



SPORTS • Damien Wudtke is enjoying a big season and is one of seven Witt-Birn wrestlers to advance to sectionals.

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\$1



FROZEN FUN

Sledding and horse drawn sleigh rides were just some of the activities available during the Frozen Fun event at the Navarino Nature Center near Shiocton on Saturday. The annual event draws young and old alike. **FOR MORE FROZEN PHOTOS, SEE PAGES 16-17.**

MIRIAM NELSON | NEW MEDIA

Rogowski thanks Dennis Rew

School board member will be ending 30 years of service to the Wittenberg-Birnamwood School District.

PAGE 2

Webb Street project bids in

Bids were accepted for a Webb Street project in Wittenberg; work will run from May through September.

PAGE 3

Families require forgiveness

A complicated past requires family forgiveness in Kristin Hannah's novel 'Night Road.'

PAGE 4



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Open road calling, but editor gets a busy signal

I have several friends who are getting to that retirement age, and some of them are making the most of the time they have and the money they've saved. One friend was a vice president of an insurance company and she has taken so many trips in the past two years that I've forgotten what city she calls home. Another friend was a librarian and a good friend of the vice president so they frequently travel together. Another friend was a school teacher — high school — and he's enjoying a few months in sunny Florida.

Some of my loyal readers remember my friend Delana Nelsen, who got divorced, moved to France and wrote a weekly column about her adventures living there. People still ask about her. I'm happy to say she's off on another adventure sailing on a catamaran in the Caribbean and Gulf of Mexico. Of all my friends, she's been my most adventurous.

All these retired, traveling friends are the ones I went to school with in



MIRIAM NELSON

friends and taking new adventures.

When I was younger, I had a bit of the wanderlust in me. I remember reading about places and seeing pictures and dreaming of one day traveling around the world. Part of that dream came true. I managed to spend a considerable amount of time in Europe, which is a good thing, as those places really resonated with me.

I've never had much interest in the Asian nations, and I don't know why. Other than my love of a good Chinese buffet and the bright reds they use in

Eau Claire. We all went on the same semester abroad to London, and seeing their posts on the internet, I feel as if I'm right there with them.

There's a lot to be said for learning new skills, making new

their decor I really don't have much of a connection. It's too bad since my brother and sister-in-law have spent most of their adult years living in Japan, Taiwan, Hong Kong and Indonesia. Does it get any better knowing you can travel half way around the world and have a free place to stay?

My dream of going to Australia has yet to materialize. Years ago, I became a travel agent, hoping one of my travels would take me there. Now, the thought of spending 15 hours on a plane does me more harm than good. It's just as well, I never have enough time or money at the same time.

These days my big trips are to Minneapolis or Lake Geneva. I'm sure I might have another adventure or two left in me, but I'll have to see if that time and money situation ever connects. For now, it's nice to live vicariously through others.

Miriam Nelson is the news editor of the Wittenberg Enterprise and Birnamwood News. Readers can contact her at mnelson@newmedia-wi.com

Dedication, commitment describe Rew's service

Longevity nowadays in any position is hard to come by. The millennials, the workforce coming straight out of college, the workforce coming straight out of high school, statistically does not stay in any one position for longer than a few years at most. We live in a mobile society, one where finding better employment and more happiness is just around the corner.

I'm not saying it's wrong or right. I'm saying it's the world we live in. When we have and find those rare individuals that stay with something for the long haul, that commit their time, energy and heart fully into what it is they believe in, great things can be accomplished.

In this column, I would like to take the opportunity to recognize one board member from the Wittenberg-Birnamwood School District who is an exemplar of commitment to our



GARRETT ROGOWSKI

schools and community.

Dennis Rew, representative of the village of Birnamwood area, has been on the Wittenberg-Birnamwood School Board for the past 30 years.

This April will mark the end of his term in what has been a very accomplished and respected journey serving our students and taxpayers throughout the district.

From my perspective, Dennis has fought for what is right, what is necessary, and what is most important for every student in Wittenberg-Birnamwood. He has always come to the table with a common sense approach, is never reluctant to ask tough questions, and always respects

others' viewpoints.

Dennis is a true advocate for our district and sets an example of the importance and lasting impact longevity and commitment can have on people and organizations. The support our voters have had in electing him the past 30 years to this very important position is a testament to their confidence in him.

Dennis has elected to step down this year on his own terms. With that said, we wish to thank him for all of his service to Witt-birn Schools. His advocacy and leadership will carry on through the rest of our board electors, a true sign of a great leader.

Thank you Dennis Rew, for your service, leadership and commitment to the Wittenberg-Birnamwood School District.

Garrett Rogowski is the superintendent of the Wittenberg-Birnamwood School District.

CORRECTION

The school for Allison Stewart was listed incorrectly in the college highlight articles in the Feb. 5 and 12 issues of the Shawano Leader. Stewart, a Bowler High School graduate, attends UW-River Falls. We apologize for the errors.

Accuracy is important to the Enterprise & News, and it wants to correct mistakes promptly. Call errors to our attention by phone at 715-526-2121, ext. 7018.

Ten bids submitted for Webb Street project

Timeline for project is May through September

By **MIRIAM NELSON**
News Editor

WITTENBERG — Bids for the South Webb Street reconstruction project were opened on Feb. 12 at the Wittenberg Community Center.

Representatives from Martenson and Eisele, the Menasha company overseeing the project were on hand to open and read the bids in front of village president Bill Switalla, trustee Barb Buccholz, and clerk Traci Matsche and representatives from some of the companies submitting bids.

Twelve contractors were pre-qualified to submit bids. Martenson and Eisele considered the current work loads and costs of past jobs and reviewed various projects before pre-qualifying them. Of the 12 that were pre-qualified, 10 submitted bids that ranged from \$575,981.18 to \$875,835.90.

"The bid range was pretty much what we expected," said Mary Jo Miller, project engineer for Martenson and Eisele.

According to Miller, the village has 60 days to award the contract after Martenson and Eisele makes their recommendation. The job will most likely go to Jakes Excavating and Landscaping LLC, from Ironwood, Michigan, Miller said.

AT A GLANCE

Ten companies submitted bids to be considered for the South Webb Street reconstruction project: Jakes Excavating and Landscaping LLC, Ironwood, Michigan, \$575,981.18; Haas Sons, Inc., Thorp, \$621,254.75; Hanson Sanitation and Excavating, Wittenberg, \$627,583.45; Advance Construction, Inc., Green Bay, \$652,668.76; A-1 Excavating Inc., Bloomer, \$670,011.90; James Peterson Son, Inc., Medford, \$684,970.63; PTS Contractors, Inc., Green Bay, \$723,593.05; Dorner Inc., Luxemburg, \$784,663.61; Robert J. Immel Excavating, Inc., Greenville, \$832,720.25; Woleske Construction Co. Inc. Madison, \$875,835.90.

Their bid was the lowest at \$575,981.18. Locally owned Hanson Sanitation and Excavating came in with the third lowest bid at \$627,583.45.

Construction will begin in May and finish by the end of September. The portion of South Webb Street being reconstructed is in between Reed Street and College Avenue. The plan will allow for local access. Trees between the street and the sidewalks will be removed and new trees will be planted.

The new trees will be of a low height variety so they do not grow high enough to interfere with the telephone and electrical lines. Additionally, residents who live in the construction zone will be supplied with estimated costs if they wish to update their sewer lines during the project.

The village of Wittenberg has applied for a grant of \$328,000 and will receive \$256,000 from the state for the project as part of the closing of the federally funded revolving loan program.



Many of the trees along Webb Street will be removed as part of the reconstruction project. They will be replaced by low height trees that will not interfere with the telephone and electrical lines.

MIRIAM NELSON | NEW MEDIA

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BOOKS 'N STUFF

Family and friendships need forgiveness

"Night Road" by Kristin Hannah was a long and often difficult book to read.

Jude Farraday was only 10 when her father died. From that day on, her mother had been cold and distant. The painful relationship helped shape Jude's strong love for her husband Miles and their twins Zach and Mia.

All their friends were welcome at the Farradays'. Things had been nearly perfect until the twins started their freshman year at Pine Island High School. While Zach was the golden boy blessed with good looks, brains and athletic ability, Mia suffered from acne and terrible self-doubt. To ease the pain of not having friends, she cultivated a unique sense style and kept to herself.

Then one day, Alexa "Lexi" Baill appeared. The two girls couldn't have been more different. Mia lived a privileged life on Pine Island with a loving family, but Lexi had cycled through the foster system until her drug-addicted mother died.

She then moved in with her aunt, Eva, in a rented double-wide trailer



JAN JONES

just off the island. Aunt Eva gave her the stability and love she's always longed for, but starting school still frightened her.

That changed the day she met Mia. Within the week Mia, Lexi

and Zach were inseparable. Their relationship was made even sweeter by the complete acceptance of Jude Farraday. The twins took Jude's uber-involvement in their lives for granted. Lexi sees her as the very best mom in the world. As the weeks and month flashed by, the three grew even closer.

Then suddenly the attraction between Zach and Lexi flares into reality. They are determined to keep it from ruining their relationship with Mia and eventually she came to terms with the love the three share. By their senior year, Jude's worrying has kicked into high gear.

Mia was determined to get into Uni-

versity of Southern California, but she needed Zach to go there, too. Both have the grades and the money for USC, but there is no way Lexi could afford such a school.

Lexi did get a scholarship to University of Wisconsin, but even then money would be tight. Zach and Lexi are deeply in love and he couldn't bear the thought of leaving her. He insisted he's not going to USC, upsetting Mia and the rest of the family.

Graduation was only 10 days away when the three attend another summer party. Zach has agreed to be the designated driver, but soothed his anger with whatever alcohol is available. It's well past their curfew when they decide to leave. By then Lexi has had a few drinks, Mia is roaring drunk and no one wants to call Jude for a ride home, so it fell to Lexi to drive.

They are less than a mile from home when the crash happened and everything changed. The hospital is chaos. Zach and Lexi were injured, but Mia was thrown from the car and declared brain dead. When Jude learns this, she shuts down, pushing everyone away.

AT A GLANCE

BOOK: "Night Road"

AUTHOR: Kristin Hannah

PUBLISHER: St. Martin's Press

PUBLISHED: March 22, 2011

PAGES: 396

When she found out that Lexi was driving, Jude's grief turns to hateful rage. She demanded that Lexi be charged with homicide. Lexi admits she was driving and begs forgiveness, but she is sentenced to five years in prison. Though the whole ordeal, Zach's guilt won't let him contact Lexi.

Within a few weeks, she discovered she's pregnant. She gave full custody to Zach and abandoned all hope of being a mother to Gracie. Time can't extinguish her love for her child or Zach. Once she's released, Lexi tried to become a part of Gracie's life. It is something Jude cannot abide, but comments from Gracie and a revealing visit with her own mother opened her eyes to what it means to understand, forgive and be a family.

Forgiveness is a priceless gift that only we can give to others.



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Legals
WNAXLP

#1316
February 12, 19, 26, 2020
STATE OF WISCONSIN
CIRCUIT COURT
SHAWANO COUNTY
Notice of Foreclosure Sale
Case No. 19-CV-158

Hon. James R. Habeck
Br. 1
Associated Bank, N.A.
Plaintiff,
Vs.
Estate of Randall A. Burke
AKA Randy A. Burke
Saint Clare's Hospital of Weston
Defendants.
PLEASE TAKE NOTICE, that by virtue of a Judgment of Foreclosure entered in the above captioned action on December 10, 2019, in the amount of \$69,600.45, the Sheriff or his Designee will sell the described premises at public auction as follows:
TIME: March 11, 2020 at 9:00 a.m.
PLACE: in the main lobby of the Shawano County Courthouse, 311 North Main Street, Shawano, WI 54166
DESCRIPTION: That part of the SW _ of the SE _ of Section 17, Township 27 North, Range 12 East, in the Town of Morris, Shawano County, Wisconsin, bounded and described as follows: Commencing at the South _ corner of the said Section 17; thence S89;01'59"E along the section line 150.00 feet to the place of beginning; thence S89;01'59"E continuing on the same line 290.00 feet; thence N00;11'00"E 240.00 feet; thence N89;01'59"W 290.00 feet; thence S00;11'00"W 240.00 feet to the place of beginning. Subject to that part used for town road purposes.
Tax Key: 032-17430-0010
PROPERTY ADDRESS: W16262 Dent Creek Road, Tigerton, WI 54486
TERMS: Cash; down payment required at the time of Sheriff's Sale in the amount of 10% of the successful bid by cash or certified check; balance of sale price due within ten business days of confirmation of sale by the Court, together with the applicable transfer fee and cost of recording the deed, all payable to the Clerk of Court of the above county. Property to be sold as a whole 'as is' and subject to all real estate taxes, accrued and accruing, special assessments, if any, penalties and interest.
Sheriff Adam Bieber
Shawano County, Wisconsin
Plaintiff's Attorney:
Mallery & Zimmerman, S.C.
500 Third Street, Suite 800
P.O. Box 479
Wausau, WI 54402-0479
(715) 845-8234
WNAXLP

#1327
February 12, 19 & 26, 2020
MENOMINEE INDIAN RESERVATION
MENOMINEE TRIBAL COURT
Publication Summons
Divorce-40101
Case No. 20 DV 01

IN RE: THE MARRIAGE OF
Petitioner
MICHELE CORN
and
Respondent
JONATHON J. CORN JR.
THE STATE OF THE WISCONSIN, TO THE PERSON NAMED ABOVE AS REPONDENT:
You are notified that the petitioner named above has filed a Petition for divorce or legal separation against you.
You must respond with a written demand for a copy of the Petition within 40 days from the day after the first date of publication.
The demand must be sent or delivered to the court at:
Clerk of Court, Menominee Tribal Courthouse
Address P.O. Box 429
Address Willmer M. Peters Judicial Center
City Keshena State WI Zip 54135
and to
Petitioner Name Michele Corn
Address P.O. Box 1304
Address N1110 Round Lake Rd.
City Keshena State WI Zip 54135
It is recommended, but not required, that you have an attorney help of represent you.
If you do not demand a copy of the Petition within 40 days, the court may grant judgment against you for the award of money or other legal action requested in the Petition, and you may lose your right to object to anything that is or may be incorrect in the Petition.
A judgement may be enforced as provided by law. A judgment awarding money may become a lien against any real estate you own now or in the future, and may also be enforced by garnishment or seizure of property.
You are further notified that if the parties to this action have minor children, violation of 948.31, Wis. Stats., (interference with custody by parents or others) is punishable by fines and/or imprisonment:

Legals
WNAXLP

If you and the petitioner have minor children, documents setting forth the percentage standard for child support established by the department under 49.22(9), Wis. Stats., and the factors that a court may consider for modification of that standard under 767.511(1m), Wis. Stats., are available upon your request from the Clerk of Court.
Andrew J. Pyatskowitz
Andrew J. Pyatskowitz, Attorney for Michele Corn
February 7, 2020
WNAXLP

1314
February 19, 26 & March 04, 2020
STATE OF WISCONSIN
CIRCUIT COURT
SHAWANO COUNTY
Notice of Sheriff's Sale

Case No. 17-CV-270
UNITED STATES DEPARTMENT OF AGRICULTURE
ACTING THROUGH RURAL HOUSING SERVICE (RHS)
SUCCESSOR IN INTEREST TO THE FARMERS HOME ADMINISTRATION,
Plaintiff,
Vs.
DEBRA L. YOUNG f/k/a DEBRA L WESTLUND;
CAPITAL CREDIT UNION; and LVNV FUNDING, LLC,
Defendants.
CITY OF SHAWANO HOUSING REHABILITATION PROGRAM,
Added Defendant.
PLEASE TAKE NOTICE that by virtue of a judgment of foreclosure entered on January 31, 2018 in the amount of \$101,493.61 the Sheriff will sell the described premises at public auction as follows:
TIME: March 11, 2020 at 9:00 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. The buyer to pay applicable Wisconsin Real Estate Transfer Fee.
PLACE: Main Lobby of the Shawano County Courthouse, 311 N. Main Street, Shawano Wisconsin.
DESCRIPTION: The North 1/2 of Lots 25 and 26, in Block 4 of Sawyer and Andrews Plat of the City of Shawano, Shawano County, Wisconsin, according to the recorded plat thereof, EXCEPTING THEREFROM those lands described in Document No. 687634.
PROPERTY ADDRESS: 507 N. LaFayette Street, Shawano, WI 54166
TAX ID NO.: 281-75100-0210
Adam Bieber, Sheriff
Shawano County, Wisconsin
Velnetske Law Offices, LLC
Attorneys for Plaintiff
212 N. Green Bay Road, Ste. 101
Thiensville, WI 53092
Phone: (262) 241-9339
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Holy Family-St. William plans annual dinner

WITTENBERG — Holy Family-St. William Catholic Church will hold its annual traditional kapusta-kielbasa, golabki, meatballs and potato dumpling dinner on Sunday from 11 a.m. to 1 p.m.

According to parishioner Margie Mech, the annual dinner started many years ago when the Rev. Claude Zabinski brought in his fellow Pulaski brothers to prepare this traditional dinner. The men of the parish stepped up when the brothers could no longer help. It is always held on the Sunday before Ash Wednesday, no matter what the date.

The day begins with the celebration of Mass at 10 a.m.

Artists sought for juried art show
Walls of Wittenberg is seeking entries for its eighth annual juried art show featuring Wisconsin artists.

Artists' Free Play VIII is a juried art show and is open to all artists using any type of medium. In the

Murder mystery tickets on sale at Hanke's
“My Fatal Valentine” by Eileen Moushey is next on the agenda for the Crossroads Community Theatre, the performance arm of Walls of Wittenberg.

The murder mystery dinner theater will be performed Feb. 28, 29 and March 6 and 7. Tickets are \$40 and may be purchased at the service counter at Hanke's Sentry Foods at 110 S. Mission St., in Wittenberg.

The dinner will be catered by

Alliant Energy says be alert for scammers
Alliant Energy has received reports from customers in Wisconsin and Iowa that they are receiving calls from scammers pretending to be Alliant Energy. These callers threaten to cut off power in a few hours unless immediate payment is made.
Alliant Energy does not call customers and demand immediate

Hundreds of dumplings are made, beef and pork are mixed for cabbage rolls (golabki) and meatballs, and 72 pounds of kielbasa is mixed with sauerkraut (kapusta) along with many batches of sides. Homemade pies are supplied by the ladies of the parish. Parish men serve in the kitchen, serving line, table setting, table waiting, dinner ticket sales, and clean-up.
Mech estimated 165 parishioners help in one way or another toward the success of the dinner.
The charge for the meal is \$10, children ages 6-12 pay \$5 and those 5 and under eat for free. The church is located at 202 N. Ellms St. in Wittenberg.

past shows, artists have displayed oils, watercolors, mixed media, textiles, photography print making and sculptures.
Instructions to have artwork submitted to the show are listed at wallsofwittenberg.com. The deadline for submissions is April 14 and the show runs weekends from April 24 to May 10.

The Main Event in Cecil, and meal choices are baked cod or Cornish game hen. Selection must be made at the time of ticket purchase. There will be a wine and beer cash bar.
The play takes place at an awards show for romance novelists. Guests are encouraged, but not required, to dress as if they're part of the show.
The event will be held at the WOWSPACE, 114 Vinal St., Wittenberg. The doors open at 5:30 p.m. with dinner at 6 p.m. and the show at 7 p.m.

payment. They will not ask customers to purchase prepaid credit cards, and will not ask for payment over email.
Alliant Energy's official phone number is 800-255-4268. This is the only number to call. Anyone who receives a call like this should keep in mind that scammers are counting on victims being too alarmed to check their account status. Hang up the phone.
Log in on the website alliantenergy.com or call 1-800-255-4268.

WPVGA presents annual industry awards

A special WPVGA Industry Appreciation Award was presented to Nick Laudenbach, president of Fencil Urethane Systems, Wisconsin Rapids.

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WBHS forensics team competes in tournaments

On Feb. 8, the Wittenberg-Birnhamwood High School forensics team travelled to their next Wisconsin Forensics Coaches' Association Tournament in Hortonville.

Lauren Bahr excelled in the farrago category earning a second place medal for her final performance in the power round. Zahra Syafinatunnajah also placed fourth in her category of oratory, winning a medal, with her original speech. This was Syafinatunnajah's forensics debut.

On Feb. 10, the entire WBHS forensics team travelled to Almond-Bancroft High School for the first Wisconsin High School Forensics Association Festival of the season for the conference meet. At this festival, team members performed in two of three rounds to see how their performances rank.

Students who medaled were Braden Helgeson in radio, Bahr in farrago, Syafinatunnajah in public address, Tyler Tautges in radio,



Members of the Wittenberg-Birnhamwood forensics team are, front row, from left, Taylor Bergner, Wyatt Dickman, and Tyler Tautges; back row, Jessica Storlie, Zahra Syafinatunnajah, Onnica Long, Lauren Bahr, Braden Helgeson, and Brian Nelson.

CONTRIBUTED

Taylor Bergner in prose, and Onnica Long in prose. Students who earned red ribbons were Brian Nelson in moments in history, Jessica Storlie in prose, and Wyatt Dickman in prose.

The team will perform again at the sub-district festival in Manawa on Feb. 27.

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

L	A	B	O	R	R	I	M	B	A	L	I
A	N	I	M	E	E	R	A	R	E	L	I
T	O	R	A	H	S	A	C	E	N	E	M
E	A	R	H	A	R	T	A	U	S	T	E
	A	N	A	R	U	S	E				
C	U	T	G	I	R	O	A	N	E	M	I
U	T	A	H	T	A	S	K	T	R	A	M
R	I	C	O	A	N	T	R	A	S	C	A
I	C	I	N	G	D	R	I	B	T	O	G
E	A	T	E	R	S	U	S	A	F	N	O
	A	H	E	M	C	I	A				
C	H	A	N	E	L	F	I	G	U	R	E
J	O	U	S	T	B	R	A	U	R	I	A
O	K	R	A	S	O	U	T	R	U	S	S
Y	E	L	P		W	E	E	E	M	C	E

Wednesday's Cryptoquote: THERE IS NO BETTER EXERCISE FOR YOUR HEART THAN REACHING DOWN AND HELPING TO LIFT SOMEONE UP. — BERNARD MELTZER

City Clerk/Community Relations Manager Position

The City of Shawano is seeking applications for the position City Clerk/Community Relations Manager. This position is responsible for administration of elections, licensing, managing official City records and carrying out all other statutory duties of the City Clerk. The position is also responsible for developing and overseeing platforms to provide communications and messaging on a broad range of public policy matters to the public.

The complete job description as well as information regarding the application process can be found online at www.cityofshawano.com. The starting salary will be \$57,000- \$62,000 annually. This position also provides an excellent fringe benefits package.

Please send cover letter, resume, and completed application to: Lisa Bruette, Administrative Assistant, at 127 S. Sawyer Shawano Wisconsin 54166 or email to lbruette@cityofshawano.com. Application closing date: Thursday, March 5, 2020 by 4:00 PM.

For additional questions, please contact Lisa Bruette, Administrative Assistant with the City of Shawano at lbruette@cityofshawano.com or by phone at (715) 526-6138.

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Paul Robertson

80% of Heart Disease *is Preventable*



Heart disease is the number one cause of death in the United States, nearly one half of all Americans have some form of cardiovascular disease. But did you know that 80 percent of heart disease and stroke events may be preventable by lifestyle changes and treatment?

The most deadly disease usually refers to coronary artery disease (CAD), commonly known as heart attack, stroke, and heart failure. The most common type of heart disease in the United States is CAD, which is the process by which cholesterol deposits build up in the walls of the heart. This process can be slowed down, even reversed, by the right and consistent use of heart attack.

According to the most recent Wisconsin Public Health Profile for Milwaukee County, there were 194 hospitalizations in 2018 for heart disease and 97 deaths. Of people in that county, were treated for different heart disease, the result of CAD is common. Over 1.8 million people were hospitalized for cardiovascular disease, or stroke, and 25 deaths were reported.

Wisconsin Health Public Profile Shawano County

2018 Shawano County	Hospitalizations	Deaths
HEART DISEASE	111	27
CARDIOVASCULAR DISEASE (STROKE)	14	2

Heart disease risk factors

Several health conditions, such as obesity and poor diet and habits, form a combination of risk factors for heart disease. There are several risk factors:

According to the Centers for Disease Control (CDC), about half of all Americans aged 18 and older have at least one of the five major risk factors for heart disease: high blood pressure, high cholesterol, and smoking.

Some of the risk factors for heart disease can be controlled, such as your age, your family history, but many of them can be controlled, for example:

- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Unhealthy diet
- Physical inactivity
- Too much alcohol
- Tobacco use

Taking steps to control these risk factors can dramatically reduce your risk of heart disease.

The American Heart Association (AHA) reports that an estimated 80 percent of cardiovascular disease, including heart disease and stroke, is preventable. You can help prevent heart disease by eating healthy, physical, and managing any health conditions you may have.

Signs and symptoms

The symptoms can be alarming as the type of heart disease. For example, the signs of a heart attack include chest pain and feeling uncomfortable, whereas the signs of heart failure could be shortness of breath and leg swelling. It is important to note that different symptoms can have different symptoms. You should be aware of changing signs and symptoms and to see when to seek medical attention.

Preventing heart disease

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, blood sugar, alcohol, and stress under control and heart disease. Here are several steps you can take to reduce your risk of heart disease.

- **Check cholesterol** - Depending on your age, your health care provider should check your blood levels of cholesterol every 1 to 5 years.
- **Check and control blood pressure** - High blood pressure can have symptoms, so talk with your doctor about how to control blood pressure. Your health care provider should measure your blood pressure at least once a year. If you have high blood pressure, your doctor will discuss strategies to help control your blood pressure and prevent stroke.
- **Manage diabetes** - Talk to your health care provider about symptoms of diabetes. Keeping your blood sugar under control will help prevent you from getting diabetes.
- **Take your medicine** - If you take medicine to prevent high cholesterol, high blood pressure, diabetes, follow your health care provider's instructions carefully.

To learn more about Prevent Heart Disease and physical, visit us online at www.preventheartdisease.org

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Dr. Kaur and Dr. Gabe are part of the Prevent Heart Disease team at the Prevent Heart Disease Center. A commitment to preventive medicine (prevent heart disease) is the mission of the Prevent Heart Disease Center.

