SPECIAL EDITION - SUPPORTING LOCAL BUSINESSES

Sponsored by: Howard Chiropractic Clinic, Employment Health Services, & BodyWorks & Laser Clinic.



The Community Bulletin



May 2020

A Publication of the Howard Suamico Business and Professional Association ● www.communitybulletin.org



Bertha Keip of Employment Health Services performs a blood draw for antibody testing of

Employment Health Services Contracted as Collection Site for Antibody Testing of COVID-19

Quest Laboratories has contracted with Employment Health Services as a collection site to test for antibodies of SARS-CoV-19 (COVID-19). This test, also known as a serology test looks for the presence of antibodies, which are specific proteins made in response to infections. Antibodies can be found in the blood and tissue of those who are tested after infection. The antibodies detected by this test indicate that a person had an immune response to SARS-CoV-2 (COVID-19), including those who may have experienced mild symptoms without a diagnosis, or never showed any

It usually takes at least 10 days after symptom onset for IgG (Antibodies) to reach detectable levels. An IgG positive result may suggest an immune response to a primary infection with SARS-CoV-2, but the relationship between IgG positivity and immunity to SARS-CoV-2 has not vet been firmly established.

Employment Health Services is committed to serving our communities during the COVID-19 crisis by

providing affordable options to meet the ever-evolving demands of our patients. For more information or to schedule an appointment call (920) 434-2441. Antibody testing is not intended for diagnosis of active Covid-19 infection. People with possible active COVID-19 symptoms should contact their healthcare provider directly

Employment Health Services also specializes in Occupational Health and Wellness Solutions including DOT/non-DOT and pre-employment drug screens and examinations. Located at 721 Cardinal Lane, Suite 100

Disclaimer: SARS-CoV-2 test has not yet been reviewed by the FDA. Negative results do not rule out SARS-CoV-2 infection particularly those who have been in contact with the virus. Follow-up testing with molecular diagnostics should be considered to rule out infection in those individuals. Results from antibody testing should not be used as the sole basis to diagnose or exclude SARS-CoV-2 infection or to inform of infection status. Positive results could also be due to past or present infection with non-SARS-CoV-2 coronavirus strains, such as coronavirus HKU1, NL63, OC43, or 229E. This test is not to be used for the screening of donated blood

MLS Laser Therapy at Howard Chiropractic

Howard Chiropractic Clinic is dedicated to delivering safe and effective state of the art treatments for a wide range of health concerns. Treatment options include chiropractic, soft tissue, rehabilitative, and laser therapy One of the various laser methods offered is MLS (Multi-wave Locked System) Laser Therapy. The MLS laser is a non-invasive treatment that stimulates the body's natural healing process by reducing inflammation, providing pain relief, and accelerating cell growth for rapid healing.

How Does MLS Laser Therapy Work?

FDA cleared MLS Laser Therapy is a non-invasive and drug-free treatment. It uses two synchronized wavelengths; one for inflammation and the other for pain by deeply penetrating tissues and cells without producing heat. Scientific research shows the combined emission stimulates an energy transfer at the cellular level to induce a natural response that jump starts the body's own healing process, boosting cell growth and blood flow to the area. The increase of blood supply removes toxins and enhances cellular nutrition for tissue repair, resulting in the disappearance of symptoms and increasing the speed at which the body heals, along with

See MLS LASER THERAPY, page 7

POSTAL CUSTOMER

Green Bay, WI 54307-2797 PO Box 12797

Bulletin The Community

BodyWorks & Laser Clinic Provides Treatments to Support Immune Health & Wellness

Strengthen your immune system with Infrared Sauna and Chromotherapy at BodyWorks & Laser Clinic. Infrared Therapy stimulates the circulatory system... better circulation means cell detoxification, improving cellular health and strengthening the immune system. Infrared raises the body's core temperature, inducing a false fever, increasing white blood cell and T-cell production. It also reduces stress and promotes relaxation for improved sleep, which strengthens the immune system's ability to fight off infections.

An Infrared Therapy treatment lasts approximately 40 minutes, during the session you can sit comfortably in the unit or lay down and relax. Each infrared session also features Chromotherapy. Our bodies need the sun's light to live, and that light can actually be broken down into a seven color spectrum. An imbalance of any of those colors can manifest itself in physical and mental symptoms. Chromotherapy helps balance your body via the full spectrum of visible light, each color addressing a distinct need.

Our medical-grade Solocarbon Infrared Heat Sauna is the only unit on the market clinically shown to raise core temperature rather than simply heating the air. producing a deep, detoxifying sweat at the cellular level where the majority of toxins reside. Our Infrared Heat Unit is the most recommended by doctors, health professionals, and wellness experts.

Applications have shown relief in the management of the following conditions:

- Chronic pain syndromes
- Inflammation
- Fibromyalgia
- · High blood pressure
- · Anxiety and stress · Improved circulation
- Eczema and psoriasis
- Autism
- Immune health
- Arthritis
- · Rheumatoid arthritis
- · Chronic fatigue
- · Lyme disease
- Detox
- · Neuropathy pain Insomnia



It is recognized by the American Heart Association for reducing blood pressure & heart health and National Autism Association for the detoxification of lead and cadmium.

BodyWorks & Laser Clinic also provides Therapeutic Massage and Cryotherapy to assist patients in reaching their wellness goals.

Cryotherapy is a treatment that exposes the body to cold temperatures for 1 to 3 minutes. This therapy has also been shown to decrease acute/chronic pain, reduce inflammation, and support the immune system.

While temporarily closed, BWLC continues to encourage everyone to be proactive in supporting their well-being and immune health by offering Infrared Therapy and Cryotherapy at a reduced rate of \$20 per session for those who pre-book their appointments online at www.bwlcgb.com. For more info. visit our website and Facebook page for weekly promotions.

Shop Howard-Suamico First!

#HowardSuamicoStrong

Advanced Hearing Solutions

2331 Velp Avenue Suite G - Howard (920) 434-6777

www.advhearingsolutions.com

Advanced Hearing Solutions has been providing hearing health care support to our patients throughout the pandemic. We understand how important home and family are, and how critical it is to be able to communicate with loved ones. We are doing all we can to help during this difficult time. Although we are no longer open to the public, we are offering hearing aid repairs via curbside drop off and pick up. If we are unable to fix the problem in-house, we can send the hearing aids directly to the manufacturer for a repair. We have also been able to successfully submit Loss & Damage claims for those who have recently lost their hearing aids. We are also providing phone consultations for troubleshooting and connectivity issues.

Being able to hear and connect with loved ones has never been more important than it is right now. If you are having issues with your hearing aids, please email us at Janet@advhearingsolutions.com or give us a call at (920) 434-6777 to see if there is anything we can do to help. We are in the office Monday through Friday on a limited basis but check messages daily. We will return your call at our earliest convenience. Hang in there and know that we are here for you!



Allstate Insurance - Tim Vanden Heuvel Agency

1900 Velp Avenue - Howard (920) 494-7999 tvandenheuvel@allstate.com

Some employees are still working in the agency, but they are short-staffed. The office doors are locked to walk-in traffic as a precautionary measure.

They are still there and available to serve your needs as usual during this very unusual time. Contact Allstate Insurance - Tim



Vanden Heuvel Agency at (920) 494-7999 or email avandenheuvel@allstate.com.

If they are not available, you can always reach someone at Allstate 24/7 by calling 1-(800) Allstate

They appreciate your understanding and look forward to returning to their normal office operation as soon as possible.

The Tim Vanden Heuvel Agency is currently open abbreviated hours Monday through Friday from 9:00 a.m. to 5:00 p.m. Follow the Tim Vanden Heuvel Allstate Agency on Facebook for postings for updates.



ATC Commercial Warewashing, LLC

2425 O'Connor Road - Howard (920) 438-9456 www.atcwarewash.com

ATC Commercial Warewashing is dedicated to helping businesses with commercial kitchens reopen safely with premium-grade EPAapproved sanitizing products. We will ensure your dish machine/bar machine is operating efficiently and effectively with the accurate amounts of product use and machine functionality to ensure dishes and all other ware are properly sanitized. We also carry cleaning/sanitizing products for floors, bathrooms, laundry and more.

ATC specializes in the sales of chemicals for all cleaning/sanitizing and warewashing needs. We also sell, lease and service commercial dish and bar machines. We have new and used machines ready for quick installation as well as a strong inventory of product ready for delivery

We are a local small business with over 30 years of industry experience that is ready to provide you with fast, reliable and honest service. Call us today for a quote to ensure you are getting the pricing you deserve and service you need.



Atty. Christina Kabara

2149 Velp Avenue Suite 507 - Howard (920) 434-0777

www.christinakabaralaw.com

Our office is offering discounts on estate plans during this COVID crisis. At this time, simple Last Will and Testaments are \$100 each and Power of

at (920) 434-0777 and mention this advertisement. Our office will send you a



Will packet and schedule a phone consultation. Once your estate plan is drafted, we will meet in person to review and sign. Please feel free to call our office Monday through Thursday 8:30 a.m. to 4:00 p.m. and Friday 8:30 a.m.to 12:30 p.m. for all your legal needs.

Stay safe and be patient. This will soon



Bearcats Fish House of Green Bay

2223 Velp Avenue - Howard (920) 434-1636 www.bearcatsfish.com

As an essential business, Bearcat's Fish House of Green Bay (formerly Seaway Foods Company) remains open for normal retail hours Monday through Thursday 9:00 a.m. to 5:00 p.m. and Friday 9:00 a.m. to 5:30 p.m.



Our team is working hard to

ensure our freezers and coolers are stocked. We have a wide variety of smoked, frozen and fresh seafood that make for great "cook from home" options.

We know fresh meat has been difficult to come by and encourage community members to consider including seafood as a part of their healthy diet during the weeks ahead. You are welcome to call ahead your order and prepay over the phone.

Additionally, we are happy to run your order out to your vehicle if you prefer. We encourage people to follow us on Facebook at @bearcatsfishgb to see what fresh and smoked fish we have in the cases each week!

We are proud to serve the greater Green Bay community and appreciate your support of all small businesses at this time, including ours.

The Community

PO Box 12797 • Green Bay, WI 54307-2797 A PUBLICATION OF THE HOWARD SUAMICO **BUSINESS AND PROFESSIONAL ASSOCIATION VOLUME XXXVII—NUMBER 5**

CIRCULATION

The next publication of **The Community Bulletin** will be the June 2020 issue. **The Community Bulletin** is delivered via US Mail within the coverage area. The paper can also be obtained at La Java, 431 Cardinal Lane in Howard.

NEWS

The Community Bulletin is interested in printing local interest stories. These stories along with with any photos can be submitted by the deadline for consideration in our next issue. Articles are placed in the paper on a "space available" basis. Information can be e-mailed to info@communitybulletin.org. When submitting by e-mail, please include "Community Bulletin Article" in the subject line.

ADVERTISING

Advertising in The Community Bulletin is available to all Advertising in The Community Bulletin is available to an members of the Howard Suamico Business and Professional Association. Prices are based on print-ready copy. Print-ready ads to be placed in the June 2020 issue must be received by May 25, 2020. Please allow 2 extra days for ads that require typesetting and layout. When submitting by e-mail, please include "Community Bulletin Ad" in the subject line.

Ad Size	Dimensions	Cost (reg)	Cost (color)
Business Card	3 3/8"w x 2"h	\$47.60	\$61.88
Eighth Page	5 1/8"w x 4"h	\$133.20	\$173.16
Quarter Page	5 1/8"w x 8"h	\$204.00	\$265.20
Half Page	10 3/8" w 8"h	\$326.40	\$424.32
Full Page	10 3/8"w x 16"h	\$608.80	\$786.24

Front Page Ads Leaderboard Ad 10 3/8"w x 1 1/2"h Billboard Ad 6 7/8"w x 2"h

For more information contact: Bob Strazishar marketing manager (920) 655-8278 or e-mail: info@communitybulletin.org

#HowardSuamicoStrong Shop Howard-Suamico First!

Blue Fuel Marketing, Inc.

(920) 544-9640 www.bluefuelmarketing.com ktooley@bluefuelmarketing.com



Blue Fuel Marketing has over 50 years of custom-branded merchandise experience and is ready to help local businesses rebuild their customers and staff through the creative use of logo'd products.

We have safety products including antibacterial hand-sanitizers, face masks and new counter barriers. We are creating preevent dimensional mailers for virtual conferences, building online merchandise stores, and producing unique welcome-back

With our state-of-the-art in-house decorating capabilities, including embroidery, heat transfers and DTG printing, combined with our award-winning graphic design team, we have the skills needed to execute your brand message with an impression that will last.

Marketing your brand will be important now more than ever. The Blue Fuel team is open and ready to serve your business branding needs.

Edward Jones-Ilya Dayter | Good Shepherd Luthern **Financial Advisor**

2149 Velp Avenue Suite 300 - Howard (920) 301-3566 www.edwardjones.com

If you're a business owner, you might have been disappointed if you missed out on a loan offered through the Paycheck Protection Program, part of the CARES Act passed a few weeks ago. But now, you may have another chance.

Congress just provided an additional \$310 billion for the loan program. And if you receive a loan, it may be forgiven if you can keep your employees on the payroll and meet other conditions. But with demand so high, you'll need to apply quickly - and you'll need to have your supporting materials ready.

Among the documents you'll need are your 2019 tax returns, payroll reports, mortgage or rent documents, utility statements and documented proof that the coronavirus pandemic has hurt your business. You'll also want to make sure your business credit file is current and accurate.

Don't wait to apply for a loan. To get started, contact your local Small Business Administrator lender or a bank or federally insured credit union.

There are no guarantees – but do what you can to explore this new opportunity. It may prove to be a lifeline for your business.



Church

2736 Glendale Avenue - Howard (920) 434-2148 www.qslcqb.orq

Connect with Good Shepherd Facebook:

www.facebook.com/GoodShepherdLutheranChurchGreenBay Mobile App:

https://tithely.app.link/good-shepherd-lutheran-church-elca



Beginning on May 3, Good Shepherd begins a 12-week worship series entitled "Unraveled." In this series, we will explore 12 stories of unraveled identity, shame, fear, grief, dreams and expectations.

These are stories where God meets us in the spiraling, unraveling of our plans, and God fashions together something new



design a la mode

1744 Riverside Drive - Suamico (920) 662-9908 www.designalamode.net

We hope you are staying safe and healthy during the pandemic. During this time we are trying to make shopping our products a little easier. We have updated our website at www.designalamode.net to show many of our items you may want to shop for from the comfort of your home. Our Facebook page is also a great place to stay connected. We post many items and specials daily!

We are offering curbside pick up as well as shipping and some local delivery. Please call us Monday through Friday from 10:00 a.m. to 4:00 p.m. to pay over the phone and to set up pick up or delivery. We are all in this together and we will get through it. Until we can see your faces again, thanks for supporting local. We truly appreciate YOU!



Feldstein Jewelers

1803 Condor Lane - Howard (920) 544-9699 www.feldsteins.com

During these unprecedented times, we're here for you. Here to help you find exactly what you need by private appointment and webchat through feldsteins.com.

Our family has been working daily since the shutdown to remind you of beautiful things, made with passion by our skilled goldsmiths. We are here to inspire future plans, both at home and soon enough, beyond your four walls. Love and kindness are contagious, and we want to thank you for letting us be the carrier and spread them widely.



Howard-Suamico Historical Society

605 Maywood Avenue - Howard 12787 Velp Avenue - Suamico (920) 434-3514



The Howard-Suamico Historical Society is

closed at this time due to the COVID-19 virus, but looks forward to opening once everything clears. A reminder that the Museum at 605 Maywood

Avenue in Howard is normally open year round on the second and fourth Tuesday of each month from 9:00 a.m. to noon. Ancestry Acres, located at 12787 Velp Avenue in Suamico, will reopen from 1:00 to 5:00 p.m. on the third Wednesday of the month during the summer months, as soon as it is safe. Howard-Suamico Historical Society will be open by appointment only at this time.

The Howard-Suamico Historical Society Museum on Maywood Avenue in Howard has available several books that highlight the fishing industry, farming, quarries and ethnicity of the area and can be very helpful to anyone working

The farm at Ancestry Acres offers a look at an old fashioned farmstead and what it took to make

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Kim's Tae Kwon Do Center, Inc.

(920) 434-2326 www.kims-tkd.com



Learn Tae Kwon Do at Home with free on-line video lessons by Master Penny Duggan. Go to www.kims-tkd.com/media/lessons. Here you will find 20 plus lessons to learn Tae Kwon Do, Self-Defense and Street Smarts.

To begin, find an open space about 10'x10', wear comfortable clothes and do a few stretches before your lesson. Start with Lesson One: Learning TKD Basics; stances, punches, blocks and kicks. Lesson Two: Building Upon TKD Basics. Lesson Three: Street Smart Self-Defense. Each Lesson progresses from the one before.

Tips to keep yourself motivated; schedule your practice daily, train with a family member, add target practice and consider joining a Tae Kwon Do Class to get proper feedback on your training.

Once you feel comfortable with the basics, email us through the web page and ask to try our online Group TKD Class.

And hopefully, one day soon we will see you in our TKD classes at Redeemer School, Howard Park & Rec and/or the Suamico Park & Recreation Department.

Kropp's Supper Club

4570 Shawano Avenue - Howard (920) 865-7331 kroppssupperclub.com



We thank you for your continued patronage during this time. We are offering carry out Wednesday and Thursday from 4:00 p.m. to 7:00 p.m. and Friday and Saturday from 4:00 p.m. to 8:00 p.m. We begin taking orders at 3:00 p.m. each night.

You can order by calling (920) 865-7331. We are offering our full menu every night including perch with the exception of no steaks or lobster on Fridays. Ple



Stay safe!

LaJava is open and offering shipping

430 Cardinal Lane - Howard (920) 662-0500 www.lajavaroastinghouse.com



LaJava is OPEN!

Our team is eager to serve you our full drink menu as well as bagged coffee and tea through our drive thru windows. Open Monday through Friday 6:30 a.m. to 6:00 p.m., Saturday and Sunday 7:00 a.m. to 2:00 p.m.

Now offering the "Community Blend," a delicious Fair Trade and Organic Certified dark roasted coffee with \$2 from each bag sold going to support local food pantries.

We are Green Bay's own local coffee roaster, Come see what makes us special! Handcrafted lattes, fresh coffee from around the world, a huge variety of specialty teas and unique wholesale partnerships. Currently offering free shipping on orders of \$50 or more at www.laiavaroastinghouse.com

Visit us in Howard at 430 Cardinal LAne in Howard and in Green Bay at 1250 Velp Avenue and at 2422 West Mason Street!

#onlyatlajava #livemorelocally

Lewis & Van Sickle, LLC

2149 Velp Avenue Suite 206 - Howard (920) 434-9977 www.lewisvansickle.com

We are open for business but limiting appointments to time sensitive matters such as estate planning, real estate, financial distress and business reorganization matters.

We have installed a Ring Camera and COVID-19 Signage to limit the number of clients present in our office at any one time.



Atty. James E. Lewis

We are screening all clients for illness prior to scheduling appointments. Our office is being cleaned and sanitized between each in-person client appointment.

We are also offering telephone appointments and video conference appointments. Our office hours are Monday through Friday 8:00 a.m. to 5:00 p.m. and other times by appointment.



Life...Made Simple!

PO Box 264 - Suamico (920) 609-0990 www.LifeMadeSimpleByMichelle.com

GOT CLUTTER? Do you need to downsize, reorganize or declutter? Are you overwhelmed? Too much stuff? Need groceries? Need your home cleaned and disinfected? Do you need help staging your home? Are you crazy busy and need your dog walked or need pet sitting?

Life...Made Simple! can get you organized and make your life simple! Facebook is a fun place to stay connected. I am happy to chat over the telephone or provide a complimentary virtual consultation. I am thankful and grateful for many valued clients, and blessed to now call them friends. I will see you all soon, but until then... make your home a beautiful haven and stay healthy... and remember to wash your hands (and paws).



We love you! Michelle and Gracie

Sweet Messages to Michelle from Amazing Clients: "Thank you for being YOU and being so awesome!"

"Thank you for always doing a great job cleaning, helping keep me sane, loving our kiddos and watching our dog this weekend. We love you!"

Naturally Delightful, LLC

2331 Velp Avenue Suite A - Howard (920) 265-9879 www.naturallydelightfulcreations.com

Here at Naturally
Delightful we take pride
in the quality of the
products used for each
bakery item. If it's not
perfect and tasty just the
way you ordered it, we
will make sure we correct
ourselves. We
guarantee the cake
delivered to you is the
best cake you have ever
tasted

No celebration is complete without having a custom order. The sky is the limit when it comes to ordering your custom cakes. From rainbow themes to classic vanilla and chocolate. We got you covered. All products are Vegan. Option to use non-Vegan food coloring is an option.

is an option.

All orders are custom and fresh. We use dye free food coloring and Organic products. Please call ahead for single serve items such as donuts, muffins, energy bites, brownies, bars and cupcake.







Shop Howard-Suamico First!

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Nickel Electric, Inc.

1479 Gruber Road - Howard (920) 498-1354 www.nickelelectricinc.com mary@nickelelectricinc.com

Nickel Electric Inc is here for you if you are in need of any electrical services. We are an essential business. Projects that you may have wanted to get accomplished and always got put on the back burner until a later date, and that date is now while you may be social distancing.

We specialize in Residential, remodeling and/or repairs. Maybe changing or adding some LED lighting is just what you need to spruce up a darken room. If you have an older home and are in need of a service upgrade, there is no better time to do that project.

With summer being right around the corner, maybe you want to surprise your family with that long awaited pool or hot tub. We can put in your electrical for those.

Along with residential, we also offer Commercial wiring. Could your office, warehouse, parking lot, etc. use a new facelift? For more information, visit our website at www.nickelelectricinc.com.



Power Of Dance

2490 Lineville Road Suite H - Suamico (920) 661-9212 www.powerofdance.com



The Power Of Dance is not just a dance studio, it's a second family to everyone who walks through our doors. Even though the building is closed, our teachers have been busy holding virtual classes for our families in April. We are also offering free classes to all current POD dancers in the month for May. When it's time to reopen, we are here for your child's social and physical health. We are planning to open with small class sizes in July. Please see our website for registration info.

Do you have a child interested in competing with the Power Of Dance next season who is NOT currently a student? Please email elizabeth@powerofdance.com for audition information.



SERVPRO

2225 Pamperin Road - Howard (920) 434-8224



SERVPRO's has the ability to perform necessary services to clean for COVID-19 contamination

To allow **SERVPRO** to follow appropriate protocol, we have defined the type of contamination by category:

Category 1 - Proactive cleaning only

 Cleaning requests when there's no confirmed Coronavirus case and no known Coronavirus exposure

Category 2 – Possible Coronavirus exposure

 Scenarios where there's possible Coronavirus exposure

Category 3 – Confirmed, positive Coronavirus case

 A cleaning request when there's a confirmed Coronavirus case

Please note: these cleanings will not prevent or protect the building from future contamination

We are your local **SERVPRO** in Green Bay, please give us a call if we can help. (920) 434-8224



St. John the Baptist Parish & School

2597 Glendale Avenue - Howard (920) 434-2145

St. John the Baptist Catholic Parish is deeply praying for our community and our world during this challenging time. We invite everyone to join us for online worship which is livestreamed weekday mornings, Sunday mornings and Wednesday evening Holy Hour. Details can be found by visiting our website



www.sjbh.org and clicking on the Online Worship tab. You can also connect to our livestream events and other details on our Facebook page. Search St. John the Baptist Catholic Parish and look for the logo matching below. May you find comfort and hope in our Lord, Jesus Christ. St. John the Baptist, pray for us!

St. John the Baptist Catholic School has successfully transitioned to digital learning throughout the remainder of the 2019-2020 school year. We are accepting enrollment applications for 3-year-old preschool through 8th grade for the 2020-2021 school year now. Please note some grades have started a waiting list. Enrollment and other details about our school can be found on our website, www.sjbhschool.org. We feel truly blessed to offer strong academics in a strong faith-based environment. The sense of community, closeness and mutual commitment that we share as a community right now is one of the blessings of Catholic education. We're in this together, and we'll get through this together in faith. St. John the Baptist, pray for us!

Symes Realty, LLC

1721 School Lane - Suamico (920) 471-8033 www.symesrealty.com



Do you want to Stay Safer at a DIFFERENT Home? Call Symes Realty.

Symes Realty is a full-service real estate brokerage focused on providing the HIGHEST level of customer service to our clients. With over \$45 million in sales and a combined 35+ years of experience, Symes Realty maintains a reputation as one of the best real estate firms in the greater Green Bay Area.

Whether buying or selling, our enthusiastic team of real estate agents is eager to share our expertise and knowledge of the local market and guide you through every step of the home buying/selling process.

We offer video consultations, virtual tours, and electronic document signature technology, providing for a largely virtual home buying or selling experience (if requested).



Tender Hearts Assisted Living

300 Cardinal Lane - Howard (920) 366-8500

Tender Hearts
Assisted Living,
located at 300
Cardinal Lane in the
Village of Howard,
is family owned and
operated by Rachel
A. Goffard, RN,
CAEd and her



husband Chris R. Goffard. Rachel A. Goffard, RN, CAEd has over 30 years of experience in long term care. When we built our facilities, it was important to create an atmosphere as close to home as possible, but with assistance.

Both Chris and Rachel work at the facility on a full-time basis. The owners are available 24 hours a day, seven days a week to ensure the residents receive the highest level of care. We can also complete resident admissions during emergencies 24 hours a day, seven days week. Things can happen fast and we always want the elderly, families, and community to know we are here to help them.

During these challenging times Tender Hearts Assisted Living would like to tell everyone how proud we are of our employees. They have been going above and beyond to ensure the residents are safe and healthy. We could not be more proud of each and every employee!

For more information, please visit their website at www.tenderheartsassistedliving.com or to schedule a private tour please call Rachel at (920) 366-8500 or Chris at (920) 366-8452.

Shop Howard-Suamico First! #HowardSuamicoStrong

The Bottle Room offers virtual wine tasting

2300 Lineville Road (Urban Edge) - Suamico (920) 661-WINE (9463) www.The-Bottle-Room.com

Our doors are still open Monday through Saturday from 11:00 a.m. to 6:30 p.m. for food pickup and delivery. Delivery can be done direct by calling (920) 661-WINE (9463) or via EatStreet.

We are also still open for retail wine sales, beer growler fills, and gift card sales.

Check our website for our current gift card promotion. Gift cards can also be purchased online and shipped in the mail.

The Bottle Room is also hosting virtual wine tastings on Monday and Thursday nights at 6:30 p.m. Details on our virtual tastings can be found on our website or Facebook page. Pick up the wine for the tasting night at The Bottle Room and join us on Facebook for a live assessment and discussion of the wine!

Thank you for all the continued support from our valued customers! Our patio is getting set up now and we hope to see you all again soon!



The Candy Bar

2490 Lineville Road (Sweet B) - Suamico (920) 301-3100 www.jerrykayes.com



We are open for business for all of your candy needs Tuesdays and Thursdays from 2:00 p.m. to 6:00 p.m. and on Saturdays from 12:00 noon to 4:00 p.m. These limited hours will continue until the "Safer at Home" order is lifted.

We have all our Handmade Fine Chocolates and Candies plus our Retro Novelty Candies available for pickup or local delivery and we ship anywhere via USPS.

We have a wide variety of special treats for birthdays, anniversaries, graduation, Mother's and Father's Day, new babies or just because you want to make someone smile.

We love making custom gift baskets for any occasion and also carry helium balloons. Don't forget Mother's Day is May 10th. Call us at (920) 301-3100 or visit us at 2490 Lineville Road "Sweet B" in Suamico and follow us on Facebook@ The Candy Bar Suamico

Coming Soon: We have a new website under construction at www.thecandybarwi.com.

The Yoga Loft offers weekly live classes

721 Cardinal Lane - Howard (920) 562-7440 www.theyogaloft.yoga

As a community we've come together in supporting each other in so many ways. It's been amazing to see! The Yoga Loft is committed to helping our community through this challenging time with virtual live streaming and on demand yoga classes.

Our schedule offers weekly live classes taught by TYL teachers. The same teachers you love practicing with in the studio. They have been teaching from home the past 6 weeks and it's been working great! We realized schedules aren't what they once were and have added prerecorded On Demand classes.

These classes are available to take 24/7! You pick the time and place. Classes will show at 7:15 p.m. on our schedule. The link will stay active for 24 hours. Whether you prefer live classes or prerecorded we have everything from Restorative to Vinyasa Yoga. Use your current package, purchase a discounted package or pay by donation.

View our schedule at theyogaloft.yoga. Follow us on Facebook for special offers and updates. TYL Team looks forward to the day we can practice in person again! We appreciate all the support.



Thornberry Cottage

345 Cardinal Lane Suite 5 - Howard (920) 434-1542 www.thornberrycottage.com orders@thornberrycottage.com

#StopThe Spread #SpreadKindnessInstead

Our Customers are Friends and Family. We miss your visits, smiling faces, warm greetings and conversations.

This year many will not be able to be with their Mother on Mother's Day. We realize that there are

no substitutes for hugs or kisses. But let Thornberry Cottage help you find a perfect gift to brighten her day and show her how much she is loved. Purchase online from the convenience of your home at "Shop Now" on

thornberrycottage.com or call (920) 434-1542 for a personal virtual shopping experience. Complimentary gift wrapping with curbside

pickup, shipping or delivery.

We look forward to the day our doors can reopen for in store browsing. New and unique products continue to arrive daily. Custom floral arrangements are back with a wide array of floral selections. We continue to bring in high quality unique home decor, home accessories, and special occasion gifts including baby boutique & gift items; and an expanded gourmet food & spirits selection all ready for our store reopening. We have an opening plan to keep you and our staff safe when that time comes; and look forward to the day we again can provide daily gourmet food tasting with featured spirits.

Time For Décor

2304 Lineville Road - Suamico (920) 264-4979 www.timefordecor.com



Time For Décor is here to help and provide you curbside pickup. If you need Annie Sloan Chalk Paint, décor, florals or gifts for those special someone's in your life, we are here to help you.

Did you know we offer Facetime and Facebook shopping too? Just call or text us at (920) 264-4979 and let us help you with your projects, decorating or gift giving.



True North Performance

1465 Cornell Roard - Howard (920) 655-5144 www.truenorthperform.com

Tone from home. Change your looks, change your routine, and change your lifestyle for the better. Staying healthy has never been more important. We've been working around



the clock to build a program that gets results from home.

Our at-home program allows you to work out whenever it's most convenient for you. We create custom programs for you based on your goals, skill level, workout space, and workout equipment available (if any).

Here's what you'll get:

- · Nutrition coaching that removes the guesswork
- DAILY 1-on-1 accountability
- Customized 1-on-1 workouts programmed and tracked by our coaches
- Strategies to manage stress and improve sleep
- Private Facebook page access for support
- And much, much more...

This is a high accountability program that gets results.

Schedule a free virtual, no-commitment consultation to get started on the path to better health. Call us today! 920-655-5144 You can also schedule a free consultation on our website. Let's do this!

Check us out on Facebook: True North Performance or Instagram: TrueNorthPerformanceWisconsin



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#HowardSuamicoStrong

MLS LASER THERAPY . . . from page 1

a significant reduction of swelling. MLS also blocks pain signals to the brain, while releasing endorphins, alleviating acute and chronic pain.

8 MLS Laser Benefits

Analgesic: It blocks pain transmission and decreases nerve sensitivity, produces high levels of pain killing chemicals (endorphins), and reduces inflammation resulting in less pain caused by swelling.

Anti-Inflammatory: Causes vasodilation (widening of blood vessels) and activates the lymphatic drainage system, resulting in a reduction of swelling and bruising.

Accelerated Tissue Repair and Cell Growth: Laser light increases the energy available to the cell, which allows the cell to acquire nutrients faster and rid the cell of toxins. As a result, damaged cells are repaired faster.

Improved Vascular Activity: Significantly increases the formation of new capillaries in damaged tissue, which speeds up the healing process, mending wounds quickly and reducing scar tissue.

Reduced Fibrous Tissue Formation: Reduces the formation of scar tissue following tissue damage from cuts, scratches, burns, or surgery.

Trigger Points and Acupuncture Points:

Stimulates muscle trigger points and acupuncture points on a non-invasive basis providing musculoskeletal pain relief.

Improved Nerve Function: Slow recovery of nerve functions in damaged tissue can result in numbness and impaired limbs. Laser light speeds the process of nerve cell reconnection and optimizes muscle healing.

Faster Wound Healing:

Stimulates tissue development to injured areas for rapid recovery. As a result, MLS Laser Therapy is effective post surgically and in the treatment of open wounds and burns.

Located at 721 Cardinal Lane, Howard Chiropractic Clinic has been proudly serving the local community with personalized wellness care for more than 30-years.

Tycore Built

445 Cardinal Lane Suite 102 - Howard (920) 662-0303 www.tycorebuilt.com



Tycore Built is continuing the construction of new homes throughout the Howard, Suamico, and Pulaski areas this time to serve the needs of our community.

While our office remains closed, all current and coming soon properties can be found on our website at TycoreBuilt.com.

Please note that all new construction home prices include home and lot. Vacant lots are available for those looking to choose their location in one of our many upcoming developments.

For more information about current or upcoming projects, please contact Tracy at (920) 617-9122



VaryAbility

(920) 449-2020 www.varyability.com malloryc@varyability.com





Mallory Cornelius / President and Employment Consultant

I have hope for what is to come. Many people with disabilities often have barriers or obstacles to overcome while seeking employment or while employed. Knowing they would perform at their best, many ask for accommodations or job modifications. With employers currently adapting and offering flexibility in many ways, I am optimistic this mindset will stay. Hopeful that the playing field for all job seekers and employees will be more even, offering flexibility and adaptability during recruitment or while employed.

But with many more people searching for employment, it is going to be more difficult to find employment. For people with disabilities, organizations like VaryAbility are here to help. We contract with the Division of Vocational Rehabilitation to assist their consumers with employment goals.

Through the process of supporting individuals with disabilities, we also connect with area businesses and assist them with operational efficiency. This might be helping them see more efficient opportunities by rearranging job tasks or offering support during orientation and training.

We are committed to giving you continued care during COVID-19. To support the health and wellness of our community we will remain open to treat our existing patients and accept new patients.

HOWAR

CHIROPRACTIC CLINIC, S.C.

MLS Laser Therapy

A non-invasive and drug free approach to pain relief and increased healing. MLS Laser Therapy is a contact free treatment that combines dual wavelengths with continuous and pulsed emissions producing an anti-inflammatory and analgesic effect. This unique combination safely and effectively jump starts the body's natural healing process while alleviating pain.

Conditions Treated With MLS Laser Therapy:

- Arthritis & bursitis
- · Back, hip, & knee pain
- Sciatica
- Rotator cuff tendinitis
- Neck & shoulder injuries
- Repetitive motion injuries
- Achilles tendinitis
- Tennis elbow
- Sprains & strains
- Sports injuries
- Heel & foot pain
- · Occupational injuries

We Offer After Hour Emergency Care - Call (920) 434-2221



Dr. Dennis J.



Dr. Jennifer



Dr. Alaina Sperber



Dr. Richard Kingsbury







721 Cardinal Lane, Suite 100, Green Bay, WI 54313 | Visit our website at www.hccgb.com for more information.

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ACCOUNTANTS	CHURCHES	EXERCISE & PHYSICAL FITNESS	INSURANCE	ORGANIZATIONS
A-1 TYPING & RESUMÉ SERVICE A ACCOUNTING & TAX SERVICE	CHRIST THE KING LUTHERAN CHURCH 1700 Cardinal Ln434-6010	PROGRAMS	AMERICAN FAMILY INSURANCE - JOSHUA LAW- RENCE AGENCY	UNITED HURRICANES SOCCER ASSOCIATION PO Box 13462
2213 Velp Av434-9860	GOOD SHEPHERD LUTHERAN CHURCH	THE YOGA LOFT 721 Cardinal Ln	2565 Riverview Dr Ste B434-9100	PO Box 13462PHOTOGRAPHERS
BUSINESS SOLUTIONS BY J, LLC 2473 Turnbury Rd	2736 Glendale Av	TRUE NORTH PERFORMANCE	GORDON H. LENZ & ASSOCIATES, INC 2225 Velp Av434-1609	ENVISIONS STUDIO BY KAREN, LLC
HAWKINS ASH, CPA 2360 Duck Creek Pkwy	600 Cardinal Ln	1465 Cornell Rd819-7711 FABRIC SHOPS	STATE FARM INSURANCE - MARK MINZLAFF 1760 Velp Av #C429-0044	2852 School Ln
KERBER, ROSE & ASSOCIATES 487 Riverwood Ln434-7310	701 Hillcrest Hgts434-1800 MT OLIVE EVANGELICAL LUTHERAN CHURCH	QUILTING DIVAS SEWING BOUTIQUE, LLC	STATE FARM INSURANCE - MARY KAY ORR 2475 Lineville Rd Ste A	PLUMBING CONTRACTORS BHS PLUMBING, LLC
WIPFLI 469 Security Blvd	2460 Mt Olive Dr	445 Cardinal Ln Ste 108434-9980	THZ INSURANCE GROUP, INC 3355 Wynding Ridge Way833-6871	1631 Brookfield Av B-2621-1797 RON KUHN PLUMBING, LLC
ADULT SPECIAL NEEDS	ST JOHN THE BAPTIST PARISH & SCHOOL 2597 Glendale Av	FIREWORKS DECKER'S UNCLE SAM FIREWORKS	INTERIOR DESIGNERS	2731 Brookview Dr434-12
CONSULTANTS	SUAMICO UNITED METHODIST CHURCH 3266 Lakeview Dr434-1168	1690 E Deerfield Av	DESIGN A LA MODE, INC	SAFEFLOW, LLC 2859 Hillcrest Ct
IMPROVED LIVING SERVICES, LLC 999 N Military Av	CLOTHING ALTERATIONS	FESTIVAL FOODS	1744 Riverside Dr662-9908	POOL TABLES & CUE STICKS
VARYABILITY 2916 Firethorn Ct	EXCLUSIVE ALTERATIONS 2445 Glendale Av	2348 Lineville Rd965-0042 BEARCATS FISH HOUSE	ADVISORS MANAGEMENT GROUP, INC	CUSTOM CUES & QUALITY BILLIARDS 4140 Velp Av434-7755
ASSISTED LIVING FACILITIES	COFFEE SHOPS	2223 Velp Av	2199 Lineville Rd	PRINTING
NEW PERSPECTIVE SENIOR LIVING 2790 Flm Tree Hill 217-7420	LA JAVA A ROASTING HOUSE 430 Cardinal Ln	2348 Lineville Rd	2010 Velp Av	ROYAL CREST PRINTING PLUS, LLC 3800 Velp Av434-5900
2790 EIM Tree Hill	CONSIGNMENT SERVICES	FUNERAL HOME PFOTENHAUER FUNERAL HOME & CREMATION	933 Cardinal L	REAL ESTATE
300 Cardinal Ln366-8500	HOME AGAIN OF GREEN BAY, LLC 345 Cardinal Ln Ste 5662-0665	1145 Cardinal Ln	2149 Velp Av Ste 300301-3566 EDWARD JONES-JONATHAN SCHWEIGER	GOJIMMER REAL ESTATE 2282 Southern Cross Rd
LAW OFFICES OF CHRISTINA J. KABARA, LLC	CONSTRUCTION	FURNITURE STORES	1718 School Ln Ste B	KAK ENTERPRISES, LLC 2204 Pamperin Rd
2149 Velp Av Ste 507	BARTON DESIGNS PO Box 125	TIME FOR DÉCOR 2304 Lineville Rd965-5979	2784 Deerfield Av Ste 1	REALTYHIVE 445 Cardinal Ln Ste 102
2149 Velp Av Ste 206	TYCORE BUILT, LLC 445 Cardinal Ln Ste 102	GAS & CONVENIENCE MARTS	2945 Shawano Av	SYMES REALTY, LLC 1721 School Ln
AHLBORG TIRE & AUTO, INC	COUNSELING SERVICES	EXPRESS PANTRY-BP 2522 Glendale Av321-0180	2140 Velp Av Ste 101393-4713	RENDERING COMPANIES
11936 Velp Av	CCM COUNSELING & WELLNESS	GOVERNMENT OFFICES	IRRIGATION SYSTEMS	SANIMAX 2099 Badgerland Dr494-5233
1750 Velp Av	2150 Memorial Dr498-3383 COUNTER TOPS	VILLAGE OF HOWARD 2456 Glendale Av434-4640	IRRIGATION DOCTORS 2767 Ethelyn Cir241-9131	2099 Badgerland Dr494-5233 RENTALS-REAL ESTATE
1675 Summerset Ct	CUSTOM LAMINATING SPECIALISTS	VILLAGE OF SUAMICO 12781 Velp Av	JEWELERS	WALDO INC
HOLSCHUH COLLISION CENTER, INC 3700 Velp Av	2170 Speaker Ct	GRAPHIC DESIGNERS	FELDSTEINS JEWELERS	PO Box 11932, Green Bay 54307499-1398 RESTAURANTS /BARS
MC CLURE'S SERVICE, INC 1245 Cornell Rd434-2855	MARY KAY COSMETICS	DC GRAFX PO Box 12797655-8278	SCANLAN JEWELERS 2304 Lineville Rd Ste 109465-9829	A&W RESTAURANT
PHASE III 1810 Velp Av	1740 Condor Ln 785-9601 DANCE INSTRUCTION	HAIR STYLISTS	LANDSCAPE & NURSERY SALES	2001 Velp Av
BAKERS	NEW FUSION DANCE & PERFORMING ARTS	DR DAVE THE BARBER AT SOLA SALON IN HOW-	SCENICVIEW LANDSCAPES & GARDEN CENTER 2320 Elmwood Rd434-7535	2555 Lineville Rd544-8268 JOSEPHINE'S PIZZA & PASTARIA
BREADSMITH 345 Cardinal Ln Ste 1434-1811	2680 Howard Cmns	2450 Velp Av	LAWN MAINTENENCE	2560 Glendale Av434-6100 KROPP'S SUPPER CLUB
NATURALLY DELIGHTFUL, LLC 2331 Velp Av Ste A265-9879	2490 Lineville Rd Ste H	SAVOYE SALON SPA 2304 Lineville Rd	LAWNMASTER, INC 2389 Pamperin Rd	4570 Shawano Av865-7331 RIVER'S BEND
BANKS & CREDIT UNIONS	BIG APPLE PRESCHOOL AND DAYCARE CENTER	THE BARBERSHOP A HAIR SALON FOR MEN 2352 Lineville Rd544-9666	MANUFACTURING FACILITIES	792 Riverview Dr544-9860 ROCK GARDEN SUPPER CLUB
ASSOCIATED BANK 369 Cardinal Ln	2645 Tulip Ln	HARDWARE	ACE MANUFACTURING INDUSTRIES 2325 Pamperin Rd434-7202	1951 Bond St
2348 Lineville Rd	1750 Cardinal Ln	KIMPS ACE HARDWARE 2548 Glendale Av434-1079	GREEN BAY PALLET 2330 Pamperin Rd	3375 Side St434-6480
COVANTAGE CREDIT UNION 1670 Sunset Beach Rd401-4013	1846 Parkfield Ct	HEALTH	RC MOWERS 2146 Deerfield Av E	THE BOTTLE ROOM 2300 Lineville Rd
DENMARK STATE BANK 2603 Glendale Av	DENTISTS FIRST IMPRESSION DENTAL, LLC, DR. TIM MEYER	ATI PHYSICAL THERAPY 2304 Lineville Rd Ste 112321-0351	SMT MACHINE & TOOL, INC 1325 Cornell Rd. 434-3272	TOWNLINE PUB & GRILL 2544 Lineville Rd434-7943
FOX COMMUNITIES CREDIT UNION 2525 Lineville Rd	2360A Duck Creek Pkwy Ste 1	BODYWORKS & LASER CLINIC, LLC 721 Cardinal Ln Ste 200234-5000	MARTIAL ARTS	ZESTY'S FROZEN CUSTARD 2639 Lineville Rd857-9067
JOHNSON BANK 455 Riverdale Dr	ORTHODONTICS 2300 Lineville Rd	DOWN TO EARTH NUTRITION 2331 Velp Av434-2073	KIM'S TAE KWON DO CENTER 315 Whispering Creek Ct434-2326	RESTORATION SERVICES
NICOLET BANK 2380 Dousman St Ste 100	HOWARD DENTAL CENTER—BRIAN WACKWITZ, DDS	PROMOTION PHYSICAL THERAPY, LLC 2450 Velp Av Ste 107B857-1622	RHI MARTIAL ARTS ACADEMY 13698 Velp Av Ste A569-9311	SERVPRO 2225 Pamperin Rd
2502 Lineville Rd	2140 Velp Av Ste 201	HEARING AIDS & ASSISTIVE	13698 Velp AV Ste A569-9311 MEATS	RETAIL
1838 Cardinal Ln662-9640 WELLS FARGO MORTGAGE	2913 Glendale Av	DEVICES	MAPLEWOOD MEATS 4663 Milltown Rd	HEY, DAISY! 345 Cardinal Ln Ste 3662-0801
2610 Glendale Av	1756 Cardinal Ln	ADVANCED HEARING SOLUTIONS 2331 Velp Av Ste G434-6777	MOTORCYCLE DEALERS / SERVICE	THORNBERRY COTTAGE 345 Cardinal Ln434-1542
BICYCLES JB CYCLE & SPORT	2726 Riverview Dr	MODERN HEARING 2314 Lineville Rd Ste 107434-6800	VANDERVEST HARLEY-DAVIDSON OF GREEN BAY 1966 Velp Av	WILLOW CLOTHING COMPANY 1756 Riverside Dr438-9138
2500 Glendale Av	ELECTRICAL CONTRACTORS NICKEL ELECTRIC, INC	HEATING CONTRACTORS	OFFICE EQUIPMENT	RETAIL DESIGNERS
BOWLING VILLAGE LANES	1479 Gruber Rd	PAT BLINDAUER HEATING & AIR CONDITIONING, LLC.	WISCONSIN DOCUMENT IMAGING 1850 Velp Av593-1800	PERSPECTIVE DESIGN SERVICES, INC 1186 Melody Dr737-8905
3798 Velp Av434-1203	THE STIEGLER COMPANY, INC 1265 Russet Ct	2223 Woodale Av434-2201 HOME IMPROVEMENTS	OPTOMETRISTS	SCHOOLS
BUILDING MATERIALS	ELEVATORS—SALES & SERVICE	LAMBERT YARD AND HOME IMPROVEMENTS	MODERN EYES 2485 Lineville Rd Ste 102857-3700	HOWARD-SUAMICO SCHOOL DISTRICT OFFICE 2706 Lineville Rd662-7878
THE TILE & STONE GALLERY 1740 Riverside Dr632-4792	A-1 ELEVATOR SALES & SERVICE CORP 2213 Velp Av434-9088	1984 Pinecrest Rd676-7771 HOTELS	ORGANIZERS	SECURITY SYSTEMS
BUSES—CHARTERS & RENTALS LAMERS BUS LINES, INC	EMBROIDERY & SCREEN PRINTING	AMERICINN LODGE & SUITES	LIFE MADE SIMPLE609-0990	EAGLE TECH CORP 3813 Velp Av Ste 3764-2888
1934 Cardinal Ln434-5100	L&K APPAREL, INC 1370 Wellington Dr819-2700	2032 Velp Av	ORGANIZATIONS	SURVEYORS
CABINETS BECKS QUALITY CABINETS, INC	EXCAVATING & TRUCKING	1951 Bond St	BAY PORT FFA ALUMNI 2710 Lineville Rd	SOLETSKI SURVEYING 1631 Brookfield Av Unit A-1965-0040
1903 Pride Ter434-4290	AG EXCAVATING, INC 1336 Russet Ct	AFLAC BENEFITS ADVISOR - CORY GIMLET	HOWARD SUAMICO HISTORICAL SOCIETY 605 Maywood Av434-3514	TAX RETURN PREPARATION
DAK FRONT CUSTOM CABINETRY, INC 1570 Cornell Rd434-3335	RED'S EXCAVATING, INC 2245 Pamperin Rd	2450 Hummingbird Dr965-0036 ALLSTATE INSURANCE COMPANY - TIM VANDEN	HOWARD-SUAMICO LIONS CLUB 3206 Early Bird Ln621-0813	PS IT'S TAX TIME434-5211
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HOWARD CHIROPRACTIC CLINIC, SC 721 Cardinal Ln Ste 100	PROGRAMS GREEN BAY YMCA	AMERICAN FAMILY INSURANCE - BRADLEY WIL- LEMS AGENCY	PACKERLAND SUNRISE ROTARY CLUB PO Box 11293	KLEMM TANK LINES 2204 Pamperin Rd434-6343
ROOTS CHIROPRACTIC 2306 Lineville Rd Ste 107288-2003	GREEN BAY YMCA 601 Cardinal Ln	2514 Glendale Av Ste B434-6849		TUTORS
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				VETERINARIANS
Shop				ANIMAL HOSPITAL OF HOWARD 635 Cardinal Ln434-1010
DILLA				WAREHOUSES - MERCHANDISE
				B&D WAREHOUSE, INC. 2148 Shawano Av499-3105
				WATER WELL DRILLING & SERVICE
LA	ward-S			LEO VAN DE YACHT WELL DRILLING CO., INC 1267 Lakeview Dr
			4007	WESLOW WATER SYSTEMS, INC 1710 Flowing Wells Ct434-1903

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