

FOOD TELLING THE STORY

Jessica Walks First showing the world Indigenous cuisine

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Ketapanen Kitchens executive chef Jessica Walks First holds up the meal she served visitors to the farmers market held Feb. 24 at the College of Menominee Nation. She made tamales with bison, chipotle turkey and Three Sisters style with beans, corn and squash, as well as an elote pasta salad that was gluten free with the noodles made from chickpeas and lentils.

LEE PULASKI | NEW MEDIA

FIRST TEASE, C° • SECOND TEASE, C° • THIRD TEASE, C° • FOURTH TEASE, C°

Menominee chef breaks mold in Chicago

Walks First teaches food sovereignty as city's first — and only — Indigenous executive chef

By **LEE PULASKI**
City Editor

There are over 100,000 Native Americans living in Chicago, but Jessica Walks First has a certain distinction among them, being the only Indigenous executive chef in the city.

It's an interesting twist on the path that Walks First never originally envisioned herself on. She learned how to cook from her mother, who learned from Walks First's father, and on down the line, but it wasn't until she met her future husband that her culinary skills were deemed to be beyond cooking for just the family.

"It was like something instilled in me as a child," Walks First said. "If you cook, you feed your community, you feed your family, and you do it with love."

Walks First recalled cooking for her husband when they first met, and he told her that she should be cooking for a living.

"He never went home after that," Walks First said with a laugh. "I didn't take it seriously, but then he enrolled me in culinary school without my consent. He just came over one day and told me: 'Oh, your orientation is on Monday.'"

Instead of being upset about being pushed in a certain direction, Walks First realized she didn't have much else going on, even though she'd acquired several college degrees, so she went ahead and attended the orientation at Le Cordon Bleu — and she loved it.

"It made sense," Walks First said. "When you grew up in a community setting like I did, you were always in the kitchen. You were always helping. It was second nature."

Walks First was born on the Menominee Reservation, but she has spent most of her life in Chicago.

"My mom moved me to Chicago when I was very young because she wanted me to have opportunities to try and figure out what it was I was going to do," Walks First said. "A few years ago, I launched Chicago's first Native American catering company and pop-up kitchen."

Chicago is a place where it is very easy to find a variety of ethnic restaurants and businesses, but until Walks First created Ketapanen Kitchens, there hadn't been something that would showcase what Native Americans ate in the past and what many



Jessica Walks First eagerly listens to a visitor as she serves up tamales Feb. 24 at the College of Menominee Nation. She didn't envision herself cooking for the masses growing up, but she's doing that while spearheading efforts to highlight Indigenous foods and food sovereignty. LEE PULASKI | NEW MEDIA

ONLINE

For more information about Jessica Walks First and her programs, visit www.ketapanenkitchens.com.

still have in their diets today.

"I currently hold the title of Chicago's first and only (Indigenous) executive chef," Walks First said. "It's an honor I don't take lightly. It has opened many doors to me, as far as catering and food education. I never thought I would be an educator, but I work with a lot of prestigious organizations and universities in Illinois, doing food sovereignty and education."

Walks First teared up as she mentioned that this was first time she'd brought her work and talent "home" to the reservation, but it won't be the last, as she plans to come back in April and work with CMN's Sustainable Development Institute to learn traditional Menominee ways of growing the food for her business, as well as participate in the annual sturgeon feast. She currently operates three small garden spaces in Chicago, but she's hoping to eventually get some farmland to help the business become truly sustainable.

"We hope to make it a community farm where they live there in exchange for working on the farm," Walks First said. "I hope to open a community kitchen on that farm where we can teach and share."

Walks First's singular distinction has grabbed her a lot of attention. Being in front of the cameras, doing television interviews, being part of newspaper stories and more have shown her she has a lot to offer the world.

"I've literally taken Chicago by storm in the last year," Walks First said. "It's great because they're not just focusing on what I do. Now, people are taking an interest in what's happening up here (on the reservation) and what this community is about."

While acknowledging that her work has put Native Americans on the map, Walks First finds it sad that it took so long for people to realize the existence of their Indigenous friends and neighbors. She noted Chicago sits on the ancestral lands of several tribes, and with Chicago boasting the largest urban Indigenous population, the realization should have come sooner.

"I have a lot of work cut out for me, and I'm really busy," Walks First said.

Despite her focus on Chicago, Walks First also wants to make sure that young folks on the Menominee Reservation get to experience what she has. She has partnered with the Trotter Project to open up three \$10,000 scholarships for Menominee high school students interested in pursuing a career in the culinary arts, as well as to open up two slots to Menominee students for a six-week culinary camp this summer.

Even though she's leading the charge to bring Indigenous cuisine into the spotlight, Walks First knows her work is nowhere near being done. She hopes to open a brick-and-mortar restaurant eventually, and she's launching a nonprofit later this year for food sovereignty and sustainable foods.

"I'm still learning. It's always going to be a learning process for me," Walks First said. "I share as I learn, and if there's something I don't know, I make sure I find out."



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Family keeps Paul Bunyan fun in winter

Ski hill in Lakewood
in second season
under T.J. and Wendy
Kerscher ownership

By GREG SEUBERT
Correspondent

It's not the easiest place to find, but many who make it to the Paul Bunyan Ski Hill say the effort was worth the trip.

T.J. and Wendy Kerscher are in the second season of operating the business, located about three miles north of Lakewood in northern Oconto County.

Sunny skies and temperatures in the low 40s added up to a big crowd recently. That crowd included Brad Welhouse, of Kaukauna.

"We're big into snowmobiling and came across this when it opened last year," he said. "We have a cottage in the Pickerel area and wanted to bring the kids skiing. We're going to go skiing, and (daughter) Evelyn's going to try snowboarding."

Welhouse showed up at the hill's lodge with Evelyn, 11, and son Caleb, 8.

"It's perfect weather for learning different things," he said. "We're excited to do this. We go to Ski Brule and have a ski hill an hour away from us called Nordic Mountain."

T.J. Kerscher's family used to operate the ski hill.

"This was started in 1961 by the Lakewood Mardi Gras Association," he said. "My parents acquired it in 1986, and I ran it as the manager from 1986 until it closed down in 1995."

The Kerschers purchased the property from T.J.'s parents in 1997, but they didn't reopen the ski hill until the winter of 2021.

The small lodge was filled at 10 a.m. Feb. 18 with visitors ready to check out the hill's seven runs.

"It's a beautiful day for skiing, and the crowd we have today is very common," Kerscher said. "It gets people outside and gets kids off their phones."

The ski hill's visitors include a mix of locals and nonlocals, he said.

"We have a lot of local kids and a lot of cabin owners from out of town," he said. "That's the majority of our business. It fits in with their winter activities."

The Kerschers are running a successful business in the Mountain/Lake-



Kelly Andrus, of Manitowoc, uses her iPhone as her granddaughters, Olleigh and Kylie Westenhagen, of Plymouth, ski down the bunny hill Feb. 18 at the Paul Bunyan Ski Hill near Lakewood. Andrus said she learned to ski at the hill 51 years ago.

GREG SEUBERT



Mitchel Kautzer, of Kiel, hangs on the tow rope as he's pulled up the bunny hill at the Paul Bunyan Ski Hill. Kautzer and several other people headed to the ski hill Feb. 18 to ski or snowboard.

GREG SEUBERT

wood/Townsend area, while other local businesses that depend on tourism are either struggling or for sale.

"It's tough," Kerscher said. "You're surviving off of tourism, and it's not

an easy game, but we have a pretty big population up here on weekends. A lot of people drive up from Green Bay or the (Fox) Valley just for the day because of how economical it is to

ski here. You can purchase a lift ticket for a kid for \$20 and \$25 for an adult. That's unheard of in the industry."

Skis and snowboards can also be rented for \$28, although most people bring their own equipment.

Kerscher hopes to stay open for another month or so.

"Our goal is to keep going until the middle or end of March," he said. "It all depends on Mother Nature."

Unlike other area attractions, there are no signs to point the way to the ski hill. Instead, the Kerschers use word of mouth and a Facebook page to draw in skiers. The ski hill is located at 15360 Ski Hill Lane. To get there, take North Road out of Lakewood to Chalet Lane to Ski Hill Lane.

Hours of operation are 5-9 p.m. Wednesdays and Fridays; 10 a.m. to 4 p.m. and 5-9 p.m. Saturdays; and 10 a.m. to 4 p.m. Sundays. The chalet opens one hour prior each day.

"People are excited to have this back in the community," Kerscher said. "It was definitely missing from this area. Once we brought it back, people didn't realize they missed it until they came back."

Where do birds go during wintertime?

It is that time of year when many of my friends pack their bags and say their happy goodbyes as they head south for warmer weather. As I think about their travels and destinations,



LISA JANSEN

I get to thinking about my backyard birds that also travel south for the winter. Where do they go? How far do they travel? Do they need our help? So, I did some research on a few of my

favorite birds that breed in North America but spend the winter in Central or South America. They are called neotropical birds, or “neotrops” for short.

The beloved hummingbird is the first that comes to mind. There are 329 species of hummingbirds in the United States but only one, the ruby-throated hummingbird, comes to Wisconsin to breed. At the end of their breeding season, they migrate south through Mexico and into Central America, some going as far south as northern Panama.

Our Wisconsin ruby-throated hummingbirds fly over 1,000 miles to get to the Gulf of Mexico. During that trip, they store fat to have the energy to make the 500-mile nonstop flight over the Gulf of Mexico. They can fly 550 miles on their fat store, so there is little margin for error. It is vital that when they hit land, there is something there for them to eat and a safe place to rest.

Another of our favorites, the beautiful Baltimore oriole, also migrates over the Gulf of Mexico. It will take them between 18-24 hours to cross, depending on the wind. They land on the Yucatan Peninsula, exhausted and emaciated. They have to eat right away to be able to continue their journey — another 700-1,000 miles to Costa Rica and Panama.

The rose-breasted grosbeak and the indigo bunting are other favorite neotrops. They make the long journey from our backyards to southern Mexico and Central America. Their east coast equivalents migrate through the Caribbean to the northern edge of South America.

These beautiful birds that grow up in Wisconsin and fly into our hearts need quality habitat when they stop along their migration routes, called “stopover sites” and also when they



Ruby-throated hummingbirds flit through the bee balm.

LISA JANSEN

arrive at their wintering grounds. If they don't, they won't survive. Fortunately, special programs are making it their mission to help protect these crucial areas before it is too late.

The Neotropical Flyways Project (NFP) studies bird migration from Wisconsin to South America and back. With dozens of Wisconsin's bird species traveling thousands of miles through other states and countries, their goal is to identify critical stopover sites that these birds depend on. Through their efforts, many significant stopover sites have been discovered and are now being protected.

Craig Thompson, a specialist in migratory bird conservation for the Wisconsin Department of Natural Resources, leads people from Wisconsin to Central America on conservation birding trips. Monies raised by these conservation birders have saved more than 2,000 acres on the Osa Peninsula of Costa Rica for our migratory songbirds.

Charlie Luthin, former executive director of the Natural Resources Foundation of Wisconsin, noted: “We have 240 species of breeding birds in Wisconsin. Of those, at least 54 species are spending the winter in the Osa Peninsula of Costa Rica. If we can save a portion of the Osa Peninsula, we'll be able to protect a lot of our Wisconsin birds.” And we did.

Thanks to the Bell Family Foundation, the state of Wisconsin donated \$20,000 to purchase the Cerro Osa Property in Costa Rica. According to Thompson: “There are all kinds of breeding species in Wisconsin that depend on these big blocks of forest. If the forests aren't there, what happens from the practical standpoint is they're pushed into secondary habitats, and a lot just don't make it.”

It would be fun, but you don't have to fly to Central America to help these causes. Consider participating in the Great Wisconsin Birdathon where the monies raised

support the Bird Protection Fund. Attending one of the many Natural Resources Foundation of Wisconsin field trips is another great way to help fund many of these bird conservation efforts. Their 2023 field trips will be announced in early March. I attend many every year, and they are both fun and informative. Go to <https://www.wisconservation.org/field-trips/> for information.

As we await the return of our migrating birds, consider supporting efforts to conserve and protect the habitats they need. Let's do what we can so they can continue to enliven our backyards with their colorful feathers, melodic songs and entertaining behaviors. Perhaps after reading this, you too have an increased appreciation and admiration of our neotrops and the remarkable journey they take to get back to us.

Lisa Jansen is a conservationist, nature writer and award-winning photographer. She specializes in raising awareness of birds and butterflies of the Midwest.

FARM LIFE FROM A FARM WIFE

A very close call while out in the woods

"I'll go with you," I replied to my husband. Good thing I did.

We were discussing options for the day. He figured he'd head to the woods. We rather like making wood. It's great exercise and fresh air, plus we work together. Occasionally, he goes out alone, and I'm always a little nervous about that, as one hears horror stories of tragedies in the woods when a guy is out there by himself. This could have been one of those stories.

Hooking onto the wood splitter, we headed out that day in our old wood truck. The sun was smiling in and out from behind the clouds, a very pleasant wintry Saturday afternoon.

"I wanna cut that tree down that's sticking out into the field. You stay in the truck until I get it down, and then we'll haul brush out."

I was content in our old brown truck; the heater works well. All of a sudden, I heard words that made my blood run cold, followed by a deafening silence.

"Kay! I'm hurt."

Stumbling out of the truck, I trudged through drifted snow up to my knees to get to him. He was sitting up, and I just remember praying over and over, "Help me, Jesus."

Finally getting to him, I tried helping him up. He had to literally roll over in slow motion to get to his knees, then feet, his left shoulder drooping and arm hanging uselessly



KAY REMINGER

by his side. His hat had been knocked off, lying in the snow a couple of feet away. Grabbing that, I put it on his head, noticing his ear tips were starting to turn a light gray. He was going

into shock.

We both half stumbled to the truck. Falling once from the weight of the power saw I had grabbed, my knee buckled and I thought, "Oh, no. I must keep myself upright!" We made it to the truck.

"Keep going. Give it gas. Don't stop." He was talking in short, choppy sentences. We were in snow that had drifted at the edge of the woods in our field, about 100 yards from the road. Of course, you might know, I stopped. We got stuck. It was a hot mess.

We called our neighbor, whose house we could see. These good people dropped everything and immediately came out with their four-wheel drive truck, offering to take us to the emergency room.

"Just please get us home and we'll go in!"

Getting to the emergency room, the attendant asked for details as he proceeded to cut my husband out of his favorite work sweatshirt. All the while he was listening as he was

setting up procedures to check vitals; finger clamp to monitor oxygen level, blood pressure cuff for constantly assessing blood pressure and heart rate. Organized, efficient, steady — reassurance for me sitting there next to him, waiting anxiously.

"I was cutting a tree down, and it kicked back, hitting me in the shoulder. I was lower than field level, so it didn't drive me back further, or it could have broken bones."

When hearing of accidents like this, we think how can it happen to a guy who's been in the woods his whole life? Because we experienced it first-hand, we know how quickly and potentially deadly it can be. The entire accident would have had a tragic ending had my husband not been able to turn away just in time. His angel was right there, in an instant.

As it turns out, the X-ray showed torn ligaments, nothing broken thankfully, but with directions to see an orthopedic surgeon ASAP. He was sent home in a sling and with prescription pain pills.

The specialist declared no surgery, with instructions to proceed with physical therapy and a follow-up in six weeks. It was the best possible diagnosis, one that we anticipated prayerfully. Speaking of prayer, we had many prayer warriors lifting us up; God's hand was apparent every step of the way.

A couple of days later, we were back out fetching our wood truck and

splitter still stuck in the snow, which we had abandoned. My husband drove a tractor while I followed in our farm truck, parking it out of the way, and walked the length of the field. He tried starting our wood truck with no avail. It had been left outside for a couple of days.

"You'll have to put it in neutral, and I'll pull it toward the road," he said with disgust.

Getting into the driver's seat, I prayed: "OK. An angel with a spark at the end of his wing (or finger) in the name of Jesus, please start this truck." It started.

With physical therapy, he should regain his mobility and strength. His upper arm and shoulder area are sporting a deep black/purple bruise with blossoming yellow. Thanks be to God for sparing his life. The many prayers and help were much appreciated. Later, another neighbor went down there, cut up the tree and hauled it to our wood stove, and we are burning that thing. Revenge.

This was a very close call, and we feel extremely blessed. We learned a great lesson.

("The angel of the Lord encamps around those that fear him and he delivers them." Psalm 34:7)

Kay Reminger was born and raised on a dairy farm, and she married her high school sweetheart, who happened to farm for a living in Leopold. Writing for quite a few years, she remains focused on the blessings of living the ups and downs of rural life from a farm wife's perspective.

HONOR ROLLS

TIGERTON HIGH SCHOOL

First semester

HIGHEST HONOR ROLL

Seniors: Skyler Hauser

HIGH HONOR ROLL

Seniors: Michaela L. Gleason, Ryder P. Graham, Lenaiah R. Reichert, Abby E. Swartz

Juniors: Carley L. Owen, Edythe M. Swanke

Sophomores: Kyle A. Brady

Eighth grade: Danika J. Tiller

Seventh grade: Mason Breitenfeldt, Renata E. Nordwig, Mya Smith, Brett Tiller

Sixth grade: Landon D. Drews

HONOR ROLL

Seniors: Asher I. Michaelis, Mckenzie E. Miller, Omarion M. Ramsey

Juniors: Isabella E. Dahlstrom, Elizabeth M. Steuck

Sophomores: Rae Ann E. Strehlow, Isabell Zychowicz

Freshmen: Tanner Dent

Eighth grade: Hailey R. Erdmann, Emily L. Rich, Presley J. Stewart-Rolfs, Michael G. Weisnitch

Sixth grade: Aiden D. Laatsch, Maxwell Wilkening

B HONOR ROLL

Seniors: Katelyn M. Berry, Tyler J. Dent, Draven X. Harruff

Juniors: Maycee J. Carlson, Mckenzie Hoffman, Tarja Rostek, Samantha Suehring, Logan Wanta

Sophomores: Sienna J. Breaker, Jessica Buray, Drake A. Harruff, James Schulz, Scott S. Ziemer

Freshmen: Samuel Anheuser, Lily F. Bloecher, Cohen P. Buss, Caleb A. Dahlstrom, Logan L. Drews, Gavin S. Kielblock, Grace A. Laatsch, Aaliyah S. Lederhaus, Nora Papiernik, Margaret Schulz

Eighth grade: Ashley Awe, Myah M. Dent

Seventh grade: Jaelyn Brady, Roselyn N. Lehman, Mylan B. Maas, Friedrich W. Schulz, Finnley P. Swartz

Sixth grade: Corbin J. Gleason, Noah F. Lorge, Eliana M. Michaelis, Serenity Moenke, Zaeva C. Stemper, Jacob Suehring

SURING HIGH SCHOOL

Second quarter

HIGHEST HONORS

Seniors: Macie Reed, Emilee Tachick, Hailey Thomson

Juniors: Hailey VanRens

HIGH HONORS

Seniors: Mackenzie Bailey, Caleb DeKeyser, Ashtyn Edwards, Mason Ferrell, River Flynn, Jacob Granados, Ethan Lally, Olivia Noack, Kaylee Otradovec, Keegan Rattin, Trinity Remic, Christine Sleeter, Isaiah Suring, Charles Winkler

Juniors: Birdee Cramer, Autumn Dryja, Georgia Gerndt, Claire Pommerich, Sa-

mantha Seibert, Madilynn Strege, Bailey Stuart, Lillie Taylor, Quinn Thomson, Carter Whisman

Sophomores: Bunny Cramer, Autumn DeGrave, Morgan Dryja, Emma Kristof, Contessa Loenke, Michael Pecanas Jr., Emily Peterson, Chase Schindel, Ava School, MaShya Seefeldt

Freshmen: Ginger Gerndt, Karissa Hischke, Tia Schwartzkopf, Morgan Suring

HONORS

Seniors: Moriah Baldwin, McKenzie Chesterfield, Lily Hakes

Juniors: Braden Denowski, Shylah Hisey, Hailey Huguet, Rebecca Peeters, Alyssa Schowalter, Trent Thomson, Trent Van Den Elzen

Sophomores: Morgan Laabs, Allison Napier, Kendra Rattin, Madison Tachick

Freshmen: Parker Haak, Gwendalin Konop, Cassius Matelski, HaileyBo Pecanas, Chloe Schroeder, Allyson Seibert

Some garden items ready to grow — indoors

If you are getting anxious to begin gardening in 2023, there are a number of plants and crops that you can begin to grow indoors right now. In fact, some of these can be grown indoors all winter long. This week, here are some of my favorites to start now, indoors, from seed.



ROB ZIMMER

First, in preparation, you will want to be sure that you have a good light source for your seedlings. Whether this is a sunroom or a bright sunny window or, preferably, a growing light setup, you will need to provide an alternate

source of light in order to keep your seedlings strong and healthy. A bright room simply is not enough for many of these plants.

Growing lights, especially the newer LED variety, have become so simple and so inexpensive that it is relatively easy to set up a nice array. Some have arms that are bendable; others are old-fashioned, hanging array lights. There are also grow lights that you can screw into just about any light fixture or lamp. Explore your options at a local garden center or hardware store.

You will need a good seed starting mix, as well as appropriate containers to start your seedlings. Chances are, you already have excellent containers around the house. Plastic containers from the deli or grocery store work wonderfully, especially rotisserie chicken containers and those with domed lids. Classic seed starting trays, with or without cells, can be purchased at most garden centers.

You have probably all seen some of the fun and unusual ways to start seeds, such as in half of an egg shell, ice cream cones and other materials that decompose naturally when planted. These are great ways to grow seedlings and recycle. A simple internet search will show you these options.

One of my favorite plants to start this time of year indoors is lettuce. You can grow a variety of lettuce in a windowsill, a sunroom or under growing lights. Lettuce is extremely easy to grow and doesn't require full sun like many other plants. Start it now,



Swiss chard is a wonderful plant to begin from seed now. The colorful stems and leaves are delicious and can be enjoyed indoors all winter long. You can also start these slow-growing beauties indoors for transplanting outdoors later in spring. They don't mind a little cold weather.

ROB ZIMMER

and cut and come again. You can sow lettuce seeds in a growing bowl, pot or seed starting tray. You can harvest directly from these plants, without needing to transplant in the garden. Lettuce is a plant you can grow all winter long indoors.

Another plant that is great to start from seed now is basil. Basil requires a bit more brightness to thrive, so place near a bright sunny window or under growing lights. There are many varieties of basil that you'll find from seed at the garden center. Mix and match for a nice variety.

Nasturtiums are also a great plant to start now from seed. The large seeds make them easy to grow indoors, and the lush foliage is edible, along with the flowers. They have a slight peppery taste.

Another of my favorites to start indoors from seed, making it very inexpensive to grow, is dill. Dill has so many great uses in cooking and it

is also a great pollinator plant, as well as a host plant for black swallowtail butterflies. Start indoors now and transplant outdoors in May.

Root crops such as carrots and radishes are also excellent to grow indoors. You can grow these in pots that are 8 inches or so deep, simply scattering the seeds over the surface of the potting mix. Radishes can also be grown as a micro green. Simply snip the shoots off when they are about 1 inch or 2 inches high and enjoy their sharp, crisp radish flavor.

For all of these varieties of plants, simply follow the directions on the seed packet. Most seed packets contain excellent information on how to grow, when to plant, when to transplant outdoors, if necessary, and other information.

Be sure to use a high-quality seed starting mix. This sometimes makes all the difference in the world. You get what you pay for, so don't worry

about spending a few extra bucks on a higher quality seed starting mix. Ideally, for most of these, you want to use a specific mix called a "seed starting mix." Regular potting soil might be too heavy.

Watering is also key to successful seed starting. Start with a mister or spray bottle for an even layer, then water appropriately depending on the package directions. Watering from below, in a tray, is often better than drenching from the top. Providing the right amount of water at the right time is crucial. You don't want seedlings to dry up, and you also don't want them to rot in a mix that is too saturated. Evenly moist is the key.

Enjoy starting these plants and many more from seed as the growing season begins to warm up.

Rob Zimmer is a nature and garden author, public speaker and radio show host on WHBY. Readers can find him on Facebook at www.facebook.com/RobZimmerOutdoors.

"Be sure to use a high-quality seed starting mix. This sometimes makes all the difference in the world."

ROB ZIMMER, NEW Media columnist

COLLEGE NOTES

Minnesota State University Mankato

Cole Gille, of Sobieski, made the honor list for the fall semester at Minnesota State University Mankato.

Among 3,714 students, a total of 1,126 students qualified for the high honor list by achieving a 4.0 straight A average, while 2,588 students earned a 3.5 to 3.99 average to qualify for the honor list.

To qualify for academic honors, undergraduate students must be enrolled for at least 12 credit hours for the semester.

St. Mary's University

Emma Toellner, of Bonduel, and Peyton Buerman, of Shawano, were named to the fall semester 2022 dean's list at St. Mary's University.

The list includes 419 undergraduate students who earned a grade-point average of 3.6 or better on a 4.0 scale.

UW-Platteville

The University of Wisconsin-Platteville awarded diplomas to more than 500 students for fall 2022.

Students from the area who graduated include:

- Tigerton: Travis Marquardt, electrical engineering
- Oconto Falls: Carrie Young, criminal justice

UW-Whitewater

Heidi Rickert, of Wittenberg, earned a degree in school business management from the University of Wisconsin-Whitewater at winter commencement, held Dec. 17, 2022.

UW-Platteville

The University of Wisconsin-Platteville has announced its dean's list, honoring those full-time students who earned high honors in the fall 2022 semester.

Students from this area on the list include:

- Bonduel: Kylie Quandt
- Shawano: Chris Black
- Lena: Lydia Rombach, Logan Shallow
- Oconto Falls: Brady Heinke, Owen Heinke, Bella Rennie
- Sobieski: Zachary Berndt, Zach Ruotsala

Carthage College

More than 950 students qualified for the fall 2022 dean's list at Carthage College, including the following:

- Oconto: Aubree Bucheger
- Townsend: Reed Christianson
- Little Suamico: Madeline Fullerton
- Suring: Katherine Mahoney

Dean's list honors are accorded to Carthage students who achieve a minimum 3.5 grade-point average while carrying at least 14 credit hours during a semester.

College of Menominee Nation

Melissa Wescott has been chosen as the College of Menominee Nation's Student of the Year.

Wescott is a first-generation college student pursuing a degree in substance abuse counseling.

Wescott, a mother of five children, has navigated personal adversities during her time as a student at CMN, including difficulties finding childcare and time for her school work. She remains focused and is an activist in the Menominee



MELISSA WESCOTT

community working with Woodland Women, a local nonprofit group, and in her community's 4-H group.

"My education is my honor and pride — not only for myself, but for my children, my family, my community, and my tribe," Wescott said.

Her goal is to become an alcohol and drug addiction counselor to help individuals in her community. After obtaining her associate's degree from CMN, she plans to continue on with her educational journey with hopes to complete her master's in social work.

CMN's Student of the Year receives a \$1,200 scholarship.

UW-Platteville

Bella Rennie, of Oconto Falls, was named to the University of Wisconsin-Platteville's chancellor's list, honoring those with perfect 4.0 grade-point averages for the fall 2022 semester.

St. Olaf College

Mary Kreklow, of Tigerton, has been named to the St. Olaf College dean's list for the fall 2022 semester.

The dean's list recognizes students with a semester grade-point average of 3.75 or higher.

UW-Oshkosh

The following students received degrees during the University of Wisconsin-Oshkosh's 58th mid-year commencement Dec. 17:

- Shawano: Hailey Hoffman, Bachelor of Science in Education-Elementary and Middle School, Bachelor of Science in Education-Elementary Science

- Tigerton: McKenna Marquardt, Bachelor of Science in nursing
- Little Suamico: Karlee Louthain, Bachelor of Science in psychology
- Oconto Falls: MacKinley Winkler, Bachelor of Science in criminal justice
- Sobieski: Allen Walker, Bachelor of Science in education-history

UW-Stevens Point

The University of Wisconsin-Stevens Point honored more than 2,350 undergraduate students for attaining high grade-point averages during the fall semester of the 2022-2023 academic year.

Students who received honors include:

- Birnamwood: Kailey Butkowski, highest honors
- Bowler: Maya Desai, highest honors
- Eland: Trevor Groshek, honors; Anna Jackan, highest honors; Megan Konkol, highest honors
- Wittenberg: Justin Crain, honors; Elizabeth Gizzi, high honors; Chad Moegenburg, highest honors; Kaszandra Walker-Daniels, highest honors
- Bonduel: Shyann Banker, highest honors; McKenna Levanetz, highest honors; Luke Schmidt, honors; Breanna Schnell, highest honors; Erin Timler, highest honors; Cooper Uelmen, high honors; Joseph Wagester, honors
- Bowler: Maya Desai, highest honors
- Cecil: Sophia Horsens, honors
- Krakow: Gracie Mihalski, high honors; Lydia Styczynski, high honors
- Leopolis: Zachary Young, high honors
- Shawano: Dane Adams, highest honors; Lydia Beyer, high honors; Lydia Dobberstein, highest honors; Nathan Edwards, highest honors; Liam Krueger, honors; William Myers, highest honors; Ashlee Raddant, high honors; Harrison Sturycz, honors; Alexis Trinko, highest honors; Ryan Tucker, highest honors; Allie Wiegand, highest honors
- Tigerton: Adrienne Brady, highest honors
- Abrams: Delaney Koehne, honors
- Gillett: Kallie Frank, honors; Marissa Klein, highest honors
- Lena: Ruthie Zahm, high honors
- Little Suamico: Madison Ripley, high honors
- Oconto: Katrina Salewski, honors
- Oconto Falls: Joseph Adams, highest honors; Dakota Carriveau, highest honors; Natalie Delzer, highest honors; Grant Yuma, high honors
- Sobieski: Samuel Brodhagen,

high honors; Zoe Clough, high honors; Lindsey Jossie, high honors; Jonah Klingeisen, honors; Kayla Reed, highest honors; Gabrielle Sanchez, highest honors; Jena Truckenbrod, honors; Emily Zellner, high honors

- Suring: Kelsey Smith, highest honors
- Townsend: Annalise Sommer, honors

Full-time undergraduates who earned grade-point averages of 3.9 to 4.0 (4.0 equals straight A) are given the highest honors designation. High honor citations go to those with grade point averages from 3.75 to 3.89 and honor recognition is for those with grade point averages from 3.5 to 3.74.

UW-La Crosse

The following area students have been named to the dean's list at the University of Wisconsin-La Crosse for the fall semester of the 2022-23 academic year, ending December 2022:

- Lena: Alexis Misco
- Little Suamico: Leah Sears
- Oconto Falls: Tucker Bouche, Amber Proctor, Dylan Tousey
- Sobieski: Karlee Krueger
- Townsend: Emylea Lemke
- Birnamwood: Luke Brown, Katie Matsche
- Bonduel: Ariel Hartleben, Cole Letter, Max Marohl, Ava Pleshek, Emeline Skalecki
- Shawano: Josh Bergmann, Isabella Burr, Isabel Daniel, Elizabeth Esch, Grace Huntington, Taylor Johnson, Rebecca Lewandowski, Breanna Nowak, Faith Schenk
- Wittenberg: McKenna Foster

Qualification for the dean's list is limited to students who have attained outstanding academic achievement. To be eligible, students must have earned not less than a 3.5 semester grade-point average and carried at least 12 credits.

UW-Eau Claire

The University of Wisconsin-Eau Claire awarded 613 degrees in December 2022. Local students who received degrees include the following:

- Wittenberg: Wesley Johnson, Bachelor of Science, psychology
- Shawano: Finn Hinnefeld, Bachelor of Social Work
- Oconto Falls: Alexander Kamke, Bachelor of Science, computer science

Carthage College

Paityn Keller, of Abrams, traveled to Central Europe with Carthage College with the Carthage Treble Choir to perform in the Czech Republic, Germany, and Slovenia in January.

Puzzles

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THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
THEY'RE ON THE MOVE: With two letters the same
 by Mark McClain

ACROSS

- 1 Value system
 6 Jazz great Fitzgerald
 10 Nadal of tennis, familiarly
 14 Cope with change
 19 __ Vista (Disney World address)
 20 London lockup
 21 Mideast airline
 22 Adjective for icecaps
 23 Memorable Count Dracula
 25 Creator of Quasimodo
 27 Short races
 28 Hub of a county
 29 Became frothy
 30 Tasty palm berry
 31 Tiny amounts
 33 Entertaining
 34 Genetics pioneer
 38 Decided to skip
 43 Folk wisdom
 44 Grassy area
 45 Be an omen of
 46 Dole (out)
 47 Org. with judges
 48 Nickname like Tess
 49 Archaeological site
 50 Strike down, in the Bible
 51 Square scrubber
 53 LBJ opponent in '64
 58 Ornate mug
 59 Very much
 60 Lyrical tribute
 61 Mos. and mos.
 62 Big wheel
 64 Hawaii's Mauna __
 65 Houston ballplayer
 67 Eventful period
 70 Syrup, for instance
 71 Paved airport areas
 73 Time off, informally
 77 *Starry Night* artist

DOWN

- 80 Dress down
 81 Daisy look-alike
 82 Be of service
 83 Country singer LeAnn
 85 Sound in many a
 44 Across
 86 Home document
 87 Give an account of
 89 Excited about
 91 Henry VIII's sixth
 92 Play's supporting players
 94 "Plus 8" mom of TV
 96 Greek Aurora
 97 Wrestling tactics
 98 Sound of a crowd
 99 Hereditary
 103 Ripped (out)
 104 Noble-minded
 107 "Mr. Hockey"
 109 Knighted drummer
 112 Chili ingredient
 113 Suffix for short music
 114 Bona fide
 115 Had broadcast
 116 Prefix for fit
 117 Cow's nursery rhyme hurdle
 118 Impudent talk
 119 Argyles, for instance

13 Music genre prefix

- 14 Mess hall supply
 15 Capital of Qatar
 16 Homecoming visitor
 17 Leaf (through)
 18 Tramped on
 24 Clean, in police jargon
 26 Helpful
 28 Anxious state
 31 Mumbai native
 32 Device on a dash
 33 Passing craze
 34 Etcher's target
 35 Mechanical worker
 36 Eradicate
 37 Half of a jewelry pair
 38 __ stick (bouncy toy)
 39 Actress Watson or Stone
 40 One prayed to
 41 Pronounce
 42 Looks intently
 45 Texas city's nickname
 48 Bright-colored songbird
 49 Real go-getter
 50 Turns suddenly
 52 ATM input
 54 *The Song of* __ (French epic poem)
 55 Corporate makeover, for short
 56 Winning streak ender
 57 Banned insecticide
 59 Whistle sound
 63 __ voyage party
 65 Feeling sore
 66 Adornment on a boat club wall
 67 Get out of
 68 Gone up
 69 Pot payments

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2/26/23

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- 71 Aft part of a plane
 72 Goes along
 74 Group of plotters
 75 Video arcade pioneer
 76 Long (for)
 78 Give up by treaty
 79 Poetic lowland
 80 Son of Leia and Han
 84 Docking fees
 87 Beef cut
 88 Shapes of wall brackets

- 89 Curly cabbage
 90 Timetable no.
 91 Stock analysis no.
 93 Source of fine wool
 94 Native of Seoul
 95 Spicy dips
 97 Bookstore section
 99 Composer Stravinsky
 100 Second to __ (superior)
 101 Lady from Leeds or Liverpool

- 102 Nasal appraisal
 103 Traveler on the Yellow Brick Road
 104 African antelopes
 105 DEA officer
 106 Difficult journey
 108 __ and haw
 109 ACLU concerns
 110 Holder of long-term savings
 111 GPS displays

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AROUND THE COMMUNITY

'Our Town' coming to Oconto Falls High School

Latitude 42 degrees, 40 minutes. Longitude 70 degrees, 37 minutes. These numbers represent the location of Grover's Corners, New Hampshire, the setting for Thornton Wilder's first successful play, "Our Town."

Folks are invited to visit the residents and experience the lifestyle of this early 1900 New England community as the Oconto Falls High School Drama Club presents this classic dramatization March 17-19. Performances will be in the Falls Area Performing Arts Center at 7 p.m., with the Sunday matinee at 2 p.m. Tickets are \$8 for adults and \$5 for students and can be purchased online at <https://ofps.revtrak.net/pac-ticket-boxoffice/#/list>. A few tickets will be available at the door for an extra \$1. There will also be a reception following the Saturday performance.

It has been 25 years since teacher Gayle Gander took over as theater director at OFHS, so it seems appropriate to return where it all began and present the very first play he ever directed. As an extra treat to the celebration, Gander will be providing guidance to his students onstage in the character role of the Stage Manager.

Wilder's characters point out the enjoyment they receive from the simpler things in life, such as the morning sun rising over the mountain or the changing of the seasons.

Crop fertilizer workshop coming to Lena Town Hall

Properly and effectively managing fertilizer inputs is critical to both the economic viability of a farm and to minimize potential environmental risks from those applications, and farms have an opportunity to learn more about how to maximize their return on fertilizer investment in 2023 crop production.

The Extension offices of Oconto, Marinette, Shawano, and Langlade counties are sponsoring a workshop on March 8 from 9:30-11:30 a.m. at the Lena Town Hall, 6087 Goatsville Road, Lena.

Both events will feature discussion from UW-Madison Division of Extension crops/soils educators and nutrient and pest management specialists. They will focus



Fighting crime at only age 13

The Suring Police Department swore in honorary police officer Aubree Couillard, second from left, on Feb. 2. Aubree is 13 and was born with multiple heart defects. She had a dream of meeting a police officer and riding in a police squad. Through Make-A-Wish Foundation, the Suring Police Department, and the Oconto County Sheriff's Department, Aubree's wish was granted. Shown with Aubree are, from left, Deputy Austin Marquardt, Chief Kevin Schneider and Deputy Andy Dryja. Aubree received a ride in a sheriff's department squad car from her house to Suring Village Hall, where a ceremony was held and Aubree received a plaque, flowers, and other gifts.

CONTRIBUTED

on state and local research results and how that should impact fertilizer rate decision-making, while working within a farm's nutrient management plan. There are many cropping situations this coming year where an official nutrient management plan may allow/call for more nutrients than are actually economically optimum. A feature of the discussion will be proper crediting of manure, legume, and possible cover crop nutrient credits.

Attending farms' questions will be an integral part of the discussion, as these events are meant to focus on in-field solutions to the tight economic production conditions they face this year. The workshops are free, and registration is not required. For information, contact Scott Reuss at 715-732-7510, 715-701-0966 or scott.reuss@wisc.edu.

Lena School District doing child screenings

The Lena School District will conduct a child find screening March 31 at Lena Elementary

School, 304 E. Main St., Lena.

This is a pre-school screening opportunity for children ages 2½-4 who reside within or wish to attend the Lena public schools. The purpose of this screening is to assess children's developmental progress in the areas of speech and language, motor skills and social and emotional development.

For information, call the school at 920-829-5959, ext. 3.

Meat raffle to benefit Lena Lions Club

The Lena Lions Club will hold a meat raffle from 1-3 p.m. March 12 at McGuire's Sports Bar, 211 S. Rosera St., Lena.

The event will raffle off meat and cheese boxes from local area meat suppliers. Several 50/50 raffles will also be going on throughout the day.

Lakewood woman joins Crandon real estate firm

Angela Retzlaff has joined the



ANGIE RETZLAFF

Century 21 Northwoods Team in Crandon.

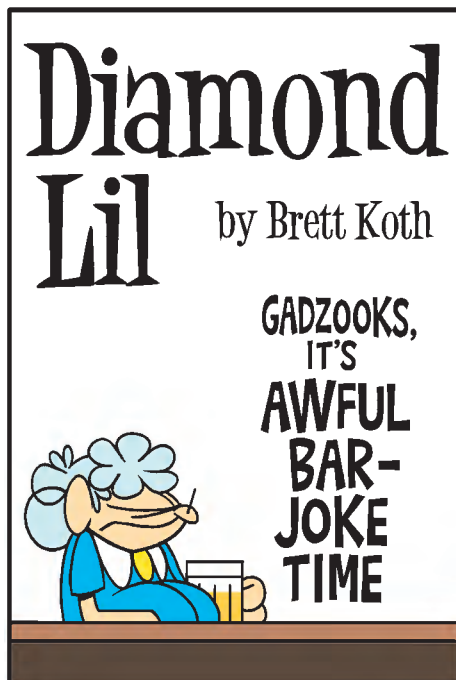
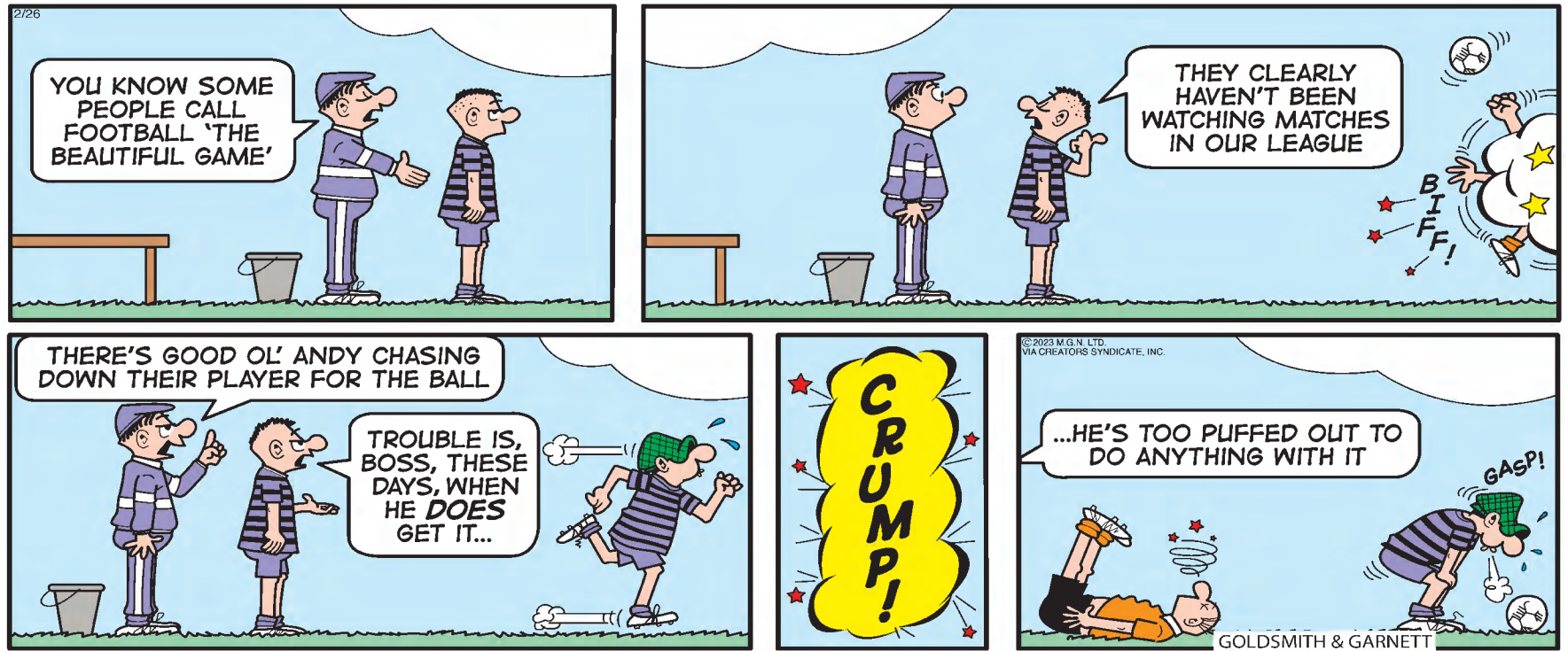
After working 20 years in the financial industry, the last eight as a mortgage loan officer, Retzlaff has decided to take her career in a new direction by joining the Century 21 Northwoods Team as a real estate sales associate. She enjoys helping people and is looking forward to working with both buyers and sellers.

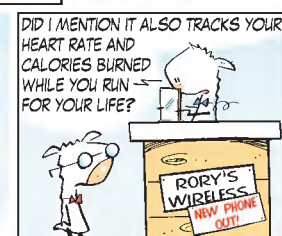
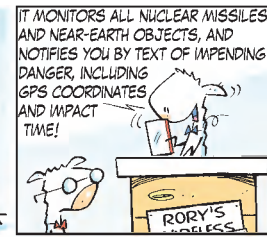
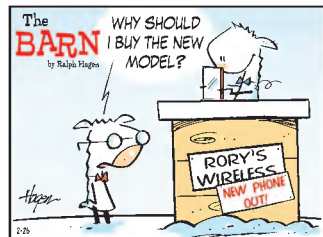
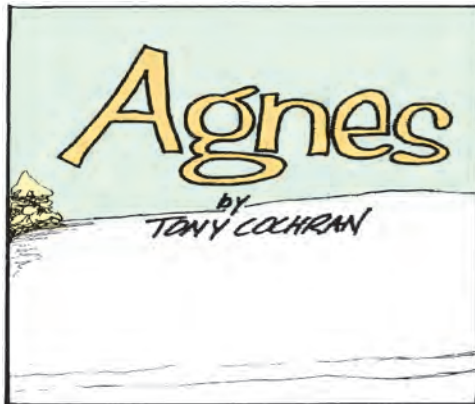
Retzlaff currently resides in the Lakewood area and will be serving Forest and Oconto counties. For information, contact Retzlaff at 715-889-6720 or amretzlaff75@gmail.com.

Around the Community is a roundup on local events, honors, awards and more. Organizations interested in sending news about what they're involved with can contact NEW Media at news@newmedia-wi.com. Items with a specific date like an event should be sent at least two weeks before it takes place.

ANDY CAPP

by Smythe





DOGS OF C-KENNEL

BY MICK MASTROIANNI AND MASON MASTROIANNI

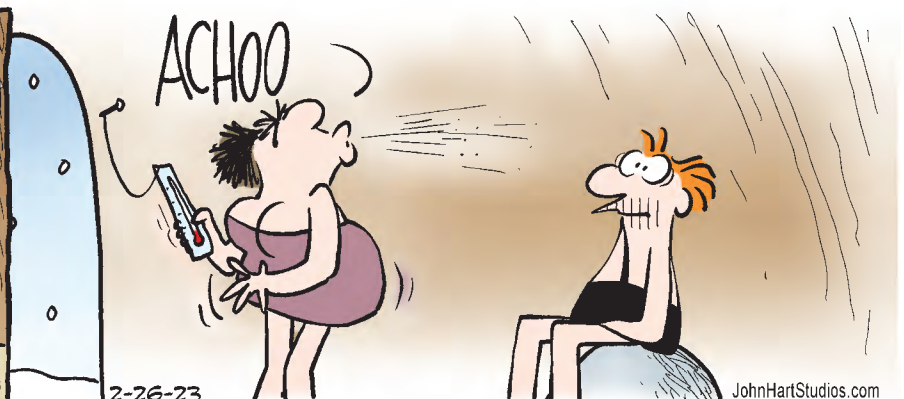
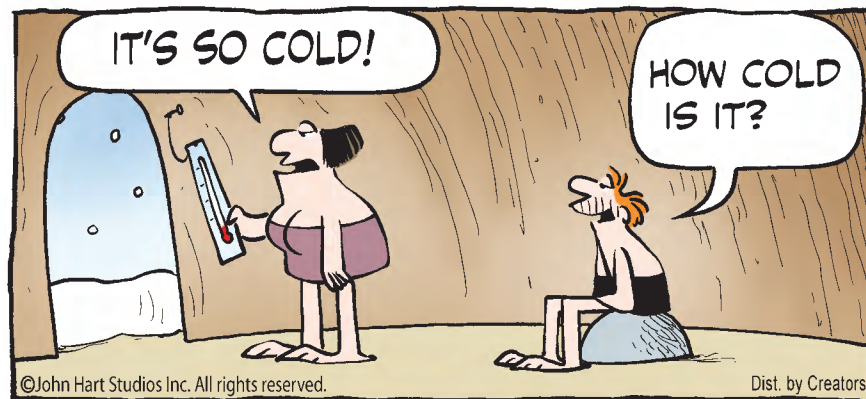
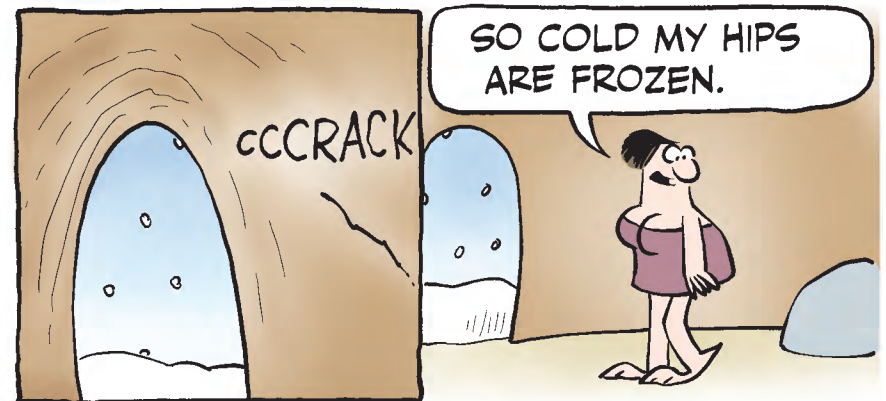
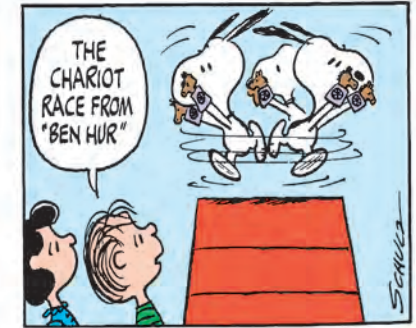


Puzzle Answers

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ETHIC	ELLA	RAFA	ADAPT
BUENA	GAOL	ELAL	POLAR
BELALUGOSI	VICTOR	HUGO	
SPRINTS	SEAT	FOAMED	
ACAI	IOTAS	FUN	
GREGORMENDEL	PASSEDUP		
LORE	MEADOW	BODE	METE
ABA	TERRI	DIG	SMITE
SOSPAD	BARRYGOLD	WATER	
STEIN	TONOEND	ODE	YRS
	NABOB	LOA	ASTRO
ERA	GOO	TARMACS	VACAY
VINCENTVANGOGH	BERATE		
ASTER	AID	RIMES	BAA
DEED	TELL	KEENON	PARR
ENSEMBLE	KATEGOSSELIN		
	EOS	HOLDS	ROAR
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