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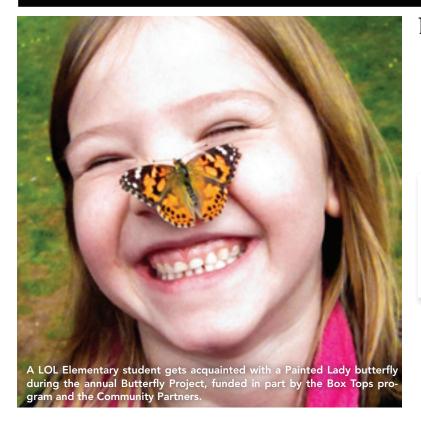
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Land O'Lakes Fish & Game Club Honors Seniors

The Land O'Lakes Fish & Game Club awarded Senior Environmental Scholarships to three deserving graduating seniors.

Jordan Welnetz (Northland Pines HS) was awarded a \$500 scholarship from the Fish & Club and, in addition, the \$500 John (Jack) LaChance Sr. Environmental Scholarship. Jordan is an all round excellent student and will attend Northland College in Ashland focusing on Nature Studies and Outdoors Education. Jordan spent a semester of "School to Work" at Trees for Tomorrow and is involved in numerous volunteer and mission activities.

Cody Heller (Northland Pines HS) was awarded a \$1,000 scholarship from the Fish & Game Club. He has been accepted and is planning to attend the Milwaukee School of Engineering. Cody will be focusing on the environmental aspect of mechanical engineering. Last summer Cody worked together with a Professional Engineer to plan and develop a section of the Vilas County Headwaters Bike Trail system.

Karly Yablonski (Watersmeet High School) was also awarded a \$1,000 Senior Environmental Scholarship from the Land O'Lakes Fish & Game Club. Karly is an excellent all-round student and passionate about the environment. She will be attending Northern Michigan University studying Animal Science. Karly has worked a number of jobs and is active in Agility Dog Training. She is also a dedicated musician.

Local Bank Helps with Box Tops for Education..

The Headwaters State Bank has been Land O' Lakes Elementary School's "Community Partner" in the Box Tops for Education program for the past several years. As a partner in this program, they have offered to match the funds raised through the Box Tops program, to a maximum of \$500. Not only have we reached the goal of raising \$500 (by collecting 5,000 box tops), but we have exceeded it by over \$230!

Money raised through the Box Tops program over the years has been used to purchase many materials for our classrooms and playground, and has also been used to fund memorable field trips. The Box Tops funds have also been used to help purchase a Smart Board system for our school and to fund the yearly butterfly project, which allows students to observe the life-cycle changes of Painted Lady butterflies.

School District Administrator Seeks 360° Evaluation

Dr. Mike Richie has announced that he is conducting a 360° Evaluation Survey on his performance as the Northland Pines School District Administrator. Dr. Richie has been the superintendent at the district since 2004 and is always looking for ways to improve the district. The 360° Evaluation Survey can be taken by clicking on the icon on the district website (www.npsd.k12.wi.us) or by going to: www.surveymonkey. com/s/DrMikeRichieSuptLeadershipReview by June 1, 2012. The 360° method systematically collects opinions about a superintendent's performance from a wide range of contacts. These include school staff, administrators, supervisors, board members, students, and parents/ guardians – along with other people in the learning community, such as community members and business professionals. Feedback from multiple perspectives helps a school district superintendent develop effective growth goals and outcomes.

Dr. Richie stated, "This evaluation tool will help me acknowledge any strengths or weaknesses which I will use to improve our schools' leadership roles. It will also provide me with ideas for personal and professional growth as a facilitator and will assist me in setting the plan for supervision and learning in the future". The 360° review aligns with the Wisconsin Department of Public Instruction's standards for school superintendents and uses research-based criteria to assess a superintendent's performance. It connects the superintendent's assessment to the academic, social, emotional, and developmental growth of students in the school district. It will recognize the importance of the superintendent's role in improving the culture of the school district's learning community.



Aerial photograph of fire damage and information submitted by Sandy & Walt Bates of the Black Oak Lake Preservation Foundation.

Black Oak Wildfire!

The weekend of May 19 & 20 was a very windy one with 30+ mph gusts out of the south. There is an east/west power line running west from the end of Torres' driveway at Anderson Lake Rd. just north of Kuhlman's on Black Oak's far west shore. A tree fell across this line on Saturday dropping sparks onto very dry ground which started a fire that raced to the north northeast. Fire departments from four nearby towns responded and filled tanker trucks at the Black Oak beach to fight the fire. The only structures lost were a couple of outbuildings on the Mike McAdams/Margaret Baack property. It missed one of their homes on Anderson Lake by only about 15 feet. Whew!

Border Happenings-pg 3 • Outside-pg 6 • Keeping You Posted-pg 6 • Nature Notes-pg 11

Health & Wellness-pg 7 • In 'Da Woods-pg 8 • Pastor's Window-pg 9 • Palate Pleasers-pg 10 • Classifieds-pg 12

Page 2 May 31, 2012 **Border Bulletin**

Grady Appreciation Day - June 1

Friday, June 1, will be Grady Appreciation Day in Land O' Lakes. Stop in at the Land O' Lakes Post Office 9 a.m. and 4 p.m. Enjoy a piece of cake and a cup of coffee or punch while we celebrate with Postmaster Cathy Grady who is retiring. This is our chance to congratulate and thank her for her years of dedicated service to us all here in the Land O' Lakes postal district. Cathy will be missed very much.

Colorama "Try"-athlon

The Phelps Chamber of Commerce will sponsor the first annual Colorama "Try"-athlon on Saturday, September 15th. The triathlon will be available to individuals or 3 person relay teams and includes biking, canoeing or kayaking, and a 5K walk/run.

The walk/run will also be offered as an individual event for racers who want to participate ONLY in the 5K. Registration costs \$20 per person (\$20 for individual participants, \$60 for 3 person relay teams) before September 1st and \$25 per person thereafter. Registration includes a T-shirt and breakfast at Sunrise Lodge of fresh fruit, oatmeal, wheat toast, juice and coffee.

Please contact the Phelps Chamber of Commerce at (715) 545-3800 or phelpschamber@gmail.com for more information.

Take A Kid Fishing in Conover



The Conover Lions Club is adding "Take A Kid Fishing" on Fathers Day to its list of other community activities and events. We invite you and your family on Fathers Day, Sunday, June 17th to the Conover Town Park located off Highway K East. Registration starts at 11:00am. Every kid catches a fish on Lake Itsy Bitsy. Poles and bait are furnished. The Biggest fish, "Walter", will be mounted by Lax Reproductions for the lucky boy or girl.

Food and beverages are available all day. Prizes and raffles and fun for all on Fathers Day, For more information call Vic Verdev 715-479-8064.

Thanks to the Post Offices of Land O' Lakes, Phelps and Conover employees and all their customers that donated food to the Headwaters Food Pantry. There was a total of 740 pounds donated.

It takes a great deal of effort on the employees part to put this project together and it is greatly appreciated.





From top to bottom:

In Conover, Postmaster Debra Martin. In Phelps, on the left: OIC Officer in Charge Karol Crasse and Rural Carrier Michelle Evenson.

In Land O' Lakes, on the left: Postmaster Cathy Grady and Rural Carrier

740 lbs Donated! Correction...

In our article *This Summer in Land O' Lakes*, on May 3, we stated that the LOL Farmers Market will start June 14. In fact it will start a week later on June 21. Our apologies for any inconvenience this may have caused any of our readers. —BORDER BULLETIN

Field Trip!

On April 13, 2012 the 4th grade classes of Northland Pines took a field trip to visit our state capitol: Madison! We were able to visit the Wisconsin History Museum and the beautiful capitol building. The 4th grade classes also got to go to UW-



Madison to watch an amazing physics presentation. Thanks to support from the district, Conover/LOL PTA, St. Germain PTA and Eagle River Elementary PTA for funding this great educational field trip every year. It's an experience that they'll never forget! The 4th grade class at Land O' Lakes Elementary School had a wonderful time and learned a lot!

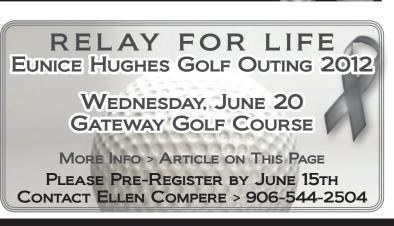


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Euni Needs You!

On June 20th, a golf outing in honor and memory of Eunice Hughes will be held at the Gateway Golf Course with proceeds going to Relay For Life. Eunice was a 71/2 year Pancreatic Cancer Survivor who was active in the American Cancer Society. Pancreatic Cancer Action Network has worked diligently to raise funds for the Northwoods Relay For Life. The cost of the golf outing is \$40 which includes golf, cart if reserved, proxies, special prizes, tee gift, lunch, breakfast, and a great time with a Texas Scramble. Please pre-register with Ellen Compere by June 15th at 906-544-2504 so we know how many to plan for! Thank you for remembering Eunice with your presence on this special day.



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BORDER HAPPENINGS

ANNOUNCEMENTS••• Wisconsin Free Fishing Weekend: June 2 & 3, 2012.

Michigan Free Fishing Weekend: June 9 & 10, 2012.

NPHS 2012 Graduation: NPHS Fieldhouse, Jun 3, 1pm.

Last Day of School: Northland Pines, Jun 6.

CONOVER • • •

Callie Rohr Memorial Canoe Race: Rohr's Wilderness Tours, Jun 9-10, 9am.

Conover Transfer Station:

Fri, Sat, Sun, & Mon, 9am-3pm; Wed 6-8pm. Closed Tues & Thurs. **Compost Site Hours Only:** Wed 10am-2pm.

Conover Post Office Window:

Mon-Fri, 9am-12:30 & 1:15-4pm; Sat 9-11am.

LAND O' LAKES • • •

Grady Appreciation Day: Post Office, Jun 1, 9:30am-4pm.

Car Wash & Cook Out: Ely Church, Jun 3, 11:30am-1:30pm. Benefits Outreach & Mission projects.

Relay For Life Golf Outing: Gateway, Jun 20. Register by Jun 15. 906-544-2504.

Big Bang Golf Outing: Gateway, Jul 10. Register by Jun 15, 10am.

LOLA Art Center Classes: *Rug Hooking Camp:* Ely Church, Jun 4.

Beginning Rug Hooking Work-shop: Ely Church, Jun 7.

Seurat, Renoir & Monet DVD Lecture: LOL Library, Jun 9, 11am-

1pm. Reg. by Jun 2. **Beginning Pastels/Pastel Painting:**Jun 15, 10am-3pm. Reg. by Jun 8.

Taste of Italy Fundraiser: Forest Lk Ctry Store, Jun 16, 4-7pm. Papier Mache Fish I: Jun 18 & 21.

Reg. by Jun 11. Papier Mache Fish II: Jun 25 & 28.

Reg. by Jun 18.

Summer Dance & Musical Theater Classes: LOL School, start Jun 25 for 3 weeks, age 3+.

Contact Wendy 715-493-5361 or 715-547-3950 for more info.

A.A.: LOL Town Hall, Sun, 2pm.

LOL Tennis Jesters: Mon & Thurs, 9am, LOL tennis courts. All levels of play, everyone welcome.

Yoga Classes: Town Hall, weekly. Mon, 5:30-6:45pm (All levels); Tue, 8:30-9:45am (Begin/Foundation); Thur, 8:30-10am (Inter/Continue). 715-547-3480.

Line Dancing: St. Alberts Church, every Tues, 10am-12pm.

Fish & Game Club: Ely Church, second Tues (May-October), 7pm. Refreshments 6:30pm. Speaker, "Nesting Birds": June 12.

LOL VFW Post 8400:

VFW Hall, last Tue, 7pm.

Headwaters Food Pantry: Meeting: Olympic 76 St, 3rd Tue in Mar, Jun, Sept & Dec, 12:30pm. Food Pantry Pick-up: Olympic 76 St, 1st & 3rd Wed, 8:30–11:30am.

LIBRARY PROGRAMS: AARP Safe Driving Class: Jun 5, 10am-3pm.

Movie Afternoon-Hugo: Jun 8, 1pm.

Bill Jamerson Music & Storytelling: Jun 12, 6pm.

Movie For Kids: Mondays,10:30am. Kids Program: every Wed, 10am. The Wonders of Rocks & Minerals. Jun 13.

See article for more details. **Hours:** M, T, TH, F: 10am-4pm,
W: 10am-7pm, Sat: 10am -1pm.

Drop Stitch Group: knit & crochet group, LOL Library, Wed, 1–3pm.

Headwaters Ecumenical Lunch Program: Ely Church, 1st & 3rd Wed, 10:30am-12:30pm.

LOL Planning & Beautification Meeting: LOL Town Hall, 2nd Wed, 8:30am. Public welcome.

Wilderness Lakes Trails: LOL Chamber building, 4th Wed, 5pm. Public welcome. **VFW Post 8400 Ladies Auxillary:** LOL VFW Hall, last Wed, 2pm.

Bridge Classes: Library, every Thurs, 1-3pm.

Farmers Market: Dwntn LOL, Thurs starting Jun 21, 9am-12pm.

Flea Market: Dwntn LOL, every Thurs, until Aug 30, 8:30am-3pm.

New-U Club: Watch your weight with friends. Hope Lutheran, Thu, 8:45–10am. More info 906-544-2554.

Frosty Snowmobile Club: LOL Town Hall, 1st Thurs, 6pm.

Veterans Helping Veterans Out-Reach Group: LOL Bible Church, 2nd Thurs, 6pm.

Airport Commission: Land O' Lakes Airport, 2nd Thu, 5:30pm. landolakesairport@hotmail.com

LOL Chamber Meeting: 3rd Thu, 7:30am. Public welcome.

LOL Transfer Station: Sun-9-12, Tue 8-3, Thurs 12-6, Sat 8-4.

LOL Post Office Window:

Mon-Fri, 9:30am–1pm & 2–4pm, Sat 9:30–11am.

PHELPS • • •

Community Blood Drive: Lillian Kerr, May 31st, 2-6pm.

Last Day of School: Jun 1.

Events Planning Mtg: Jun 5, 5pm.

Community Wide Rummage-A-Rama: Jun 9, 9am-4pm.

Voices of Peace: Phelps Congregational Church, Jun 10, 10am.

Phelps WWIA Fishing Jamboree: June 13-17, Call 715-617-7580 for more info.

LIBRARY PROGRAMS:

Kids Summer Reading Program:
Jun 25-Aug 18. See article for more details. Rewards for participation.

Hours: M, T, TH, F: 10am-4pm, W: 2pm-6pm, Sat: 10am – noon. Check us out at www.phelps.wislib.org or call 715-545-2887.

Phelps Town Board Meeting: 2nd Mon, 7pm.

Phelp's Women's Club Meeting: 3rd Mon, Phelps Fire Barn, 1pm. Call Sharon Gifford for more info 715-545-4008.

Phelps Senior Center Meeting: last Mon, 1pm. Call (715) 545-3983 for lunch res. 24 hours prior to mtg.

Phelps Lions Club: 3rd Thu, 6pm. Call Dick Martin at 715-891-2296.

Phelps Historical Museum:

Hwy 17 Downtown. Open weekends, 10am-2pm. Call Pauline Nystrom for more info 715-545-3012.

Phelps Transfer Station: Tues, 12-3pm, Sat, 9am–2pm.

Phelps Post Office Window: Mon-Fri, 8:30am–12:45 & 2–4pm; Sat 9–11am.

WATERSMEET • • • Class of 2012 Graduation: Jun 1.

Watersmeet Township Board of Education Meeting: 3rd Mon, 6:30pm, unless otherwise noted.

Northwoods Quilters: Watersmeet Bible Church, Tue, 10am–9pm.

Invasive Species Control Coalition of Watersmeet (ISCCW):

Ranger District Headquarters in Watersmeet, 3rd Tues, 9am.

Alcoholics Anonymous Meetings: Spiritual Center on Transfer Station Road, Tues@7pm Open Topic; Fri@2pm Closed Step; Sat@7pm Open Grapevine.

Watersmeet Dump: Mon, Tues, Thu, Fri, Sat - 8am-4pm. Spring Cleanup Weekend: June 22 & 23. Large items @ no charge.

Watersmeet Post Office Window: Mon-Fri, 9:30am–12:30pm & 1:30–4pm; Sat 9:15–10:45am.

BEYOND THE BORDER • • • EAGLE RIVER • •

Great Northern Beer Fest: Hi-Pines Campground, Jun 9, 2-6pm.

The Vietnam Traveling Memorial Wall: ER Derby Track, Jun 29-Jul 5.

Life Talks: Olsen Memorial Library-ER, 2nd Tues, 12-1pm. Hosted by Dr. Kate Hospice.

Eagle Waters Resort: Northwoods Idol: Wed. 7-9pm.

ER Farmers Market: every Wed.

Vilas Cty Master Gardener's Mtg: Prince of Peace Church, 2nd Thurs, 7pm. Public invited, has speaker. KNOW ANYONE
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Next issue: June 14, 2012 Submissions by: June 2, 2012



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Voices of Peace Coming to Phelps

On Sunday, June 10th, the Phelps Congregational Church in Phelps, WI is pleased to host the "Voices of Peace" who will be sharing their music ministry at a special 10:00 AM Service. Their song "Why Do I Wonder" made it to #1 on the Christian Country Gospel National Charts, and #5 on Southern Gospel's top 100 hits. Following the service, lunch will be offered in the church basement. A Free Will Offering will be taken at both the Service and the Lunch. For more information call 715 545 2661.

5 Million Pennies...

One of our exciting fundraising events for this year's Relay For Life is a challenge to the Northwoods to collect 5,000,000 pennies by July 31st. It is a monumental challenge but finding a cure for cancer requires all of us pulling together to realize cancer never sleeps but neither will we! Already numerous penny containers have been placed in various business locations throughout the greater Northwoods area (Three Lakes, Eagle River, St. Germain, Land O' Lakes, Conover and Phelps). If for some reason a place you do business with doesn't have a container, please call Richard Hughes at 906-544-2214 or 715-891-3783.

In addition to the penny challenge, restaurants are encouraged to step-up-to-the-plate (via email) with a per meal, tax deductible donation on a day of their choosing in June or July. Also, a marathon run/ relay team event will be held on August 3. Further details about both fundraising and activities will be forthcoming in future news articles and radio announcements.



LOL Library Programs

Join us for our children's programs on Wednesdays. All June programs will be held at the library. Summer program brochures are available the library. The full schedule of children's programs is listed on our web site: landolakes.wislib.org.

Children's Programs:

Wednesday, June 13, 10am: Bart from the Northwoods Wildlife Center will be here to teach us about "The Wonders of Rocks and Minerals." Some even glow in the dark! Everyone will crack open a geode to take home. Sponsored by Conserve School.

Wednesday, June 20, 10am: Does everything sleep at night? While you are dreaming away, the forest is busy with animal activity. Join us as the North Lakeland Discovery Center presents Critters of the Night.

Wednesday, June 27, 10:00am: What's zany and purple, juggles beanbag chairs and spins plates? It's Truly Remarkable Loon, of course. Just like the loons on your lake only no feathers... Or swimming... OK, nothing like any loon you've ever seen before!

Every Monday at 10:30am: June 11 through August 20 we will be sponsoring Movie Mondays for kids.

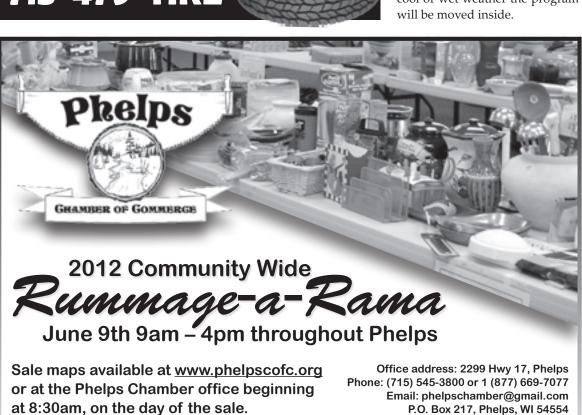
Adult Programs:

Tuesday, June 5, 10:00am to 3:00pm: There will be in an AARP safe driving class in the community room.

Friday, June 8, 1:00pm: Movie Afternoon at the Library. We are showing the book based movie "Hugo". Fun for the whole family.

Tuesday, June 12, 6:00pm: Bill Jamerson and his Dollar-A-Day Boys! Program. Michigan based author Bill Jamerson will present a music and storytelling program about the Civilian Conservation Corps. Jamerson's program includes stories about the CCC, reading excerpts from his book and performing original songs with his guitar. His presentation is as entertaining as it is informative; as honest as it is fun! The program will be held on the outside lawn and the public is invited to bring lawn chairs and blankets to sit on. In the case of cool or wet weather the program will be moved inside.

P.O. Box 217, Phelps, WI 54554













Austin Ramesh of Northland Pines High School has been nominated to play in the 2013 U.S. Army All-American Bowl. The event will take place on Saturday, January 5, 2013 and will be televised live on NBC starting at 1:00pm EST. For more info about the event go to www.usarmyallamericanbowl.com.

Phelps Library Summer Reading Program

Phelps Library will not be having their normal movie afternoons or story hour in June, July and August. They will begin again in September. The library will, however, be busy with their Summer Reading Program, which starts on Monday, June 25th and goes through Saturday, August 18th. Here is the line-up of their special events: (all events are free of charge and open to any age, except where noted*)

Thursday, July 5th @ 10:30am: Trees For Tomorrow will be presenting "Birds of Prey"

Friday, July 13th @ 10:30am: Movie Morning: movie - TBA

Thursday, July 19th @ 10:30am: Trees For Tomorrow will be presenting "Reptiles and Amphibians"

Friday, July 27th @ 10:30am: Movie Morning: movie - TBA

Thursday, August 2nd @ 10:30am: Jennifer Primich, Vilas County Animal Shelter and her animal friends *Thursday, August 9th@ 10:30am:* Trees For Tomorrow: Survival Skills and Fire Building - * ages 9 and up

Thursday, August 16th @ 10:30am: 2nd Annual Worm Races

Thursday, August 16th @ 8pm: Frank Kovac presents "The Wonders of the Night Sky"

The actual reading portion of the summer program, is open to kids, preschool - 8th grade. Participants earn rewards for reading and for every week they read, they also get their name entered in our grand prize drawing. This year the library is giving away E-readers to 2 lucky participants.

Callie Rohr Memorial Canoe & Kayak Race

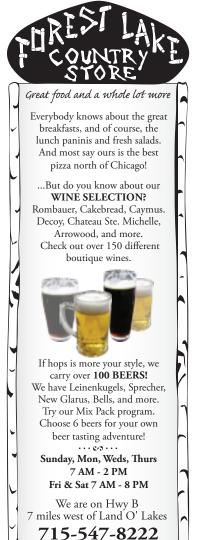


Jeff and Marcia Rohr, owners of Rohr's Wilderness Tours in Conover, are preparing for the 8th annual Callie Rohr Memorial Canoe & Kayak Race to benefit children's brain cancer research. This year will be their 8th year sponsoring this charity event. The Rohr's have raised over \$90,000 dollars over

the last 7 years and have funded four research programs. This year the race proceeds again are going to Dr. Tomita's research program at Children's Memorial Hospital in Chicago. Dr. Tomita is doing some exciting research which is outlined in a pamphlet that the Rohr's can provide. Brain Tumors are the number one cause of medical death of our children and after a two and half-year battle against this devastating disease, the Rohr's lost their daughter Callie, five days before her tenth birthday, in 1999

The Rohr's want everyone to know, with fourteen different race classes, this fun event is open to all skill levels of paddlers and all types of canoes and kayaks. It is a great event just to attend and all spectators are encouraged and are welcomed. Amazingly, the paddlers in the pro classes paddle the whole course in one day on Sunday. The recreation classes paddle the course over two equal days. A paddler can choose to paddle, a Half Marathon, which is half the racecourse on either day, or can opt to race along with some media stars in the short "Paddle For A Cure" race on Sunday. The race starts at the Rohr's canoe resort and campground on the headwaters of the Wisconsin River in

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Conover Saturday, June 9th and ends at the Eagle River Inn in Eagle River on Sunday, June 10th. The event is open to all spectators with a hot breakfast, provided by the Conover Lions Club on Saturday morning starting at 7AM, and the exciting race heats beginning at 9AM.

Sunday's event starts with a pancake breakfast at 6:30AM at the Rohr's, with the pro racers starting from there at 7:30AM. The rereation racers start the second half of the marathon at River Road in Conover at 9:00AM. The Paddle for a Cure class, starts at County G in Eagle River at 10:30, and takes about one to two hours. The Rohr's say "This is a exciting fun event to come watch and is open to all spectators and don't be afraid to come and paddle. Each person who participates in this event by paddling or being a spectator is part of this great cause and helps in our battle to find a cure and save our kids from this terrible disease".

If you are interested in participating, watching, or volunteering you can get more information by contacting the Rohr's at their website www. rwtcanoe.com and click on the race page, email them at info@rwtcanoe.com, give them a call at 715-547-3639, or stop in at Rohr's Wilderness Tours, 5230 Razorback Rd, Conover, WI.



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OUTSIDE • Musky Slime! by Brian Blettner

can be either so agonizingly frustrating for days, or even weeks on end, that you just want to quit and sell every useless piece of gear that you own, but then turn into the most heart-pounding thrill of your entire season? Yep, you guessed

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OUTSIDE # contributors



it... the elusive Esox Masquinongy, the humbling master of all thrill seekers. With the opening weekend barely behind us, we have a great spring, post-spawn, feeding window to look forward to. We are quite fortunate this year to have the water temperatures already in the low to mid 60's, because of our record-breaking early ice-out. Muskies spawn anywhere from 50 to 60 degrees, with 52-55 being optimal, so as you can see, we

What type of fishing around here are already well beyond that. By knowing a little about where they spawn and what they prefer to eat, an angler can really come up with a deadly strategy and some great photos to show for it.

> Location: Muskies prefer shallow, soft bottom areas with at least some weeds either covering the bottom or growing nearby. These areas warm faster in the spring, so many times, they consist of bays in and around the north end of the lake. Streams entering or leaving any body of water are also spawning magnets. With this in your back pocket, now start to look for the transition areas where they may hang out and start feeding after they spawn. These will be logs or downed trees, weedbeds and flats, points, rock humps, islands, docks, etc... just about anything that will provide cover for baitfish and are near the muskie's spawning ground. In a nutshell... stay shallow!

> Presentation: Let's sit back and think about how many muskies are caught accidentally every spring by walleye and bass anglers... a ton, so what should that tell us? It's time to go small and go slow. Just look at all the baitfish, like last year's fry, that swarm around the shallows in the spring, and all the smaller panfish like crappies, bluegills and perch that follow them. The warm water fuels the feeding chain now and the



Ron Feckett with a 40.5" musky, caught early last June in a shallow, spawning bay, on a small bucktail.

muskies know it. Small lures, like little bucktails, suicks, rapalas, jigs, etc. will imitate the forage nicely and can be fished effectively in even the shallowest of water.

Once again, as sportsmen, we need to protect our resources, especially when it comes to our muskies. They have become not only the myth of legends for many, but also a driving force for our local economy throughout most of the year. People travel far and wide for a shot to battle our freshwater giant, so catch and release should really be the only option. The state of Wisconsin finally raised the legal size limit to 40 inches all across the state, with a few of our local lakes already at 50", so remember that before deciding to fillet a 34 incher that was accidentally caught on a jig and minnow. All borderline lakes are 40" also and Michigan is strictly 42", so at least we are moving in the right direction.

Good luck, tight lines, and musky slime!

KEEPING YOU POSTED

from Cathy Grady, Land O' Lakes Postmaster

Tomorrow we can start selling the "Mail a Smile" stamps. This will be the second issuance featuring beloved Disney-Pixar characters. Mail a Smile includes five different designs from the 2011 "Send a Hello" issuance. This set includes Flik and Dot from "A Bug's Life"; Bob and Dash Parr from "The Incredibles"; Nemo and Squirt from "Finding Nemo"; Woody, Bullseye, and Jessie from "Toy Story 2"; and Boo, Mike Wazowski, and James Sullivan from "Monsters Inc". The back of the stamp pane shows blue-pencil sketches of characters from these movies interspersed among text that exhorts readers to "mail a smile" to a loved one.

Next week on the 7th, the "Bicycling" stamps will be available. The Postal Service is celebrating bicycling, one of the most popular outdoor activities in the country. Each of the four colorful stamps features a different kind of bike and rider: a young child learning to ride with training wheels, a commuter pedaling to work, a road racer intent on the finish line and an airborne BMX rider.

Two years ago, we had the "Scouting" stamp with celebrating the Boy Scouts. Now on June 9th, the Postal Service will pay tribute to the Girl Scouts with their "Celebrating Scouting" stamp. The stamp features a large silhouette of a girl with binoculars looking into the distance. A scene within the silhouette features a scout in mid-stride on a serious summer trek, in an environment composed of large redwoods, a lake, and a distant forested mountainside.

I have been writing these articles about the Postal Service for 14 years. I've enjoyed doing it so that I can keep everyone updated on new stamps and also informing you about postal history. This will be my last one since tomorrow is my last day to ever work (at a job that is) and I will be too busy golfing to write any more articles. —Cathy









HEALTH & WELLNESS • Groceries on a Personal Level by Dr. Ida Allen Bergman, DC



People seem to ask me all the time what my shopping list consists of. I always reply, "Simple, protein, veggies, and good fat!"

Well, that doesn't seem to suffice, so I will expand here and try to keep it as simple as I can. My husband (Dr. Jerod Bergman) and I have two sons (8 and 2), and one daughter (4). We eat a minimum of 6 smaller meals daily and each meal consists of a protein, fat, and a vegetable. Grains are a rare occurrence at our house, but if eaten they are always before 2pm so they are properly burned off before bedtime.

Daily Staples:

Vegetables are first on our list of staple items. My family eats veggies nearly constantly throughout the day. The easy way to keep your family eating them is to cut them all up snack size as soon as you get them and put them in (what we call) a veggie bin. The bin comes out every time the kids are hungry - easy. Try finding interesting ways to incorporate veggies such as using hummus for dipping or allowing the kids to make faces with them on their plates.

Eggs are a close second on the

staple list. We go through at least 15 eggs daily between the 5 of us. As long as you are eating the entire egg (white and yoke), and the chickens were allowed to roam free, you can eat this perfect protein without any worry or guilt. Talk to your local farmers for great deals on free range eggs.

Wild caught sardines and tuna, another almost daily eaten food at our house. Try to get the smaller tuna such as Tongol instead of Albacore as the larger the fish the more mercury it can hold. The benefits of eating these deep sea fish far out weigh any issues with mercury though. Did you know that if you ate tuna all day long you would actually pull in around 4 micrograms of mercury and that just chewing or drinking hot liquid with dental amalgams in your mouth will release around 100 micrograms? Yikes. For more info on amalgams, check out www.PPNF. org. Save money on sardines/tuna by ordering a case from your local health food store.

Other things on our daily list would include olives, unsweetened organic dried coconut chips and coconut oil, organic butter (raw is best if you can get it from a farm) pickles (look for the ones without sugar), whey protein (we use one from Standard Process as it is not heated and doesn't include

other chemicals or synthetic nutrients), and a greens powder (we use Dynamic Greens). We also love sparkling water. If you get a type that comes from naturally occurring CO₂, it is full of minerals and is so refreshing with a lemon or lime. Sometimes the kids will use a root beer, or lemonade flavored liquid stevia in their sparkling water for a 'soda' without the sugar. Try to buy the kind in glass instead of plastic or aluminum. Some combination of kombucha, kimchee, sauerkraut, and/ or Bragg's Apple Cider Vinegar are ingested throughout the day as well to keep digestion optimal.

Each year we purchase a portion of an organic grass fed cow, and an entire grass fed pig. Half of the pig gets mixed with my husbands deer (if he gets one! He did this year-yay!). Overall quite a bit of money is saved by buying these larger animals rather than purchasing different cuts throughout the year. We also eat grouse from our land, and some duck (although I have to say duck is not mv fave). Of course we do organic chicken, salmon, and other white fish. When cooking meats, always remember, the slower, the better to preserve the nutrients and keep the proteins in tact (definitely no microwave!). I love to throw dinner in the crock pot in the morning and have it ready that evening after cooking on low all day. Simple and delicious

So those are the basic staples. Here is our list of **occasionals:**

Cereal - this is a treat at our house, but if the kids have it, it is a quinoa, oats, millet, rice, or sprouted grain type without any sugar on the ingredients. We will always add some protein powder to it as well and use unsweetened coconut or almond milk, or raw grass fed cows milk. Cheese, again raw is best but otherwise something that is imported and is not dyed - must be white. Legumes - beans and lentils, properly soaked and rinsed to release enzymes and clear any free-radicals. Fruit - so many pesticides with fruit, so do your best to get organic. Granny Smith apples are usually the lowest in sugar. Homemade bread such as sourdough rye or spelt. Crackers such as nut, rice, or rye crisps. Raw almond butter. If we are entertaining, we will use sulfite free organic wines (the darker red, the healthier), possibly a gluten free beer (not from US as those almost always contain fluoride), and/or water processed decaf coffee.

Find your local co-op for purchasing certain organic items. You'll save quite a bit of money that way! Also, the Weston A. Price Foundation puts out an excellent Shopping Guide each year. They include every category of food you can think of and divide them up into BEST, GOOD and AVOID. They even give you information on where to purchase/order the different foods. We use this guide all the time. You can find it at www.WestonAPrice.org.

If you need specific guidance, please check us out online at www. Educating Wellness.com.













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IN 'DA WOODS • Trilliums Thrills by Melanie B. Fullman, USFS



Melanie Fullman works for the U.S. Forest Service, Ottawa National Forest, Bessemer, MI; and has also been stationed in Alaska, Idaho, and Washington State.

Walk or drive around the western UP these days, and it looks like the forest has erupted in white trillium. These delicate members of the lily family are native to eastern North American upland forests, from Quebec to Georgia and west to Minnesota and Iowa. Interestingly, trilliums also thrive on Vancouver Island in British Columbia, although how they got there remains a bit of a mystery!

Like the name implies, the most distinctive feature of trilliums are attractive three-petaled white flowers that bloom from spring to early summer. Leaves, usually 3, are egg-shaped with pointy tips. A single root can form clonal colonies, so a clump may, in fact, be just one large, dense "plant".

Michigan Majesty

The most common trillium species in Michigan is Trillium Grandiflorum, i.e. large-flowered trillium. They live well in our young-growth forests, especially those with well-drained, slightly acidic soils. However, like many other forest perennials, trilliums are slow growers. Their seeds require 2 full winters of dormancy and the age when a plant starts

to flower is determined primarily by the size of its leaves and root. As a result, it can take 7-10 years in optimal conditions to reach flowering size.

Some trillium have pink instead of white flowers; others have extra petals. The light pink flowers are very rare except in the Blue Ridge Mountains of Virginia, where they are found in mixed or even pure colonies. The standard arrangement of 3 flower petals can also vary, from 4 - 30. Although some of these forms have been given separate taxonomic names, bacteria are actually responsible for the plant's changing appearance.

Trillium has been studied extensively due to a number of other unique features. Pollination is typically by bees but individual plants may only attract 1 or 2 visits a season. Its seeds are spread by ants, which increases the plant's ability to mix genetic material but limits the plants geographic dispersal (most ants just aren't long distance travelers!). This led ecologists to question how it and similar plants were able to survive glaciation during the ice ages. In an odd twist of fate, that answer is probably long distance dispersal by deer.

Trilliums are a favored food of white-tailed deer. Indeed, if trilliums are available, deer will seek them, with a preference for Trillium Grandiflorum, to the exclusion of other vegetation. In the course of normal browsing, deer eat the largest plants, leaving shorter ones behind. If deer foraging increases, plants eventually become shorter due to the reduction in their energy reserves from less photosynthesis each growing season. High deer densities over several years can lead to extinction of small, local plant populations

Please Take Photos-Not Plants

Trilliums are also popular with humans. Due to the demand of Trillium Grandiflorum as a garden specimen, concerns have been raised about their long-term viability in urban areas. The vast majority of plants sold in commercial nurseries are likely collected from the wild; given their rather peculiar reproduction, there is scant evidence or likelihood of successful commercial propagation.

In addition, picking trillium flowers can seriously injure the plant. Their leaves are the only food source, which means the remaining plant may die or take years to recover. It is illegal to pick trilliums in many places, including Michigan. Transplantation (as with almost all non-weedy wild plants) is a similarly delicate process, and in many cases also results in the death of the plant.

The next few weeks will undoubtedly provide peak trillium flowering across the North Woods. Thousands are already in full bloom in backyards, local parks, and across the Ottawa National Forest. Grab your camera and a friend (and a bit of bug repellent, as ticks and flies are 'blooming' too!). I guarantee you will find a walk amongst these white wonders relaxing and refreshing!















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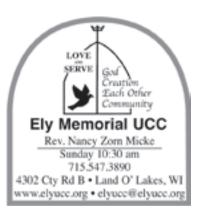


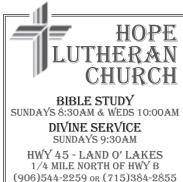
From the PASTOR'S WINDOW by Pastor Skip Pullen



Skip Pullen is a pastor with Village Missions, serving two churches in the Upper Penisula of Michigan—the Watersmeet and Bruce Crossing Bible Churches.

I truly believe in every man's heart is a desire to be something more. Deep within each of us lives that potential to be the adventurer, the warrior, the mentor, and even the husband we are meant to be. There is something there that resonates when we see or hear of other men stand-







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ing for what is true and right. Think of some of the movies that really speak to us as men. Is it only vicariously through the offerings of Hollywood or video games that men can experience this fulfillment of potential? Is it possible today for a man to live a life of significance?

We live in a culture today that has often quenched the masculine spirit. Boys and young men grow up often being taught that there masculinity is wrong. Also, we have the blurring of sexuality that is going on in our world. The Bible tells us that God created man in His own image; in the image of God He created him; male and female He created them. (Gen 1:27). Right after this the Scriptures tell us that God looked at all of creation and saw that it was very good! That means if God made you female, it is what? GOOD. If God made you male, it is what? GOOD. Being a male doesn't make you better, nor does being female make you second class. These are human perceptions that have no validity with God. In regards to masculinity or femininity, one isn't better than the other. They are just different. I'd like us to consider three very common areas of life men need to work on to be uncommon men. They are family, friends, and faith.

The first place we need to be uncommon men is in our homes with our families. The Word of God calls us to love our wives like Christ loves the church. We are to sacrifice ourselves and give of ourselves for them. I wonder, have we ever thought of this in that way? Most men are not working so much at trying to love their wives as lusting after women. This seems to be the message in our culture. Then there are our children. Proverbs 22:6 says, Train up a child in the way he should go, and when he is old he will not depart from it. I once had a co-worker tell me that he wasn't going to influence his children's religious beliefs. He felt that they should choose their own way. That sounds so open minded and wise, until you consider that he was saying he didn't mind if they chose hell.

Our job as fathers is to train them in the way they are to go.

Next, we have our friendships. The old adage, that "bad company corrupts good character" still holds true. Some years ago, a survey was taken of pastors and Christian leaders who had fallen morally. One of the things they found was that they didn't have a friend who would hold them accountable; the other was that they thought it would never happen to them. Proverbs 27:17 says, "As iron sharpens iron, so a man sharpens the countenance of his friend." Friendships have the benefit of sharpening our minds and improving our character. We all need friendships, but like any worthwhile relationship, they take work. We need to cultivate male friendships, with other guys who are trying to be uncommon, Christian men.

Lastly, I'd like us to consider our faith. Far too often we can view our faith and Christian beliefs only as a subset or a part

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of our lives. We seem to forget, if we have come to trust on Jesus Christ for our salvation, we are not our own. We have died to self and we are now alive to Christ. Sadly, some Christians try to straddle the line between the world and Christian beliefs, and they end up all over the map. It can be like trying to run two types of operating systems

on your computer. They are not compatible. Let me encourage each man who reads this to begin today, and to endeavor throughout the coming year, to live as uncommon men: in our families, our friendships, and living out our faith each and every day. Real Christian men are uncommon men.

Know I'm praying for you.









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PALATE PLEASERS • Summer Beers: Wheat? Rye Not?

land. These are readily available

by Kris & Mark Gostisha



Kris and Mark Gostisha, of the Forest Lake Country Store, share their passion for the gourmet and the unique.

Summer heat changes our palate. Heavy red wines do not seem as desirable as a light body red or a tantalizing glass of Sauvignon Blanc. The same holds true with beer. A big body Imperial Stout seems best served in front of a fireplace rather than in the shade on your deck. What are some options for some lighter body beers in summer? A light body pilsner is one option. A couple other great choices are some of the wheat beers or rve beers.

Original German and other European brewers called these either Weiss or Weizen beirs in Germany and Wittbier in Hol-

from brewers like Hacker Pschorr or Hoegaarden and so many esteemed European brewers. Domestic wheat beers are available from better craft breweries. Most

use the traditional barley and malted wheat or rve. Many of these craft brewers will add hints of clove, banana, and coriander, orange and more adding to the appeal as a summer drink. Some of these flavors come from the specific hops or yeasts the brew master chooses. Some of the fla-

actual spices or fruit flavors. Many of the American craft brewers making rye based beers are following the Pale Ale trends and choosing to make what are fondly called Rye-P-A beers. The heavy addition of hops give these beers the higher IBU ratings found in most IPA beers. The use of rye with the malted barley

vors come from an infusion of the

gives a light body final product.

Some of the more popular wheat and rye beers are Wheat Monkey (Lakefront Brewery), Woody's Wheat (Sand Creek Brewery) and Ruthless Rye (Sierra Nevada Brewing).

The Wheat Monkey is a very traditional unfiltered style wheat beer. Poured into your favorite glass, the beer will have a cloudy appearance and a full thick head. On your palate there are the delectable fruit and spice overtones.

Woody's Wheat is different. A little more American style, Woody's Wheat beer is filtered. This one is clearer in the glass than Wheat Monkey with very little head. Still, the fruit and spice overtones are present but a little more subdued. Both the Woody's Wheat and the Wheat Monkey are great summer drinks with a little less body than many other craft beers.

For a great representation of a Rye-P-A look at Ruthless Rye from Sierra Nevada. The whole cone hops give the heady, citrus flavor of a big IPA, while the rye base adds complexity to the beer without the extra body associated with many IPA ales. Another great alternative is from Founders Brewery called Red's Rye-P-A. This brew is a crimson red color with a grapefruit bouquet and a caramelly malt flavor from a four

If you are looking for a great summer beverage, look for a wheat beer or a Rye-P-A in the heat of summer!

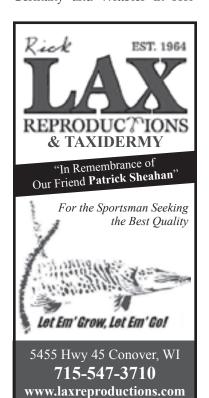
Bon appétit

malt blend!

Help Support LOL Fireworks

with Golf and/or Dinner

The Gateway Lodge is looking for golfers and sponsors for our 4th Annual Big Bang Golf Outing. The golf outing is scheduled on Tuesday, July 10th at 10:00 am, rain or shine. Reservations are required by June 15th. All proceeds benefit the Land O' Lakes 3rd of July fireworks. If you do not golf join us for dinner. For more information please contact Sandy or Lynn at 715-547-3321. Join the fun and help support our grand fireworks!



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Northern Sun Yoga will be offering classes in the Viniyoga tradition, which emphasizes the fundamental connection between breath and movement, and the harnessing of attention to create and strengthen this bond. In group classes we explore the biomechanical principles of postures, and you will learn to adapt poses for your personal needs, including the use of chairs and other props. This approach to yoga practice enables you to observe your own physical, emotional and mental patterns. Using the tools of asana to maintain strength and flexibility in the body; pranayama to support balanced energy; and meditation for a focused and still mind, you are empowered to experience balance in all aspects of your life.

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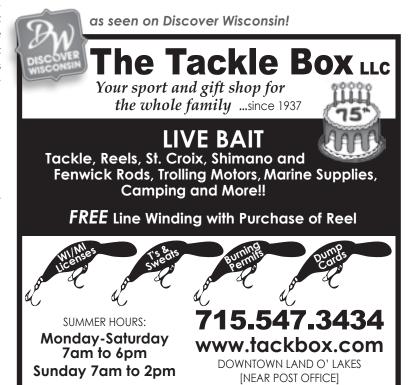
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NATURE NOTES • A Stormy Love Affair with Salamanders by Peter Dring



Peter Dring is a naturalist, photographer, and was Director of the world renowned Little Red Schoolhouse Nature Center for nearly four decades.

It was a miserable spring night with Northern Illinois temperatures in the low 40s, skies dumping rain on the last remnants of dingy snowdrifts. A miserable spring night for all but the salamanders, and they were on the move. Right by my nose, in fact. As I sprawled on the wet damp ground on a wooded ridge just outside of Willow Springs, a sausage-sized salamander crept slowly over the leaves, awash in the red filtered light from my headlamp. Perhaps eight inches long, black as onyx and drizzled with neon yellow spots, it was a male spotted salamander. Behind him was another and another. Like miniature milking cows headed to the barn, spotted salamanders worked their way downslope. Seven walked by, nose-to-tail, in the manner of circus elephants. They streamed downhill, mere inches away, oblivious to my human presence.

Each year during the first warm rains of early spring, I try to witness one of the natural world's least-heralded wonders: the Big Night. The Big Night is a magical confluence of the calendar and the weather that impels salamanders toward their breeding pools. After spending most of the year underground, these salamanders - spotteds, Jeffersons, tigers and oth-

ers of the family Ambystomatidae - take advantage of wet, moderate conditions to emerge and hightail it {relatively speaking) toward woodland depressions called vernal pools. Filled with water for only part of the year, vernal pools offer them a safe place to breed, free of many fish that predators would relish every salamander egg, larva, juvenile and adult.

The woods outside Willow Springs are famous for salaman-

der migrations. They are filled with salamanders and several onlookers during likely weather. Yet salamander migrations occur all over Illinois and Southern Wisconsin and the rest of the country. Folks are drawn here "when the same thing happens in a lot of their backyards." What makes this location unusual is the Blue Spotteds that have triploid genes and are sent all over the world as one of natures anomalies.

I've lain in wait for migrating salamanders in many strange and usually wet places. When early spring skies open up with a gloriously dismal overnight rain, I don waders and a wide-brimmed hat and head out to my favorite breeding pool, a comma-shaped depression at the base of a soaring ridge of oak trees. A few years ago I crunched through remnant drifts of snow along the trail to the pool, flashlight mv beam slashing

through ground fog, which is actually the sublimation of the snow (changing from a solid to a gas without going through the liquid stage). Wading carefully in the calf deep water I found vicious looking diving beetle larvae hovering like hawks and scattered giant water bugs and whirligigs. Spotted salamanders writhed in the shallows, rubbing and nudging one another in a courtship dance that can last several minutes.

Last year, at that same pool, I was a few days late to the Big Night dance. Scores of softball-sized jelly masses of salamander eggs clung to underwater twigs and stumps, and spring peepers and chorus

frogs called with a din of peeps and trills so loud I could barely hear myself shout. A freak early thunderstorm crackled overhead as I carefully lifted mossy logs to spy on blue spotted salamanders hidden underneath. What a stew of primordial sights and sounds! The

frog calls like shrieking ghouls, the electric flash of lightning, the gasp of breath as a brimful of rain water dumps down the back of my slicker, I've never understood why salamander watching doesn't attract a larger following.

It should, for salamanders need a helping hand. Each year they emerge into a strange new world, unprepared for whatever changes might have altered the woods since their last trek. A depression that hosted salamanders for decades might easily disappear from one year to the next. Perhaps a road has been built. Or a seep has been ditched, plowed and planted. Or a block of bottomland forest has been logged.

Alone in the wet woods, I can only hope that the number of people willing to protect these fragile habitats is larger than the number willing to weather the salamander storms of early spring.



Left: A salamander trap. Above: A Spotted Salamander. Photos provided by the author.







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THE LAND O' LAKES Sanitary District #1 is now accepting applications for a part time clerk. Application forms are available at the District office or at the Land O' Lakes Town Clerk's office, located at 4331 Hwy B. Application form must be submitted on or before June 11, 2012. Rate of pay is based on qualifications. The Land O' Lakes Sanitary District #1 is an equal opportunity employer.

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