor, 5th on Vault and All-Around and 6th on Bars; Lauren Koss placed 2nd on Bars, 3rd on Floor, 4th on Vault and 5th on Beam and All-Around; Taliya Michlig placed 1st on Floor, 2nd on Vault and All-Around, 3rd on Bars and 4th on Beam; Abby Miller placed 1st on Beam, 3rd on Vault and All-Around, 4th on Bars and 5th on Floor; Katie Peterson placed 1st on Vault, 2nd on Floor, 4th on Beam and All-Around and 5th on Bars; and Hailee Zimmerman placed 1st on Bars and All-Around, 3rd on Beam, 4th on Vault and Floor. The Level 6 team earned the Team Championship trophy as well.

In Level 7, Kayden Cramer placed 2nd on Vault, 3rd on Floor and 4th on Bars, Beam and All-Around; Lydia Korn placed 1st on Vault, Bars, Beam, Floor and All-Around; Morgan Siekert placed 2nd on Bars, Beam and All-Around, 3rd on Vault and 4th on Floor. The Level 7 Team took 1st Place.

In Level 10, Ella Hemker earned 1st place in all events, Vault, Bars, Beam, Floor and All-Around.

Overall, the gymnasts of AMKM have had an incredibly successful season, which they hope to continue as they next compete at UW-La Crosse on March 6, 2016.

AMKM will also be hosting a local in-house meet, open to the public, on Saturday, April 16 at the AMKM Gymnastics training facility.

The meet is a great opportunity for gymnastics fans to get out and see some of our local talent right here at home.

Spring is the time for the porcupine to dine

A dozen adults hunched over tables examining bare twigs with borrowed hand lenses. Back and forth they looked, between the dichotomous key and their specimen. Did it have one or three bud scales? Or more than five bud scales? Was the pith of the twig chambered or solid or hollow? Finally, we arrived at an answer: the smooth, gray twigs with plump, red buds (covered by three bud scales) belonged to a basswood tree. For fun, I had the students each nip off a bud with their teeth and experience the slightly sweet flavor and mucilaginous texture of this wild edible.

We practiced keying out a few more twigs, and then the winter tree identification class headed eagerly out into the warm sunshine to walk the trails at the Northern Great Lakes Visitor Center in Ashland, Wisconsin. We sniffed the glossy, aromatic buds of balsam poplar, admired the snazzy, scarlet stems of red osier dogwood, and commented on the stalked buds of speckled alder. Identifying woody plants by their winter twigs is one of my favorite challenges, and I hoped that the students would gain an appreciation for it, too.

As I drove home on Highway 2, a dark blob high in a roadside tree caught my eye. One quick glance backward confirmed my suspicion. The blob showed a spikey outline against the evening sky. Porcupines have begun their spring feast!

If you want to meet a real expert in winter tree identification, be sure to bring a thick leather glove for shaking their paw. Porcupines survive on low-nutrient bark all winter long, and the lengthening days of spring bring a welcome change in their diet. A few years ago I started noticing that in late winter these bristly roadside silhouettes start appearing with



NATURAL CONNECTIONS
by EMILY M. STONE
Naturalist & Education Director at Cable Natural History Museum

some regularity. As it turns out, porcupines spend their spring eating a rotating smorgasbord of juicy tidbits, and they time their courses to match the period when each entree is the most nutritious. They know their trees well because their life depends on it.

Dr. Uldis Roze, professor emeritus at City University of New York, radio-collared a porcupine he named Rachel, and followed her around the Catskills one spring. By testing the chemical content of the buds and leaves while Rachel fed on them and then analyzing the plants again after she ceased to eat them, Roze discovered that Rachel pinpointed plant parts high in protein and low in toxins.

To get at the most nutritious

parts of a twig, porcupines will balance out toward the terminus of a branch and nip off its end using their self-sharpening incisors. Turning the wand around, they nibble off all the most tender twig tips and buds and then discard the rest. Trees on sunny roadsides may be further along in their seasonal sequence than their relatives in a shady forest, so porkies are extra visible now as they satisfy their hunger for spring.

Sugar maple buds are one of porcupines' first spring snacks. As sap rises, the buds swell. Packed inside the overlapping layers of toffee-colored bud scales, tiny leaves and twigs begin to expand. Their chemistry changes, too. At the height of their nutrition (which happens just as the syringing season ceases), sugar maple buds have more protein than enriched breakfast cereal.

After just a few weeks, once the buds have fully released their tender young leaves, porcupines cease their sugar snacking totally. The protein content might still be the same, but it no longer matters. The tree has now fortified its appendages with toxic tannins. Tannins are chemicals that bind with proteins, making them an effective defense against many types of herbivores.

Sugar maple's close cousin, the red maple, defends its buds, twigs, and leaves with tannins year-round. It doesn't seem to have a place in the porcupine's buffet. Instead, the sweet basswood buds that the students tasted are a porcupine delicacy, as are expanding aspen and willow catkins.

Ash trees are the last to open their buds, and they also represent the last of the spring smorgasbord. Once the juicy expanding packets of ash leaves get too old, porcupines switch to a



Porcupines are especially visible in spring as they dine on a smorgasbord of tasty tree buds. Photo by Larry Stone.

diet of ground plants for a couple months. When the dandelions, clover, and raspberries dry out, porkies head back up into the trees and return to their winter diet of tree bark and evergreen needles.

Phenology is the study of when specific events happen in nature from year to year in a specific place. Each tree species has its own place in nature's calendar.

Porcupines follow this schedule closely, since each species has an optimum nutritional stage. Amazingly, porcupines are active mostly at night, and so identify their next meal by bud and twig under the cover of darkness. Perhaps my next tree identification workshop should include a pricklier instructor!

For over 45 years, the Cable Natural History Museum has

served to connect you to the Northwoods. Come visit us in Cable, WI! Our new phenology exhibit: "Nature's Calendar: Signs of the Seasons" will open May 1.

Find us on the web at www.cablemuseum.org to learn more about our exhibits and programs. Discover us on Facebook, or at our blogspot, <http://cablemuseumnaturalconnections.blogspot.com>.

IT PAYS TO USE THE CLASSIFIEDS

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- 1 - Personals
- 2 - Real Estate
- 3 - For Rent
- 4 - Wanted To Rent
- 5 - For Sale
- 6 - Rummage Sales
- 7 - Wanted To Buy
- 8 - Help Wanted
- 9 - Work Wanted
- 10 - Day Care
- 11 - Services
- 12 - Miscellaneous

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3 For Rent

FOR RENT: 1 bedroom, 1 bath, utilities included. No smoking, no pets. Ask for Lynn at 608-633-9723 or leave DETAILED message. 3-7-11p

FOR RENT: Newly updated large 2-bedroom apt. All appliances & washer/dryer included. \$525/month plus security and references required. 608-779-9938. 3-7-11c

FOR RENT: Three bedroom, two bath apartment with one car garage. No pets. rent is \$750 per month. Call 608-269-3455 and ask for Tim. 2-29-11c

SALE AUCTION

Sell it... with Elliott

SATURDAY, MARCH 12th 9:30 A.M.

Owner: Harlan Small
Location: 416 Irvin St., Onalaska, WI

DIRECTIONS: Watch for Auction Arrows on Main St.
REAL ESTATE - TO BE OFFERED @ 11:00 A.M. DAY OF AUCTION

Ranch style, 2 bedroom home, full bath, 1-car garage, full basement natural gas, central air, "2014" taxes - \$1627.00. For more information on Real Estate, contact Karl Gabrielsen @ Coldwell Banker River Valley Realtors, 608-780-9520.

REAL ESTATE TERMS: \$5,000.00 down day of Auction w/ balance due @ closing within 30 days. To be sold AS IS with no contingencies. Owner reserves the right to accept or reject any or all offers. Real Estate is subject to prior sale.

HOUSEHOLD-COLLECTIBLES-TOOLS: Atlas metal lathe; Rockwell mod. 11 drill press; Snap On tool chest; Craftsman 10" radial arm saw, grinder, belt sander; 9" table saw; Menard 4 1/2" metal cutting band saw; Forc commercial grade drill press; Power Krait band saw; 12 gal. wet/dry vac.; 3 gal. pancake comp.; Mercury 35hp outboard motor; Kawasaki generator; metal hardware cabinet; power & hand tools, etc.; Maytag washer; Kenmore dryer; 1/2 hr apt. size ref.; RCA elec. stove; kitchen table w/4 chairs; 3 pc. bedroom set; Canterbury grandfather clock; LARGE MODEL AIRPLANE collection incl. parts, remotes, aviation books, etc.; military items; Elvis collectibles; arrows & quiver; bar items; leise grill; costume jewelry; watches; jack knives; misc. glassware; pots & pans; usual household items.

VEHICLES - MOTORCYCLE: "2003" Pontiac Sunfire "1978" Buick Century 4 dr. (parts only); Rockwood RW 221D tandem axle camper (parts only); Kawasaki LTD 440 motorcycle (parts); scrap iron!

TERMS: Cash-Check with proper I.D. Not responsible for accidents. Everything sold as is. 5 1/2% WI Sales tax on all applicable items. Verbal announcements made sale day take precedence over printed material. REGISTERED WISCONSIN AUCTIONEER: Dan Elliott #219, Sparta, WI, (608) 487-5114. CASHIER: Elliott Auction Service, LLC, Dan Elliott #219, Sparta, WI, (608) 487-5114.

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FOR RENT: Two-bedroom, one bath apartment with one car garage. No pets, rent is \$575 per month. Call 608-269-3455 and ask for Tim. 2-29-11c

FOR RENT: 2-bedroom apt for rent. Heat & water included. \$550/month. No pets. Call Bob, 608-797-6744. 2-8-11c

FOR RENT: One large downtown second floor efficiency apartment. Includes stove, refrigerator, cable available, free off street parking, sewer/water. Available now. \$400 per month plus security deposit. No pets. Phone 608-633-2795. 2-1-11c

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MAY 2-20 • 3:30-5:30 p.m.
JUNE 13-JULY 1 • 9-11 A.M.

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FOR RENT: 2-bedroom ranch style apartments with attached garage, laundry room, 1-1/2 baths, skylights, central air, handicapped accessible. All lawn care & snow removal provided. Clubhouse with fitness room. Rent \$825 to \$875. Call Apple Blossom Hill Apartments 608-386-1524. 9-8-11c

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5 For Sale

VEHICLE: 2003 Mitsubishi SUV, AWD, red, options, sunroof, 30 mpg plus, new tires, full tank, looks new, \$4800. La Crosse, 608-519-0273. 3-7-11p

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MANUFACTURED HOME: 1996 Dutch manufactured home. 3-bed, 2 1/2 bath, 1765 sq. ft. Located in River Pines, lot 65. Call 269-7352 for showing. 3-7-11p

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WOOD: Oak fire wood 4 sale, 1 face cord, \$100 (truckload). Will deliver and stockpiles 15 miles per day charge. Call 608-487-1992 or 608-633-0937. 11-9-11c

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Bill or Kate at 269-1888
www.atozmini.com

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8 Help Wanted

REGISTERED NURSE: ROLLING HILLS NURSING HOME Monroe County, Rolling Hills Rehabilitation Center and Special Care Home, a 90 bed long term care facility in Sparta, Wisconsin is seeking dedicated RN's to fill part-time night shift position (11 am - 7 pm, every other weekend rotation). We offer a 25% wage bonus for non-benefited positions and generous differentials. Experience caring for Rehab, Geriatric, Alzheimer's, and Developmentally Disabled individuals is helpful but not required. Contact Mary Beth Hanson, Director of Nursing (608) 269-8822. County application required, available at Personnel Office, 14345 Co Hwy B, Sparta, WI 54656, (608) 269-8719. AA/EOE 3-7-1tc

COUNTY OFFICE PROGRAM TECHNICIAN VACANCY:

The Monroe County FSA office is accepting applications for a permanent Program Technician at the Monroe County USDA Service Center in Sparta, WI. Seeking a candidate with farm experience or knowledge to perform work in support of Wisconsin agriculture and farmers. Starting pay is \$28,866 - \$52,043 per annum, depending on qualifications. Benefits include health insurance that can be carried into retirement, 401(k) plan, pension program, and paid holidays, vacation, and sick leave. For more information contact Mark Mulder or Lisa Brey via telephone at 608-269-8136 or by email at mark.mulder@wi.usda.gov or lisa.brey@wi.usda.gov. To apply, carefully follow instructions in this vacancy announcement at www.usajobs.gov in search Job box, WI-2016-014. Applications must be received by 11:59 pm Eastern time on Thursday, March 24, 2016. USDA is an equal opportunity provider and employer. 3-7-2tp

CUSTODIAL OPPORTUNITIES:

Challenge Unlimited a custodial contract at Fort McCoy WI who is seeking people with or without disabilities to join our team. Current openings are for crew lead, janitors and floor care. Starting wage is \$10.15, with the ability to earn top pay of \$11.92. Check out our website at http://cuinc.hrmdirect.com/ to apply or for further information. Equal Opportunity Employer. 3-7-4tc

SCHOOL DISTRICT POSITIONS:

The Sparta Area School District has the following positions available: Colonguard Advisor, Volleyball - JV Assistant Coach, Volleyball Assistant Varsity Coach, and Musical Music Director. See website for more information at www.spartan.org or contact Bob Sanders, Activities Director at Sparta High School. 3-7-1tc

Legal Notices

March 3, 7
TOWN OF SPARTA MARCH BOARD MEETING
spartatownship@centurytel.net
townshp.sparta.com
Population: 3,180
Notice is hereby given: The Sparta Town Board will meet Tuesday, March 08, 2016 at 7:00 p.m. at the Sparta Town Hall, 5724 Hamlet Avenue, Sparta.
Review February meeting minutes
Conditional Use Permit Recommendations
Land Division for Elvin Martin, CSM for 15 acres from 88 acre parcel
Set time for Road Review
Review Bid Specifications for Road Materials
April 5 - 2016 Spring Election and Presidential Preference Vote
Open Session
Correspondence
Financial Report
Review Bills to be paid
Additional agenda items may be posted at the town hall.
Sue Justin, Clerk
WNAXLP

March 7
NOTICE TOWN OF NEW LYME
Regular town board meeting to be held on Thursday, March 10th at 8:00 p.m. at the town hall.
Agenda: Approval of bills, road work update, maintaining of outdoor portables, cleaning of town hall, review new correspondence and confirm the next meeting date.
Lisa M. Green
Town Clerk
WNAXLP

March 7
PUBLIC NOTICE TOWN OF WELLS
PUBLIC NOTICE IS HEREBY GIVEN that the board for the Town of Wells will hold their monthly board meeting on Thursday, March 10th, 2016 at the town hall located at 11764 County Highway XX, Norwalk, WI 54648. The meeting will convene at 7:30 p.m.
AGENDA
1. Call to order.
2. Approve the minutes of February 11th, 2016 meeting.
3. Treasurer's report.
4. Audit the bills.
5. Agreement with Town of Ridgeville.
6. Chip seal Lake Road and Lambeth Road.
7. Updates on roads and equipment.
8. Closed session according to State Sec. 19.85(1)(c) Considering employment, promotion, compensation, or performance evaluation data of an employee.
9. Reconvene into open session Sec. 19.85(2).
10. Schedule April meeting.
11. Adjournment.
Diane E. Schwarz
Clerk - Town of Wells
WNAXLP

February 22, 29, March 7
STATE OF WISCONSIN CIRCUIT COURT MONROE COUNTY Case No. 15 CV 274 Foreclosure of Mortgage - 30404 Amount over \$5,000.00
BANK OF CASHTON, Plaintiff
vs.
PATRICIA PEDERSON and GUNDERSEN CLINIC, Ltd., Defendants:
NOTICE OF SHERIFF'S SALE
By virtue of and pursuant to a Judgment of Foreclosure entered in the above-entitled action on January 27, 2016, I will sell at public auction in the Lobby of the Monroe County Courthouse, 112 South Court Street, in the City of Sparta, Wisconsin, on **April 6, 2016 at 10:00 a.m.** all of the following described mortgaged premises in the City of Sparta, to-wit:
407 Central Avenue, Cashton, WI 54619
Real Property Tax Identification No. 151-00015-0000
Lot Thirty-three (33) Village of Melvina Assessor's Plat No. 1, Village of Melvina, Monroe County, Wisconsin and the West One-half of the Vacated Alley lying East of and adjacent of Lot 33.
TERMS OF SALE: Cash
DOWN PAYMENT: 10% of amount bid by certified check.
Dated at Sparta, Wisconsin this 11th day of February, 2016.
Scott Perkins, Sheriff
Monroe County, Wisconsin
Arndt, Buswell & Thorn, S.C.
Attorneys for Plaintiff
Jack D. Buswell
101 West Oak Street
Sparta, WI 54656
608-269-1200

February 29, March 7, 14
STATE OF WISCONSIN CIRCUIT COURT MONROE COUNTY NOTICE OF FORECLOSURE SALE Case No. 15-CV-262
JPMORGAN CHASE BANK, National Association, Successor by Merger to Chase Home Finance, LLC
Plaintiff,
vs.
JIMMYLEE W. JERZYK aka JIMMY L. JERZYK and MICHELLE L. NEVIN aka MICHELLE JERZYK
Defendants.
PLEASE TAKE NOTICE that by virtue of a judgment of foreclosure entered on December 11, 2015 in the amount of \$119,106.91 the Sheriff will sell the described premises at public auction as follows:
TIME: April 6, 2016 at 10:00 a.m.
TERMS: Pursuant to said judgment, 10% of the successful bid must be paid to the sheriff at the sale in cash, cashier's check or certified funds, payable to the clerk of courts (personal checks cannot and will not be accepted). The balance of the successful bid must be paid to the clerk of courts in cash, cashier's check or certified funds no later than ten days after the court's confirmation of the sale or else the 10% down payment is forfeited to the plaintiff. The property is sold 'as is' and subject to all liens and encumbrances.
PLACE: On the courthouse steps in the City of Sparta.
DESCRIPTION: The West 65 feet of Outlot Ninety-four (94) of City of Tomah Assessor's Plat, Monroe County, Wisconsin.
PROPERTY ADDRESS: 509 W. Jackson St., Tomah, WI 54660-1426
DATED: February 2, 2016.
Scott Perkins
Monroe County Sheriff
Gray & Associates, L.L.P.
Attorneys for Plaintiff
16345 West Glendale Drive
New Berlin, WI 53151-2841
(414) 224-8404
Please go to www.gray-law.com to obtain the bid for this sale.
Gray & Associates, L.L.P. is attempting to collect a debt and any information obtained will be used for that purpose. If you have previously received a discharge in a chapter 7 bankruptcy case, this communication should not be construed as an attempt to hold you personally liable for the debt.
WNAXLP

March 7
NOTICE Town of Adrian, Town of Angelo, Town of Lafayette, Town of Little Falls, Town of New Lyme, Town of Sparta, Town of Wells, Town of Leon VOTING BY ABSENTEE BALLOT
Any qualified elector who is unable to appear at the polling place on Election Day may request to vote an absentee ballot. A qualified elector is any U.S. citizen, who will be 18 years of age or older on Election Day, who has resided in the ward or municipality where he or she wishes to vote for at least 28 consecutive days before the election. The elector must also be registered in order to receive an absentee ballot. Proof of identification must be provided before an absentee ballot may be issued.
TO OBTAIN AN ABSENTEE BALLOT YOU MUST MAKE A REQUEST IN WRITING
Contact your municipal clerk and request that an application for absentee ballot be sent to you for the primary or election or both. You may also request an absentee ballot by letter. Your written request must list your voting address within the municipality where you wish to vote, the address where the absentee ballot should be sent, if different, and your signature. You may make application for an absentee ballot by mail or in person.
NOTE: Special absentee voting application provisions apply to electors who are indefinitely confined to home or a care facility, in the military, hospitalized or serving as a sequestered juror. If this applies to you, contact the municipal clerk regarding deadlines for requesting and submitting an absentee ballot.
You may also request and vote an absentee ballot in the clerk's office or other specified location, during the days and hours specified for casting an absentee ballot.
CONTACT YOUR MUNICIPAL CLERK FOR INFORMATION FROM THE LIST BELOW.
DEADLINE FOR MAKING APPLICATION TO VOTE ABSENTEE BY MAIL IS 5:00 P.M. ON THE FIFTH DAY BEFORE ELECTION, APRIL 1, 2016.
THE FIRST DAY TO VOTE AN ABSENTEE BALLOT IN THE CLERK'S OFFICE IS MARCH 14, 2016. THE DEADLINE FOR VOTING AN ABSENTEE BALLOT IN THE CLERK'S OFFICE IS 5:00 P.M. ON THE FRIDAY BEFORE THE ELECTION, APRIL 1, 2016. No in-person absentee voting may occur on a week-end or legal holiday.
The municipal clerk will deliver voted ballots returned on or before the Election Day to the proper polling place or counting location before the polls close on April 5, 2016. Any ballots received after the polls close will be counted by the board of canvassers if postmarked by Election Day and received no later than 4 p.m. on the Friday following the election.
Kathy Schmitz, Clerk Town of Adrian 608-633-1868
Mary Carlisle, Clerk Town of Angelo 608-343-1126
Karla Ronke, Clerk Town of LaFayette 608-797-6050
Donna Heuer, Clerk Town of Little Falls, 608-272-3797
Lisa Green, Clerk Town of New Lyme 608-272-3435
Sue Justin, Clerk Town of Sparta 608-269-6651
Diane Schwarz, Clerk Town of Wells 608-654-5489
Karen Cronick, Clerk Town of Leon 608-269-5873
WNAXLP

Monroe County Records Land Transfers

Deer Creek Family Farm LLC to Carole Maack, parcel in Town of LaGrange, \$5,000.
Ruby Weeks Fortney to Lucas and Terina Laufenberg, parcel in Town of Sheldon, \$45,000.
Jamie Smith and Dickey Smith to Trenton and Andrea McCaskey, parcel in Henry and Steinmetz Addition, City of Tomah, \$157,500.
Matthew Gerths and Anna Gerths to James Granahan Jr. and Michelle Granahan, parcel in Wyntree Subdivision, City of Tomah, \$239,100.
Ronald Thurston and Linda Thurston to Carole Skaggs Survivors Trust, parcel in Town of Wells, \$33,000.
Steven Snapp and Christine Snapp to Federal National Mortgage Association, parcel in Town of Lincoln, fee exempt.
Laufenberg Construction LLC to William Georgeson, parcel in Town of Greenfield, \$220,000.
Craig Krenz and Jeanine Krenz to Jesse and Angela Campbell, parcel in D&L Subdivision, City of Tomah, \$194,000.
Timothy Peterson to Kenyon Properties LLC, parcel in Shefelbine Subdivision, City of Sparta, \$94,000.
RBI Rentals to Kenyon Properties LLC, parcel in Shefelbine Subdivision, City of Sparta, \$94,000.
Sunny Hills Development LLC to J&J Building LLC, parcel in Town of LaGrange, \$23,000.
Spencer Ripley and Sandra Ripley to Department of Transportation State of Wisconsin, parcel in Town of Jefferson, fee exempt.
Stefan Hagen and Lesley Hagen to Christopher and Jodi Moxon, parcel in Town of Clifton, \$120,000.
K&D Rentals LLC to Marcher Properties LLC, parcel in Hollisters First Addition, City of Tomah, \$116,000.
Darin Clay to Julie Barton, parcel in Town of Grant, \$114,000.
Secretary of Veterans Affairs to Debra Redmer, parcel in Town of Byron, fee exempt.
Federal National Mortgage Association and Fannie Mae to Todd Busche and Jennifer Busche, parcel in Town of Clifton, fee exempt.
Michael Kirchoff to Lowell and Debra Prise, parcel in Town of LaGrange, \$55,000.
Roger Berg to State of Wisconsin Department of Transportation, parcel in Town of Jefferson, fee exempt.
Bethany Immanuel Trinity Lutheran Parish to State of Wisconsin Department of Transportation, parcel in Town of Jefferson, fee exempt.
Bob's Holdings LLC to Jared Korn, parcel in Town of Lincoln, \$45,000.
Bob's Holdings LLC to Jeffrey and Megan Steele, parcel in Assessors Plat, City of Tomah, \$100,000.
Lydia Miller and Joni Miller to Mervin and Sarah Wagler, parcel in Town of Wilton, fee exempt.
Peter Kelpis and Yautra Kelpis to Martin and Janis Putelis, parcel in Town of Grant, \$15,000.
Joseph Anthony and Brittney Anthony to Peter and Carrie Olson, parcel in Highland Meadows, City of Sparta, \$267,000.
Bank of Mauston to Three Bears Hospitality Partners LLC, parcels in Town of Lincoln, \$1,425,000.
Rita Schroeder to Rita Schroeder Properties LLC, parcel in Assessors Subdivision, City of Sparta, fee exempt.
Burch Company LLC to Swami Hospitality Inc., parcel in Town of LaGrange, \$1,815,000.
Galen Bowe and Jeanne Bowe to Adam and Shianne Hayden, parcel in Town of Sparta, \$204,000.

8 Help Wanted

Local State Farm Agency

Is currently seeking qualified applicants for a full-time license customer service team member to work in our Sparta location. Applicants must have strong communication skills, customer service experience, be able to handle multiple duties, work within established deadlines, and possess above average computer skills. Insurance license and/or experience a plus, but not required. Primary responsibilities will include providing customer service and sales support along with the opportunity to work in a well-established, growth-oriented company.
For consideration, please submit a letter of application and resume to scott.davis.ngha@statefarm.com

Legal Notices

March 7
PUBLIC NOTICE TOWN OF LITTLE FALLS
The board will meet in regular session on Wednesday, March 9, 2016 at 8:00 p.m. at the town hall.
Agenda: Review notice of public hearing regarding the application of Dean Schaller for a conditional use permit for a storage shed; Review and update equipment listing; Discuss reimbursement for town patrolmen and equipment services provided at the recycling center and approval of bills.
The board will adjourn into closed session to discuss employee performance and incentive compensation
Donna R. Heuer
Clerk
WNAXLP

March 7
NOTICE
The Executive and Long Range Planning Committee of Erv's Sparta Area Fire Protection District will meet on TUESDAY, March 15th at 7:30 p.m. at District Station 1, 20th E. Oak St., Sparta, WI.
Executive Committee
Minutes of February 17th meeting
Review and possible action on insurance quotes
Review and payment of monthly bills
Chief's Report
Set next meeting date
Long Range Planning Committee
Minutes
Discussion on department long range needs
Steve Treu, Chairman
Erv's Fire District
WNAXLP

11 Services

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11 Services

February 29, March 7, 14
STATE OF WISCONSIN CIRCUIT COURT MONROE COUNTY NOTICE OF FORECLOSURE SALE Case No. 15-CV-262
JPMORGAN CHASE BANK, National Association, Successor by Merger to Chase Home Finance, LLC
Plaintiff,
vs.
JIMMYLEE W. JERZYK aka JIMMY L. JERZYK and MICHELLE L. NEVIN aka MICHELLE JERZYK
Defendants.
PLEASE TAKE NOTICE that by virtue of a judgment of foreclosure entered on December 11, 2015 in the amount of \$119,106.91 the Sheriff will sell the described premises at public auction as follows:
TIME: April 6, 2016 at 10:00 a.m.
TERMS: Pursuant to said judgment, 10% of the successful bid must be paid to the sheriff at the sale in cash, cashier's check or certified funds, payable to the clerk of courts (personal checks cannot and will not be accepted). The balance of the successful bid must be paid to the clerk of courts in cash, cashier's check or certified funds no later than ten days after the court's confirmation of the sale or else the 10% down payment is forfeited to the plaintiff. The property is sold 'as is' and subject to all liens and encumbrances.
PLACE: On the courthouse steps in the City of Sparta.
DESCRIPTION: The West 65 feet of Outlot Ninety-four (94) of City of Tomah Assessor's Plat, Monroe County, Wisconsin.
PROPERTY ADDRESS: 509 W. Jackson St., Tomah, WI 54660-1426
DATED: February 2, 2016.
Scott Perkins
Monroe County Sheriff
Gray & Associates, L.L.P.
Attorneys for Plaintiff
16345 West Glendale Drive
New Berlin, WI 53151-2841
(414) 224-8404
Please go to www.gray-law.com to obtain the bid for this sale.
Gray & Associates, L.L.P. is attempting to collect a debt and any information obtained will be used for that purpose. If you have previously received a discharge in a chapter 7 bankruptcy case, this communication should not be construed as an attempt to hold you personally liable for the debt.
WNAXLP

Hillsboro teen injured in one-vehicle crash

A 16-year-old Hillsboro teen ended up in a stream after losing control of her car on March 3, at around 7:53 a.m., on Kouba Valley Road west of State Highway 80 in Vernon County.
The accident happened when a vehicle being driven by Anna Lies Haas, traveling east on Kouba Valley Road, went onto the shoulder of the road. Haas overcorrected and lost control of the vehicle, crossing the westbound lane and traveling over an embankment before striking a fence and coming to rest in a stream.
Haas received minor injuries in the accident and was transported to St. Joseph Hospital by Hillsboro Ambulance and was later released. She was wearing her seatbelt at the time of the accident
Assisting the Vernon County Sheriff's Office was the Hillsboro Fire Department and Hillsboro Ambulance Service.
The accident remains under investigation by the Vernon County Sheriff's Office.

PUZZLE ANSWERS

SUDOKU ANSWER:

9	4	7	1	3	6	2	8	5
3	1	8	7	2	5	9	4	6
6	5	2	8	4	9	7	1	3
4	2	9	3	6	8	5	7	1
1	3	5	4	7	2	6	9	8
7	8	6	5	9	1	4	3	2
5	7	4	6	1	3	8	2	9
8	9	1	2	5	7	3	6	4
2	6	3	9	8	4	1	5	7

CROSSWORD ANSWER

S	E	S	S		C	L	O	S	E	S					
P	U	T	T		R	A	D	I	A	T	I	N	G		
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History Highlights from the Monroe County Local History Room

“Doing a Good Work”: Caring for Monroe County’s Civil War Soldiers

by Hannah Scholze
Museum Services Associate

“To Arms! To Arms!!!!” and “Stand by The Old Flag!” were just some of the headlines that filled the pages of the August 6, 1862, edition of the *Sparta Herald*. The later heading was then followed by the declaration, “The President calls for 300,000 volunteers. We must meet this call, or fight the whole world.”

Following President Lincoln’s call for troops, men from Monroe County enlisted in a number of Wisconsin regiments—especially with the 3rd and 4th Calvary units and 6th, 18th and 19th Infantry Regiments.



Cordelia Harvey, First Lady of Wisconsin, 1861-1862, and the “Wisconsin Angel”.

A large portion of the Wisconsin 25th Regiment was also made up of men from Monroe County, and many of the top officers were from Sparta including: Colonel Milton Montgomery, Surgeon Martin R. Gage, Captain James D. Condit, and Captain Mortimer E. Leonard. Company D of the 25th was almost entirely made up of men from Monroe County, and they filled their ranks in just ten days. The regiment was initially sent to Minnesota to keep peace during the Sioux Uprising, then they were sent north and involved in major battles at Resaca, Kennesaw Mountain, Decatur, and Atlanta.

Like most regiments during the Civil War, the biggest enemy to soldiers was disease. At the time, medical knowledge about the spread of germs was very limited and potentially deadly diseases like typhoid fever, dysentery, and pneumonia ran rampant through the camps and hospitals. Over 90 percent of the deaths that occurred within the 25th Regiment were due to disease giving it the unfortunate distinction of having the highest disease casualty rate of any Wisconsin unit during the Civil War. One in four soldiers from the 25th would ultimately die from disease.

As with most counties during the Civil War, Monroe County had a variety of Ladies Aid and Dorcas Societies that worked to collect supplies and raise funds to aid sick and wounded soldiers from the area. One of them was the Ladies’ Soldiers’ Aid Society that was organized in Sparta in September of 1862 under the leadership of Mrs. Frank Goodwin, President, and Miss Sarah Montgomery, Secretary. The items collected by these local aid societies would often be distributed to needy soldiers via the Wisconsin Sanitary Commission.

On September 17, 1862, the following letter from Surgeon Gage of the 25th was printed in the *Sparta Herald* while the unit was training at Camp Salomon in La Crosse:

“Mr. Editor: Permit me through your paper to acknowledge the

receipt of valuable articles in the way of bedding, &c., for the Hospital of the 25th Regiment Wisconsin Volunteers, most kindly and opportunely furnished by the Ladies’ Aid Society, of Sparta.

These articles were indispensable to the comfort of our sick soldiers, and have done very much indeed toward their restoration to health. Nearly all who have been sick are now rapidly convalescing, and will soon be able to perform valuable service in this, the hour of their country’s need.

The ladies of Sparta and La Crosse have shown themselves

possessed of a true and noble patriotism in promptly responding to the call so unceremoniously made upon them.”

One of the most well-known aid workers from Wisconsin was Cordelia Harvey. Her husband, Louis Harvey, was elected Governor of Wisconsin in 1861 and had a strong reputation for helping soldiers

and their families. However, he tragically drowned while visiting Wisconsin soldiers in Tennessee following the battle of Shiloh. Afterwards, Cordelia decided to continue her husband’s “good work”—as he described it—of caring for Wisconsin’s sick and wounded soldiers as Wisconsin’s Sanitary Agent. Throughout the war, Cordelia visited regimental and general hospitals throughout the south and even traveled to Washington D. C. to personally lobby President Lincoln to establish hospitals for soldiers in Wisconsin. For her work, Cordelia was given the nickname the “Wisconsin Angel,” and her work certainly left a lasting impact on the soldiers of Monroe County as well as those throughout Wisconsin and the rest of the country.

On Thursday, March 10, at 7:00 PM Cordelia Harvey will be alive and well at the Monroe County Local History Room, located at 200 W. Main St. in Sparta, with the program “Cordelia Harvey: The Wisconsin Angel and Her State’s Impact During the Civil War.” While portraying Cordelia, I will discuss the life and lasting influence of this remarkable woman’s life as well as the many important contributions made to the war effort by Wisconsin men and women alike. A \$1.00 per person admission donation is greatly appreciated to defray programming costs. Call 608-269-8680 or visit www.facebook.com/mclhr for more information.

Also stop by the Local History Room to see Surgeon Gage’s ceremonial sword from the Wisconsin 25th Regiment and learn more about Monroe County’s involvement in the Civil War. The Local History Room is open Monday-Saturday from 9:00-4:30.



Best Of February

February Students of the Month from Meadowview Middle School in Sparta are, front row, from left, Lucy Schwarz, Daniel Kukowski, Valerie Zahrt and Jasmine Tapia. Back row, Matthew Klein, Colby Schwan, Alexandria Lower, Molly Moore and Alex Bartels.

Tomah Memorial offers vein screening, education

Tomah Memorial Vascular Surgeon Dr. John W. Robertson III says most people with varicose veins believe their condition is a cosmetic issue and not a medical disorder.

That’s why officials at Tomah Memorial are offering a complimentary screening event March 15 to help educate and raise awareness of leg vein issues and the potential health risk.

“If left untreated, varicose veins can progress to chronic venous insufficiency (CVI), a serious disease that can cause leg pain, swelling, restlessness, skin damage and ulcers,” said Dr. Robertson.

Chronic venous insufficiency and varicose veins affect 30 million Americans, yet Dr. Robertson said reports indicate that less than 10 percent seek treatment.

“As we age, it’s important to take care of our entire body, including our legs, as they play a major role in helping us lead an active, healthy lifestyle,” said Dr. Robertson. “People with varicose veins must understand that they don’t have to suffer in silence. We can screen, diagnose and treat their condition head-on.”

With CVI and varicose veins, the valves in the leg veins that direct blood from the legs back toward the heart no longer function properly, causing blood to pool in the legs. “Although this can occur at any time, increased age is a risk factor. Varicose veins and CVI also tend to be more prevalent in women who have been pregnant, people who have a family history of CVI or those whose jobs require them to spend a great deal of time standing.”

Fortunately, Dr. Robertson said varicose veins and CVI can be treated.

“The Venefit(tm) targeted endovenous therapy at TMH is a minimally-invasive treatment that uses radiofrequency ablation or uniform heat to seal off the problem vein so blood gets re-routed to another path,” explained Dr. Robertson. “The unique procedure is proven effective in eliminating varicose

veins and improving the appearance of the legs, allowing for a short, comfortable recovery and a quick return to everyday activities.”

He said most vein procedures are covered by insurance unlike other cosmetic type treatments.

Dr. Robertson and staff from the hospital’s Specialty Clinic will conduct the screenings confidentially on a one-on-one basis during three sessions scheduled from 2 p.m. - 8 p.m. in the Specialty Clinic at Tomah Memorial Hospital.

“What we are hoping to do is to first educate and from there to let patients know that we have a procedure here at Tomah Memorial that is cutting edge and that can help them lead their life in a more fruitful fashion.”

Pre-registration is required to attend the screening by calling (608) 374-0229. Participants are asked to bring or wear shorts or a skirt. Attendance is limited.

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Monroe County Extension Office by Bill Halfman Agricultural Extension Agent

Produce food safety workshops to be held March 18 in Viroqua

With new federal food safety regulations now in effect, vegetable farmers are increasingly turning their attention to developing sound, practical food safety plans for their farms. To address farmers’ interest in learning about workable and effective food safety solutions, UW-Extension, in partnership with Family Farmed, is hosting a workshop in Viroqua to help growers create individualized food safety plans and navigate the new federal regulations mandated by the Food Safety Modernization Act.

“On-farm food safety touches all vegetable farmers throughout Wisconsin, regardless of market, production scale, or production practices,” says Erin Silva, Assistant Professor of Plant Pathology at the University of Wisconsin-Madison. “No farmer wants to cause illness in a consumer; the basis of good food safety practices is reducing the risk of possible produce contamination, rather than reacting to contamination if it were to occur.”

The workshop will cover a range of topics, including harvest and post-harvest practices for vegetable crops, such as cleaning and sanitation practices and packing shed design. Additionally, the “Why and What” of food safety will be explained, along with impacts of the federal regulation.

Workshop participants will have the opportunity in the afternoon to develop their own food safety action plans, leaving the workshop with a document that can serve as a foundation for pursuing a third-party audit. Participants are asked to bring copies of farm field maps to facilitate the development of the food safety plans.

Atina Diffeley, a founding farmer of the Gardens of Eagan in Minnesota, will lead the workshop. Atina brings a wealth of practical knowledge and experience from her over 20 years of experience farming organic vegetables. A highly respected speaker on many issues related to vegetable production, Atina brings practical examples of good post-harvest management strategies that lead to both safe and high quality produce.

Although not all buyers of produce are requiring third-party food safety audits, an increasing number of purchasers are asking for either verification of food safety training or a food safety plan. “With increasing interest in the procurement of local produce, having a written food safety plan can open doors to new, profitable markets for Wisconsin’s vegetable farmers,” Silva explains.

The workshop is open to anyone with an interest in learning more about on-farm produce food safety. The content will be applicable to diversified vegetable farmers of all scales. In addition to the valuable information provided by Atina Diffeley, participants will receive Family Farmed’s manual, “Wholesale Success: A Farmer’s Guide to Food Safety, Selling, Post-harvest Handling, and Packing Produce”. Normally a \$70 value, this 316-page manual is newly updated and in its fourth printing. It covers up-to-date best practices information on food safety, post-harvest handling, packing, business management, marketing, and crop-specific profiles for over 100 crops.

These workshops will be held at the conference room at the Vernon Memorial Medical Building in Viroqua, on March 18. Pre-registration is required for the events, and a \$20 registration fee will be collected in advance by mail.

Those interested in registering for the events should contact Dr. Erin Silva, emsilva@wisc.edu, 608-890-1503.

These workshops are made possible by a grant from the USDA Risk Management Agency.



A Helping Arm

Bangor High School teacher Sue Adams, donated blood last week at a blood drive in the high school gymnasium sponsored by the National Honor Society and student council. The drive benefits a program offered by the American Red Cross that funds scholarships based on the number of blood units collected. This was Bangor High School’s third blood drive of the year. Students are trying to collect 225 pints over the course of the school year. They have one more drive scheduled for May 11.

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