

BARNES NOTES AND NEWS

Volume 7, Issue 1 and 2

ONLINE ONLY

The **BARNES NOTES & NEWS** is your source of our area's community events and happenings and items of interest. We continue to welcome you to place your ads, submit events, articles, and stories. Please contact owner/editor: **Julie (Friermood) Sarkauskas** at barnesnotesandnews@gmail.com or call **715-580-1288**. Find our link on the **NEW Town of Barnes Website**:

TownOfBarnesWI.gov / Community / Barnes Notes and News / 2025 / pick the month

A VERY HAPPY NEW YEAR TO YOU ALL ... We say it every year "wow that went by fast" and every year it goes even faster. It's like Father Time just moves things faster than the weather changes in Wisconsin. As most or all of us used to think, time just doesn't go fast enough...**PSYCH!!!!** I've now decided that time goes faster as we get older because we are ALWAYS thinking of what we have to do next, or what we forgot to do and are now out of time to get it done. "Explaining a trip that you're taking to someone and all of a sudden, you're back!"

With all of that....we still need to remember what matters in life. Not how fast time goes, but how we spend it and who we spend it with. Take the time that you don't think you have and spend it with someone sharing a cup of coffee whether in person or over the phone. Even writing a note to send will make you stop and share your time "with" and "for" someone. How many times have we said, "I should have made the trip" or "I should have called". May you all have a healthy, safe, fun and prosperous year.

SUPER BOWL



SUNDAY, FEBRUARY 8TH

5:30 P.M. CST

New England Patriots vs Seattle Seahawks

LOCATION: DRUMMOND LAKE PARK. NOON

Join us for the 26th annual bar stool races and best winter (Valentine's Day themed) party in Bayfield County featuring our very own DJ Chad Jaeger.

Watch racers wipeout while competing for cash prizes, trophies and bragging rights.

This years intermission event promises to be entertaining as participants tube down the race course with their Valentines Day "sweetheart". It's a couples event but we can provide you a date .

Thanks to the Tavern League, most participants will leave winners! Plenty of car and snowmobile parking (we are right off Trail 63 in Drummond).

26TH ANNUAL BARSTOOL RACES

SATURDAY, FEBRUARY 14TH

PRESIDENTS' DAY WEEKEND | DRUMMOND, WI

MUSIC - FOOD - BEER - HEATED PAVILION

FOOD & CHECK-IN STARTS AT 10:30AM | RACES START AT 12PM



\$40 REGISTRATION ENTRY FEE

LIMITED TO 64 RACERS - REGISTER EARLY

100% CASH PAYBACK OF REGISTRATION FEES FOR WINNER IN EACH CLASS

ENTRY FORMS AND MORE INFORMATION AVAILABLE AT WWW.DIRTANDSNO-JACKS.COM

FEATURING JAEGER SOUND



50/50 RAFFLE \$6,000+ CASH PAYOUT

* PAYOUT (1ST) \$2,300+ (2ND) \$1,000+ (3-5TH) \$500+ (6-10TH) \$200+
 * PAYOUT ESTIMATED BASED ON 300 TICKETS SOLD @ \$40 EACH

TICKETS \$50 EACH or (2) FOR \$80

DRAWING FEBRUARY 14TH, 2026
 NEED NOT BE PRESENT TO WIN

PROCEEDS SUPPORT DRUMMOND, GRANDVIEW AND MASON AREA SNOWMOBILE & ATV TRAILS
 PAYOUT CALCULATED AS FOLLOWS: 1ST PLACE 14.7%, 2ND PLACE 14.4%, 3RD PLACE 14.4%, 4TH PLACE 14.4%, 5TH PLACE 14.4%, 6TH PLACE 14.4%, 7TH PLACE 14.4%, 8TH PLACE 14.4%, 9TH PLACE 14.4%, 10TH PLACE 14.4%

GOLD SPONSORS:

- THE LOON SALOON
- STAUDEMAYER'S FOUR SEASONS RESORT
- CABLE AREA CHAMBER OF COMMERCE
- FRIERMOOD CONSTRUCTION
- INO METALS
- AMMO'S EVERGREEN TAVERN
- J&H PREMIER CONCRETE

ALL PROCEEDS GO TO LOCAL SNOWMOBILE AND ATV TRAIL MAINTENANCE

In this Issue:

- Calendar of Events
- Senior Meals is Back
- Barnes VFW and Auxiliary
- Barnes Area Historical Association
- Barnes Red Hats
- Barnes Book Club
- Garden Club
- Reminiscing
- Fun & Games
- Cheryl's Pages
- Recipes
- Advertisements



Barnes Notes and News
50690 Pease Rd
Barnes, WI
715-795-2775

barnesnotesandnews@gmail.com

REMEMBER:

PLEASE WALK AGAINST the TRAFFIC!!!! THIS IS FOR YOUR SAFETY.

I do understand in the city you have sidewalks and it doesn't really matter, but in the country we **must ask** that you abide by the "rules of the road". **BIKE WITH** traffic (ditch to your right). **MAKE SURE** your dog is always on the "ditch" side of you and **NOT** on the road side.

*I'd like to thank those of you who are walking with your pets away from the road. For those of you I've seen with your pet on the car side of the road, **MAKE THE SWITCH.** If your dog darts toward traffic, you're not in the way to intervene. **The outcome of that is obvious.** Love your pets enough to keep them safe.*

**NOTE: PLEASE REMEMBER THE STATE, COUNTY AND TOWN LEASH LAWS
YOUR DOG MUST BE ON A LEASH FOR THEIR SAFETY & THE SAFETY OF OTHERS**

QUESTIONS, COMMENTS or CONCERNS

If you have any questions or comments on what you see here, we would like to hear from you. If you have an item that you would like to see in the Barnes Notes and News, please contact Julie (Friermood) Sarkauskas at barnesnotesandnews@gmail.com

THANKS TO YOU ALL FOR YOUR SUPPORT. GOD BLESS

LIKE US ON FACEBOOK

**ARE YOU A LITTER BUG? OUR ROADS AND TRAILS DO NOT NEED TO LOOK LIKE A DUMP
IF YOU HAVE ROOM TO TAKE YOUR TREATS AND BEVERAGES WHEN YOU LEAVE HOME, THEN YOU HAVE ROOM
FOR THE GARBAGE FROM THOSE TREATS AND BEVERAGES TO GO HOME WITH YOU.
(THE GARBAGE TAKES UP LESS ROOM)**

**FOR THOSE THAT GO OUT OF THEIR WAY TO CLEAN UP YOUR MESSSES, I FOR ONE CANNOT THANK THEM
ENOUGH. MAYBE YOU NEED TO PUT THEM OUT OF A JOB AND STOP THROWING GARBAGE ON THE ROADSIDES.**



PLEASE ...

HELP US KEEP OUR ROADS CLEAN

- Please be sure to pick up anything that blows out of your vehicle or trailer.
- We have organizations and clubs in town that organize "clean up" events.

Check in with them or visit:

TownOfBarnesWI.gov to offer your time

**WE GREATLY APPRECIATE YOUR HELP IN KEEPING
OUR TOWN CLEAN + BEAUTIFUL**



**THANK YOU to our Town Crew
for all you do!**

TOWN ROADS & PROPERTY DEPARTMENT

Office Phone: 715-795-2573

Normal Hours of Operation

6:00AM – 4:00PM Monday- Thursday

Jeff Jordheim

email: garage@TownOfBarnesWI.gov

Check the Town Website for updates

TownOfBarnesWI.gov

**PLEASE KEEP A WEATHERED EYE FOR SNOMOBILES. STAY THE COURSE AND KEEP IT SLOW.
PLEASE BE SAFE. Someone is waiting for you at home. THANK YOU!**

Town Clerk/Treasurer: Kari Hufnagle

clerk@townofbarneswi.gov

Phone: 715-795-2782 Fax: 715-795-2784
3360 County Hwy N – Barnes, WI 54873

Visit: TownOfBarnesWI.gov for town minutes

**Open: M-T-TH-F: 8:00 a.m. to 4:00 p.m.
Wednesday: 8:00 a.m. to 12:00 p.m.**

Cemetery Sexton: Dave Schiess

Phone: 715-638-2573 or Evenings: 715-638-0424

TOWN OF BARNES BOARD MEMBERS

Chairman: Tom Renz - email: chair@TownOfBarneswi.gov

Supervisor: Seana Frint - sup1@TownOfBarneswi.gov

Supervisor: Eric Neff - sup2@TownOfBarneswi.gov

Supervisor: Paul Susienka - email: sup3@townofbarneswi.gov

Supervisor: Jim Frint - sup4@TownOfBarneswi.gov

Barnes Ambulance & Fire Departments:

Director & Fire Chief: Brett and Brock Friermood

email: ambdirector@townofbarneswi.gov

email: firechief@townofbarneswi.gov



BARNES AREA CALENDAR OF EVENTS: FEBRUARY 2026

- **Tues. Feb 10: BARNESTORMERS SNOWMOBILE CLUB** 6:00 p.m. meeting at snowmobile building. 715-795-2753
- **Wed. Feb 11: BARNES AREA FOOD SHELF** 9:00 a.m. to 11:00 a.m. at the Barnes Community Church
- **Sat. Feb 14: HAPPY VALENTINES DAY** from Cedar Lodge Steakhouse and Grille: Special Menu served Saturday night. Reservations are recommended 715-795-2223
- **Sun. Feb 15: BARNESTORMERS SNOWMOBILE CLUB** Meat Raffle 2:00 p.m. at the Barnes Trading Post 715-795-1267
- **Tues. Feb 17: GORDON BARNES GARDEN CLUB** Meeting 1:30 p.m. Bonnie Dealing will share her trip to the Chelsea Flower Show from England. Judy Wilcox: 715-795-3247
- **Tues. Feb 17: REGULAR TOWN BOARD** Meeting 6:30 Barnes Tow Hall 715-795-2782
- **NO SPRING ELECTION**
- **Tues. Feb 24: VFW POST 8329** Meeting 6:00 p.m. VFW Hall. John Skandel 715-815-7333

*Happy
Valentine's Day*



“ TOPS “ TAKE OFF THE POUNDS

Want to start 2026 eating healthier while losing weight?
Try **TOPS** to “ Take of pounds sensibly “.

Meetings will be held at the Barnes Town Hall
Mondays, 8:30 a.m. to 10:00 a.m.

There will be an open house February 9th at 9:30
a.m. **Come join us.**

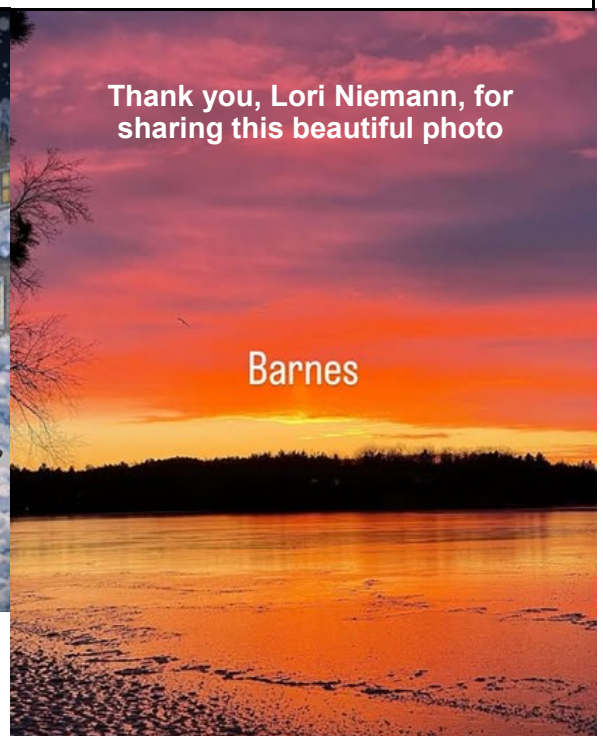
Florence Prickett
715-816-0399

To All Who Work Around The Clock
To Keep The Roads Clear...
Thank You! ★★



Thank you, Lori Niemann, for
sharing this beautiful photo

Barnes



BARNES V.F.W. POST 8329

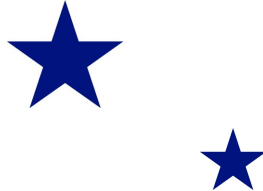


WE CAN NEVER REPAY YOU

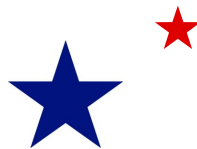


**PLEASE CONTACT
VFW OR VFW AUXILIARY MEMBERS
FOR ADDITIONAL INFORMATION.**

LET'S "BRING" THEM HOME



THANK THEM ALL



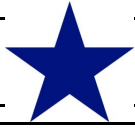
LED MESSAGING

VFW is offering advertising on the LED messaging board

The sign can be rented by the week



For further information and rates please contact: Tam Larson at: 715-795-2402



CABLE AMERICAN LEGION POST 487



AMERICAN LEGION POST 487
43495 Trail Inn Rd., Cable, WI 54821
Phone: 715-798-4487



Here's What's Happening at Post 487 in Cable, Wisconsin:

Cable American Legion Post 487's Summer Hours:

Open Tuesday-Wed-Thurs 3: 00-10:00

Friday 3:00-11:00 pm

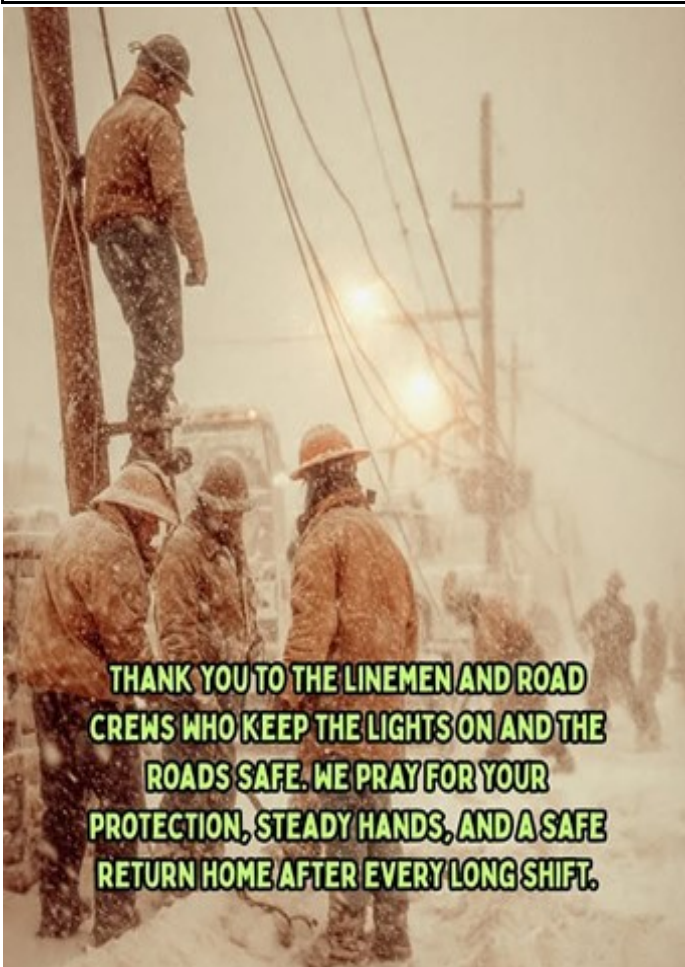
Saturday Noon-11:00 pm

Sunday Noon-8pm



We're open to the public!

- Homemade Pizzas & Hot Beefs Available Anytime (Tuesday-Sunday)
- Taco Thursdays Serving from 4pm-7:30pm
- American Legion Progressive 50/50 Raffle. Tickets can be purchased at Post 487 starting at 5pm with the drawing at 7:00pm. Come see what it's all about.
- Every Tuesday "Chaplin's Corner" 4:00-6:00 p.m. with Rev. Louis Holly



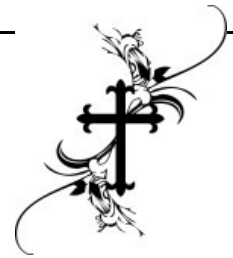
Sunrise and Spires
Thank you, Dawn Piburn, for sharing



BARNES COMMUNITY CHURCH

Pastor Jon Hartman

WORSHIP HOURS
10:00 a.m. Sunday



Bible Studies

Every Tuesday at 10:00 a.m.
Everyone is Welcome

3200 County Hwy N., Barnes, WI
Phone: 715-795-2195

**BLESSED ARE WE
AND OUR NEIGHBORS**

PLEASE KEEP OUR NEIGHBORS AND FURRY FRIENDS IN MIND DURING THE WINTER DAYS WHEN IT'S NOT FIT FOR MAN **NOR** BEAST. LET'S BE SURE TO OFFER AND PROVIDE CARE, COMFORT, A WARM HEART, SHELTER, & FOOD FOR ALL IN NEED.

REMEMBER,

**IF YOU HAVE MORE THAN YOU NEED,
BUILD A LONGER TABLE.....NOT A HIGHER FENCE.**

BARNES COMMUNITY CHURCH FOOD PANTRY

The Barnes Food Pantry is open the 2nd Wednesday of each month from 9:00 to 11:00 a.m. for persons living within 15 miles of the church.

Please bring identification

We are located at 3200 County Highway "N"
Barnes Community Church.
- For further information call - 715-795-2195



***Please consider making a
donation to The Barnes
Food Shelf.***

It is greatly appreciated.

(For a map to the food shelf visit: www.barneswi.com)

***THANK YOU TO THOSE FOLKS
AND BUSINESSES THAT HAVE
DONATED AND CONTRIBUTED
TO THE FOOD SHELF.***



"Love never gives up." —1 Corinthians 13:7

BARNES COMMUNITY CHURCH

Last fall the Mission Committee of the Barnes Community Church began a new local outreach program in the Barnes community. The Ramp Lending Program is designed to provide the use of an accessibility ramp to individuals who have a temporary need for a ramp. Temporary is considered to be 5 months or less with a possible extension. The program will provide borrower's time to determine a permanent solution to their situation (healing, building a permanent ramp, relocation, etc.). In addition to the BCC congregation, the program is available to residents of Barnes and those within five miles of Barnes.

Like giant Legos, the aluminum sections are modular and can be fitted to different configurations. Helping to navigate one or many steps, they are equipped with two sets of handrails and have a carrying capacity of 1,000 pounds. Potential sites will be evaluated on feasibility. No fee is charged for participation, and BCC members will assemble the ramp. A signed waiver is required.

Ramps have been installed on two sites where residents were recovering from surgery.

For information and an application form, contact the Barnes Community Church at: 715-795-2195



We pray for those who are suffering, for those who are ill and injured and for those that are seeking peace within their souls.

You are not alone, nor will you ever be alone.

The Lord our God is always with us

His love is forever

God bless and keep each and every one of us.

OUR COMMUNITY

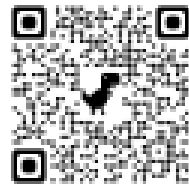
Barnes Town Park Playground Fundraiser

Donation proceeds will help upgrade the Barnes' Town Park playground equipment, making our playground a safe, inviting asset in our community!

Plans include purchasing a large durable structure replacing the wood structure that was no longer safe, adding a toddler station and a picnic area.



**Structures shown are examples.*



Donation Options:

- *Payable online using QR code or go to townofbarneswi.gov, select yellow Donate button, "Other" option, type "Playground" in Notes.*
- *Checks payable to "Town of Barnes" adding "playground" in memo*

OBITUARIES: Remembering Loved Ones Lost



ANNE CHRISTINE WIKAN

November 20, 1956 to January 8, 2026

Anne Christine Wikan, age 69, passed away unexpectedly on Thursday, January 8, 2026, at her residence in Barnes, WI. She was born on November 20, 1956, in Superior, WI, the daughter of Patrick and Carolyn (Christianson) Bonner. She was united in marriage to Jeffrey Frederick Wikan on October 3, 2001, in Washburn County, WI.

Anne had a rewarding career as a park ranger with the Wisconsin Department of Natural Resources. She served her community as an EMT for Douglas County. Before retirement, she enjoyed working in the Barnes community as a waitress and bartender. She loved the Northwoods and everything outdoors, especially gardening and spending time out on the water. Anne was known for her gardens and took pride in her gnome and fairy gardens.

Always appreciating a good western, Anne really enjoyed the show, Gunsmoke. She was a dedicated member of the Barnes VFW Ladies Auxiliary where she was a master corn cook. Anne was quite the talker and had a wonderful sense of humor. Anne had a warm smile, kind heart and never skipped the opportunity to dance. She cherished any time and trips spent with her sisters. Anne absolutely adored her son Mike and granddaughter, Sophia. Her love and pride for them radiated anytime she talked about them.

She is survived by her beloved husband of nearly 25 years, Jeff Wikan of Barnes, WI; her son, Mike Holsclaw of Superior, WI; her granddaughter, Sophia Holsclaw; her siblings, Patrice (John) Lancour of Barnes, WI, Kathleen (Steve) Hill of Richfield, MN and Mary (Leroy) Borsellino of Cable, WI; many nieces, nephews and dear friends; and her dear four-legged friend, Lola.

In addition to her parents, Anne is preceded in death by her first husband, Ryan Holsclaw and her brother, Neil Bonner.

A celebration of life will be announced at a later date.

To plant a beautiful memorial tree in memory of Anne C. Wikan, please visit our Tree Store.

Obituary published on Legacy.com by Spooner Funeral Home on Jan. 12, 2026.



SOMETIMES.....

OUR LOVED ONES HAVE PAWS

OUR DEEPEST SYMPATHIES FOR THE
LOSS OF YOUR FURRY FRIEND



**Our sincerest apologies for
anyone we missed.**

*Our thoughts and prayers are
with you and your families in
this time of sorrow.*

**If you have any information you would like us to
share, please send to:**

Julie (Friermood) Sarkauskas at:

barnesnotesandnews@gmail.com

OBITUARIES: Remembering Loved Ones Lost



MICHAEL ALAN PALMQUIST

February 2, 1960 to January 7, 2026

Wow—what a journey I had.

I was born on February 2, 1960, to Robert and Patricia Palmquist, and I ended my journey on January 7, 2026. I was preceded in death by many loved ones, including my father and my brother, Robert Palmquist Jr (Boob).

Life took me in many directions, but I eventually found myself working for the family business, Palmquist Plastering and Texturing, which I took pride in doing. Eventually, I moved to Barnes WI to help with the family business and then later working at the Trading Post where they treated me like family. I believed in always having fun, telling a good story and making people laugh.

I lived by my own rules, which didn't always allow me to make the best choices, but they were my choices. I believed in always having fun, pushing life to the limit, and lived life to the fullest. I have had many hobbies over the years, too many to list because I would try anything once with the mentality: ***"If you can't have fun, don't do it!"***

I'm survived by my Mother, sisters Barb (Kevin) McDonald and Tammi Palmquist and by many nieces, nephews, and cousins.

In honor of my wishes, my family is **NOT** having a funeral or celebration of life because I will not be ***"THE LIFE OF THE PARTY!"***

To outsmart me they are having Mikey's Booyah Bash, at the Trading Post in Barnes, WI on Saturday, April 11, 2026 starting at 2:00 p.m.

For those of you that shared the road with me. ***"It was one hell of a ride!"***

BOOYAH !!



ROBERT "BOB" FREDERICKS

June 20, 1969 to December 14, 2025

Robert "Bob" Fredericks, age 56, of Drummond, passed away, Sunday, December 14, 2025 at Tamarack Health Ashland Memorial Center. He was born June 20, 1969 in Ashland, the son of Richard Sr. and Kathryn (Jorgenson) Fredericks.

Bob graduated from Drummond High School in 1987. He worked several different jobs but his greatest joy was his work for North Lakes Community Clinic where he served as a Peer Mentor for several years.

Bob enjoyed hunting, fishing and motorcycle riding with his brother. He had a great sense of humor and an infectious laugh. He was well known in the Drummond community and will be missed deeply by his family and friends.

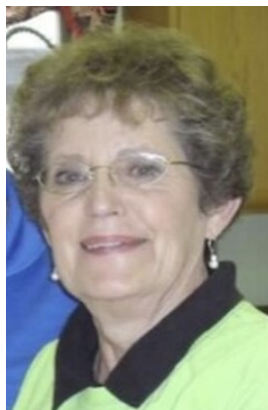
He is survived by his children, Dakota (Alexis) Fredericks, CJ Fredericks, Jackson Fredericks and Zander Fredericks; a granddaughter, Julia; siblings, Ryan (Chris) Fredericks, Russell (Cindi) Fredericks and Beverly Dahl; and many other nieces, nephews and extended family.

He was preceded in death by his son, Kenehsaeh; parents, Richard Sr. and Kathryn; and a brother, Richard Jr. A private family gathering will be held in the summer.

The family would like to thank the Great Divide Ambulance responder's group who assisted Bob in his time of need, their care and compassion was appreciated by all.



OBITUARIES: Remembering Loved Ones Lost



LUCILLE JEAN PEET

October 13, 1943 to January 14, 2026

Lucille Jean Peet, 82, died peacefully on Wednesday, January 14, at Essentia St. Mary's Hospital in Duluth, MN.

Lu was born on October 13, 1943, to Frederick and Grace (nee Marsh) Adler in Milwaukee, Wisconsin. She enjoyed her childhood summers on Lauderdale Lake in Elkhorn, WI, and had many fond memories of the time spent with her family. Lu was a graduate of Milwaukee Lutheran High School and worked at Wisconsin Bell/Ameritech, where she served as a Senior Night Supervisor.

On July 1, 1989, Lu married the love of her life and best friend, Delmar "Dean" Peet, and moved to Barnes, WI. Together they enjoyed traveling, helping others and being with friends and family.

Lu was involved in her community. She was elected Town Clerk of Barnes and then as the first woman to serve as Barnes Town Chair. After leaving politics, Lu started and ran the Barnes Blog, a local newsletter for area residents and visitors.

Lu was also one of the founders of the Barnes Area Historical Association in 2005 and served as Secretary until her death. She loved her home on Pickerel Lake and enjoyed fishing, baking, gardening, and feeding her birds, as well as hosting family and friends. It was her paradise.

Lu is survived by her children, Timothy (Joanne) Behling, Jeffrey Behling (Kristine Farnsworth), and Lisa Behling; her stepchildren, Dean (Mildred) Peet, Vickie Bryant, Louie Peet, and Michelle Ruprecht; grandchildren, Aaron Behling, Heather Berg, Emily Berg, Macy Farnsworth, Del (Hannah) Peet, Matthew Peet, Clint (Alexis Roy) Bryant, Shane (Courtney) Bryant, LeeAnna Jacques and Hannah Anderson; great-grandchildren, Calvin, Delmar, Nora, Mia, Oliver, Wyatt, Charlotte, Gabriel and Cameron.

She is further survived by her sisters, Virginia Schloesser, Jeanne (Curt) Hesselink, Joanne (Roger) Krier, brother-in-laws Lee Peet, Donny (Lilly) Peet and sister-in-law Joyce Rolnik, many nieces and nephews and her dear friends.

She was preceded in death by her parents; her husband, Delmar "Dean" Peet; her brother, Fred Adler Jr., brother-in-laws Bill Schloesser, Bud Peet and Glenn Rolnik, son-in-law, Wayne Bryant; and her nephews, Brent Adler and Michael Hesselink.

Per Lu's wishes, there will not be a funeral. Her family will hold celebrations of life in Barnes and Milwaukee, WI. Dates will be announced at a later date.



VIOLA PHIFFER

January 17, 1943 to January 12, 2026

Viola Jane Phiffer, age 82, passed away peacefully at home in Barnes, WI on Monday, January 12, 2026. She was born on January 17, 1943, in New York Mills, MN, the daughter of Benjamin and Ruth Olsen.

Viola was full of life and loved to travel to Jamaica and enjoyed boating on the Mississippi River. She also loved visiting with friends and family you could always expect a good laugh when Vi was around never missing an opportunity to dance especially when "Paradise by the Dashboard Light" was playing.

She is survived by her children, Vicki (Christopher) Neumann of Mendota Heights, MN and Jeff (Sharon) Mathison of Lakeville, MN; her grandchildren, Christopher "CJ" (Mariah) Neumann, Samuel Neumann, Kelsey (Yosemite) Miller and Zach Mathison; and her great-grandchildren, Grayson and Kinsley.

In addition to her parents, Viola was preceded in death by her beloved husband, Keith "Skip" Phiffer; her brother, Floyd; and her sister, Violet.

To plant a beautiful memorial tree in memory of Viola Phiffer, please visit our Tree Store. Bratley-Nelson Funeral Home, Hayward.

BARNES AREA HISTORICAL ASSOCIATION (BAHA)

THE BARNES MUSEUM

OPEN MEMORIAL WEEKEND THRU LABOR DAY

Closed for Season - call for appointment

WE ARE STILL LOOKING FOR VOUNTEERS !!

Located on the corner of Hwy N and Lake Road
Check the BAHA website for any upcoming events
(<http://bahamuseum.org/>)

Follow us on Facebook



Barnes Area Historical Association, Inc.

Barnes, WI 54873

Barnes Area Historical Association, Inc. (BAHA) was established in 2005 by area citizens who are dedicated to preserving the history of the Barnes Area through education and preservation.

The Barnes area consists of the Town of Barnes and includes the areas of: Brule, Cable, Drummond, Gordon, Hayward, Highland, Iron River and Solon Springs.

The BAHA monthly board meetings are usually held on the third Thursday of the month at 9:00AM in Barnes at the VFW Hall on Lake Road. All BAHA members are encouraged to come to these meetings and participate in the discussions.

Our first and foremost project will be to continue to plan for our history center.

The Annual Meeting is held on the third Thursday in October of each year at the VFW Hall.

We have our 501 (c) (3) number and are a valid non-profit organization.

Any donations made to BAHA are tax deductible.

We invite everyone to join BAHA and participate in our projects. Members do not need to be current or former residents of Barnes.

Single yearly membership - \$15.00;

Family or couple yearly membership - \$25.00

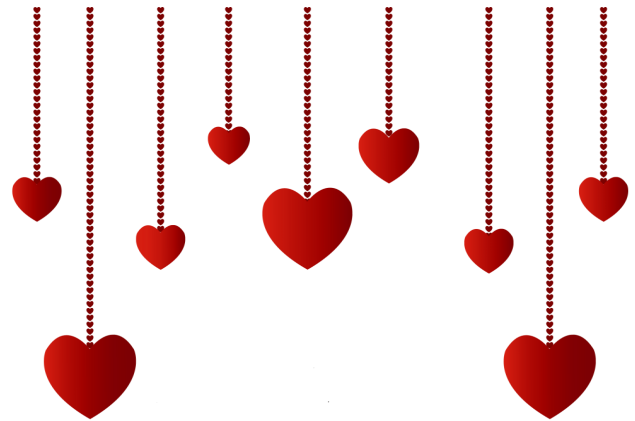
Other membership categories are available upon request

Please contact our Secretary, Lu Peet
(715) 795-3065 email: lupeet101343@gmail.com

SPONSORED EVENTS: Stay tuned for Dates

- **Summerfest / Raffle**
- **Winterfest and Big Cash Raffle**
- **ODHA**
- **Gordon MacQuarrie Pilgrimage Tour**

BAHA is the sponsor of the Old Duck Hunters Association Circle (ODHA)



BAHA MUSEUM GIFT SHOP CALL FOR APPOINTMENT

**GIFT SHOP COORDINATOR:
Sally Pease**

Are you looking for a special gift for a Birthday, Anniversary, Get Well, Thank You, or other occasion? Be sure to check out the new display of items in the Gift Shop. You'll find a wide array of interesting items for all ages:

- clothing items
- wood crafts
- a range of books by MacQuarrie, Ojibwe authors, and local writers
- Barnes Centennial glassware and other items
- note cards
- walking sticks
- items for the home and outdoors; and much more

There are practical items, decorative items, items linked to the history of Barnes, and some that will be "just plain fun" to own!

Whether it's a gift for YOU...or a gift for OTHERS...you're sure to find the perfect choice! Come and Explore!

Here's a peek at some of what you'll find when you visit!





BARNES AREA HISTORICAL ASSOCIATION NEWS

As the renovation of the Pease One-Room Schoolhouse keeps moving ahead, we continue to search for early schoolhouse items to complete our "replica early 1900s classroom room" within a portion of the building. Artifacts related to all of Barnes' early schoolhouses will be displayed throughout the building, along with historical documents, photographs, collected memories, etc. Our hope is to educate and inspire an understanding of what "life within these schools" was like for students, teachers, and community members.

** If you have any items that might be in need of a "new home", please let me know. They will be warmly welcomed into our schoolhouse and greatly appreciated! I will happily arrange to pick up any items and cover any costs that might be involved. If you have any relevant items that are not on our list, please let me know. I'd be interested in learning more about them!

Updated list of Items being sought for the Pease One-Room School:

- Early US Flag [for wall mount with pole]
- Hand-held slate boards; Erasers & box of chalk
- Organ stool
- Old textbooks – K-8 grade levels [pre-1940]
- Kerosene lamps [wall-mounted style and hanging style]
- Water dispenser [5 gal. pottery with spigot or similar]
- Table model, battery-powered Radio [for "School On the Air" programs]
- Lunch buckets, pails, boxes
- Globe [pre-40s would be interesting - we have one dated to the 70s]
- Cursive writing scroll and other classroom teaching resources
- Small teacher's desk or table
- Two full body mannequins: one adult female [for the schoolhouse teacher; one elementary age child/student]
- Early 1900s garments [dress for the teacher; daily school clothing/wear for a young girl or boy. Written "memories" Yours, or stories from your parents, your grandparents of "The One-Room School house Days"...as a student, as a teacher; traveling to school; recess games; rules & responsibilities; favorite subjects, etc.

Thanks for your help!



Flower & LIL' Stinker are working on their spring adventures and will share as soon as they are back. Stay Tuned



LET'S KEEP THE FAITH FOR 2027

GREEN BAY PACKERS

2025 - 2026 SEASON

REGULAR SEASON:

Sun. Sept. 7th: vs Detroit - 3:25 p.m.	W: 27 13
Thurs. Sept. 11th: vs Washington 7:15 p.m.	W: 27 18
Sun. Sept. 21st: @ Cleveland - 12 Noon	L: 10 13
Sun. Sept. 28th: @ Dallas - 7:20 p.m.	T: 40 40
Sun. Oct. 5th: BYE	
Sun. Oct. 12th: vs Cincinnati - 3:25 p.m.	W: 27 18
Sun. Oct. 19th: @ Arizona - 3:25 p.m.	W: 27 23
Sun. Oct. 26th: @ Pittsburgh - 7:20 p.m.	W: 35 25
Sun. Nov. 2nd: vs Carolina - 12 Noon	L: 13 16
Mon. Nov. 10th: vs Philadelphia - 7:15 p.m.	L: 7 10
Sun. Nov. 16th: @ New York Giants - 12 Noon	W: 27 20
Sun. Nov. 23rd: vs Minnesota - 12 Noon	W: 23 6
Thurs. Nov. 27th: @ Detroit - 12 Noon (Thanksgiving)	W: 31 24
Sun. Dec. 7th: vs Chicago - 12 Noon	W: 28 21
Sun. Dec. 14th: @ Denver - 3:25 p.m.	L: 21 34
Sat. Dec. 20th: @ Chicago Time TBD	L: 16 22
vs Baltimore	L: 24 41
@ Minnesota	L: 3 16
Jan 10 Wildcard @ Bears	L: 27 31



SUPERBOWL 60

SUNDAY, FEBRUARY 8TH - KICK OFF 5:30 P.M. CST (NBC)

LEVI STADIUM—SANTA CLARA, CA

NEW ENGLAND PATRIOTS VS SEATTLE SEAHAWKS

BARNES FIRE DEPARTMENT and AMBULANCE
5005 County Hwy N, Barnes, WI 54873
715-795-2424 for Non Emergency Calls

FIRE DEPARTMENT:

Fire Chief - Brock Friermood brockFriermood@TownOfBarnesWI.gov

Assistant Chief - Richard Renz

Volunteer Members:

Damian Von Frank
Mitch Christenson
Leevi Frint
Jaxston Glinski
Whitney Jeanetta
David Johnson
Jeff Jordheim
Jennifer Peterson
Josh Peterson

Ben Roecker
Parker Roecker
Jacob Schiess
Greg Strasser
Jeff Stumpf
Reid Welhaven
Riley Welhaven
Jackson Hinkel
Jay Fahner
Marlo Sumner



AMBULANCE SERVICE:

Ambulance Director/Volunteer: Brett Friermood at: brettFriermood@TownOfBarnesWI.gov

Assistant Director - Sonja Von Frank

Full Time EMT's:

Kaylee Silverness and Jake Coleson

Volunteer Members:

Les Luder
Sarah Juleff
Tom Renz
Hallie Skweres
Tiffany Smith
Robin Friermood

Brock Friermood
Jordan Friermood
Damian Von Frank
Richard Renz
Brandon Friermood
Jake Coleson



WE CAN'T THANK YOU ENOUGH FOR YOUR DEDICATION TO KEEPING OUR COMMUNITY SAFE



LOCAL ESTABLISHMENTS

ANGIE'S



Koffee Kup

HOURS:

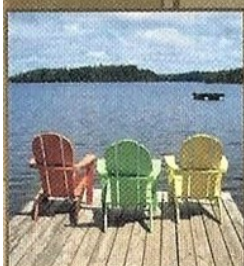
7:00 a.m. to 2:00 p.m. Wed—Sunday
Closed Mondays & Tuesdays

WE HAVE A NEW MENU
INCLUDING
KIELBASA SKILLETTS
AND OMELETS



CHECK OUT OUR
HOMEMADE SOUPS & CHILI

Find us on Facebook: The Koffee Kup



Deer Grove Resort

On Upper Eau Claire Lake
Jeff and Maureen Fullington
Owners

3225 Deer Grove Road
Barnes, Wisconsin 54873

715-795-2526
715-235-9741

deergroveresort@charter.net
deergroveresort.com



3893 County Hwy N
Barnes, WI 54873
715-795-2155

Tiffanyssalon@hotmail.com
Full Hair Salon / Redkin Products

Monday - 9:00 AM - 5:00 PM
Tuesday - 9:00 AM - 5:00 PM
Wednesday - 9:00 AM - 5:00 PM
Thursday - 9:00 AM - 5:00 PM
Friday - 9:00 AM - 5:00 PM
CLOSED Saturday and Sunday

NIGHTLY SPECIALS

5PM-10PM

- Sunday** AYCE Hand-Breaded Shrimp \$14.99
- Tuesday** 1/4# Burger Baskets \$6.99
- Wednesday** Steak Sandwich \$14.99
- Thursday** Taco Thursday \$3.00
- Friday** AYCE Fish Fry \$14.99
- Saturday** Ribs! Half Rack \$13.99 | Full Rack \$16.99



Hours:

Tuesday: 3pm-10pm
Wednesday—Sunday: 11a.m to Close
CLOSED MONDAYS

TRY OUR SOUPS

6935 County Hwy N, Barnes, WI 54873
715-795-2000

CHECK OUT OUR CLOTHING



BARNES BOOK CLUB



February Book:
A Connecticut Yankee in King Arthur's Court
By: Mark Twain

We meet the 4th Monday of each month at 1:30 p.m. at the Barnes Town Hall.

Anyone is welcome to join our sharing sessions, all you have to do is show up.



**Books are available at the Hayward Community Library,
just ask at the desk for the Barnes Book Club selection.**

GENEALOGY

It is so important to have a connection with your family tree. Not only does gathering information make it easier for your children to pick up the process, it will spark something in you that you didn't realize you were looking for. Start with your immediate family, branch to your grandparents and then just keep reaching further back.

Several websites are out there to help start your project:

Order your starter kits from: easygenie.org

Start your Family Tree Today.
Don't wait!

Your loved ones won't always be
there to tell the stories and provide
the information.

Ancestry.com
Genealogy.com
MyHeritage.com
FamilySearch.org
GenealogyBank.com



**TRUST ME
IT'S WORTH IT !**

TRAVELING THROUGH THE GENEALOGY WORLD

Here you go: A more exciting way to learn and track your ancestors experiences and their ways of life

Genealogy often begins with records—birth certificates, census data, and dusty archives—but there's another way to connect with your past that doesn't involve staring at documents. Traveling to the places where your ancestors lived can provide an entirely new dimension to your family history.

Walking the same streets, visiting the same churches, and seeing the same landscapes can bring the stories you've read about to life. It's one thing to know where your great-great-grandfather lived; it's another to stand on the ground where he built his home.

When you walk the streets your ancestors once knew, you gain a unique perspective on their lives. Did they live in bustling urban centers, or were they surrounded by farmland? Did they live near a port, or were they nestled in the mountains?

By understanding their geography, you can start to answer bigger questions: Why did they move? How did their environment shape their professions and lifestyle? Travel turns those vague historical facts into tangible experiences.

See Next Page

GENEALOGY

TRAVELING THROUGH THE GENEALOGY WORLD *(continued)*

Why Visiting Your Ancestral Hometown Changes Everything:

There's a big difference between learning about your family history and truly experiencing it. When you visit the towns and regions where your ancestors lived, you get a sense of their daily lives in ways that documents can't capture. The texture of the cobblestones they walked on, the smell of the local market, the view of the mountains in the distance—these are the sensory details that bring their world into sharper focus.

Imagine visiting a small village in Italy where your great-grandparents were born. Sure, you've seen the name in family records, but standing there, with the sun setting over the terracotta rooftops, you can almost feel what it must have been like for them. These moments can provide insights into your family's decisions, like why they chose to leave their homeland or how their surroundings influenced their values and traditions.

Piecing Together the Past with Local Archives and Landmarks

Traveling to your ancestral hometown can also open doors to local archives and resources that aren't available online. Small town hall records, parish books, or even local museums might hold details that fill in gaps in your family tree. In many cases, these records are written in the native language or dialect of the region, making it a bit of a challenge to decipher, but the reward can be invaluable.

Take, for instance, a traveler who visited a rural village in Poland, looking for clues about her great-grandfather. A stop at the local church uncovered baptism records that mentioned previously unknown relatives. Even more surprising, the church itself was the same one where her ancestors had been married. Standing in that space, where generations of her family had gathered, made the research feel personal and profound.

Landmarks that Hold Generational Memories

In many towns, historical landmarks are key to understanding how your ancestors lived. Visiting a factory where your great-grandfather worked, or the schoolhouse where your grandmother learned to read, can turn these names into real people with real lives. These landmarks act as touchstones, bringing you closer to the experiences of those who came before you.

Retracing Migration Routes and Family Journeys

Many families have stories of migration, whether it's crossing an ocean or moving from one region to another. By traveling along the same routes your ancestors took, you can gain a deeper appreciation for the challenges they faced. Visiting ports, old train stations, or border crossings can help you understand the magnitude of their journey—why they left, what they carried with them, and what they left behind.

Imagine following your ancestors' journey from Ireland to the United States. You might start in a coastal village in Ireland, standing at the very docks where they boarded the ship. Then, visit the immigration centers where they arrived—Ellis Island, for example—and read their names in the records. As you walk through these historical spaces, you begin to piece together the emotional and physical toll of migration. It's not just about the distance they traveled, but the lives they left behind.

How Migration Shapes Family History

Migration is often a turning point in family history. Whether it was driven by economic hardship, war, or a search for better opportunities, these journeys mark a significant shift in a family's story.

Understanding the full scope of your ancestors' migration, from their reasons for leaving to the challenges they faced upon arrival, can provide a deeper context for your family's trajectory.



GENEALOGY

TRAVELING THROUGH THE GENEALOGY WORLD *(continued)*

Connecting with Distant Relatives

One of the most surprising outcomes of traveling for genealogy research is the possibility of meeting distant relatives. If your family stayed in touch with relatives overseas, visiting the ancestral hometown might give you a chance to meet people who share your bloodline but live in an entirely different part of the world. Even if your family lost contact generations ago, local residents might still remember your family name or know of distant cousins living nearby.

While this might seem like a long shot, it's not uncommon for travelers to find distant relatives they never knew existed. A simple visit to a local town hall or church might result in an introduction to someone who shares your surname and can trace their lineage to the same ancestors. These connections often lead to long-lasting relationships, bridging the gap between continents and generations.

How Professional Genealogists Can Help Make the Connection

If finding living relatives feels overwhelming, a professional genealogist can be an invaluable resource. They have access to international records, databases, and local contacts that can help you locate long-lost family members. Whether you're looking for living relatives or piecing together branches of the family tree, a genealogist service can make sure no stone is left unturned.

What Travel Teaches You About Your Family's Culture and Traditions

One of the most enriching parts of traveling for genealogy research is discovering the cultural traditions that shaped your family. Whether it's the local cuisine, religious practices, or folk music, experiencing these traditions firsthand can bring a sense of pride and connection to your heritage. You might find that some of these traditions have been passed down, while others were lost along the way.

For example, you might visit your ancestral town in Spain and discover that the way your family celebrates certain holidays has deep roots in regional customs. By tasting the local dishes, attending festivals, or visiting sacred sites, you gain a better understanding of your family's values and way of life.

Why Cultural Exploration Is Just as Important as Historical Records

Culture is often the thread that binds families together. While records can tell you where your family came from, it's the cultural practices, foods, and traditions that give you a sense of what their lives were like. By immersing yourself in your ancestral culture, you not only learn more about them, but you also bring part of that heritage back into your own life.

**GIVE ANCESTRY
FOR
VALENTINES DAY**



Our sister Debbie worked on the Friermood history starting in 1996 and when she passed in 2003, I thought, I'm going to "finish" it for her. LOL LOL !! There is NO such thing as finishing it. Within a few hours I was hooked. Hooked to the point I went back to 1742 when our Great, Great, Great, Great, Great, Great Grandfather, Mathias Friermood came here from Germany. Then the fun really began.

I was at a standstill because everything after that was in German and/or Germany so I hired a Genealogist from Utah to dig in deeper for me. He managed to gather some great information through micro-film records.

Come to find out, Mathias Friermood ran away from Germany taking his Godfathers name of "Freyermuth" so he couldn't be followed / tracked as you needed to have government approval to leave the country in those days. I in turn learned that our last name is actually "Diethler" and not "Friermood". However, "Friermood" means "**free mind—free spirit**". I believe those of your that know us, would agree that "Friermood" fits us way more appropriately than "Diethler".

You will never know what you can find if you don't try!!!!

Have fun

GENEALOGY

TRAVELING THROUGH THE GENEALOGY WORLD *(continued)*

How to Prepare for a Genealogy-Focused Trip

Planning a trip to trace your ancestral footsteps requires a bit of preparation. Before you go, research the areas where your ancestors lived, and identify any local archives, churches, or landmarks you might want to visit. Make sure to bring copies of important documents—birth certificates, marriage records, and family photos—so that you can compare them with local records. If language barriers are a concern, consider hiring a translator or working with a professional genealogist to smooth the process.

- Research the towns and villages where your ancestors lived.
- Make a list of local archives, churches, and landmarks to visit.
- Bring copies of family records and photos to compare with local data.
- Consider hiring a local guide or professional genealogist for assistance.


With the right preparation, your genealogy-focused trip can be both meaningful and productive. Not only will you deepen your understanding of your family's history, but you'll also create memories that bring those long-ago stories into the present.

Traveling for genealogy isn't just about finding new records—it's about walking in the footsteps of those who came before you. It's about feeling the connection between the past and present, and realizing that, even though generations have passed, you're not so different from your ancestors after all.

The _____ Family

IMMIGRATION JOURNEY

Where in the world is your family originally from?
Draw your family journey on the world map.



Draw a line from one of your ancestor's places of origin to where they first settled in the United States. (The location doesn't need to be exact.)

On the line, write the approximate date your ancestors came to the United States.

List other interesting facts you might know about your family's immigration story (why they left their home to come to the United States).

OUR COMMUNITY

FRIENDS OF TOMAHAWK LAKE PARK

Please contact:

tomahawklakepark@gmail.com

for future events and information

THE DRUMMOND LIBRARY



Free Wi-Fi throughout the building

HOURS:

Monday: Closed

Tuesday: 10-5

Wednesday: 10-5

Thursday: 10-6

Friday: 10-5

Saturday: 9-1

Sunday: Closed

ADDRESS: 14990 Superior St, Drummond, WI 54832

PHONE: (715) 739-6290



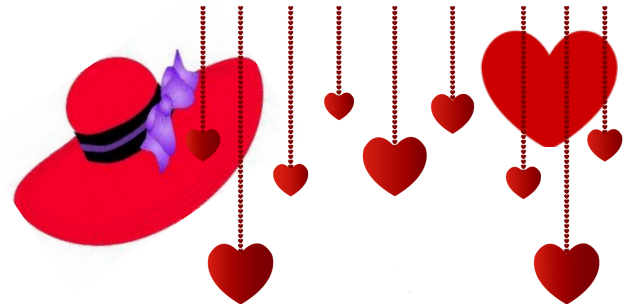
DRUMMOND LAKE CAMPGROUND Drummond, WI

IF YOU NEED HELP WITH RESERVATIONS—
PLEASE GO TO OUR SITE, CALL OR EMAIL US
ANYTIME!

DRUMSITEWI@GMAIL.COM / Phone 715-739-6290
DRUMMONDLAKECAMPGROUND.COM

JUSTA FRIENDLY REMINDER:
WE DO NOT TAKE ADVANCE RESERVATIONS FOR
THE NEXT YEAR. EVERYONE HAS THAT
OPPORTUNITY THE FIRST BUSINESS DAY AFTER
THE NEW YEAR.

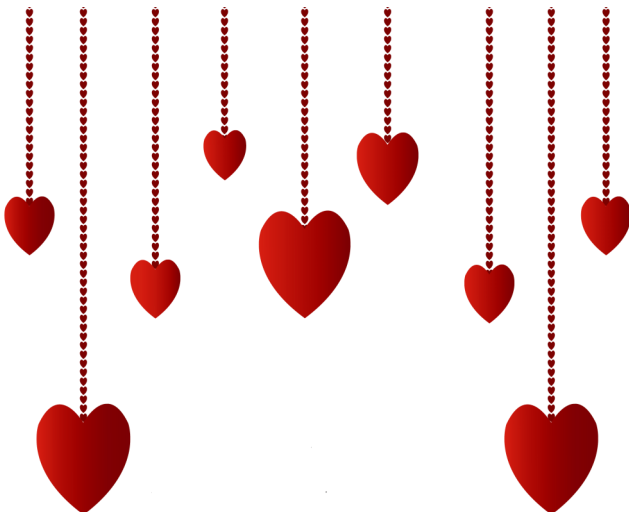
THANK YOU TO ALL OF OUR TOWN CREW,
CONTRACTORS AND LOYAL CAMPERS FOR
MAKING THIS HAPPEN.



BARNES RED HAT

Our next gathering is
February 11 at 12:00 noon
Y-Go-By on County Y

For venues outside of the area, if you need a
ride, please meet at the Barnes Town Hall by
11:45 or sooner



OUR COMMUNITY

Gordon-Barnes Garden Club



The Gordon-Barnes Garden Club met on January 20th in the Barnes Town Hall. Our new presidents (Terry Kolberg and Jane Wagner) did a great job leading us through the business meeting. Our former president (Judy Wilcox) was thanked for her years of service as our president.

Following the business meeting, Lori Butala from Nature's Design (Hayward) gave a thorough and interesting presentation on what to keep in mind when designing a garden. Lori's years of expertise was appreciated and helped members consider ideas for their own gardens come spring.

The next Garden Club meeting will be held at 1:30 pm on February 17th at the Town Hall. Bonnie Dealing will have a presentation on the Chelsea Flower Show. Please feel free to join us - it's a fun group to be a part of and, hey, spring will be coming so make plans for those gardens!

For more information please contact: Kay Erdahl

Email: kayerdahl@gmail.com or Phone: # 507-254-9931

Follow us on Facebook: [gordonbarnesgardenclub@facebook.com](https://www.facebook.com/gordonbarnesgardenclub)



UFO CRAFTERS

Sorry folks, we don't have any updates for our great crafters...

Always ready and waiting for information.



Wildflower Seeds - Hummingbird & Butterfly Pollinator Mix



Wildflower Seeds - Save the Monarchs



Wildflower Seeds - Bee Friendly Mix



Wildflower Seeds - Bee Mix

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for a new
roof!



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We also appreciate referrals!**

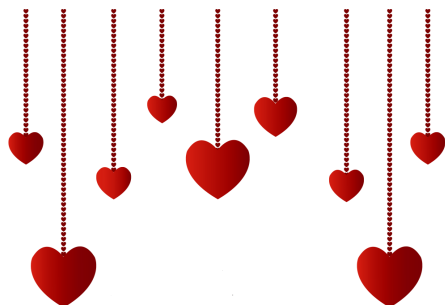


OUR COMMUNITY



JANUARY BIRTHDAYS

Kyle Frierhood 1/2
Rob Lynch 1/15
Nancy Lindberg 1/27
Travis Fullington 1/28
Jeff Fullington 1/28



FEBRUARY BIRTHDAYS

Brenda Christopherson 2/6
Claudia Dragonowski 2/9
Brandon Frierhood 2/16
Chris Anne Best 2/16
Frank Govekar 2/20
Sandy Collins 2/23
Linda Stone 2/24
Rick Frierhood 2/25
Ryan Sarkauskas 2/26



What flower gives the most kisses on Valentine's Day?

Tulips

Happy Birthday
Happy Anniversary
and
Congratulations
to everyone we missed

*HOW DO I LOVE THEE?
LET ME COUNT THE WAYS*

*I LOVE THEE TO THE
DEPTH AND BREADTH
AND HEIGHT
MY SOUL CAN REACH
WHEN FEELING OUT OF
SIGHT*

*FOR THE ENDS OF BEING
AND IDEAL GRACE*

by:

ELIZABETH BARRETT BROWNING

**What do you call
two birds in love?**

Tweethearts!

STAY TUNED FOR OUR NEXT REMINISCING

**WE'RE WORKING ON OUR NEXT
REMINISCING STORY BUT NEED YOURS!**

A BRIEF HISTORY ABOUT VALENTINE'S DAY

Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who was martyred about 270 CE by the emperor Claudius II Gothicus.

According to legend, the priest signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and, by some accounts, healed from blindness. Other accounts hold that it was St. Valentine of Terni, a bishop, for whom the holiday was named, though it is possible the two saints were actually one person.

Another common legend states that St. Valentine defied the emperor's orders and secretly married couples to spare the husbands from war. It is for this reason that his feast day is associated with love.

Formal messages, or valentines, appeared in the 1500s, and by the late 1700s commercially printed cards were being used. The first commercial valentines in the United States were printed in the mid-1800s.

Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Because it was thought that the avian mating season begins in mid-February, birds also became a symbol of the day. Traditional gifts include candy and flowers, particularly red roses, a symbol of beauty and love.

The day is popular in the United States as well as in Britain, Canada, and Australia. It's also celebrated in other countries, including Argentina, France, Mexico and South Korea. In the Philippines it is the most common wedding anniversary, and mass weddings of hundreds of couples are not uncommon on that date. The holiday has expanded to expressions of affection among relatives and friends. Many schoolchildren exchange valentines with one another on this day.

MORE MEMORIES TO COME

.....
The Barnes Trading Post

Barnes VFW Post 8329

Pease Resort

The Cabin Store

The Enchanted Inn

Hilltop Bar and Grill (Fresh Air Post office)

Boulder Lodge

Tracks Inn

Formerly - Doorn's; Sages; Grilley's

Robinson Lake Bar (Fahrner's Resort)

Sand Point Supper Club

BAHA Museum (Northwoods Tap, Red White and Blue; Goetz's; Millers)

Barnes Town Hall

Mammosier's Sunset Resort

Ellison's Resort & Sylvia's Tavern

Tiffany's Salon (Debbie's Hair Design)

Jim Johnson Construction

Georgia's (Skoglunds)

Lyndale Bay Resort

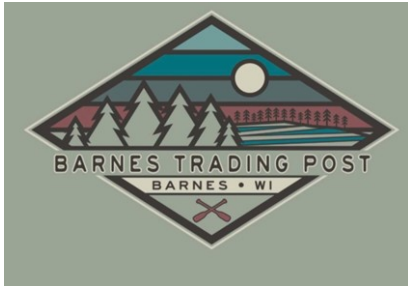
Tall Pines Bar and Grocery

Traut's Resort

Frontier Supper Club

Cheesie's Lakeview Resort





Wilderness Inn
 Come stay with us!!!
 Family owned & operated
 for over 40 years

Wilderness Inn
 8 Units Available
 Wine - Dine - Recline

Nadia and Elliott Hough

WE HAVE A LOT
 GOING ON
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 FACEBOOK

Join us for Breakfast
 Lunch Dinner & Drinks



- ATM - Credit Cards - WIFI Available -

Restaurant Hours:
 Open 7 Days a Week at 7:00 a.m.



www.barnestradingpost.com

Find Barnes Trading Post on Facebook
 4170 Cty. Hwy. N, Barnes, WI 54873
 Phone: 715-795-2320

THE WINDSOR

50750 Outlet Bay Rd
 Barnes, WI
 715-795-2315



THURSDAY BANGO

Tuesday - Saturday
 4:00 p.m. - 10:00 p.m.

Join us for Sunday Omelet Bar 9 - 12

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 DBA Jerome Excavating, LLC**

Small loads of gravel, topsoil & rock
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 Mini Excavator, Skid-steer, Small Dump Truck

715-739-6245 or 715-580-0216

9185 Cty Hwy N

Drummond, WI 54832

Email: deljerome@cheqnet.net



**FREE ESTIMATES
 BONDED & INSURED**

DECEMBER CROSSWORD ANSWERS

B	E	T	A		S	P	A	C	E		B	R	A	T
I	R	O	N		L	E	M	O	N		A	U	D	I
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E	N	D	S		O	T	T	A	R		O	R	N	E



HONOR ALL VETERANS



PET PAGE



MAKE SURE YOU HAVE YOUR PET'S MEDS AND SHOTS UP TO DATE !!

This year is no different than any other so please be sure your pet's shots are up to date, including Lymes, make sure their license is current and that the rabies tag is on their collar. Check the Town of Barnes leash and public area laws to keep your dog safe. If you're just moving to the area, your dog must be on a leash when walking or in public, and, you must have a local License tag. Visitors, please keep your tags up to date and your pet on a leash. You can get the license applications at the Town of Barnes office. Reminder: Kitties need their rabies, distemper, lymes shots and frontline/collars too! (even if they're inside kitties.) SERESTO IS A FANTASTIC PRODUCT FOR CATS AND DOGS .

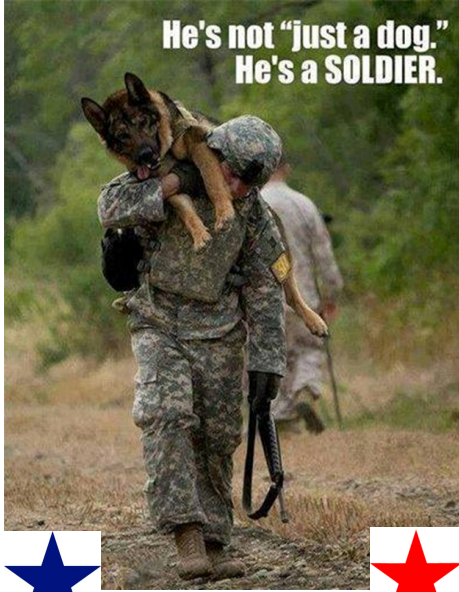
PLEASE remember to walk with your dog on the ditch side of you. Walk against traffic and allow room for the passing cars. It's for their safety

NORTHLAND VETERINARY SERVICES

Dr. Monica Brilla # 715-372-5590
8560 Topper Rd, Iron River

HAYWARD ANIMAL HOSPITAL

715-634-8971
15226W Cty Rd B, Hayward



NEVER

- Leave your dog unattended in direct sunlight or in a closed vehicle
- Leave your dog unattended in a hot/cold, parked car
- **NEVER** Leave them outside if it's too cold for you!

ALWAYS

- *make sure your dog has access to fresh cool water.*
- *All dogs should have proper identification at all times. (Tags: name, address, phone number, rabies shots, etc.)*



PAY ATTENTION TO YOUR BABIES NEEDS - Colder weather is upon us and like when it's hot, the cold can do some damage to your puppies paws when walking on the ice and snow.

Leaving animals outside is nice during mild weather, but **PLEASE**, do not leave them out in the cold. If you feel you don't have a choice.....

YOU DO! FIND ONE

**IF IT'S TOO COLD OUTSIDE FOR YOU
IT'S TOO COLD OUTSIDE FOR THEM.**

ADOPT !!!

Northwoods Humane Society

10812 N. O'Brien Hill Road
Hayward, WI 54843

Phone: 715-634-5394

Hours:
Tuesday through Saturday
11:00 a.m. to 3:00 p.m.

PLEASE REMEMBER...

Pets are not just presents or toys

THEY ARE A LIFETIME



Our babies love us without condition. They help us without effort. They heal our hearts and spirits and **NEVER** ask for anything in return, except LOVE.....

GIVE LOVE BACK TO THEM



**GOD
BLESS
OUR
CANINE
VETS**





JUST A REMINDER WHEN YOU ARE ADOPTING A PET:

PLEASE TAKE THE TIME TO MEET THE SCARED ONES, THE SHY ONES, THE ONES THAT DON'T STICK OUT TO YOU, THE ONES WITH THE BORING COLORS OR MISSING LIMBS, THE OLDER ONES, THE FRAIL ONES. **THEY HAVE NOT GIVEN UP.** THEY JUST NEED YOU. AND MAYBE YOU JUST NEED THEM TOO.



DO NOT THROW AWAY YOUR BLANKETS, SHEETS AND BATH TOWELS. BRING THEM TO ANIMAL SHELTERS. THE COLD IS COMING!



When you see animals in need, please help them instead of hoping someone else will. You are someone.



ALWAYS SUPPORT OUR TROOPS





ANCHOR YOUR BOATS HERE



STORAGE FOR:

Personal Items, Boats, Pontoons, ATV's,
Snowmobiles, Personal Watercraft and
Dry Indoor Storage
PLUS
Winterizing and Cleaning Available

J&M Storage

Jeff Johnson

53060 Hwy 27

Barnes, WI 54873

Phone: 612-803-0775

BARNESTORMERS

Barnes WI Snowmobile Club

We would love to have you!!!!

Check us out on Facebook

OFFICERS:

- **President:** Elliot Hough
- **Vice President:** Craig Willert
- **Secretary:** Bobbie Stein
- **Treasurer:** Shawndel Spader

LAKE COUNTRY ATV CLUB

NEW STORAGE BUILDING UP AND RUNNING

Town of Barnes Industrial Park.

We'll keep you posted on any new updates and events!

THANK YOU

for supporting the Lake Country ATV Club

OFFICERS:

- **President:** Kelly Webb
- **Vice President:** Megan Stumpf
- **Treasurer:** Bill Webb
- **Secretary:** Maureen Fullington



LAKE COUNTRY ATV CLUB

3025 East Shore Road
Barnes, WI 54873



Dues:

Commercial \$ 25
Family \$15
Single \$ 10

Kelly Webb, President
Vice President: Jeff Johnson
Treasurer: Bill Webb
Secretary:

**IT'S TIME TO TAKE
AN INTEREST IN OUR
TOWN !**

**GET INVOLVED
JOIN A CLUB
HELP MONITOR OR
CLEAN UP THE BOAT
LANDINGS**

**WRITE TO THE TOWN
OFFICE WITH YOUR
CONCERNS OR SEND
THEM TO ME.**

**WE NEED YOUR HELP
WE CAN'T DO IT
ALONE
WE NEED YOU TO
CARE**

Pat & Kara Foat - Owners
Jct. County Y & Lake Road
Barnes, WI 54873
715-795-2561

P.J.'S

TRAIL PASSES
AVAILABLE

CABIN STORE

WELCOME
HUNTERS &
FISHERMEN

Authorized licensed
"Recreational Vehicle
Registration Center"

SPRING HOURS

Store Hours:
Sun-Thurs 7am to 6pm
Friday-Sat 7am to 7pm

Bar & Kitchen Hours:

Monday & Tuesday
Bar: 10am to close
Kitchen: 11am-5pm

Wednesday:

Bar: 12pm to close
Kitchen: Closed

Thursday:

Bar: 10am to close
Kitchen: 11am-6pm

Friday-Saturday-Sunday:

Bar: 10am to close
Kitchen: 11am-9pm

HUNTING & FISHING LICENSES
INFORMATION STOP * ICE * MOVIE RENTALS
WISCONSIN LOTTERY * GROCERIES
FULL LIQUOR BAR * FOOD AVAILABLE
SMOKING PAVILLION

Gas, Oil, and On & Off Road Fuel Available

WELCOME HUNTERS

COFFEE
BAR



ALSO AT THE CABIN STORE

On-Off sales of beer and liquor. A wide variety of grocery products including canned goods, dry goods, frozen items, candy; a good variety of ice cream, snacks, cheeses and other dairy products. First aid supplies and home remedies.

Try our new Coffee Bar: get a Coffee to go or hot chocolate or Cappuccino.

Bait Store with assortment of bait, Including minnows, leeches, worms, crawlers and waxies—nice assortment of tackle.

BUYING OR SELLING?



Elliott Hough

Cell: 715-979-1267

Office: 715-634-6237



Area North Realty

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Your Trusted Barnes And Surrounding Area Realtor

TOWN OF BARNES TRANSFER SITE & RECYCLING CENTER
Winter Hours: Wednesday and Sunday 8:00 a.m. to 2:00 p.m.

NO HAZARDOUS DISPOSALS/ITEMS

Call the site at 715-795-2244 before bringing in large items.

SORRY—WE CANNOT ACCEPT TRASH OR RECYCLING FROM BUSINESSES

EMPTY REFRIGERATORS, FREEZERS, WINDOW AIR CONDITIONERS (FULL SIZE) \$ 20.00
 EMPTY REFRIGERATORS, FREEZERS (SMALL) \$15.00
 PROPANE TANKS: MUST BE EMPTY / NO CHARGE
 STUFFED CHAIRS; \$10
 COUCHES/LOVESEAT/RECLINER/TABLES; \$ 30.00 EACH
 MATTRESS/BOX SPRING-ANY SIZE \$20.00 EACH
 HIDE-A-BED/SLEEP SOFA: \$25.00 W/O MATTRESS / \$ 45.00 WITH MATTRESS
 TIRES: CAR/LIGHT TRUCK 5.00 EACH
 LARGE TIRES;TRUCK/TRACTOR -- \$\$ DETERMINED BY ATTENDANT
 TELEVISIONS AND COMPUTER EQUIPMENT NOW CHARGED BY WEIGHT, NOT SIZE
 MISC. FURNITURE; \$5.00/MISC ITEMS NOT LISTED DETERMINED BY ATTENDANT
 PLASTIC LAWN CHAIRS: SMALL \$ 2 EA / LARGE \$ 3 EA / TABLES \$4 EACH
 CARPETING, PADDING, RUGS, DEPENDING ON SIZE; \$10.00 AND UP
 DEHUMIDIFIERS / COMPLRESSORS \$ 15 EACH
 FLOURESCENT BULBS 8 FOOT; \$5.00 EACH
 FLOURESCENT BULBS 4 FOOT; \$2.00 EACH
 FLOURESCENT BULBS LESS THAN 4 FOOT; \$1.00 EACH
 CFL BULBS (IN DESIGNATED BOX); \$1.00 EACH
 BATTERIES; FREE
 ELECTRICAL APPLIANCES: (STOVE, WASHER, DRYER, MICROWAVE, WATER HEATER) FREE
 METAL, GRASS CLIPPINGS, PINE NEEDELS, BRUSH AND CLEAN WOOD: FREE

Transfer Site passes are available for purchase at the Transfer Site or Clerk's Office at a cost of \$120 per calendar year. There will no longer be a bag fee and cash will no longer be accepted for disposal. Credit/debit cards only.

**BRUSH AREA OPEN
ACROSS CTY HYW N FROM THE
TRANSFER STATION**

Please, only "natural" brush,
branches, trees, and stumps

RECYCLING MYTHS AND FACTS:

The most common items to be recycled are: Mail, paper, glass bottles & jars, aluminum, steel & tin cans, plastic bottles, jugs and tubs.

Myth: Any plastic can be recycled

Fact: Only plastic bottles, jars, jugs, tubs with a # 1,2,5 are recyclable. Plastic buckets / pails and lids are not

Myth: Plastic bags, electronics, medical waste, Styrofoam, plastic totes, lawn chairs, empty oil containers, Amazon/USPS shipping bags, pots and pans can be recycled.

Fact: NONE of these are to go into the recycle bins

Myth: Any item placed in the recycle bin will be recycled

Fact: This is "wish-cycling". Too much contamination will cause the bin to be emptied in the landfill and fines will be levied to the transfer station.

Myth: It is ok to place small amounts of food waste (garbage) in recycle bins

Fact: ALL ITEMS MUST BE CLEAN Nothing with food waste, grease, etc. is recyclable

Myth: Plates, bowls, cups, saucers, glassware are cyclable

Fact: They are not. This includes dirty paper plates/plastic ware and solo cups

ITEMS NOT ACCEPTED AT THE BARNES TRANSFER STATION: Paint, moto oil, gas, explosives, fireworks, ammunition, flammables, antifreeze, lubricants, corrosives, etc. Ask attendant if in doubt. Keep foods and liquids out of recycling. No loose plastic bags, bagged recyclables or Styrofoam.

All cardboard boxes mut be flattened and 3x3 ft or smaller. **No** pizza boxes.

NAMEKAGON TRANSIT BAYFIELD COUNTY ROUTE

Bayfield County and Namekagon Transit are providing a route to serve the southern part of Bayfield County. The route originates in the Barnes area then picks up riders in Drummond and Cable, continuing into the Hayward area. Passengers will then have the ability to transfer to a "circular route" in Hayward, where they can travel from store to store or from one address to another, including the courthouse and various medical facilities. The cost for the service is \$1.00 one way and \$0.50 for seniors and persons with disabilities who have a Transit ID card. You **must** call by 1:00 p.m. the previous day to schedule a ride.

If you would like to have an application sent to you for a reduced fare or have any questions, please call Namakagon Transit toll free at (866) 295-9599 or 715-634-6633.

EVERY TUESDAY

- 9:50 Leaves the Barnes Community Center
- 10:10 Leaves the Drummond Library and Senior Housing
- 10:45 Leaves the Cable area/Rondeau Market
- 11:00 Arrive in Hayward at the Hayward Area Memorial Hospital
- 1:00 Begin return trip to Cable, Drummond and Barnes with stops as needed



BAYFIELD COUNTY

Bayfield County is recruiting for an additional Youth Services and Support Coordinator. We are interested in finding the right individual to work with families; please share this with anyone you think would make a quality case manager, as it could really help the search!

<https://www.governmentjobs.com/careers/bayfieldco/jobs/3580102/youth-support-and-services-coordinator>

The Children's Long-Term Support (CLTS) Waiver Program is a Home and Community-Based Service (HCBS) Waiver that provides Medicaid funding for children who have substantial limitations in their daily activities and need support to remain in their home or community.

Historically, there was a waiting list for CLTS. Wisconsin Department of Health Services (DHS) established the continuous enrollment initiative in 2021.

Continuous enrollment is a process that helps kids join the CLTS Program faster. This new initiative has allowed Bayfield County to serve many more children with disabilities. It has been a challenging time for the Support and Service Coordinator to keep pace with the number of children on the case load who need service coordination.

If you have any questions regarding Bayfield County Programs, please contact:

Carrie.linder@bayfieldcounty.wi.gov (**Stay tuned for new contact**)

Please note Bayfield County Human Service email addresses have changed as of 01/25/21.

Aging and Disability Resource Center of the North
Bayfield County Department of Human Services
PO Box 100
117 East 5th St.
Washburn, WI 54891
Phone: 715-373-3350



DRUMMOND FIRE DEPARTMENT AND RESCUE



**We can't
thank you
enough for
your
dedication to
keeping our
community
safe**

Thanks to everyone who came to our open house. we appreciate Santa coming to see the kids as well as helping us unveil "The Bruce" (our newest fire truck addition) to the public.

WISCONSIN FAMILY AND CAREGIVER SUPPORT ALLIANCE BAYFIELD COUNTY

Contact: Lynn Gall, (608) 266-5743 or Harriet Redman, (920) 968-1742

When a Workforce Shortage Crisis and a Caregiving Crisis Meet

“Wisconsin Working Caregivers: Strategies and Resources for Employers”

For more information, please visit [Wisconsin Family Caregiver Support Program \(wisconsinfamilycaregiver.org\)](http://wisconsinfamilycaregiver.org).

Madison, WI – The workforce shortage crisis being felt by businesses across Wisconsin includes a characteristic that is often overlooked: The need to support family caregivers in the workplace.

Employers experience a drain on productivity when employees struggle to balance their work lives with the responsibilities of caring for children, aging relatives, or disabled family members. In a recent survey, more than eight in ten employed caregivers in Wisconsin reported having their work life interrupted, resulting in workplace accommodations such as using flex time, reducing work hours, or quitting work entirely.



“Without adequate support, working caregivers and their employers suffer,” said Lynn Gall, Family Caregiver Support Programs Manager for the Wisconsin Department of Health Services and member of the survey project conducted by the Wisconsin Family and Caregiver Support Alliance (WFACSA). “The results showed us the challenges faced by working family members and friends and the businesses that employ them. Our goal at WFACSA is for every employer in Wisconsin to know about our state’s free Aging and Disability Resource Centers (ADRCs), family caregiver support programs, and other community organizations available to help support their employees.”

Conducted in partnership with UW-Madison Division of Extension, [the Wisconsin Working Caregivers Strategies and Resources for Employers](#) report published by WFACSA provides insight into challenges of recruiting and retaining employees in the current job climate. It also identifies opportunities for businesses to make positive changes simply by tapping resources already available in every Wisconsin community.

Numerous studies, including a [Harvard Business School](#) project called “Managing the Future of Work: The Caring Company,” note that employers can attract and retain more workers by helping staff balance work and family caregiving responsibilities. Employers may not realize that one in four working-age adults provides care or financial assistance to an older family member or loved one with a disability or long-term such as an adult child, spouse, or other loved one. This means that at least one quarter of potential hires and those currently working are balancing home and job responsibilities in addition to traditional child rearing.

“We learned that a few small changes can transform businesses into a place where employees will want to build a long career,” says Harriet Redman, Executive Director of WisconSibs and member of the WFACSA project. “That is why we are excited to share our survey results and open the conversation around the free and low-cost strategies and resources already available to support businesses.”

The survey also found that nearly 3/4 of respondents were not meeting their own personal needs, such as taking care of their own health, and 2/3 had difficulty balancing care for someone at home. Seventy-two percent said they were tired or worn out all the time, while 90 percent said their 2 emotional or physical health had worsened since taking on a caregiving role. (2-page synopsis of survey findings [here](#).)

Approximately 40 million Americans are providing care to an adult family member or friend, and nearly 60% of them (approximately 24 million adults) also work a paying job. Even more workers are providing care for a child with disabilities or special healthcare needs. Not only do employed caregivers experience high levels of stress, but their dual roles also impact their careers and employers.

The UW Division of Extension Employed Caregiver Survey is free and available to any employer interested in surveying their own workforce.

Click the “How To Host a Survey” tab at: <https://fyi.extension.wisc.edu/agingfriendlycommunities/employed-caregiver-survey/>

The mission of the [Wisconsin Family and Caregiver Support Alliance](#) is to raise awareness of family and caregiver support needs and increase the availability of and access to services and supports - both paid and unpaid - which will keep people across the lifespan engaged in their community as long as they desire. For information about the Alliance and to find resources to support families and provide care for a loved one, visit <http://wisconsinfamilycaregiver.org/alliance>

Aging & Disability Services Manager

Carrie.linder@bayfieldcounty.wi.gov (Stay tuned for new contact)



Join Us

Alzheimers and Dementia Caregiver Support Group



Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for family and friends who are caring for someone who has Alzheimer's or another dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



This support group is offered in partnership between the Alzheimer's Association Wisconsin Chapter and the:



**Last Thursday of Each Month
1:00-2:30pm**

**Washburn Public Library
307 Washington Avenue
Washburn, WI**

**Contact the ADRC of the North at
1-866-663-3607 and ask to speak to
the Bayfield County Dementia Care
Specialist with any questions**

**Designed for anyone who is caring for
someone who has Alzheimer's or related
dementia.**

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811



Fluorescent Lamp recycling

Wisconsin's **Focus on Energy** has sponsored a fluorescent lamp (curly type) recycling program. Residential bulbs can be recycled at the following participating local retailers:

Hayward - Ace Hardware and Co-op Hardware
Poplar - Poplar Hardware
Solon Springs - Solon Springs Mercantile

Some 5 million Compact Fluorescent Lamps are being sold in Wisconsin annually. While these bulbs save energy and reduce the emissions from power plants, they also contain mercury and should be recycled. According to the Mercury Product Flow Model developed for DNR, an estimated 263 kilograms (580 lbs) of mercury were released to the environment from fluorescents in 2000 -- and this was before the rapid increase in sales of compact fluorescents. The Council on Recycling has chosen mercury-containing products as one of its priorities for improving management, and, where possible, the elimination of the use of mercury.

Focus on Energy has set up a program to facilitate the take back and recycling of fluorescents at over 250 retailers throughout the state. Their web page has a locator for these businesses www.FocusOnEnergy.com. (Under 'Store Type', choose the listing for 'CFL Recycler'.)

**PLACE YOUR
AD OR
INFORMATION
HERE**

Eau Claire Lakes Conservation Club

The club welcomes volunteers and other interested individuals.

We hope to see YOU at the next meeting!

**Questions? Please contact:
Fred Kawell at 715-379-1553**

ADRC

Hours of Operation:

8:00 - 4:00

Monday through Friday
Phone: 1-866-663-3607

Visit the ADRC office:

117 E. 5th Street
Washburn, WI 54891

Appointments are not necessary but are helpful.
Website: www.adrc-n-wi.org

Medicare

Vitamin D
Brain Wellness Check
Seasonal Affective Disorder
And more...

Sponsored by: UW Extension

University of Wisconsin
Bayfield County
County Administration Building
117 E. 5th Street
Washburn, WI 54891
Phone: 715-373-6104
Fax: 715-373-6304
Office Hours:
8:00 a.m. - 4:00 p.m.
Monday through Friday

Website:
<http://bayfield.uwex.edu/>

Medication Drop boxes in Bayfield County

Sara Wartman, BSN, RN Director/Health Officer
Bayfield County Health Department

With support from the Security Health Plan grant and other local funding sources, Bayfield County Health Department has installed three medication drop boxes and three sharps containers throughout the county. The medication drop boxes are located at the Bayfield County Sheriff's Department, Bayfield City Hall and the Iron River community Center. You can now dispose of old or expired medications at these locations.

Accepted Items: Prescription medications, control and non-controlled medications; over the counter medications; medication samples; vitamins; medicated ointments or lotions; inhaler.

3 Sharps Boxes are also stationed in the area. Contact Bayfield County for locations.



SPACE OPEN

**THANK YOU FOR
"GOING GREEN"**

Find us at:

TownOfBarnesWI.gov / Community / Barnes Notes and News / 2023
Email: barnesnotesandnews@gmail.com

SPACE OPEN

HELP WANTED - FOR SALE - PET SITTING - HANDYMAN WORK

WANTED: 1970 Arctic Cat Panther with Montana Pipes
Contact Jack @ 715-580-0415

3 PC ENTERTAINMENT CENTER

PINE - Cabinets, Drawers and Shelves

\$ 500 or best offer

Julie: barnesnotesandnews@gmail.com



**OLD BARN WOOD
WANTED**

Email:
barnesnotesandnews@gmail.com

**PET CARE or
HOUSE SITTING ?**

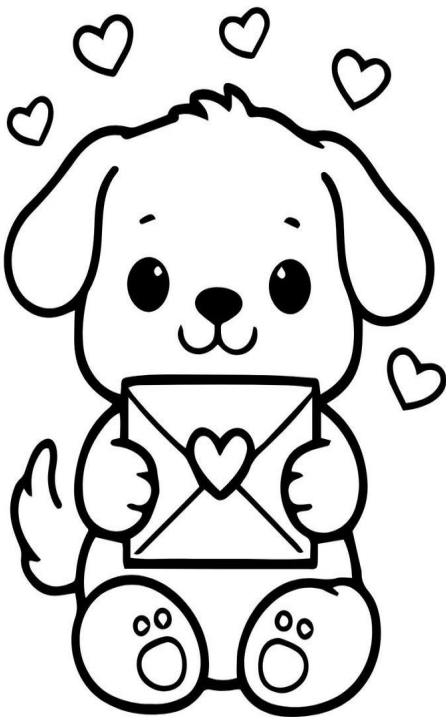
SEND YOUR AD(S) TO
barnesnotesandnews@gmail.com

or give me a call:
Julie (Frierwood) Sarkauskas

715-580-1288

Follow us on Facebook

COLOR ME



Happy
Valentine's Day!



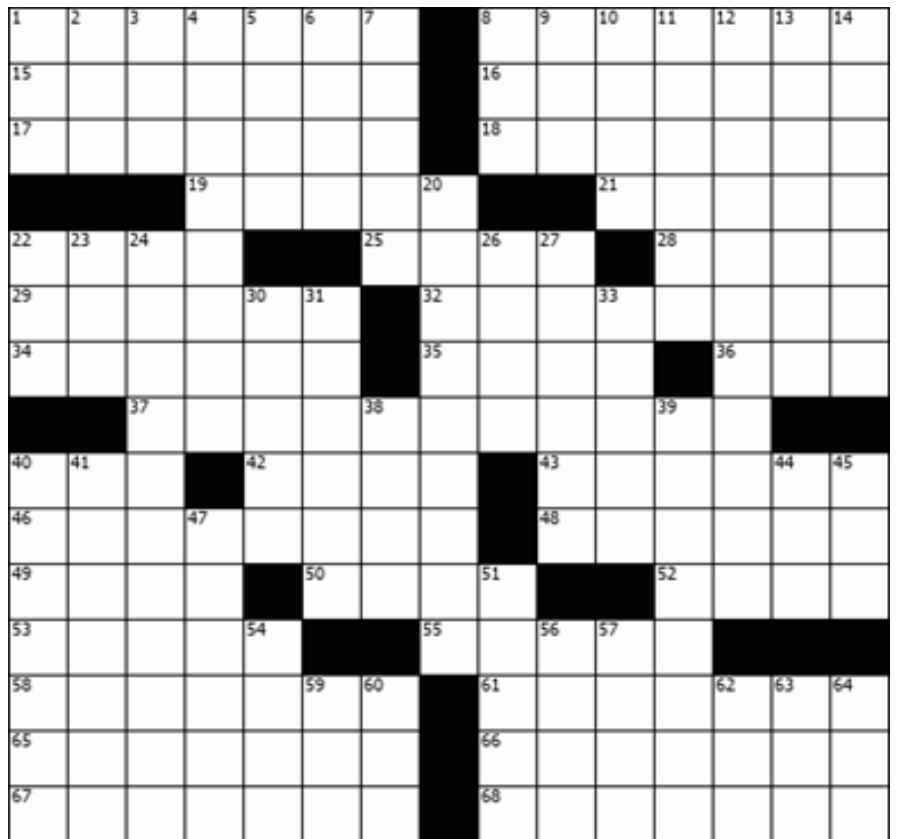
FUN AND GAMES

Across

1. Jack Nicholson title role of 2002
8. Seemed to go on forever
15. Drama, poshly
16. Zip
17. Team whose worst shutout was a 22-0 loss to the Indians in 2004
18. Detail-oriented genre
19. Lets off
21. Sonneteer John
22. "___ Love Her"
25. Choir arrangement, for short
28. Spanish equivalent of Mmes.
29. Pacify
32. With 46-across, TV show that tied the record for the most winless Emmy nominations in one year (16 in 1993)
34. Goads
35. Uncredited credit, in quotes
36. Peace sign
37. Award for which "The Godfather, Part III" was nominated seven times, but didn't win
40. Law in La Paz
42. Xanax, e.g.
43. Spanish pianist and conductor Jose
46. See 32-across
48. Scottish beastie
49. 68-across buddy
50. Criminal plea without admitting guilt, for short
52. Till contents
53. Move like a co-worker of Elaine's on a "Seinfeld" episode
55. Ice Cube's real first name
58. Do some celebrity backing
61. Team who lost to the Detroit Red Wings by a record 15-0 in 1944
65. Bakery items
66. How game play often proceeds
67. Sign-making tool
68. Character who sings "She's a super King Kamehameha bee-yotch"

Down

1. Hole
2. When doubled, a dance
3. Farm layer
4. Picard's request
5. Couple, in "Star"
6. Tuebingen threesome
7. What the website Tickle is full of
8. Note left on some incoming patients
9. Some eggs
10. Slightly



- | | |
|---|--|
| <ol style="list-style-type: none"> 11. Puddle-stomping boot 12. Back up one's plan? 13. Trap 14. Manorial land held by a lord 20. Texas home to the minor league Colts 22. Enzyme suffix 23. Holiday quaff 24. Try to stay afloat, maybe 26. Chinese gang 27. Streisand's husband 30. Waits on the phone 31. Play for the halfback 33. Security for up to ten years 38. Greek currency 39. Laugh until it hurts 40. Renters | <ol style="list-style-type: none"> 41. Completely gone 44. Storage unit 45. What -y becomes, in plurals 47. Like some art exhibit pieces 51. "Hamlet" role 54. Costar of John, Terry and Graham 56. 1985 U.S. Open winner Mandlikova 57. ___'acte (interlude) 59. ___ Lankan 60. Course for new immigrants: abbr. 62. Hesitant response 63. Messenger substance 64. ID requested by the IRS |
|---|--|

CHERYL'S NUTRITION & HEALTH TIPS

TIPS FROM CHERYL PEASE - CERTIFIED NUTRITIONIST



Certified Nutritionist, Fitness
Trainer & Health Coach

<https://linktr.ee/cherylpease>

**THANK YOU
FOR YOUR SERVICE
PETE & CHERYL PEASE**

WE CAN NEVER REPAY YOU !!



BE STRONG - BE HAPPY - BE GOOD TO YOURSELF

Life humbles you. As you grow old, you stop chasing the big things and start valuing the little things. Alone time, enough sleep, a good diet, long walks, and quality time with loved ones. Simplicity becomes the ultimate goal.

Having peace and purpose in my life is a gift that I am beyond grateful for.

Cheryl Pease



Why Muscle is Medicine

Loss of muscle is the *strongest* predictor of **early death**.

Muscle isn't just for strength, it's the most **protective tissue** in the human body.



Muscle is *not* optional for **longevity**.

It's your strongest **protection** against metabolic **decline**.

Muscle protects against disease

More **muscle** mass = **lower risk** of:

- Type 2 diabetes
- Heart disease
- Alzheimer's & cognitive decline
- Osteoporosis & fractures
- Frailty & falls

Up to **80%** of **glucose** after meals is stored in **muscle**, making it the body's primary **blood sugar regulator**.

Why Muscle Matters

Muscle is a **living organ** that regulates:

- Blood sugar + insulin sensitivity
- Inflammation (via myokines)
- Recovery + metabolism
- Hormonal balance (testosterone, growth hormone, cortisol)

CANNING YEAR ROUND

TIPS FOR SUCCESSFUL CANNING:

- Select fruits and vegetables when they are at the peak of their quality and flavor, washing them thoroughly before using.
- Follow the directions for each recipe exactly—don't substitute ingredients or change the processing times. Prepare only one receipt at a time; do not double recipes.
- Substitute a cake cooling rack if you don't have a rack specifically made for canning. Place in the canner before you add the canning jars.
- Use only white vinegar when pickling.
- Use a canning funnel, which has a wide opening and sits on the inside of the mouth of the jar, allowing you to fill the jars cleanly and easily. Wipe the threads and rim of each jar to remove any food that spills.
- Reuse screw bands if they are not warped or rusty. Jar lids are not reusable however, so use a new one for each of your canned creations.
- Accurately measure the head space—the distance between the top of the jar to the food/liquid inside. This is critical because it affects how well the jar seals and preserves its contents. A clear plastic ruler—kept solely for kitchen use, is a big help in determining the correct headspace.
- Refrigerate leftover product if there's a small amount left that won't completely fill another jar. Use it within several days.
- Use non-metallic utensils when removing air bubbles from the jar and measuring head space.
- Store home-canned foods in your cupboard for up to one year.

HOT JARS VS. HOT STERILIZED JARS:

Why do some canning receipts call for hot sterilized jars, while others call simply for hot jars?

If the mixture will be processed in the boiling-water canner for 10 plus minutes, jars just need to be hot.

If it's less than 10 minutes, jars need to be sterilized in boiling water for 10 minutes (or 1 minute more for each 1,000 feet of additional altitude.)

You may ask, why do the jars have to be hot before hand? The liquid/food you're putting in them is boiling hot, thus if the jars are hot (besides the obvious sterilization) you aren't putting hot product into cold jars and taking a chance of them breaking either when the product goes in the jars or when you put them in the water bath.

PAY ATTENTION TO THE PECTIN

Liquid and powdered pectin are made from the natural pectin in apples and citrus fruits. However, they are not interchangeable. Always use the specific type of pectin called for.

-Taste of Home Test Kitchen



BEFORE YOU START



Before you start canning, read recipe instructions and gather all equipment and ingredients. Inspect the glass canning jars carefully for any chips, cracks, uneven rims or sharp edges that may prevent sealing or cause breakage. Discard any imperfect jars. Do the same with lids and rings to make sure no dents or dings.

HINTS AND SOLUTIONS

DEAR JANE DOUGH - (Taste of Home Recipes)

SPUDS:

Question: What are new potatoes? Can I substitute regular potatoes?

Answer: New potatoes are spuds that have gone directly to market after harvest, rather than into storage. So, they are higher in moisture content and waxier than other potatoes. Because of this, they're ideal for salads, boiling, and steaming; they'll absorb less of the dressings you toss them with than will regular, drier potatoes.

HALF-BAKED:

Question: What causes my homemade yeast rolls to brown on top but not on the bottom?

Answer: Shiny pans reflect heat more than dark ones, so consider switching to a darker pan for your rolls. Also, you might be placing them too high in the oven (bake them closer to the middle) or perhaps they're just cooking too quickly. Try covering the tops of the rolls with foil if they're browning too fast, and let them continue to cook until they're more evenly browned.

HEAVY METAL:

Question: I have seasoned and re-seasoned my cast-iron muffin pans, washed them, and baked all sorts different muffins in them. Still, everything tastes very strongly of metal. How can I get rid of the metallic taste?

Answer: Some metallic flavor is characteristic of cooking in cast iron; and/or if the utensils are very old, you're bound to notice the taste somewhat. Be sure to season the pans correctly. Brush them with solid vegetable shortening, then heat in a 350* oven for about an hour. They will need to be re-seasoned occasionally. Never let cast iron soak in water; wash quickly and dry it well. Also, don't use your pans to bake high-acid muffins (e.g., buttermilk-based), because they will taste strongly of metal.

MILE-HIGH MUFFINS:

Question: What is the trick to making high-topped muffins?

Answer: Be sure to bake your muffins immediately after the batter is mixed, or the leavening won't work properly. Also, most recipes instruct you to fill the muffin pans two-thirds full. Forget this and fill them right to the top, then add a few minutes to the baking time. Butter the top of the pan so the muffins will be easy to remove. And, remember that if you're using part or all whole-grain flour, your muffins will not raise as high as a white flour muffin.

BOO BOOZE:

Question: Every time I spot a yummy-looking recipe, it seems to call for wine. Is there a non-alcoholic substitute?

Answer: Alcohol evaporates with heat; so if you've cooked with wine or beer; the alcohol will dissipate by the time the dish is ready. However, if you wish to avoid it altogether; use broth, water; or fruit juice, which is especially good in some dessert and main dish recipes that originally called for a sweet wine. You could also try non-alcoholic beers and wines.

TOO MUCH HOT AIR:

Question: Whenever I make yeast breads that require a filling, such as raisins or cinnamon, the final product always has a large air space between or within the rolls. How can I prevent these gaps?

Answer: Are you using too much butter or margarine between the layers? If so, you might be preventing them from sticking together. If you're using a dry filling, try moistening the dough with water instead. Avoid letting the bread rise too much, as this will also contribute to pockets. Fleischmann's Yeast Company suggests that you're not rolling the dough tightly enough. Don't trap any air as you roll, or it will expand the bread base and result in unwanted gaps.

ROB'S CULINARY CHRONICLES

BEEF SHORT RIBS

By Rob Lynch

Beef short ribs are a cut of beef from the chuck, plate, rib, or brisket area of a cow, containing a short piece of rib bone encased in meat. Beef short ribs are known for their rich flavor and marbling, making them ideal for slow cooking methods like braising. They are also sometimes called braising ribs, crosscut ribs, or English short ribs.

Short ribs are known for their flavorful and succulent texture, particularly when slow-cooked. I prefer to use boneless short ribs, although some people enjoy the additional flavors provided by the bone.

Most butchers have a good selection of beef short ribs available for purchase. You may also find a limited selection at your local grocery store. If you are in the Northland, good quality boneless short ribs are usually available at Super One in Superior and bone-in ribs can be found at most Walmarts. Sam's Club also has bone-in short ribs; however, these are usually cut very thin and have poor results when braised and slow-cooked. Reserve these thin cuts for a quick, hot grilling. No matter where you purchase your short ribs, remember to look for good marbling. Plenty of fat will provide great flavor when slow cooked.

Braised boneless beef short ribs makes an ideal dinner when you want an easy, savory, set the Crock-Pot and forget kind of meal. This recipe produces a wonderful sauce and is best served over mashed potatoes, white rice or wide egg noodles. Enjoy!

Braised Boneless Beef Short Ribs

- 1 tbsp olive or avocado oil
- 2-4 lbs boneless beef short ribs
- 1 cup diced yellow onions
- 2 tbsp tomato paste
- 2 tbsp minced garlic
- 1 cup beef broth
- ½ cup red wine (dry, not sweet)
- 2 tbsp red wine vinegar
- Salt and pepper to taste



In a large skillet, heat oil on medium-high. Season the short ribs with salt and pepper. Lightly brown short ribs in the hot skillet 1-2 minutes on each side. Remove short ribs from skillet and set aside. In the slow-cooker combine garlic, onions, and tomato paste. Add short ribs, red wine, beef broth, and red wine vinegar. Cover and cook on low 6-8 hours. Plate short ribs



Rob Lynch got his start in the supper clubs of Barnes, Wisconsin in the 70's and 80's. His restaurant career spans 30 years in Wisconsin, Minnesota, North Dakota and Florida.

You can get more grilling, smoking and beverage tips at his website: www.beercheesesoup.com

SUPER BOWL APPS

CROCKPOT STREET CORN DIP RECIPE

Prep Time: 7 Minutes / Cook Time: 3 Hours

Ingredients:

- 2 (8 Oz) Packages Cream Cheese
- 2 (15 Oz) Cans Southwestern Corn, drained
- 8 Oz Pepper Jack Cheese, cut in half
- 1/2 Cup Sour Cream
- 2 Tbs Tajin (divided) (you can substitute another Cajun Seasoning)
- Salt and Pepper, to taste
- 1 tsp Garlic Powder
- 1 Tbsp Elote Seasoning (you can find this at Walmart)
- 1/4-1/2 cup Fresh Parsley, chopped



Directions:

- Add the cream cheese, corn, cheese and sour cream into the crockpot.
- Add the chopped parsley, salt, Elote seasoning, pepper, garlic powder and Tajin. Pop the lid onto the crockpot and set it to low for 2-3 hours.
- Once the time is halfway finished, carefully remove the lid and give everything a nice big stir. Place the lid back on and continue cook in into the time is up.
- Finally, garnish with some more Tajin, serve with tortilla chips and enjoy!

JALAPENO' POPPER SPREAD

Prep Time: 10 Minutes / Bake Time: 25 Minutes
Makes 16 servings

Ingredients:

- 2 Pkg (8 oz each) Cream Cheese, softened
- 1 cup mayonnaise
- 1/2 cup shredded Monterey Jack cheese
- 1/4 cup canned chopped green chilies
- 1/4 cup canned diced jalapeno peppers
- 1 cup shredded Parmesan cheese
- 1/2 cup panko bread crumbs
- Sweet pepper pieces and corn chips

Directions:

- In a large bowl, beat the first five ingredients until blended
- Spread into an ungreased 9" pie plate
- Sprinkle with Parmesan cheese and top with bread crumbs
- Bake at 400* for 25-30 minutes or until lightly browned
- Serve with peppers and chips



AIR FRYER BACON WRAPPED PINEAPPLE SLICES

Ingredients: * 8 ounces bacon (8 slices) thick cut * 20 ounce canned pineapple rings * 1/4 cup brown sugar and * 1/4 cup salted butter

Directions:

Drain the canned pineapple slices and cut each ring into 3 equal pieces. Take bacon slices and cut them into 3 equal strips. **Lay** the bacon strips out and place a pineapple slice in the center of each one, then fold over both ends of the bacon onto the top of the pineapple and use a toothpick to secure. **Add** the brown sugar and butter to a microwave safe bowl and heat for 40 seconds, stir and continue heating in 4 second increments until fully melted and you have created a glaze. **Place** half of the pineapple bacon skewers into the air fryer basket and generously brush each one with the brown sugar glaze. (**you'll need to cook in 2 batches to keep from crowding while cooking**). **Place** the basket in the air fryer and cook for 10 minutes at 400 degrees. **Check** after 10 minutes and cook for 2-3 minutes more depending on your desired level of crispiness.



SUPERBOWL APPS

ULTIMATE PARTY MEATBALLS

Makes 30 appetizer servings

Ingredients:

- 1 14 ounce can Ocean Spray Jellied Cranberry Sauce
- 1 23 ounce bottle Heinz Chili Sauce
- 1. 2 pound bag frozen, pre-cooked, cocktail size meatballs

Directions:

- Combine sauces in a large sauce pan
- Cook over medium-low heat, stirring until smooth
- Add meatballs
- Cover and cook for 15 minutes or until meatballs are heated through , stirring occasionally



ZUCCHINI TOTS

Makes 4 servings

Ingredients:

- 2 cups grated zucchini (great to use fresh from the garden)
- 1/2 cup sliced green onions (same as above)
- 1/2 cup grated Parmesan cheese
- 2 eggs
- 1/2 cup cheese (low fat)
- 1 tsp fresh garlic
- 1/4 tsp salt
- 1/4 tsp pepper

Directions:

- Preheat oven to 400*
- Spray baking sheet with cooking spray
- Grate the zucchini into a clean dish towel until you have 2 packed cups. Wring all of the excess water out of the zucchini (there will be a lot of water)
- In a medium bowl, combine all of the ingredients and season with salt and pepper
- Spoon 1 Tbsp of mixture in your hands and roll into small ovals.
- Place on a cookie sheet and bake at 400 for 16 to 18 minutes, turning halfway through, cooking until golden.



JIMMY DEAN SAUSAGE BALLS

Ingredients:

- 2 LB (32oz) Jimmy Dean Sausage, uncooked
- 1 1/2 cups all purpose baking/biscuit mix (Bisquick works well)
- 16 oz Sharp Cheddar cheese (or 4 cups shredded)
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped celery
- 1/2 tsp garlic powder

Directions:

- Preheat oven to 375*
- Shred cheese if using a block—mix all ingredients.
- Form into 1" balls
- Bake 15 minutes on ungreased cookie sheet until gold brown.



Makes about 6 dozen.

Sausage balls can be frozen uncooked to get a jump start when baking if not baking when you make them.

REFRESHMENTS

GINGER-ORANGE MOCKTAILS

Non-Alcoholic version

Ingredients:

- 5 cups freshly squeezed orange or satsuma juice (from 7 oranges),
- plus orange slices for serving
- 3 cups pineapple juice, chilled
- 1/2 tsp. orange bitters, such as Angostura
- 3 (12-oz.) bottles ginger beer, chilled

Directions:

- Combine orange juice, pineapple juice and bitters in a pitcher or punch bowl.
- Top with ginger beer. Serve over ice. Garnish with orange slices.

Add Some Spirits:

- For a boozy version, add 12 ounces vodka or gin.



APPLE-BRANDY HOT TODDIES

Ingredients: * 12 ounces water * 1.25 ounces honey * 4 ounces lemon juice * 16 ounces apple brandy * Cinnamon sticks and/or apple slices

Directions:

- In a small saucepan, bring the water to a boil
- Remove the pan from heat and stir in the honey until it is fully dissolved
- Add lemon juice and apple brandy, stirring to combine
- Place a cinnamon stick in each of the 8 mugs or heatproof glasses
- Pour the hot mixture evenly into the mugs, using the cinnamon stick as a garnish and stirrer.
- Serve immediately and enjoy the warm, soothing flavors of this comforting hot Toddie



SPARKLING SANGRIA PUNCH

This spiced, sparkling punch made with apple cider, brandy, and a splash of Prosecco brings on big flavor with fresh lemon, ginger, orange bitters, and sliced seasonal fruits. The ingredients give this autumnal cocktail a beautiful orangey color and amazing fragrance — simply serve in a clear glass pitcher so your guests get the full picture (and don't forget to add some garnish, such as pomegranate seeds, apple wedges and orange wedges to take things to the next level).

How far in advance can this sangria be made?

You can refrigerate the mixture for up to a day before serving. In fact, it's best to let the cocktail sit for a while so that the flavors can meld, and the fruit can really shine through. Pop the bottle of Prosecco at the last minute so that it won't go flat.

Ingredients:

- 2 1/2 cup apple cider
- 3/4 cup brandy
- 1/2 cup fresh clementine or orange juice
- 1/4 cup fresh lemon juice
- 1 1" piece fresh ginger, peeled and very thinly sliced
- 2 tsp orange bitters
- 4 clementines, thinly sliced
- 2 apples (Pink Lady, Honeycrisp or your favorite), very thinly sliced
- 1 750 ml bottle Prosecco or other dry sparkling wine
- Pomegranate seeds, for serving



Directions:

In a large pitcher, stir together cider, brandy, clementine juice, lemon juice, ginger and bitters. Stir in clementine and apple slices (you can refrigerate this mixture for up to a day). when ready to serve, add Prosecco. Serve over ice with a few pomegranate seeds, if desired.

WARMER UPPER'S

OATMEAL BRULEE WITH GINGER CREAM

Taste of Home

Prep Time 30 minutes. Broil 10 minutes

Yield: 4 servings

Ingredients:

Ginger Cream:

- 1/2 cup heavy whipping cream
- 2 slices fresh gingerroot (about 3/4 " diameter)
- 1 cinnamon stick (3 ")
- 1 Tbsp grated orange peel
- 3 Tbsp maple syrup
- 1/8 tsp ground nutmeg

Oatmeal:

- 4 cups water
- 2 cups old-fashioned oats
- 1/4 cup chopped dried apricots
- 1/4 cup dried cherries, chopped
- 1/2 tsp salt
- 3 Tbsp brown sugar
- 2 Tbsp butter
- 1 cup fresh or frozen unsweetened raspberries, thawed
- 1/4 cup sugar



Directions:

- In a small saucepan, bring the cream, ginger, cinnamon and orange peel to a boil.
- Reduce heat, cover and simmer for 10 minutes.
- Remove from the heat; strain and discard the solids.
- Stir in syrup and nutmeg, set aside
- In a large saucepan; over medium heat, bring water to a boil.
- Add the oats, apricots, cherries and salt
- Cook and stir for 5 minutes
- Remove from the heat; stir in brown sugar and 1/4 cup ginger cream.
- Cover and let stand for 2 minutes
- Grease four 10 oz ramekins with the butter; add raspberries
- Spoon oatmeal over the top; sprinkle with sugar.
- Place on a baking sheet
- Broil 4-6 " from the heat for 7-9 minutes or until sugar is caramelized.
- Serve with remaining ginger cream



RUSSIAN TEA MIX

Debbie (Frierhood) Roesler

Ingredients:

- 3/4 cup unsweetened instant tea
- 1 1/4 cup sugar
- 2 cups Tang orange drink
- 1/2 tsp cloves
- 1 tsp cinnamon

Directions:

- Add one heaping teaspoon (or to taste) of mix to a cup of hot water.

This is a recipe from our sister Debbie that I still have the card in her handwriting, making it still a very special recipe that I try to make every year.

Debbie passed in 2003 from a brain aneurysm at the age of 48. Not a day goes by when our family doesn't laugh, cry and mourn. But in her honor, we revere life and thank God every day for the time we had with her.

IT'S SOUP TIME

ROASTED TOMATO SOUP WITH FRESH BASIL

Taste of Home

Yield: 6 Servings

Ingredients:

- 3-1/2 lbs tomatoes (about 11 medium) halved
- 1 small onion, quartered
- 2 garlic cloves, peeled and halved
- 2 Tbsp olive oil
- 2 Tbsp fresh thyme leaves
- 1 tsp salt
- 12 fresh basil leaves
- Salad crotons and additional fresh basil leaves. Optional



Directions:

- Place the tomatoes, onion and garlic in a greased 15" x 10" x 1" baking pan
- Drizzle with oil
- Sprinkle with Thyme, salt and pepper; toss to coat
- Cool Slightly
- In a blender, process tomato mixture and basil in batches until blended.
- Transfer to a large saucepan and heat through
- Garnish each serving with croutons and additional basil if desired.

CARROT GINGER SOUP

Ingredients:

- 2 Tbsp. coconut oil or other neutral oil
- 1 4-inch piece of fresh ginger, peeled and roughly chopped
- 1 small shallot, roughly chopped
- 2 large garlic cloves, chopped
- 2 lb. carrots, peeled and roughly chopped
- 1 Tbsp. red curry paste
- 2 1/4 cups chicken or vegetable stock
- 1 (14-oz.) can full-fat unsweetened coconut milk
- 1 Tbsp. fish sauce
- Kosher salt
- Zest and juice of half a lime
- Chopped cilantro, for garnish
- Fried shallots (optional)
- Chili oil (optional)



Directions:

- In a large pot, heat the oil over medium-high heat. Add the ginger, shallots, and garlic and cook until soft and just starting to brown, about 4 minutes. Add the carrots and curry paste and stir well. Cook for 2 more minutes
- Pour in the stock, coconut milk, and fish sauce and season with a generous pinch of salt. Bring the soup to boil, reduce to a simmer, and cook for 10-15 minutes, or until the carrots are soft. Add the lime zest and juice.
- Carefully transfer to a blender and blend until smooth. (You may need to do this in two batches.) Taste and adjust for salt and lime.
- Serve soup warm garnished with cilantro.



ENJOYING THE REWARDS OF THE HUNT

HUNTER'S DELIGHT

Taste of Home

Yield: 8 Servings

Ingredients:

- 1/2 pound sliced bacon, diced
- 2-1/2 pounds red potatoes, thinly sliced
- 2 medium onions, sliced
- 1-1/2 pounds boneless venison steak, cubed
- 2 cans (14-3/4 oz each) cream-style corn
- 3 Tbsp Worcestershire sauce
- 2 tsp sugar
- 1/2 to 1 tsp seasoned salt



Directions:

- In a large skillet, cook bacon over medium heat until crispy, drain
- Place potatoes and onions in a 5 Qt slow cooker.
- Top with venison and bacon
- Combine Worcestershire sauce, sugar and seasoned salt, pour over the top
- Cover and cook on low for 6-8 hours or until meat and potatoes are tender

Note: Mix it up if you wish by adding carrots or green peppers

VENISON JERKY

Ingredients:

- 2 pounds Venison, thinly sliced (from Eye of Round, Top Round, or Sirloin)
- 1 cup Soy Sauce
- 1/4 cup brown sugar
- 2 tablespoons Worcestershire Sauce
- 1 tablespoon garlic Powder
- 1 tablespoon onion Powder
- 1 tablespoon freshly cracked black pepper
- 1 tablespoon smoked paprika
- 1-2 teaspoons red pepper flakes
- 2 teaspoons liquid smoke
- 1/2 teaspoon Insta-cure No. 1 (optional for shelf stability)



Directions:

- Remove silver skin from your venison. Place the meat in the freezer for 1-2 hours or until partially frozen for easier slicing.
- In a large bowl or Ziplock bag, mix soy sauce, brown sugar, Worcestershire sauce, garlic powder, onion powder, black pepper, smoked paprika, red pepper flakes, liquid smoke, and Insta-cure.
- Slice the meat into 1/4" strips against the grain for tenderness or with the grain for chewiness.
- Add the venison slices to the marinade, ensuring all pieces are covered. Refrigerate for 6-24 hours, shaking occasionally.
- Pat the slices dry with paper towels to remove excess marinade.
- Arrange the strips on dehydrator racks, leaving space for airflow.
- Dry for 3 hours at 165°F (internal temperature should reach 160°F), then lower to 145°F. Check for readiness after 3-5 hours. Jerky should bend and crack without breaking.
- Allow jerky to cool for several hours before storing in an airtight container. Store in a cool, dry place for up to 2 months, or refrigerate for longer shelf life.

ENJOY!!!!

OUR FAVORITE RECIPES

CHEESY BAKED BEEF PATTIES IN CREAMY SAUCE

Ingredients:

For the Patties:

- 1 lb ground beef
- 1/4 cup bread crumbs
- 1 egg
- 1 tsp Worcestershire sauce
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper

For the Sauce:

- 2 Tbsp butter
- 8 oz sliced mushrooms
- 2 Tbsp flour
- 1 1/2 cups beef broth
- 1 cup heavy cream
- 1 cup shredded cheddar cheese
- 1/2 cup grated Parmesan cheese
- Fresh parsley for garnish

Directions:

- Preheat oven to 375*
- Mix patty ingredients and form into 4 patties
- Sear in skillet until browned, then transfer to a baking dish
- In the same skillet, cook the mushrooms in butter
- Stir in flour, broth cream and cheeses until melted
- Pour over patties and bake for 20-25 minutes
- Garnish with parsley if desired.



MEXICAN CASSEROLE

Ingredients:

- 1 pound lean ground beef
- 1 can Ranch Style beans
- 1 10-12 ounce bag tortilla chips, crushed (I didn't use the whole bag)
- 1 can Ro-tel tomatoes
- 1 small onion, chopped
- 2 cups shredded cheddar cheese, divided
- 1 package taco seasoning
- 1 can cream of chicken soup
- 1/2 cup water
- sour cream and salsa for serving

Directions:

- Preheat oven to 325 degrees.
- In a large skillet, brown meat and drain off fat. Stir in beans, tomatoes, onion, taco seasoning, soup and water.
- Simmer over medium-low heat until everything is well combined and heated through.
- Grease a 9" x13" casserole dish. Put down a layer of crushed tortilla chips, followed by a layer of the meat/bean mixture, then half of the cheddar cheese. Repeat layers.
- Cover with foil and bake for 20-30 minutes, or until bubbly.
- Let sit for 5-10 minutes before serving. Top with sour cream and salsa



 *Happy
Valentine's Day*

DESSERTS & TREATS

CUPID SHORTBREAD HEARTS

Taste of Home Valentines

Yield: About 2 dozen

Ingredients:

- 2 cups all purpose flour
- 1/2 cup sugar
- Dash salt
- 1 cup cold butter (do not substitute)
- 1 Tbsp cold water
- 1 tsp almond extract
- 1/2 pound dark chocolate candy coating, melted



Directions:

- In a large bowl, combine the flour, sugar and salt; cut in butter until mixture resembles coarse crumbs
- Stir in water and extract until mixture forms into a ball
- On a lightly floured surface, roll out dough to 1/4 " thickness
- Cut with a 2 1/2 " cookie cutter dipped in flour.
- Place 1 " apart on ungreased baking sheets
- Cover and refrigerate for 30 minutes
- Bake at 325* for 13-16 minutes or until edges are lightly browned
- Cool for 2 minutes before removing to wire racks to cool completely.
- Dip one side of or the whole cookie in the candy coating
- Place on waxed paper until set

CHERRY CHOCOLATE CAKE

Taste of Home Valentines

Yield: 18 Servings

Ingredients:

- 1 package (18-1/4 ounces) chocolate cake mix
- 3 eggs, lightly beaten
- 1 tsp almond extract
- 2 cans (20 ounces each) reduced sugar cherry pie filling, divided
- 3/4 tsp confectioners (powdered sugar)



Directions:

- In a mixing bowl, combine the dry cake mix, eggs and almond extract
- Stir in one can of pie filling until blended
- Transfer to a 13" x 9" x 2" baking pan coated with nonstick cooking spray
- Bake at 350* for 30-35 minutes or until a toothpick inserted near the center comes out clean
- Cool completely
- Dust with confectioners sugar
- Top individual servings with remaining pie filling

“Love is the greatest refreshment in life.”

- Pablo Picasso

DESSERTS & TREATS

SUGARLESS HEART COOKIES

Taste of Home Valentines

Yield: 6 dozen

Ingredients:

- 3/4 cup margarine, softened
- 1 package (3 ounces) sugar free mixed fruit gelatin
- Egg substitute equivalent to 1 egg
- 1 tsp vanilla extract
- 1 and 3/4 cups all purpose flour
- 1/2 tsp baking powder

Directions:

- In a mixing bowl, cream margarine and gelatine
- Beat in egg substitute and vanilla
- Add flour and baking powder; mix well
- Refrigerate for 1 hour
- Roll out on a lightly floured board to 1/4 " thickness
- Cut with a 1-1/14" cookie cutter
- Place on ungreased baking sheets
- Bake at 400* for 6-7 minutes or until bottoms are lightly browned and cookies are set
- Cool on wire racks



WARM CITRUS FRUIT WITH BROWN SUGAR

Taste of Home Valentines

Prep: 15 minutes / **Broil:** 5 minutes / **Makes:** 4 servings

Ingredients:

- 2 medium red grapefruit, peeled and sectioned, or 1 1/2 cups drained
- 2 medium oranges, peeled and sectioned
- 1 cup fresh pineapple chunks or one 8 ounce can pineapple chunks, drained
- 2 Tbsp rum (optional)
- 1/4 cup packed brown sugar
- 2 Tbsp butter, softened

Directions:

- Preheat broiler
- In a medium bowl combine grapefruit, orange and pineapple
- Transfer to a 1 quart broiler proof au gratin dish or casserole *
- If desired, in a small saucepan heat rum until it almost simmers
- Carefully pour over the fruit and stir gently to coat
- In a small bowl, stir together brown sugar and butter until well mixed
- Sprinkle over the fruit
- Broil about 4" from the heat for 5 to 6 minutes or until the sugar is bubbly and the fruit is warmed



* **Note:** For single servings, use four au gratin dishes and omit the rum

"If I had a flower for every time I thought of you, I could walk through my garden forever."

- Alfred Tennyson

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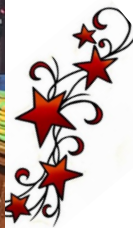
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Did the cold weather give you the winter blues? Now that it's warming up a bit and it's easier to get out and about, take advantage of our annual 50% off clothing sale. While you're here, take advantage of our indoor Little Free Library. I'm sorting books at home so it's expanding daily right now! Pick up a couple of books to get you through whatever winter has in store for us next.

If the cold has you doing your own sorting, feel free to add to your books to our shelves so someone else can enjoy them, too!

Seana Frint