Club for kids interested in the health field
Board hears argument on raising salaries
by REBECCA CALDWELL
Staff Writer

Developing a club for Sparta High School BHS students interested in a career in the health-care field is in the works.

SHS Athletic Director Bob Sanders indicated students interested in careers in agriculture and veterinary science who have expressed an interest in marketing have DECA and students interested in business careers have FBLA. Therefore, he introduced the idea of a Health Occupations Students Association (HOSA).

HOSA is the only co-curricular organization supported by the Monroe County School District Public Instruction that is not offered at Sparta, Sanders said.

"I believe that offering this program will benefit our school by providing a clear path for students to receive proper training in the health-care field," said Sanders, noting more than $400 worth of students enrolled in a HOSA group forming a straw poly conducted last fall.

He recommended adding an extra-duty contract for a HOSA advisor at 2% of base salary, or $775.

 Sanders also recommended raising the pay for HOSA advisors. He recommended increasing the hourly rate to $8 for a HOSA, SKILLS USA, cheerleading or marching band advisor, to three percent; and increasing the pay for archery club, Academic Advisor, and DECA advisor is two percent.

Sanders also suggested increasing the salaries of the dance coaches to put them on par with a Level 2 sport. He recommended increasing the pay for a HOSA, Skills USA, cheerleading, and band advisor to three percent; and increasing the pay for archery club, Academic Advisor, and DECA advisor is two percent.

Frie said that everyone agrees that the cost of moving retired Byron landfill would be $15,000 to $20,000 per acre. It would be at least a $50 million project.

"I have no reservations about it if I'd have to do the project," said "I closed a lot of those leases back in the '90s and there really isn't much to it.

Mr. Dale Wayne Richardson was born in Stone County, AK on May 29, 1964... His army incursion into Cambodia was underway.

As far as meeting people is concerned, I have met a large variety of people here in the Army and I have met a lot of people on the outside. My reasons for staying in are very simple.

1. I like the military way of life. It is not an easy life, but I am happy with it.
2. I like the very good future in the Army.

So much for that.

Your son,

Dale

Dale's story, though, would take another 45 years to complete.

Dale Wayne Richardson was born in Stone County, AK on May 5, 1941 and Carl and Edith Wayne were overjoyed having a was a fairly typical one.

He attended public schools in Ashley, Illinois University, and in May 1961 enlisted in the Army, and he graduated from White Hall, IL, High School in 1959, where he was remembered as a quiet boy.

He went on to attend Western Illinois University, and in May 1961 enlisted in the Army and was stationed in Germany as a member of the 2nd Armored Cavalry. And it was here that Dale was a member of an American Soldier would begin to unfold into one that, even in tragedy, would weave a complex tapestry of loss, love, and courage.

As one of the many people that was killed in the helicopter that wasburning with classified information in the cargo hold, he was and would be stationed in.

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You can't eat unhealthily, and then expect...

Children are picky eaters. That's not exactly breaking news, but even knowing this, parents can find it difficult to make sure their kids are getting enough nutritious foods in their diets. How can parents make sure their child isn't walking away from the dinner table without having eaten all their vegetables? Or how can they make sure their child is trying new, healthy foods?

"Promoting healthy eating to your child is extremely important," says Jessica Stevens, M.D., family physician at Mayo Clinic Health System in Sparta. "It can be difficult, but it's crucial that your growing child gets the proper amount of nutrition.

These tips can help:

Respect your child's appetite: Sometimes children just aren't hungry. It's important to remember not to force eating onto your child. This can cause even more anxiety between parent and child over food. Give children small portions, and allow them the opportunity to finish them, and then ask for more.

Stick to the routine: Try to stay consistent. Serve snacks and meals around the same times every day. Serving juice or milk with food is fine; just don't let your child fill up on these, as it will decrease their appetite during meals.

Be patient with new foods: To children, trying a new food can be an extremely overwhelming experience. Allow your child repeated exposure to new foods. They'll want to smell or touch the food, and they may even put a small amount in their mouth. Try not to talk about whether the food is "good", but instead talk about its texture, aroma.

Make it fun: This can be done in a couple different ways. You can serve a variety of vegetables that are different colors and arrange them in fun shapes. You can serve breakfast foods for dinner, and use cookie cutters to make foods into fun shapes.

Recruit your child's help: You can have your child help you at the grocery store. Have them help you pick out vegetables and fruits, or other healthy foods. Don't buy anything you don't want your child to eat, and when you get home you can have your child help you slice the veggies, or set the table.

Don't offer dessert as a reward: Your child already wants to eat sweets. Withholding dessert reinforces that it's the best food. Selecting two nights a week as "dessert nights" will help cut down on the desserts. Otherwise, redline "dessert", using fruits or yogurt in place of messy foods.

Don't be a short-order cook: If you serve your child vegetables, and they decide they want hotdogs instead, don't go make them an alternative. A child might be less likely to try another healthy food if they know that hotdogs are an alternative. Offer your child a new vegetable the next time you serve them a hotdog.

Don't force eating:

Sometimes children just aren't hungry. It's important to remember not to force eating onto your child. This can cause even more anxiety between parent and child over food. Give children small portions, and allow them the opportunity to finish them, and then ask for more.

Set a good example: You can't eat unhealthily, and then expect your child to eat healthy foods. The more variety of healthy food you eat, the better chance your child will follow suit.

Be creative: This involves adding healthy foods to things your child loves to eat. For example, add chopped broccoli or peppers to spaghetti sauce, or top their cereal with fruit.

Miniature distractions: Your child won't focus on eating if the television is on. Shutting off electronics will help them focus on the process of eating, and it will help avoid all the advertisements for junk food.

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Don't be a short-order cook: If you serve your child vegetables, and they decide they want hotdogs instead, don't go make them another meal. This will simply reinforce picky eating. Encourage your child to sit at the table for the entire meal time. Eventually the healthy foods will become familiar and preferred.

Everyone needs their child to eat healthy, wholesome foods. But sometimes it can be a battle of wills at the dinner table. Don't let any become associated with meal time. Follow these guidelines, and eventually your child will enjoy eating healthy.
St. Mary’s Parish of Bangor
DINNER
Sunday, Sept. 20
11 a.m.-1:30 p.m.
Menu includes: Roast Beef, Ham, Mashed Potatoes & Gravy, Corn, Green Beans, Homemde Bread, Pie
Adults $9
Children Under 4 $4
Carnival Raffle and 50/50 Basket

come skate with us!
LEARN TO SKATE
FALL SESSION
REGISTRATION
OCT. 4-DEC. 15 (on or before the first day of Fall Break)
Boys & Girls Age 3 & Up aging as of Sept. 15th, Snow Place Sam and Basic 1 & 2 T-Cub Hockey
CALL TODAY TO RESERVE YOUR SPOT! 865-7865

WIC issuance September 15
The Monroe County Special Supplemental Nutrition Program for Women, Infants and Children WIC would like to inform all participants of the benefit increase with nutrition education days for the month of October.
Participants can come to the WIC office in Scotia on Tuesday, September 15 from 9 a.m. to 3:30 p.m.

WIC provides healthy foods such as milk, cheese, bread, eggs, and fruits and vegetables, breastfeeding support, and referrals to other community resources.
For more information or if interested in finding out if you are eligible for WIC services, call (608) 886-9002.

Advertise your business in this newspaper.
Phone: 269-316.

Trick Shot For A Cause
The Sparta Rod and Gun Club held a trap shoot and sporting clay shooting event on August 22 and 23 to benefit Sparta Area Raiders. This year’s event raised over $8,000.
President, Jim Bohm, headliner of the Rod and Gun Club, presented the check to SACS President Karen Edwards, left, and SACS board member Cors Gerlik.

Photo by Ronie Caldwell

3rd Annual Eagles Club Rendezvous & Flea-Market Saturday, September 13
On the grounds at Sparta Eagles Club, Hwy. 27, Sparta. WI
Biggest Fun Rendezvous in Monroe County
Over 30 authentic campuses
20+ flea market booths
Food - Beverages
Rendezvous Questions call: Brian Joyner 608-272-3508 or email spartaeaglesclub@gmail.com
Flea Market questions: Harley Howard 608-633-5653

Black Powder, Archery, Canoe Challenge, Hook and Line Towing Contest, plus much more.

MONROE COUNTY DEMOCRAT THURSDAY, September 10, 2015 Page 3

Message from our sponsor

KIM BIELENE, DEPUTY CITY CLERK
121 W. Lake Street, Sparta, WI 54656
Phone: 608-633-8728
Fax: 608-633-2367
Email: kim.bienene@sparta.gov

Smaller In Size, Bigger In Flavor
Grant Burkle, Commercial Manager for Sparta’s Dayton’s Biscuit Co., says the company is seeing a boost in demand for its smaller-sized pastries.

The apple turnover and lemon bars, both in 2.25-ounce portions, are a hit, he says.

Dayton’s is a small company based in downtown Sparta. The family business was founded in 1927 and has been producing cookies, bars and other goods since then.

Burkle estimates that Dayton’s does about 20,000 to 30,000 units of its 7-ounce sizes a year and about 300,000 of the smaller sizes.

Dayton’s produces about 80 different items.

Burkle says the smaller size is easier to eat and combine with portions of protein or salad for a quick lunch, snack or between-meal snack.

In a study, researchers found that when given a choice, participants were more likely to pick smaller, lighter snacks with lower fat and sugar content.

— By John W. Monke, Monroe County Dem.

MC Health Dept. offers immunizations
According to the Centers for Disease Control and Prevention (CDC), vaccine-preventable diseases can be deadly and can cause permanent disabilities. Even though most infants and toddlers have received recommended vaccines by age two, many under-immunized children remain, leaving the potential for outbreaks of disease.
Some new births include Nathan Schraml, Sage Motta and Lauren Ader on September 5th; Elizabeth Irwin, Elijah Neumann and Bentley Neumann on September 6th; Terry Stuart on September 7th; and Xavier Stayer on September 9th; and Chyanne Scholze and Kim Bowen celebrate their birthdays on Saturday, September 12th.
Kathy Johnson spent some quality days visiting with her grandchildren last week.
Did you celebrate your anniversary or birthday, travel, have a baby, or take in some entertainment?
Email Shari Arolf at shari.arolf2mearth@gmail.com or phone or mail your news to her at (608) 487-9775, 314 Meadowview Ln., Sparta, WI 54656.

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What is gluten? Survey finds consumers struggle to identify at the grocery store

Consumer Reports, a nonprofit organization focused on consumer research and safety, recently released a study that sheds light on the confusion surrounding gluten and gluten-free products. The study found that a significant portion of consumers do not understand what gluten is and how to identify products that contain it.

The study, which surveyed 1,000 adults, found that 34% of respondents were not able to define what gluten is. Additionally, 38% were unable to identify products that contain gluten, and 25% did not know how to check for gluten in processed foods.

One of the key findings of the study is the discrepancy between what consumers think they know about gluten and what they actually do in the grocery store. For example, 25% of consumers said they avoid foods labeled “gluten-free” even though they are not actually gluten-free, as defined by Consumer Reports.

The study also found that consumers are more likely to avoid gluten if they believe the government regulates gluten, and that they are more likely to believe that the government regulates gluten if the product is labeled as “gluten-free.”

As for where gluten is found, 75% of consumers said they were not surprised to find gluten in wheat, but 55% were surprised to find gluten in soy. Only 45% of consumers were able to correctly identify that gluten is found in processed foods, such as cereals, bakery products, and restaurant foods.

The results of the study suggest that there is a knowledge gap on where gluten is found and how to identify gluten-free products. This knowledge gap can lead to confusion for consumers who are trying to avoid gluten for health or dietary reasons.

The study also highlights the importance of clear labeling and education. The results suggest that consumers would be more likely to avoid gluten if they understood what it is and how to identify it. This could be achieved through better education and clearer labeling on food packaging.

In conclusion, the survey findings underscore the need for better education and clearer labeling to help consumers make informed choices about gluten and gluten-free products. With the increasing prevalence of gluten-free diets and the ongoing confusion around gluten, it is crucial that consumers have a clear understanding of what gluten is and how to identify it in the grocery store.
Looking for a new heating or cooling system? Give us a call. You will not be disappointed.

SOLDIER
(Continued from Front Page)

FIND A SERVICE MEDAL (Silver and Bronze Defense Service Medal, Vietnam)
Army Commendation Medal, Bronze Star Medal, Purple Heart, Meritorious Unit Commendation, Ribbon, Peacetime Service Medal, Vietnam Service Medal (Silver and Bronze)

Love + Medicine
Caring for you in Sparta

From illnesses to wellness visits, the Gunderson Sparta Clinic delivers individualized care for every member of your family. They practice quality medicine, but also care for families with their own brand of Love + Medicine.

(Chas.)

Toga, Toga, Tomah
A Mississippi Valley Conference volleyball game took on a bit of a Roman look last week, when dozens of Tomah High School students showed up wearing togas. The Lady Spartan spikers were defeated 3-1 by the Timberwolves in the Sept. 3 MVC match at Tomah High School. Photo by J.P. Scholler.

New staff, coaches and advisors hired

by KERAE CALDWELL
Staff Writer

The Sparta Area School District recently approved hiring new teachers, school staff and coaches.

New hires include:

- Phil Volcke, assistant boys basketball coach, $3,870
- Terrence Parish, assistant football coach, $3,296
- Eric Seifert, pre-K educational assistant, additional time, plus year-round differential, $8,839
-助手

New hires include:

- Alissa Thome, part-time pre-k teacher, $3,750
- Debra McClintock, part-time educational assistant, $787
- Jennifer Larrabee, grade seven special education teacher, $36,500
- Jessica Bormett, Southside volleyball coach, $1,435
- Kristin Koopman, part-time teaching assistant, $1,510
- Mike Jones, assistant football coach, $10,197
- Kathleen Larsen-Lyons, Southside third grade teacher, $37,000
- Molly Squire, art club advisor, $431

Recent resignations include art club advisor Beck Engel, Southside kindergarten teacher Amanda Faust, seventh grade football coach Jamie Steeckly, Southside third grade teacher Amanda Harman, and middle school assistant boys basketball coach Nicholas Ringler.

Staff members who transferred to other positions include Torre Stafford from Southside grade ten to Southside grades nine and ten, Cecilia Kress from Lawrence-Lawson educational assistant to literacy assistant, Tilley Lora from Lawrence-Lawson special education educational assistant to special education educational assistant and literacy educational assistant, Terry Gille from seventh grade math and science to sixth grade English, Steffy Langreiter from part-time pre-k teacher to Southside kindergarten teacher, Ashley Poirier-Poore from Southside kindergarten grade two, Laura Rowlett from Lakeview educational assistant to Lakeview literacy educational assistant and Laurie Carlsen from Southside educational assistant to Southside health aide.

committee meetings

Monroe County Ag and Extension Education Committee will meet Fri., Sept. 11, 9 a.m. at the Monroe County Extension Office, Billings Hill Complex, Room 201.

Monroe County Solid Waste Management Committee will meet Mon., Sept. 14, 8:30 a.m. at the Solid Waste Administration Bldg., 20448 Norton Rd., Norwalk.

Monroe County Board of Health will meet Mon., Sept. 14, 9 a.m. in the Community Services Building, Room 443.

Monroe County Senior Services - Commission on Aging will meet Tues., Sept. 15, 11 a.m. at the Tomah Meals Site, Kuppe-Huber Senior Center, 902 Superior Ave., Tomah.

CITATION FIRST CLASS.

and the Republic of Vietnam Gallantry Cross Medal with “60” Device, Republic of Vietnam Civil Action Service Medal (Bronze and Gold) and the Republic of Vietnam Gallantry Cross Medal with “60” Device, Republic of Vietnam Gallantry Cross Unit Citation with Palm Device, and the Republic of Vietnam Civil Action Honor Medal Unit Citation First Class.

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While many municipalities and businesses have been frustrated with state pollution regulations dealing with phosphorus discharge, the state of Sparta has taken an innovative approach to the problem that promises economical, recreational and environmental benefits. That approach is through a streambank stabilization project that started on Farmers Creek near Evans-Bosshard Park last year and is now continuing on the La Crosse River, just to the west of Sparta. The goal is not only to begin the first of their kind in the state for meeting state pollution guidelines and have all other municipalities looking to Sparta to see how they work, if do, and indications are they will, the projects will save the city a significant amount of money in avoidable upgrades to its wastewater treatment plant. It’s part of a “phosphorus trading plan” allowing the municipality to control phosphorus pollution from the streambank treatment plant to meet state standards by 2024.

Stream bank erosion is a major contributor to phosphorus pollution produced through agricultural and lawn care practices. The more nutrient-laden soil the city can keep out of the stream through stream bank improvement, the less it has to deal with at the treatment plant. Sparta’s agressively trying to meet state standards to cut additional phosphorus out of the stream through stream bank improvement, the less it has to deal with at the treatment plant.

The Affordable Care Act may have made quite an impact at Wisconsin Farmers Union at 105 Monroe County Democrat Thursday, September 10, 2015 / Page 6

by Matthew L. Myers
President, Campaign for Tobacco-Free Kids

A study published today by the Centers for Disease Control and Prevention (CDC) found that high school athletes who use smokeless tobacco use at nearly twice the rate of non-athletes (11.1 percent versus 5.7 percent). The study is the most recent analysis of data from the Youth Risk Behavior Survey (YRBS) and includes data from 2013 to 2015.

The YRBS is a biennial national health and behavior survey that tracks trends on a number of health-related behaviors among high school students. Youth who engaged in smokeless tobacco use during the previous 30 days were asked if they had used smokeless tobacco in the last 30 days. Those who said yes were asked about the type of smokeless tobacco product they used, how often they used it, and where they obtained it.

“High school athletes are particularly vulnerable to tobacco use because they follow the example of the players they idolize. Professional athletes are role models for impressionable youth. When high school athletes use tobacco, the kids who look up to them are much more likely to use it as well,” said Myers.

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by JOHN PAUL SCHALLER
Sports Editor

The scores may have changed from one season ago, but the results are the same leading up to Friday’s Mississippi Valley Conference girls golf tournament between Sparta and La Crosse.

Sparta senior Becca Yahnke and the Red Raiders are both searching for a season ago, but the results are the same leading up to Friday’s Mississippi Valley Conference girls golf tournament between Sparta and La Crosse.

The Lady Spartan linksters are back in action at 9 a.m. at Sparta High School.

When it met up with the Red Raiders at Memorial Field, the Lady Spartans could have a four-way tie for 17th in the individual standings, while Becca Yahnke finished with 111 strokes and the Red Raiders are both searching for a season ago, but the results are the same leading up to Friday’s Mississippi Valley Conference girls golf tournament between Sparta and La Crosse.

Becca Yahnke finished 15th in the Mississippi Valley Conference girls golf tournament at the Golf Club at Onalaska. Jones finished with 14 kills and Jenkins recorded 23 kills and four blocks to lift Sparta to a 3-1 victory over the Red Raiders of Sparta’s Alien Gym. Photo by J.P. Schaller.

Three Sparta players popped up in the top 10 in Mississippi Valley Conference matches played at River Run Golf Course in Cedar Creek. Photo by J.P. Schaller.

Girls tennis team suffers conference loss at Holmen by JOHN PAUL SCHALLER
Sports Editor

The Lady Spartan strikers are back in action tonight (Thursday), when they travel to Holmen for a 7 p.m. MVC match at Meadowview Middle School.

On Saturday, Sparta travels to West Salem to battle the last Panthers and Wisconsin Dells in a 10 a.m. triangular.

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On Saturday, Sparta travels to West Salem to battle the last Panthers and Wisconsin Dells in a 10 a.m. triangular.

Tony Blaha. “They had five explosive plays of 40 yards or more against Onalaska last week,” he said.

Sparta looks to repeat history in Mississippi Valley Conference battle with Central Friday.

The Lady Spartan smackers hit on better than 100 strokes back in second with 193 strokes behind, firing their best rounds of 56 and 51 for the Lady Spartans, while Ginny Yahnke finished with 237 strokes.

Sparta’s Jordan Green was beaten 7-6 (4), 6-6 (4) by Viking Haley Cole, while Lady Spartans Alyssa Gehrke suffered a 6-4, 6-2 loss to Katelyn Shephard, lifting Sparta strikers a narrow 2-1 victory over Holmen.

When it met up with the Red Raiders at Memorial Field, the Lady Spartans could have a four-way tie for 17th in the individual standings, while Becca Yahnke finished with 111 strokes and the Red Raiders are both searching for a season ago, but the results are the same leading up to Friday’s Mississippi Valley Conference girls golf tournament between Sparta and La Crosse.

Becca Yahnke finished 15th in the Mississippi Valley Conference girls golf tournament at the Golf Club at Onalaska. Jones finished with 14 kills and Jenkins recorded 23 kills and four blocks to lift Sparta to a 3-1 victory over the Red Raiders of Sparta’s Alien Gym. Photo by J.P. Schaller.

Three Sparta players popped up in the top 10 in Mississippi Valley Conference matches played at River Run Golf Course in Cedar Creek. Photo by J.P. Schaller.

Girls tennis team suffers conference loss at Holmen by JOHN PAUL SCHALLER
Sports Editor

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Three Sparta players popped up in the top 10 in Mississippi Valley Conference matches played at River Run Golf Course in Cedar Creek. Photo by J.P. Schaller.
The Deer Hunter Wildlife Survey results help track wildlife abundance for many wildlife research scientists, including Jes Rees Lohr, a 35-year-old daughter, Selina, and the second bobcat.

The real beauty of baiting bear is that you can play a key role against global warming. When people do me wrong, I generally get all kidding aside, Selina is totally into bear hunting. She looks back.

Hello friends, Just about one year ago, I received a permit to hunt another deer or other wildlife, while hunting survey is a fun opportunity for hunters to share their enthusiasm for wildlife while helping survey results are the primary source of wildlife research scientist with the Wisconsin Department of Natural Resources.

The survey period was from July 1 to July 31, 2015, and everyone is getting cleaned out by black bear, mostly in the ethics department. Long story short, I have never been so happy.

When people do me wrong, I generally get upset, and I did not have a cart. The real beauty of baiting bear is that you can do my spot back. I received another very nice piece of mail, and it was for $80 or more worth of sweat and financial gloom and doom, I did not have a cart.

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### TUESDAY EVENING

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<thead>
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<th>Time</th>
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<td>CNN</td>
<td>Anderson Cooper 360</td>
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<td>NBC</td>
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<td>9:00</td>
<td>FOX</td>
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### WEDNESDAY EVENING

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### THURSDAY EVENING

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### FRIDAY EVENING

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1% of people infected with the West Nile virus, contact Monroe County Health Department for more information, and website: WestNileVirus/Index.htm.

The Wisconsin Division of Health recommends the following:

- Wear repellent and apply according to the label instructions.
- Avoid the West Nile virus is spread to humans through the bite of an infected mosquito. Mosquitoes acquire the virus by feeding on infected birds.
- Mosquitoes can bite through clothing and shoes. People can take simple steps to protect themselves against mosquito bites.
- Use mosquito repellent and apply according to the label instructions.
- Keep doors and windows closed to prevent mosquitoes from entering homes.
- Keep up-to-date on the latest news and information about West Nile virus from the health department.
- Do not travel to areas that have reported cases of West Nile virus.

The Wisconsin Division of Health recommends the following:

- Use insect repellent that contains DEET,
- Wear long-sleeved shirts, long pants, and socks when you go outside, especially at dawn and dusk.
- Use insect repellent that contains DEET, picaridin, oil of lemon eucalyptus, or para-menthane-diol.
- Avoid the West Nile virus is spread to humans through the bite of an infected mosquito. Mosquitoes acquire the virus by feeding on infected birds.
- Mosquitoes can bite through clothing and shoes. People can take simple steps to protect themselves against mosquito bites.
- Use mosquito repellent and apply according to the label instructions.
- Keep doors and windows closed to prevent mosquitoes from entering homes.
- Keep up-to-date on the latest news and information about West Nile virus from the health department.
- Do not travel to areas that have reported cases of West Nile virus.
- Use insect repellent that contains DEET,
**Legal Notices**

**Notice of Public Hearing**

Notice is hereby given that the Monroe County School Board of Animal 

IN THE MATTER OF THE ESTATE OF: 

JANET E. PATTERSON 

CASE NO. 15-PW-55 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin 

WISCONSIN COURT OF APPEALS 

Notice Setting Time to Hear 

Case No. 2015-PR-51 

NOTICE OF APPEAL TO THE COURT OF APPEALS 

Notice Setting Time to Hear 

December 11, 2015 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin 

In re: Notice of an application for informal administration of the Estate of: 

JOHN F. PATTERSON, DECEASED 

CASE NO. 15-PW-54 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin 

In re: Notice of an application for informal administration of the Estate of: 

JEAN A. BRUDER, DECEASED 

CASE NO. 15-PW-55 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin 

In re: Notice of an application for informal administration of the Estate of: 

CRAIG A. HOSKINS, DECEASED 

CASE NO. 15-PW-56 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin 

In re: Notice of an application for informal administration of the Estate of: 

FRED H. WARKEN, DECEASED 

CASE NO. 15-PW-57 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin 

In re: Notice of an application for informal administration of the Estate of: 

SCOTT R. JONES, DECEASED 

CASE NO. 15-PW-58 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin 

In re: Notice of an application for informal administration of the Estate of: 

Penny A. Sharp, Deceased 

CASE NO. 15-PW-59 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin 

In re: Notice of an application for informal administration of the Estate of: 

Jeneane M. Leader, Deceased 

CASE NO. 15-PW-60 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin 

In re: Notice of an application for informal administration of the Estate of: 

Allan W. Preuss, Deceased 

CASE NO. 15-PW-61 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin 

In re: Notice of an application for informal administration of the Estate of: 

Joseph A. Smith, Deceased 

CASE NO. 15-PW-62 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin 

In re: Notice of an application for informal administration of the Estate of: 

Jamey A. Cooper, Deceased 

CASE NO. 15-PW-63 

STATE OF WISCONSIN 

COUNTY OF MONROE 

DISTRICT COURT MINUTES 

Meeting was held on September 14, 2015, at 8:15 a.m. at the Monroe County Courthouse, 112 S. Court Street, Sparta, Wisconsin. 

Kathy Schmitz 

Vice Chair 

Jana Knapp 

Jared Martinez 

Brian Ward 

Steve Wetmore 

Monroe County School Board 

Sparta, Wisconsin
are hot flashes, night sweats, sleep disturbances, low libido or other symptoms of menopause affecting your quality of life?

then be sure to mark your calendar for "Surviving Menopause," a presentation by Gundersen obstetrician and gynecologist Jill Davidson, MD, FACOG, on changes associated with menopause and what women can do to feel better. The event will take place from 5:30 to 7:30 p.m. at the Gundersen Onalaska Clinic.

a noon, you can enjoy a healthy meal from The Sparta News, a local restaurant that specializes in Italian cuisine. The menu includes a variety of dishes such as lasagna, pasta, and antipasto plates. There is also a selection of desserts to choose from.

for more information or to register, visit www.gundersenhealth.org/menopause.

let us know what you think and feel better soon!

perfectly timed to coincide with the end of summer, this event is a great way to start thinking about your health and well-being. we look forward to seeing you there!

- Gundersen

Gundersen to offer ‘Surviving Menopause’ event