Northwoods Alliance (NWA) is hosting a combined 3rd and 4th hike in its series highlighting, “Wildcat Falls Community Forest,” on September 25th, featuring an afternoon mushroom foray led by Anne Small starting at 1:00pm CST. Those interested can participate and enjoy the beautiful fall colors of the old growth forests, waterfalls, and also learn about our Northwoods fungi. Hopefully, hikers will be fortunate enough to see some migrating birds. Hikes are guided and free, but we recommend registering at cmsnwa@yahoo.com for directions, questions, and any notification of changes due to inclement weather. Hikers are asked to bring water, snacks, mushroom collecting baskets, binoculars, cameras, walking sticks, and rain gear, and wear appropriate shoes/boots. We will be meeting at Nordine’s Plaza parking lot in Watersmeet at 1:00pm, before caravanning to Wildcat Falls.

The University of Wisconsin Center for Cooperatives supports these educational events offered by NWA as a continuing extension of the series, “Appreciate Our Common Lands.” The Community Forest and Open Space Conservation Program (CFP) of the USFS offers a unique opportunity for communities to acquire and conserve forests that provide public access and recreational opportunities, protect vital water supplies and wildlife habitat, serve as demonstration sites for private forest landowners, and provide economic benefits from timber and non-timber forest products. CFP is also for the protection and preservation of natural habitat of fish, wildlife, plants, forests, farmland, and important historical lands.
Phelps Twin Tri Announces Winners

Participants from Wisconsin, Illinois, and Minnesota competed in the 5th annual Phelps Twin Tri on Saturday, August 24th, in Phelps. The weather was picture perfect for the event. Participants ranging in ages from 8 to 78 completed an 8k paddle, 16k bike, and 5k run. There were 23 participants this year.

Tess Weber, this year’s youngest participant, was able to shave 10 minutes off her run time this year. She was part of a three generation team that has participated in the last several years. The men’s overall winner, Greg Richert of Forest Lake, MN, is now a multi-year winner. Greg and his wife, Lisa, travel around the area for Greg to participate in triathlons. He says he particularly likes the kayak portion of the Twin Tri.

The North and South Twin Lake Riparian Association (NSTLRA) provided boats throughout the kayak portion of the race to ensure racers were safe. The Eagle River Amateur Radio Club provided volunteers throughout the race to track participants progress. Winners for this year’s event are as follows:

Team Winners: 1st Place (1:55) Jack Gooding, 78-Eagle River; Paul Weber, 47-Menasha; and Tess Weber, 8-Menasha, WI; 2nd Place (2:11) Brad Reinhberg, 67-Phelps; and Emily Bates, 67-Phelps, WI.

Female Winners: 1st Place (2:01) Mary Kay Aufrance, 65-Marquette, MI; 2nd Place (tie 2:46) Mary Drosen, 46-Waukesha, WI; and Kate Cahill, 41-Milwaukee, WI.

Male Winners: 1st Place (1:55) Greg Richert, 59-Forest Lake, MN; 2nd Place (2:01) Tom Aufrance, 65-Marquette, ML.

BORDER HAPPENINGS

ANNOUNCEMENTS • • •

Tomahawk Fall Ride: Sept 12-15.

First Day of Autumn: Sept 23.

  -Early Antlerless Firearm: Sept 21-22.
  * Please Check Hunting Schedule on DNR Websites to confirm dates before hunting.

Conover • • •

Conover Chamber Meetings: Conover Center, 1st Mon, 6pm.

Conover Chamber Hours: Conover Center, Tues-Thurs 9am-2pm. www.conover.org.

Conover Transfer Station Hours: Wed 1-4pm; Sun 8am-1pm.

Town Board Meetings: Conover Center, 2nd Thurs, 6pm.

Land O’ Lakes • • •

Airport Radar Run: Sept 14, 9am-3pm.

Art Harvest: Community Gardens, Sept 21, 10am-3pm.

HAPPENINGS continued on page 3>>
HAPPENINGS

>> continued from page 2

Colorama Celebration: Town Pavilion, Sept 21, 9am-4pm.

Colorama Dinner: Gateway Lodge, Sept 22, 11am-1pm.

Fish, Fowl, & Film Fest: Bent’s Camp, Sept 24, 5-8pm.

LANDO CENTER CLASSES:

- Full Body Circuit: M/Th/F 10:30am.
- Women Staying Strong: Tu/Th 9am. Til 11/14.

Upper Body Class: Tu 4:30pm.
- Yoga with Kate: Wed 9am.
- Reflexology: Wed 10am-3pm.
- Other times/days by appt.

GluTe/hamString Class: Th 4:30pm.
- Perfect Mix: Sat 9am.
- Personal Training: By appointment.
- Gym Access Hours: Mon-Sat 24 hours. Sun 6am-4pm.

LIBRARY PROGRAMS:

- Book Club: Sept 12, 10:30am.
- Adult Movies: Thurs 1pm.
  - Poms: Sept 19
  - Mah Jongg: Tues 1-4pm.
  - Tech Time: Mon-Fri.
  - Lego Club: 1st & 3rd Wed, 3:30-5pm.
  - Friends of Library Meetings: 3rd Thurs, 10:30am.
  - Hours: M/Th/F 10am-4pm, Wed 10am-6pm, Sat 10am-1pm.

LOLA PROGRAMS:

- Plein Air Oil Painting Workshop: Sept 6 & 7, 8-11am.
- Intro to Watercolor Painting: Sept 14, 10-2pm.
- Alcohol Ink Painting-Exploring Vibrant Colors: Sept 28, 10am-3pm.
- Felted Butterflies Class: Oct 1, 10-3pm.
- Eco Dyeing-Eco Printing Class: Oct 3, 10am-2pm.
- Birds in Art Exhibit & Art Class: Wausau, Oct 17, 8am-1:30pm.

**All classes at LOLA Center unless noted. Visit website or call 715-547-3950 for details.

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- A.A. Meeting: Town Hall, Sun 2pm.
- Pickleball: School, M/Th 3:30pm.
- Yoga: Town Hall, Tues 8:30-10am.
- VFW Post 8400 Meetings: VFW Hall, last Tues, 7pm.

- Waterheads Food Pantry Pick-up: Olympic 76 St, 1st & 3rd Wed, 8:30-11:30am.
- Planning & Beautification Meeting: Town Hall, 2nd Wed, 6pm.
- Town Board Meetings: Town Hall, 2nd Wed, 6pm.
- Friends of VFW Post #8400 Meetings: LOL VFW, last Wed, 2pm.
- New-U Club: Hope Lutheran, Thurs, weigh in 8am, meeting 8:30am.

- American Legion Post 464 Meetings: 2nd Thurs, 6pm.
- LOL Chamber Meeting: 3rd Thurs, 7:30am. Public welcome.
- LOL Chamber Office Hours: Mon-Fri 9am-2pm; Sat 9am-12pm.
- LOL Town Hall Hours: Mon-Thurs 9am-3pm.
- LOL Transfer Station Hours: Sat 8am-3pm; Thurs 12-6pm; Sat 8am-4pm; Sun 9-12.
- LOL Post Office Window: Mon-Fri 9:30am-1pm & 2-4pm; Sat 9:30-11am.

- Scarecrow Fest: Downtown, Sept 24, 11am-5pm.

- A.A. Meeting: School, M/Th 3:30pm.
- Yoga: Town Hall, Tues 8:30-10am.
- VFW Post 8400 Meetings: VFW Hall, last Tues, 7pm.

- Heads / Feet / Hands Pantry Pick-up: Olympic 76 St, 1st & 3rd Wed, 8:30-11:30am.
- Planning & Beautification Meeting: Town Hall, 2nd Wed, 6pm.
- Town Board Meetings: Town Hall, 2nd Wed, 6pm.
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**HAPPENINGS**

2 miles south of Cty B, 5937 Hwy 45, LOL

18th. Keynote speakers for the fall retreats are Kim Phuc Thi and Alli states and Canada, at the historic Grand Hotel on Mackinac Island. Half day retreats in the spring and fall of each year. The retreats began with an all-volunteer steering committee presents biannual day and ing line-up of encouraging speakers and award-winning musicians

from the PASTOR’S WINDOW •

by Pastor Steven Washburn

**The Shelves of Your Heart**

I love books. As I write from my home office, the spines of treasured books on the Bible and theology stare at me. When eighteen shelves worth stare, it is a bit unnerving. The books I have not read ask me, “When?” The books I have, ask me, “What have you done with what I have said?” I assume that those of you who pick up this article each week can relate. Having wisdom on the shelves is not the same as doing something with it in our hearts and lives. That is what the next stanza of Psalm 119 sets before us.

“How can a young man keep his way pure? This question applies to anyone walking in a dirt filled world. How do we keep our way, our course of life, our heart, our eyes, our dealings, both inside and out, pure and undefiled. By guarding it according to your word. In order to keep our lives clean, we must actively guard our lives from outside defilement with the Word of God. Picture an unguarded, un- locked bank vault. That is the picture of a life without known and studied Scripture residing in the heart – vulnerable, exposed, and ready to be taken captive. The next upcoming dates are October 15th-16th, 16th-17th, and 17th-18th. Keynote speakers for the fall retreats are Kim Phuc Thi and Alli Worthington, teaching valuable personal lessons on how to face your own obstacles and trials. Learn how to turn tragedy to blessing, overcome fear, and find fierce faith. Each evening will consist of praise, worship, and a concert. Register at wswretreats.org.

**LOL Cemetery Fall Clean Up**

October 1st is the deadline to remove plantings and plastic flower arrangements at the Oakhill Cemetery. To assure the cemetery looks its best, the cemetery caretakers have been vigilant in the enforcement of the rules, which have been in place since 1969. The board has studied the by-laws, rules, and regulations and have determined that they are essential to the continuing care and beauty of the cemetery. The caretakers will continue removing plants, trees, bushes, and wooden flower towers that have been erected, in spite of the regulations in Amendment IV of the cemetery by-laws. These additions hinder the daily care and upkeep necessary to keep the cemetery beautiful for our loved one’s resting place. Any plastic plants remaining after October 1st will be removed and discarded. Please do your part by removing all items by the deadline, including trees or bushes.

**Women Christian Retreats**

WinSome Women Christian retreats are presenting an outstanding line-up of encouraging speakers and award-winning musicians together with worship and prayer. The Christian based organization with an all-volunteer steering committee presents biannual day and half day retreats in the spring and fall of each year. The retreats began in 1971 and currently minister to thousands of women, from over 45 states and Canada, at the historic Grand Hotel on Mackinac Island. The next upcoming dates are October 15th-16th, 16th-17th, and 17th-18th. Keynote speakers for the fall retreats are Kim Phuc Thi and Alli Worthington, teaching valuable personal lessons on how to face your own obstacles and trials. Learn how to turn tragedy to blessing, overcome fear, and find fierce faith. Each evening will consist of praise, worship, and a concert. Register at wswretreats.org.

**St. John Lutheran Church**

WELS.
Sunday Service 9:15
2216 Hwy 17, Phelps • 715-479-8307

**Northern Lakes Baptist Church**

Service: Sunday 9:00am
2 miles south of Cty B 5937 Hwy 45, LOL
(715) 479-4966
3675 Church Road, Conover
pioneerlakebc.org

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BIBLE STUDY
Sundays 8:15am
CHILDREN’S MINISTRY
Wednesdays at 3:45pm
1764 Hwy 45N – Land O’ Lakes, WI
(906) 544-2259
www.hopelutheranlol.org

**St. Francis Episcopal Church**

Sunday Service at 10am
120 SILVER LAKE ROAD
EAGLE RIVER, WI

**Watersmeet Bible Church**

Sunday Worship at 10:00am
Hwy 2 & Bagby Road
Watersmeet, MI
(906) 358-4744

**Ely Memorial UCC**

Reverend Mary Snell Willis
Sunday 10:30 am
715-547-3890
4302 Cty Rd B – Land O’ Lakes, WI
eylvcc.org - office@elyvcc@gmail.com

**St. Albert in LOL**

SUNDAY - 7:30am Mass
St. Albert in LO’L
2 miles south of Cty B 5937 Hwy 45, LOL

**St. Mary in Phelps**

Sunday School – 9:00am
715-547-3558

**Land O’ Lakes Bible Church**

Sunday School – 9am
Sunday Worship – 10am
715-547-3183
Bowling Leagues Are Starting

The Northwoods USBC Association is the governing body for sanctioned bowling in Forest, Vilas, and eastern Oneida Counties, overseeing over fifteen leagues across four bowling centers. The season is about to get under way, and there are a number of exciting bowling related activities occurring in the Northwoods. Bowling is a fun, active, and social sport, fostering friendships that can last a lifetime. Additionally, it can add excitement during the long winter months. Fall and winter leagues for men, women, and mixed groups are forming right now across the Northwoods at The Alley Lanes & Tavern–Land O’ Lakes, 715-547-3620; Eagle Lanes–Eagle River, 715-479-4555; Hodag Lanes–Rhinelander, 715-362-7115; and Rusty’s Wabeno Bowl–Wabeno, 715-473-2166.

For those who are interested in getting their children involved in the sport of bowling, youth leagues are forming now in Rhinelander and Eagle River. Contact Hodag Lanes or Eagle Lanes for more information.

Almost everyone has been touched by cancer somewhere in their life. The 13th annual Bowling to Beat Cancer tournament will be held on Sunday, September 29th, at Hodag Lanes & Restaurant in Rhinelander at 11:30am. All proceeds from this 9-pin “no tap,” no handicap tournament benefits the James Beck Cancer Center in Rhinelander. Door prizes, raffles, paddles, and of course bowling are all part of the fun for a good cause. Those who wish to sponsor, donate, or enter, please contact Sharon Cline at 715-362-7115 or go to www.northwoodsusbc.org. Contact your local bowling center or go to www.northwoodsusbc.org for information on leagues, dates, times, and locations. For any questions, contact Northwoods USBC Association at 715-891-4942 or bdup73@yahoo.com.

Cranberry Fest Has Booths Left

The Eagle River Chamber of Commerce would like to invite you to display your handmade arts and crafts for sale at the 40th annual Cranberry Fest from 9:00am-4:00pm on Saturday and 9:00am-3:00pm on Sunday, October 5th and 6th. This event is held rain or shine, and over 40,000 people attend. For information on how to participate in the Cranberry Fest Arts and Crafts Show, please call Kim Emerson at 715-479-6400 or 800-359-6315, visit www.cranberryfest.org, or go to www.eagleriver.org. Cranberry Fest is a fun filled day with activities happening throughout the Eagle River community. Everyone will enjoy almost 300 arts and crafts booths, delicious food, fresh locally grown cranberries, marsh tours and wine tasting, antique show and sale, Lake Country Weaver & Fiber Artists Show and Sale, 5K Bog Jog sponsored by Christ Evangelical Lutheran Church and School, farmers market, musical entertainment, and much more.
KEEPING YOU POSTED •

by Karol Wilson

On August 8th, in New York, NY, the United States Postal Service issued the Woodstock Forever stamp in one design, in a pane of 20 stamps. This stamp celebrates the 50th anniversary of The Woodstock Music and Art Fair, held in the small farming community of Bethel, New York, in August 1969. It was the most famous rock festival in history and an expression of the youth counterculture of the 1960’s. The stamp art, designed by art director Antonio Alcalá, features the image of the dove from graphic artist Arnold Skolnick’s promotional 1969 poster for the concert along with some of the poster’s words: “3 Days of Peace and Music.” In the stamp art, the words are stacked in the background in brilliant colors along with the year 1969, USA, and Forever (the value of the stamp). The white dove stands in the foreground.

LOLA Holds Art Harvest & Fall Classes

Enjoy the fall season with a harvesting of local, natural inspired art, and seasonal surprises at LOLA’s Art Harvest celebration. This free event will take place on Saturday, September 21st, from 10:00am-3:00pm at the Land O’ Lakes Community Garden, located behind VFW Post 8400. Enjoy an array of local artisans with fine art and crafts, live music by Steve Kickert, a bonfire, and a quilt by Hodger & the North Country Quilters of Watersmeet. There will also be tours of the Community Garden, where an art will be on display. Seasonal tastings of pumpkin soup from the garden and apple cider will be served. Horse drawn haywagon rides will be provided by the Land O’ Lakes Chamber with stops throughout town, including Art Harvest and the Colorama celebration at the Land O’ Lakes Town Park pavilion.

Looking to create natural fall inspired art? Eco-Artist Debbie Jircik will explore natural materials for dyeing and printing on silk scarves in the LOLA class Eco-Dyeing and Eco-Printing on Thursday, October 3rd, from 10:00am-2:00pm. In Jircik’s class, students will use a contact printing method and experiment with patterns made by leaves. Muted earthy tones in a fall color pallet will be created on silk. Each student will leave the class with an eco-printed and dyed silk scarf, sampler swatches of silk, and enough knowledge to continue experimenting on their own. Cost of the class is $50 for adults and teens.

Another nature inspired LOLA class, Felted Butterflies, will be held Tuesday, October 1st, from 10:00am-3:00pm. Artist and instructor Mary Burns will lead this workshop in creating colorful 3-dimensional butterflies. Students will learn how to dry needle felt using special felting needles and wool fleece. This class will cover basic needle felting techniques as well as some advanced methods. Cost of this adult and teen class is $50, or $42 without felting needles and foam pad supplied.

Deadline for registration/payment for both classes is Thursday, September 26th. No experience is necessary for either class and materials are supplied.

NEW NORTHWOODS LOCATION

OPEN TO THE PUBLIC

Wednesday-Saturday 9am-3pm
Donations Accepted

Habitat for Humanity ReStores are home improvement stores and donation centers that sell new and gently used furniture, appliances, home accessories, building materials, and more to the public at a fraction of the retail price. Proceeds are used to help build strength, stability, self-reliance, and shelter in local communities and around the world.

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KIWI BUILDERS

Artist Ann Wichmann demonstrating rug twining.

Photo provided by LOLA

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A Look Back at History & Railroads

Don Williams, railroad historian and author, and Land O’ Lakes Historical Society board member, holds a spellbound audience at the Land O’ Lakes Town Hall, as he relates the history of the small Wisconsin/Michigan border towns and the lumber companies that served them on the Choate branch of the Chicago Northwestern Railroad at the turn of the last century.

Don Williams, author of “Lumbering Towns on the Choate Branch of the Chicago and Northwestern Railroad,” spoke recently at a Land O’ Lakes Historical Society program. Williams described the difference between the small border towns across Wisconsin and the U.P. during the heyday of the borderline Northwoods pine logging industry. From his extensive personal knowledge and research, Williams also related how a few of the logging camps in the early 1920s and a bit beyond turned to harvesting the area hardwoods. That era included the Donaldson mill, camp, and ensuing historic town located just west of Land O’ Lakes on both sides of Highway B. The mill site and some company buildings were located on the north side of the highway, while the historic Donaldson school, store, and smaller operations buildings were located on the south side, near the Bear Trap Supper Club. The Land O’ Lakes Historical Society continues to explore, mark, and study the complex, and Williams is now at work on a subsequent book highlighting the Donaldson mill, town, rail service, and waterways that served it.

Pollinator Planting Program

Quita Sheehan, Vilas County Land and Water Conservation Specialist, and Rod Sharka, Pollinator Garden volunteer for the Land O’ Lakes Planning and Beautification Committee (sponsor of the program), partnered to present Planting for Pollinators at the Land O’ Lakes Library on Thursday, August 22nd.

Sheehan explained the value of pollinators such as bees, butterflies, bats, other insects, and animals in keeping our planet, in particular the Northwoods, growing and producing healthy vegetation and fruit. Sharka invited local volunteers to participate in planting and developing the newly established pollinator garden next to the town apple orchard, just to the west of the Land O’ Lakes School, along the emerging in-town walking trail.

A Planting Party will be announced later this fall. About 30 program participants learned how to keep landscapes healthy and thriving, at least 70% of garden plantings should be native, pollinator-friendly species. A list of desirable plants and other pertinent information about pollinator-friendly materials are available from the Vilas County Conservation Department office in Eagle River.

For more information, or to volunteer, please contact Land O’ Lakes P&B Committee chairman, Barbara Nehring, at 715-547-3333 or email tradingpostint@gmail.com. Rod Sharka may be contacted by volunteers interested in planting at 715-547-6493 or email at resharka@gmail.com.
Family Gathers to Honor Morris WWI Exhibit

In August, seven generations of Roberta Marling Morris’ family gathered to honor her father’s WWI exhibit at the Northern Waters Museum in Land O’ Lakes. After viewing the exhibit, the family gathered at Black Oak Inn for happy hour, dinner, and dessert.

The Robert Newcomb Marling’s exhibit features army equipment, newspaper articles, papers, uniforms, medals, photos, letters home, and his banjo, which he used as a journal to write down his war memories. One medal Marling’s received was the WWI Victory Medal bearing eight clasps, representing eight battles. Out of the 4,000,000 men in the army, only 68 received this medal. Robert Newcomb Marling drove ambulances, among many other duties, for the French Army under the authority of the American Field Service (AFS), one of the largest volunteer groups involved in the devastating “War To End All Wars.” The duties of the ambulance drivers was to deliver supplies to the front and return wounded soldiers for medical assistance. AFS volunteers served under French Major Richard Mallet, who commanded a reserve. The men of the Reserve Mallet bore the honor of being the first Americans to actually bear the Stars and Stripes to the front as compared to all other duties, for the French Army during WWI duty.

The seven generations own many cabins on Black Oak Lake and visit the Land O’ Lakes area regularly. Roberta Marling Morris actually enjoyed her 83rd year of summer memories at Black Oak Lake this year!

Fur Trader Encampment Scheduled

A Fur Trader Encampment is scheduled for the 2019 Phelps Scarecrow Fest on Saturday, September 14th. Dave Klessig, of Eagle River, will portray Angus Holmes, a fur trader in what would become known as northern Wisconsin. Klessig, along with his wife, Tracy, and their son, August, will help visitors travel back in time to the 1700s. Their camp will be filled with material culture of the time period, allowing the public to better connect with the past. Dressed in historic clothing, they will bring the past alive to those who visit. The public will be given a chance to see, touch, and ask questions about the history. Dave and Tracy both have over 20 years of historic interpretation experience. They even make a lot of their own historical gear and clothing.

Lunch & Learn Series Offered

The Boulder Junction Economic Development/Connect Communities Committee invites business owners, employees, or anyone interested in expanding their business knowledge to attend the Build Your Business: Lunch & Learn Series to be held on Wednesdays, in September, October, and November, beginning at 12:00pm.

QuickBooks Basics will be on Wednesday, September 18th. Anna Hunter and Kimberly Peterson, of Peterson Metz, will teach the basic functions of QuickBooks, including how to set-up a budget and create accounts, entering deposits, writing checks, reconciling a bank statement, and creating reports. On Wednesday, October 2nd, from 1:00pm-4:00pm Pam Muenzner will host a special three-hour Social Media Workshop to include one-on-one coaching for businesses interested in Facebook, as well as Instagram.

Autistic Employees within the Workplace will take place on Wednesday, October 23rd, and be presented by April Leanna of Starlight Centers for Inclusion. April is the founder of Starlight Centers for Inclusion, Inc, and a board member for the Vilas County Economic Development Corporation.

Build and Nurture Your Customer Relationships with Email and Social Media is on Wednesday, November 20th. It will be presented by Kim Swisher, owner of Kim Swisher Communications (KSC), a public relations and digital communications firm in Eagle River.

All are welcome to attend. Please RSVP to Theresa Smith at 715-385-2400 or boulderjct@boulderjct.org no later than the Monday prior to each session to reserve your complimentary light lunch.

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Border Bulletin
Redman

Redman Supper Club

Photos by Border Bulletin

Black Oak Lake family gathers to honor Robert Newcomb Morris WWI exhibit.

Left: Robert Newcomb Morris poses during WWI duty. Right: WWI Victory Medal Morris received, representing his eight battles.
Any time of year is the perfect time to boost your immune system, but fall is an especially good time. If you have children or grandchildren, fall means “back to school” and unfortunately back to exposure to bacteria and viruses. It is a time when you want a healthy immune system to ward off infection and disease. Here are some tips to boost your immune system not only for fall and winter, but throughout the year.

Eat a Diet Rich in Fruits and Vegetables: Fruits and vegetables are loaded with antioxidants. Blueberries, kiwi, oranges, red bell peppers, broccoli, sweet potatoes, and spinach are especially good at supporting and boosting immune function. Organic produce is higher in nutrients and lower in toxins, so choose organic whenever you can. Including an abundance of fresh veggies and fruits in your diet will help your immune system get ready to handle the fall and winter colds and flu.

Exercise Regularly: Exercise releases endorphins, our happy chemicals, which lower Cortisol levels. Cortisol is your stress hormone and it lowers immune system function. Lifting weights and strength training has been shown to increase production of very important immune cells called T-killer cells. These T-killer cells are our first line of defense in warding off cold and flu viruses. Exercise also improves your quality of sleep, which will further improve your immune system function. Add physical activity and strength training into your daily routine for a year-round strong and healthy immune system.

Get Enough Sleep: During sleep, your body heals and rejuvenates. Inadequate sleep will decrease immune function over time. Lack of sleep increases your stress hormone Cortisol, which will in turn further lower your immune system function. Adults need 6-9 hours of good quality sleep, while children and teens require 9-12 hours. To ensure a better rest, turn off your electronics 30 minutes or more before hitting the pillow. Take a walk or do some light exercise after supper, but at least two hours before your bedtime routine. Avoid snacking and alcohol after your evening meal for a more blissful sleep.

Avoid Smoking: Smoking not only causes cancer, but it weakens your immune system, making you more susceptible to colds, flu, and other infections. Vaping is being marketed to teens and young adults as a “safer” alternative to smoking, but it has a similar effect to smoking cigarettes, so avoid vaping as well.

Avoid Alcohol or Drink in Moderation: Alcohol is converted to sugar, which increases Cortisol levels and lowers your immune function. When you consume alcohol in the evening, it will interfere with your REM sleep cycles, affecting the quality of your sleep. Lack of good quality sleep will raise Cortisol levels further diminishing your immune function. If you enjoy wine or a cocktail with dinner, then limit your consumption to one drink, at it has been shown to have a minimal effect on sleep quality.

Control Stress: Stress causes the release of your stress hormone Cortisol. Cortisol decreases lymphocyte production, your first line of defense from bacteria and viruses. Stress is everywhere, but you can work at controlling it. Exercise, as mentioned earlier, is an excellent combatant to stress. When your body is under stress, so is your immune system.

Your fall and winter do not have to be plagued with illness. Use these strategies to not only avoid common stressors to your immune system, but also boost your immunity and stay healthy all year long.

Carl Hoffman and family would like to thank all those who attended the celebration of his 100TH BIRTHDAY at the Gateway on August 17th.

For those of you who brought gifts, we want you to know they were greatly appreciated. It couldn’t have been a more perfect day, and you all helped to make that possible.

Thank you very much!
Register for Musky Classic

The 39th annual Midwest Musky Classic will take place October 4th-6th on North and South Twin, Big Sand, and Lac Vieux Desert lakes in Phelps. The winner of the tournament with the biggest fish registered during the tournament will win $1,200 and a Lax Replica of the winning musky.

The tournament starts on Friday with fishing from 8:00am-6:00pm, continues on Saturday from 8:00am-6:00pm, and wraps up Sunday from 7:00am-11:00am with an awards luncheon to follow. Cash prizes and Big Fish of the Day prizes will be awarded. Entry fee is only $85 per person, which includes entry into the Big Fish contest each day, Sunday’s luncheon, and a tournament hat. Early bird registration ends September 15th. Tournament rules and registration can be found online at www.Phelpswi.us/2019-midwest-musky-classic. For registration or questions, please call the Phelps Chamber of Commerce at 715-545-3800.

Aglow Presents: The Springers

The Minocqua Community Lighthouse Aglow will host speakers Steven and Rene Springer at the September 21st meeting. The Springers are the founders and senior leaders of Global Presence Apostolic Network (GPAN). Seeing regular demonstrations of God’s love, grace, and power, they present the vision of “Bringing God’s Presence, Advancing His Kingdom, Transforming Nations.” Minocqua Aglow is an international, trans-denominational organization that welcomes men and women from teens to seniors. The program is held at the Community Hall in Woodruff. Doors open at 9:30am for snacks, coffee, and fellowship. There is a $3 door charge, no reservations needed; there is a seat for everyone! For questions contact, MinocquaAglowCL@gmail.com or contact Dawn Nielsen at 715-891-5459.

Lions Club Hosts Walleye Classic

The Boulder Junction Lions Club will host their 4th annual Walleye Classic on Saturday, October 5th, and Sunday, October 6th, on fourteen Boulder Junction area lakes. The tournament will begin with orientation at 9:00am on Saturday at the Boulder Junction Community Center, following with fishing from 10:00am-6:00pm. Coffee and donuts will be served while anglers pick-up their registration materials.

Sunday fishing continues from 7:00am-4:00pm. The day will close with awards, raffle prizes, and a fish fry at Headwaters Restaurant and Tavern. The cost to participate is $100 per two-person team, which includes a great fish fry dinner. This is a catch and release tournament. Awards will be given to the teams catching the most total inches of walleye. First place–$300 per team, 2nd–$200, and 3rd–$150.

Raffle tickets will also be available for some really great prizes that will be awarded at dinner. Top raffle prize is a St. Croix Rod and Reel Combo ($350 value), 2nd place is a $100 Northern Highland Sports Gift Certificate, and 3rd place is Mepps Lures (retail value $50).

Raffle tickets can be purchased at Northern Highland Sports, from any Lion member, or by contacting Bob Bertch at 715-892-2366. All of the proceeds will support the Boulder Junction Lions Club local programs. Rules, regulations, and entry forms can be found at: https://boulderjct.org/event/4th-annual-boulder-junction-lions-walleye-classic-2-2019-10-05/. For more information, contact tournament director Bob Bertch at macooa@centurytel.net or 715-892-2366.
NATURAL CONNECTIONS • Find the Stories in Nature
by Emily Stone

Naturalist & Educator Emily Stone holds a Natural History & Geology Degrees from Northland College and works and writes in Northern WI.

You can discover much more about Emily Stone and her point of view through Natural Connections online at cabellumseumnaturallconections.blogspot.com.

The bright afternoon sunshine made me blink as I headed out the back doors of Retzer Nature Center in Waukesha County, WI, near Milwaukee. A few minutes before, I’d ended the slide show portion of my “Finding the Stories in Nature” workshop, and sent the students, a delightful mix of staff and volunteers from Retzer and other nearby nature centers, out to the blooming rain gardens to “find stories.” After gathering props to use later, I headed outside, too.

The naturalists had already dispersed into small groups, and in one of those little pods, my friend, Janet Barthel, was exclaiming about something. Janet has attended several Wisconsin Master Naturalist trainings in Cable, and with her boundless enthusiasm for both nature and being organized, recently became the Nature Center Supervisor here.

Maybe it was one of the shiny black beetles scurrying around the brown goblet of a Queen Anne’s lace seed head that had sparked Janet’s curiosity. I could relate.

Growing up in Iowa, Queen Anne’s lace sparked many a fanciful daydream in my curly little head. As the story goes, while Queen Anne sat tatting white lace, she pricked her finger and a drop of blood stained the center. The lace then became the frilly white flower, complete with a tiny patch of dark red petals in the center. Obviously, I’m not the first person to look for stories in nature.

Anyway, when Janet’s curiosity caused her to pry open the seed head, she found quite a surprise. Hidden inside were several little caterpillars. Light tan with black spots surrounded by yellow halos, they squirmed away from the unexpected light-sud-

Above Photo: The caterpillars of carrot seed moths grow fat on the seeds inside the dried up Queen Anne’s lace flower. They spin themselves a silk feeding hideaway, and then spend the winter as pupae hidden inside. Left Photo: Even though Queen Anne’s lace isn’t native to North America, it came over with the first European settlers. While scientists worry about the arrival of new invasive species, having made the open water crossing toward cooler temperatures in about 1600, climate is changing in the New World, climate is changing.

While we saw were feeding on Queen Anne’s lace (also known as wild carrot), they may also attack the seeds of other members of the Apiaceae family, like carrots, celery, coriander, cumin, and dill. In agricultural settings they are easily controlled with pesticides, though, so the scholarly articles describing their arrival were not overly alarmed.

As non-native invasive species, the story of these caterpillars is not anything new. Queen Anne’s lace itself is not native to this continent. It’s been here a bit longer, though, having been introduced in the soil used as ballast in ships by the first European settlers.

Old change. New change. While humans are changing the distribution of carrot seed moths in the New World, climate is changing their distribution in the old world.

Migratory moths and butterflies are being monitored at a site in the southern United Kingdom, and researchers estimate that for every 1°C increase in temperatures in SW Europe, there is an increase of 14 species of Lepidoptera (butterflies and moths). The carrot seed moth is on their list of newcomers, having made the open water crossing toward cooler temperatures in about half of the study years since 1892.

While scientists worry about the impacts of newcomers, there may be some benefits, too. As the original native species decline due to habitat change, these invaders just might fill some vacant niches. That’s happened in the Namekagon River, as non-native brown trout take over the niche from native brook trout when the water warms.

Likewise, the carrot seed moth may have surprising benefits, Queen Anne’s lace can be a weed as we try to restore native prairies, and the juice from its leaves may cause blisterles when combined with bare skin and sunshine. In Milwaukee’s Lakeshore State Park, an entomologist observed the carrot seed moth larvae helping to keep Queen Anne’s lace under control.

Stories like these about the arrival of new invasive species and the shifts in ranges due to a warming climate aren’t going to go away. But then, neither will the stories about people hungry for a connection to nature, the benefits of boundless curiosity, and the joy of discovering something new. I’d say that the workshop was a success, wouldn’t you?

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PHelps Knights in Training
Learning the rules of riding a school bus were part of Phelps K4 class orientation program. Then, the students enjoyed an ice cream cone at Sweet Treats in Phelps.


PHelps Knights in Training

The recent cool down has brought thoughts of fall to many. If it hasn’t, then the Land O’ Lakes Chamber of Commerce Scarecrow Competition will get you in the spirit of fall. The judging will take place on September 21st during Colorama weekend. All businesses are encouraged to join in this artistic, creative, and fun contest. This year’s theme is “Scarecrows That Showcase Your Business.” For more information on the contest, contact the chamber at 715-547-3432.

Fall Fish Fry, Fowl Dinner & Historic Film Festival
highlighting historic amateur films of Land O’ Lakes from the 20s through the 50s. Meet re-enactors or dress as an early resident yourself!

Tuesday September 24th from 5-8:00pm at Bent’s Camp
(take Hwy B West about 10 miles to Helen Creek Rd)

$15 tax & tip	Included

Sponsored by the Land O’ Lakes Historical Society & Bent’s Camp. Benefits NorthernWaters Museum

10:00 - 3:00 pm
Tour the LOL Community Garden
LOL Community Gardens & VFW Grounds
4493 County Rd B, Land O’ Lakes
For more information, visit lolaartswi.com or call 715-547-3950

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