

Strong Bones Program

The Strong Bones program will be continuing and we are adding and expanding our class schedule. If you are interested in becoming a Strong Bones instructor please contact our office at 715-526-6136.

We have set up a new class structure, you no longer need to join at the beginning of a session. You can purchase an annual membership at \$140.00, \$70.00 for a semi-annual and \$35.00 for a quarter or 12 weeks. You can join at any time you wish!

You do not need to wait until a new quarter starts. Strong Bones is a self paced class and you can start any time!

JOIN NOW!!!!



Zion Lutheran Church

1254 S Union Street, Shawano

Mon/Wed 8:30 am – Regular class

Sue True & Carol Stern

Mon/Wed 8:30 am – Advanced class

Linda Olson

Tue/Thur 7:30 am – Regular & Advanced class

Kara Skarlupka

Sacred Heart Church

302 S Main Street, Shawano

Tue/Thur 3:45 pm – Regular class

Jeanne Kaczorowski

Total Fitness

203 E Green Bay Street, Shawano

Mon/Wed 12:00 pm – Regular class

Sue True

St. Francis Solanus

724 Mader Street, Gresham

Mon/Thur 4:05 pm – Regular class

Sandy Schinke

Peace Lutheran Church

N6315 County Road D, Tilleda

Mon/Thur 5:15 pm—Regular class

Charlotte Schwartz

St. Paul Lutheran Church

240 E Green Bay Street, Bonduel

Mon/Fri – 7:30 am – Regular class

Kara Skarlupka

Holy Family Church

202 N Ellms Street, Wittenberg

Mon /Thur 4:30 pm/-Regular Class

Sally Korbisch

St. Anthony Church

430 Swanke Street, Tigerton

Mon /Thur 4:30 pm/-Regular Class

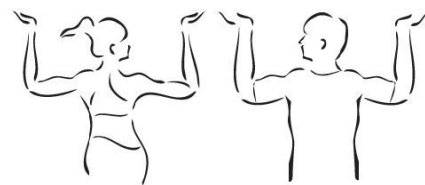
Debra Brandt

Mohican Family Center

N8605 Oak Street, Bowler

Mon/Wed – 5:00 pm – Regular class

Lifting towards better health!!



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Shawano County UW-Extension



May—June 2018

The ABCs Of Tick Season In Wisconsin

How to take action and avoid bites when enjoying the outdoors.

As weather gets warmer and the outdoors beckons, people across Wisconsin are spending more time with the activities they wait for all winter long, including picnicking, hiking, camping, boating, fishing and more. While thoughts might be turning to filling the cooler with cold beverages and packing enough charcoal for the grill, there's another aspect to the season that demands attention: tiny ticks and their potential to cause big problems this time of the year.

Wisconsin is home to only a few common tick species, but some pose significant medical concerns to both humans and pets. However, following the ABCs of tick prevention can help ensure that outdoor activities remain fun and safe for family and friends.

- **Avoid:** Given their small size, ticks have limited mobility. To find hosts, ticks often hang out on plants — such as tall, weedy grasses along the edges of trails and in wooded areas with dense vegetation — and they wait for a mammal to pass by. Steering clear of these areas can help reduce the chances of encountering ticks in the first place.
- **Be aware:** Become familiar with common ticks and symptoms of tick-borne illnesses to know what to look for. Anybody bitten by a tick should get it properly identified and consult their health care provider about any potential medical concerns.
- **Clothing:** Long-sleeved clothes provide a physical barrier to help prevent ticks from getting to skin. Wearing lighter-colored clothing such as khakis can also make it easier to spot darker-colored ticks. Tucking pants into socks can serve as an additional protection to make it harder for ticks to bite.
- **DEET and other repellents:** A number of Environmental Protection Agency-approved repellents (such as DEET) can help keep ticks at bay when properly used. Always consult the product label for important usage instructions, such as application to skin versus clothing and how often to reapply. As another consideration, clothing can be treated with repellent products containing permethrin. These products designed for clothing treatments are often sold at outdoor and camping stores and can provide long-term protection from ticks when properly used. Some outdoor clothing brands even use fabrics impregnated with permethrin to provide protection for extended periods of time, even through repeated washings.
- **Examine:** Tick checks can be an important precaution *for both people and pets*. To effectively transmit the bacteria that cause Lyme disease, deer ticks have to be attached and feeding for extended periods of time, usually at least 24 hours. This time requirement for infection means that daily checks can help find and remove ticks before they've had a chance to transmit the bacteria. If a tick is found biting a person or pet, the best removal method is to use tweezers to grab near the tick's mouth parts and use a slow steady pull to remove it.
- **Family pets:** Don't forget about four-legged friends — *pets that spend time outdoors can also be affected by tick-borne diseases*. Veterinarians should be consulted to select appropriate preventative tick (and flea) products. Topical repellent sprays are also available for those times people take their pets hiking in prime tick habitat. Pay special attention when selecting products for pets, as there are important differences between products available for dogs and cats. Always check with the veterinarian with any questions. For longer term prevention, Lyme disease vaccines for dogs are also available through veterinarians.

More information about ticks and tick-borne diseases is available through the University of Wisconsin-Madison Department of Entomology and the Wisconsin Department of Health Services. *University of Wisconsin-Extension entomologist PJ Liesch is director of the University of Wisconsin-Madison Insect Diagnostic Lab. He blogs about Wisconsin insects and can be found @WiBugGuy on Twitter.*



EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

Parent's Forever—Co-Parenting Class

A class for parents in the process of divorce, already divorced, or never married but separating.

Topics of discussion include the effects of divorce, how you can help yourself and your children cope better during this stressful transition, how to co-parent so that everyone in the family recognizes how to keep children from being put in the middle, communication skills that can help you and your child(ren) lead happier, less stressful lives.

How do these classes help families?

- The single best predictor of a child's well-being is continuing, meaningful involvement with both parents.
- Children cope well when parents cope well.
- Children do best when they are not caught in the middle.
- Children need a support system.
- These classes can help you help your children.

To Register

Complete the registration form. You can get one from the County Clerk of Courts, call Shawano County Healthy Families & Communities Coordinator at 715-526-4863 or email kara.skarlupka@co.shawano.wi.us

After receiving your registration form and \$15 fee, we will confirm your class date and time.

Childcare **will not** be provided.

Shawano County Court House, Room A
May 22nd and 29th
5:30 pm to 7:30 pm
Fee \$15.00

Facilitator: Kara Skarlupka
Healthy Families & Communities Coordinator
**Resources provided by the
University of Minnesota Extension

Wolf River Master Gardeners

The 2018 Shawano County Library classes presented by UW Extension Wolf River Master Gardener Association. All classes start at 5:30 pm till 6:30 pm.

June 4th—Hands on with Succulents

July 2nd—Composting

August 6th—House Plants

September 10th—Planting Bulbs

October 1st—Raspberries

Classes will be held at the Shawano County/City Library at 128 S Sawyer Street, Shawano

Shawano Farmer's Market

The 2018 season will open on June 16th and run through October 6th, 2018. Location is at Franklin Park in Shawano. It will run every Saturday from 8am until Noon. Vendor make up is 75% produce/processed food, 10% prepared food and 15% arts/crafts. There are over 45 local food and craft vendors that participate throughout the season with a wide variety of fruits, vegetable, breads, prepared foods and more.

If you are interested in becoming a vendor go to www.shawanofarmersmarket.com and fill out the vendor application. Spaces are approximately 12' x 12'.

Leadership Shawano County Shop Hop

Class of 2018 LSC will be hosting a "Shop Hop" the week of May 25th through June 3rd. The Shop Hop is a shopping experience with a passport! Just visit the participating businesses and have them stamp your passport. After June 3rd turn your passport back to win many great gift certificates and a grand prize of a one day pontoon rental, \$100 Bonduel Bucks and \$100 Shawano Chamber Bucks. Visit any participating business to get your passport or download one from www.facebook.com/ShawanoShopHop/.

Some of business's participating are Cecil Dinner, Sandbar Grille, Glas Coffee House, Brother's Pub, Old Glory Candy, Wasabi's, Doc's Harley Davidson, The Rustic Shed, Nueske's Meats, Till The Cows Come



Home, Body Essentials, Fannita's Bakery, Fill'n Station Bar & Grill, The Main Event, Wayne's Place, Jill's Pet Shoppe, The Gentleman's Quarters, Cobbler's Closet, Pure Essence Salon & Spa, Beans & Books, Bamboo Bar and many more. Over \$2,500 in cash, gift cards and prizes!!



Master Gardeners Plant Sale will happen at the Shawano Farmer's Market on June 16th from 8am to Noon. Corner of Division & Franklin Streets. They will be selling large healthy plant division-perennials, lilies, herbs 14 new Hosta cultivars, garden art, rhubarb, etc. This sale is sponsored by the UW Extension Wolf River Master Gardeners Association.



For more information on the WWF: Contact the Shawano County UW-Extension Office, Room 101—311 North Main Street, Shawano, WI 54166

• 715-526-6136 • <http://shawano.uwex.edu/> • 711 for Wisconsin Relay

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