



Phelps Transfer Station Update

At the end of 2025, Geno Wenté of Silver Pines Services submitted a proposal to the Phelps Town Board to manage the town's transfer station on Strong Road after Republic Services announced it would no longer oversee the facility beginning in 2026. While Republic Services continues to provide trash removal, Wenté took over management of the transfer station at the start of the year.

The Town of Phelps owns and maintains the transfer station. Wenté, who previously managed the recycling center for Republic Services, now oversees the day-to-day operation while the town continues to handle billing and pays Republic Services for trash removal.

Wenté reminds residents that the transfer station is for household trash and recycling generated by Phelps homeowners only. Businesses are not permitted to use the facility and should arrange their own waste collection service through Republic Services.

The transfer station is open Memorial Day through Labor Day on Tuesdays from 12:00pm-3:00pm and Saturdays from 9:00am-2:00pm. From Labor Day through Memorial Day, it is open Saturdays only from 9:00am-2:00pm.

Photo by Sharon Gifford



(L-R): Transfer station manager Geno Wenté and helper Kevin.

Eagle River's Burger Bash

The Eagle River Area Chamber of Commerce is serving up a full day of tasty burgers and happy family memories at the 6th annual *Burger Bash* in downtown Eagle River on Saturday, July 18th, from 10:00am-4:00pm. Presented by Republic, *Burger Bash* turns The Square into Eagle River's ultimate backyard party and promises plenty of home-grilled burgers hot off the grill, and ice-cold beverages. Guests can browse the *Arts and Crafts Show*, check out sidewalk sales at local shops, and enjoy live music. Families will find games and activities that feel straight out of a classic backyard get-together. Thanks to game sponsor IncredibleBank, kids and adults can face off in burger eating contests, test their skills at cornhole, stack Giant Jenga, and jump into other lawn games. The Chamber gives a special shoutout to event backbone partners WRJO and the Veteran Resource Center, whose support and involvement help keep *Burger Bash* fun, welcoming, and community-focused year after year. Admission is free, and all ages are welcome. For more information contact the Eagle River Area Chamber at 800-359-6315 or visit eagle-river.org.

Friends of Land O' Lakes Library Book Sale

The Friends of the Land O' Lakes Public Library will hold their annual *Book Sale* on Saturday, July 25th, from 9:00am(Sharp)-12:00pm (please note the new ending time). The Friends of the Library *Book Sale* will take place rain or shine.

Shoppers will find a large selection of gently used and donated books for adults and children, including fiction and nonfiction, as well as DVDs and puzzles.

A *Silent Auction* will be held upstairs during the sale, fea-

turing gift baskets, gift certificates from local businesses, and many other items. Bidding will remain open until 12:00pm, when the highest bidder for each item will be announced.

Raffle tickets will also be available for purchase. This year's prizes include \$150 in Kwik Trip gift cards and \$75 in Walmart gift cards as the first prize, a handcrafted sofa table as the second prize, and a DeWalt Sawzall as the third prize. Tickets are \$5 each or 5 for \$20 and

may be purchased at the library. The drawing will be held at 12:00pm. on July 25th, and you do not need to be present to win.

The Friends of the Land O' Lakes Library supports library programs and services, including wildlife presentations, children's summer programming, craft and cooking programs, annual kindergarten reading, and enhancements to the library's collection. If you are interested in joining the Friends of the Library, please contact the library.

Phelps Fire Department Celebrates 70 Years

The Phelps Area Volunteer Fire Department will host its 70th annual *Picnic and Pig Roast* on Saturday, July 18th, from 3:00pm-9:00pm, at Wavering Park. The event will feature

roasted pork sandwiches for dinners, corn on the cob, and free hot dogs and chips for children ages 12 and under. Families can also enjoy kids' games with prizes, raffles, and

firefighter and equipment demonstrations. Live music will be provided by the Driveway Thrift dwellers and Tom Hickson, with fireworks at dusk to cap off the evening.

NorthernWaters Museum Marks 25 Years

With a warm evening setting the stage, residents and friends recently gathered at the NorthernWaters Museum for the official opening of the 2026 season and to celebrate the museum's 25th anniversary. Members of the Land O' Lakes Historical Society Board welcomed visitors, and conversations centered on how the community has evolved over the years—from its early days as Stateline, to Donaldson, and eventually to the present-day Town of Land O' Lakes.

The Bent's Camp exhibit continues this season. Barbara Nehring and Barbara Hook were also on hand and played a key role in relocating the rustic ski chalet from Gateway Ski Hill to its current home at the NorthernWaters Museum. The chalet was generously donated by Ed Richter of Richter Redi-Mix.

The museum will be open through Labor Day weekend on Thursdays, Fridays, and Sat-

urdays from 11:00am-3:00pm, and then on Saturdays only throughout September.

Photo by Bob Hughes



(L-R): Barbara Nehring and Barbara Hook hold the NorthernWaters Museum's 25th anniversary cake. NorthernWaters Museum.

NATURAL CONNECTIONS • Spring Explodes in the Northwoods

by Emily Stone



Naturalist & Education Director Emily Stone holds Natural History & Geology Degrees from Northland College. Works & writes in Northern WI.

WThe bird that Jim placed in my hand barely felt like anything against my skin. The black-and-white-striped feathers were soft, their temperature similar to my own. We'd just recorded the weight of this little beauty at 10 grams, or about as much as two teaspoons of sugar. I marveled at their racing heartbeat—more like a vibration than a pulse I could count.

With the black-and-white warbler's fragile neck cradled between the first two fingers of my left hand, I tipped him down in a pose that most birds find hypnotic. His legs' wiry strength pressed into the soft pads of my thumb and forefinger. The metal band with a unique number that Jim had just applied to the bird's left leg glinted in the sun.

I felt gratitude for this bird's brief connection to my life and their permanent contribution to research. Then I loosened my grip. Tiny toes pricked my finger as he clung upside down for a second before darting into the brush. I chuckled

at the way, even while captive, this black-and-white warbler lived up to their reputation as a nuthatch mimic who is usually seen creeping nimbly along branches on the hunt for insects in the bark.

I've been watching Jim Bryce, a Master Bird Bander with a lifetime of experience, band birds on this hilltop in the Moquah Barrens in northern Bayfield County, WI for 13 years. Each year I revel in Jim's steady stream of quiet words explaining the banding process and sharing his vast experience with bird banding over several decades and several government agencies. Usually, I lead a group of 20 Wisconsin Master Naturalist students on a hike up the overgrown footpath from the sandy forest road. We burst into a small clearing to find Jim already set up with his ancient folding table, folding chair, and banding supplies ready to begin teaching the moment anyone is close enough to listen.

This year was different. Rain kept us from banding with the students earlier in the week. But Jim still needed to conduct the banding as part of a long-term research project studying how bird diversity changes in response to prescribed burning in this pine savannah.

Catching the black-and-white warbler was a bit of a surprise. They are lovers of forests, but the lone

pine tree on this hill died in the last prescribed burn—seven years ago. Now only a fringe of red pine trees looms in the distance as breezes rustle leaves in an aspen grove across the road. Bad luck with fire weather has prevented burning on the planned 3-5 year schedule, and not-so-scrubby oaks whacked our faces and waved above our heads as Jim and I visited each of the three mist nets we set up in order to gently entangle the local songbirds.

Our first net check of the morning had yielded this black-and-white warbler, a beautiful male chestnut-sided warbler, a feisty female rose-breasted grosbeak, and a veery. Veeries are small, brown thrushes also described as forest birds, but their flute-like, downward spiraling song has been a consistent part of our Barrens soundtrack anyway. Jim let me weigh each of the first 3 birds inside their mesh collection bags and then observe his banding technique. By the time we got to the veery, he insisted it was my turn.

My heart raced as I reached my hand into the bag. What if I broke them? What if I let them escape? Then my fingers found a familiar grip, and before I knew it, I was holding this bird just like I had the warbler. Now that I was the bander and not just the releaser, the vibration of their heart felt different. Their safety was in my hands. My own heart slowed, and I took a steadying breath.

We'd already recorded the band number, date, time, location, numerical species code, and weight of the bird-plus-the-bag in Jim's well-worn notebook. As I held the veery in my left hand, I used my right hand to spread open the tiny, officially issued aluminum band using the split peg on Jim's banding pliers. Maneuvering the veery so that

I could grip their right leg in my left thumb and forefinger, I slipped the open band over their leg. I wielded the power of the pliers as gently as I could to squeeze the band closed, the edges meeting smoothly and the whole thing sliding freely between their foot and "knee." Now even if the bird escaped, they were ready to contribute to science!

Male and female veeries look very similar, so to determine the bird's sex, I blew on their stomach to part the feathers. In female birds, this reveals a featherless area called a brood patch where bare skin conducts heat directly to her eggs. Instead, I found a small knob known as a cloacal protuberance. This organ swells during breeding season and assists a male with fertilizing the female during a brief act called a "cloacal kiss."

Up higher, my breath revealed red skin around their bird's wishbone, indicating a complete lack of subcutaneous fat. Breeding birds have no time to gain weight! Their body size is more stable, though, so I also measured from the tip of the longest feather to the bend in the wing. All of these data are useful in tracking changes in bird populations over time, but the holy grails of bird banding are returned. Re-catching a previously banded bird is rare in the banding world, but returns provide a wealth of information.

From these recaptured birds, sci-



Photos by Emily Stone

Master Bird Bander Jim Bryce holds a black-and-white warbler captured in a mist net in the Moquah Barrens.

entists have learned about the incredible 24,000 mile round-trip migration that Arctic terns complete each year; the wintering habitat of Bicknell's thrushes; and the maximum known age for a wild bald eagle (at least 38 years). However, only about 1% of small birds are ever caught again. If someone recaptures this veery, the USGS will notify Jim, and he will tell me.

"This bird will be forever connected to you," Jim reminded me after we'd sent the veery flying back into the brush. My heart fluttered happily.

You can discover more about Emily Stone through Natural Connections online at cablemuseumnaturalconnections.blogspot.com. For more than 50 years, the Cable Natural History Museum has served to connect you to the Northwoods. Connect on Facebook, Instagram, YouTube, and cablemuseum.org to keep track of our latest adventures in learning.



Veeries are small, brown thrushes whose flute-like, downward spiraling song is often heard in damp forests of the Northwoods.



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BORDER HAPPENINGS

ANNOUNCEMENTS • • •

★ Featured in this issue.

Lake Superior Day: Jul 19.

Northwoods Art Tour-Summer: Jul 24-26, 10am-5pm.

CONOVER • • •

Ride With Leinie: Town Park, Jul 25, 7am-3pm.

Chain Skimmer Water Ski Show: Lake Pleasant, Tu/Th/Sa 7pm.

-No Shows: Jul 16 & 18.

-Phelps North Twin Show: Jul 24, 5pm.

Town Board Meetings:

Conover Center, 2nd Thurs, 6pm.

Conover Lions Club: info@conoverlions.com or www.conoverlions.com.

Conover Clerk's Office Hours:

Mon-Thurs 9am-2pm. Events at www.townofconover.com/calendar.



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Next issue: July 10, 2026
Submissions by: June 27, 2026

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

Conover Chamber: M/Tu/W 9am-3pm. Th/Fr by appointment.

Conover Transfer Station Hours: Wed 1-5pm; Fri & Sun 8am-1pm.

LAND O' LAKES • • •

VFW Walleye Fish Fry: Post 8400, Jul 10, 4-7pm.

Northwoodstock: Bent's Camp, Jul 24-25.

Friends of Library Book Sale: ★ Library, Jul 25, 9am-12pm.

Bents Camp Music Series: Fri-Sat 6-8pm; Sun 3-5pm.

-Bret & Frisk: Jul 10.

-Karley Davidson: Jul 11.

-Santy & Son: Jul 12.

-Karl Sky: Jul 16.

-Bret & Frisk: Jul 17.

-Alex Wilson Band: Jul 18.

-Burton Tyler: Jul 19.

-Tayler Davis: Jul 23.

-Northwoodstock: Jul 24-24.

-Pacific Coast Highway: Jul 30.

-Bret & Frisk: Jul 31.

LIBRARY:

Kids Movie: Mon, 1pm.

-Goat: Jul 16.

-Pixar's Hoppers: Jul 30.

Kids Programs: .11am.

-Tom Pease: Jul 14.

-Rockin' Reptiles: Jul 21.

Adult Movie: 1pm.

-Wuthering Heights: Jul 15.

Book Club-Democracy Awakening: Jul 13, 10:30am.

Storytime: 1st & 3rd Tues 10:30am.

Mah jongg: Tues 1-4pm. Text Deanie 715-367-1983 for info.

Board Meetings: 2nd Wed, 9am.

Friends Library Mtg: 1st Thurs, 10am. May-Nov & Jan.

Open: M/Tu/Th/F, 9am-4pm; Wed 9am-6pm; Sat 9am-1pm. For more info call 715-547-6006.

LOLA PROGRAMS:

Finger Knitting: Jul 15, 6-9pm.

Summer Fundraiser: Jul 29, 5-9pm.

Rug Hookers: Mon 9am.

Watercolor Wed: Wed 10am-2pm.

Fiber Friday: Fri 10am-2pm.

Beading Friday: Fri 1-3pm.

**Classes at LOLA unless noted. Visit website or call 715-547-3950.

Free LOLA Live Concerts: The Snowflake, Thur 6-8pm. Food trucks available. Bring your own chairs.

-Drew Peterson: Jul 16.

-Igor & the Red Elvices: Jul 23

-Finding Feathers: Jul 30.

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

VFW Stateline Post 8400 Meetings: Veterans Center, last Mon, 6pm.

StateLine Auxiliary VFW 8400 Mtg: Veterans Center, 2nd Tu, 5pm.

Tennis Jesters: Tennis Courts, M/W/F 9-11am. New Players Welcome.

Headwaters Food Pantry Pick-up: Olympic 76 St, 1st & 3rd Wed, 8:30-11:30am. 715-547-6060.

Planning & Beautification Meeting: Town Hall, 2nd Wed, 11am.

Town Board Meetings: Town Hall, 3rd Wed, 6pm.

Northern Waters Museum: Th/F/Sa 11am-3pm. Starting Jun 19. Opening Party: Jun 18.

American Legion Post 464 Meets: Town Hall, 2nd Thurs, 6pm.

American Legion Auxiliary Mtg: Town Hall, 3rd Thurs, 4:30pm.

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

Farmers Market: Dawson's Pier, every Thur 8am-1pm.

Qigong: Town Hall, Fri 9-10am.

LOL Town Hall Hours: Mon-Thurs 9am-3pm.

LOL Chamber Office Hours: Mon-Fri 9am-2pm.

Post Office Window: M-F 9:30am-1pm & 2-4pm; Sat 9:30-11am.

Dump Hours: Sun 9am-12pm; Tu 8am-3pm; Th 12-6pm; Sat 8am-4pm.

PHELPS • • •

Snowmobile Club Summer Ride Picnic: Lakefront Pines Park, Jul 10 5-9pm. Vintage Sleds, Live Music.

NSTLRA Poker Run: Lakota Landing, Jul 11, 1-5pm.

Animal Shelter Fundraiser: ★ Sand Lake Pub, Jul 12, 1pm.

Fireman's Picnic & Pig Roast: ★ Wavering Park, Jul 18, 3pm-9pm.

Phelps Men's Softball Tournament: Wavering Park, Jul 24-26.

Music On The Lake: Downtown, 6-9pm. Bring your own chairs.

-Bigfoot: Jul 15.

-Summer Party: Jul 24, Chain Skimmers Water-Ski Show-5pm. The Now-6:30pm.

-Bret & Frisk: Aug 5. 5:30-8:30pm.

LIBRARY:

Storytime: Tues 2pm.

Hours: M/Tu/Th/F 10am-4pm; Wed 2-6pm; Sat 10am-1pm.

For more info call 715-545-2887.

Phelps Women's Club Meeting: Congregational Church, Mon 1pm. Call 715-617-0308 for date.

Phelps Historical Museum: Hours: Tu/F/Sa 10am-2pm; Th 4-8pm.

Phelps Chamber Meeting: Accelerator Bldg, 3rd Tues, 5pm.

Phelps Town Board Meeting: Town Hall, 2nd Wed, 6pm.

Phelps/LOL Lions Club: 3rd Thur 6pm. Rollie Alger at 715-545-2711 or Brian Blank at 262-302-0458.

Phelps Chamber Office Hours: M/W/F 9am-3pm; Sat 8am-12pm.

Phelps Post Office Window: Mon-Fri 8am-12:15pm & 2:15-4pm; Sat 9-11am.

Phelps Town Hall Hours: Mon-Thurs 9am-12pm and 1-3pm.

Phelps Transfer Station Hours: Tu 12-3pm; Sat 9am-2pm.

WATERSMEET • • •

ONF Programs: Ottawa Visitors Center, Thur 7pm.

-Manoomin: Jul 16.

-MI-TRALE Trail Opportunities: Jul 23.

-Northwoods Alliance: Jul 30.

Summer Market: LVD Plaza, Sun 10am-2pm.

Ottawa Visitors Ctr: M-F 8am-4pm.

A.A. Meeting: Spiritual Center; Tues/Thur/Sat 7pm. (All Open Topic) Call 906-366-0067 for more info.

ISCCW Meeting: Town Hall, 2nd Tues, 9am.

Town Board Meeting: Town Hall, 3rd Wed 4:30pm.

Planning Commission Meeting: Town Hall, 1st Thur, 5:30pm.

American Legion Post 417: Community Center, last Thur, 5pm.

Watersmeet Town Hall Hours: Mon-Fri 9am-11:30am, 12-3pm. Visit www.watersmeet.us.

Transfer Station Hours: M/T/Th/F/Sat 8am-4pm; Sun 8am-12pm.

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

BEYOND THE BORDER • • • BOULDER JUNCTION

Northwoods Hamburger Social Fly-In: Airport, Jul 17, 5-7pm.

Guide On The Side Fishing Seminars, Northern Highland Sports (if rain-Acorn Lodge), Wed 4-5pm. Free.

-Slip Bobber for Walleye: Jul 15.

-Rigging for Bass: Jul 22.

-Late Summer Lake Trout: Jul 29.

Music on Main Street: Wed 6-8pm. -Little Winter Sun: Jul 15.

-Karl Sky: Jul 22.

-Bret & Frisk: Jul 29.

Flea Market: Community Center, Tues 8am-2pm.

EAGLE RIVER •

Burger Bash: Downtown, Jul 18, 10am-4pm. ★

Wheels & Deals: NPHS, Jul 18, 9am-4pm.

Forest Fest: Trees For Tomorrow, Jul 25.

Stockcar Races: ER Speedway, Fri 7pm.

Bingo: Kalmar Ctr, Mon 6 & 7pm.

Pickleball: Riverview Park, Tu/Th/Sat 9am-12pm.

Farmers Market: Hwy 45, Wed 8:30am-1pm; Sun 8:30am-1pm.

OLSON MEMORIAL LIBRARY:

Writers Group: Mon 1-3pm.

Memory Cafe: 2nd Mon, 10am.

Ukulele Jam: Mon 2-3:30pm.

Genealogical Society Meeting: 1st Mon 4:30-6:30pm.

Storytime: Tues 10am.

Grief Support: 1st Thurs 1pm.

Free Mending: 1st Sat 10am-12pm.

Hours: M 9am-7pm; T-Th 9am-6pm; F 9am-5pm; Sa 9am-3pm.

For more info 715-479-8070.



HAPPENINGS

continued from page 3 >>

MANITOWISH WATERS •

Fleazaar: Community Church, Jul 15, 7am-3pm.

Night Market: Community Center, Jul 17, 4-8pm.

Art Show: Community Center, Jul 16-19.

Free Music in the Park: Koller Park, Sun 4-6pm, unless noted.
-Jerry Schmitt Band: Jul 12.
-Ember: Jul 19.
-Southbound: Jul 26.

Bingo: Community Center, Mon 7pm. Until Aug 10.

Skeeters Water Ski Show: Rest Lake, Wed & Sat, 7pm.

Flea & Farmers Market: Community Center, Thurs 9am-2pm.

MINOCQUA •

Garden Fest: Aspirus Seasons of Life Hospice House, Jul 18, 9am-12:30pm.

Farmers Market: Visitors Bureau: Fri 8am-1pm.

Min-Aqua Bats Ski Show: Aqua Bowl, Sun, Wed, & Fri, 7-9pm.

PRESQUE ISLE •

Loggers Breakfast: Community Center, Jul 26, 8-11am.

Tunes on the Water: Pipke Park, 5-7pm.

-Whitehouse Players: Jul 10.
-Tom Katalin: Jul 17.
-Flashback: Jul 24.
-Eric Mahler: Jul 31.

Bingo: Winegar American Legion Post 480, Sun 6pm.

LIBRARY PROGRAMS:

Fiber Arts: 1st & 3rd Tu 12-3pm.

Story Club: 1st & 3rd Wed, 10am.

American MahJongg: Fri 1-3pm.

Hours: M/W 9-6; T/Th/S 9-12; F 9-3. Call for more info 715-686-7613.

RHINELANDER •

Oneida County Fair: Pioneer Park, Jul 30-Aug 2.

Concerts: Hodag Park, every Tu 6:30pm.

Farmers Market: Pioneer Park, Sat 8am-1pm.

SAYNER/STAR LAKE •

Maker's Market: Main St, Wed, 9am-2pm. Thru Aug.2.

ST. GERMAIN •

Pedal in the Pines: Jul 11, Community Center.

St. Germain Music-Concert Crawl: Wed 6:30-8pm.

-Burton & Wags: The Original 429, Jul 15.

-Scott Kirby: Northfork Fin & Filet, Jul 22.

-TBA: Pub & Prime, Jul 29.

Flea Market: Park, Mon 8am-3pm.

Bingo: Comm. Center, Mon 7pm.

THREE LAKES •

Fireman's Picnic: Park, Aug 1, 4-9pm.

UPPER MICHIGAN •

MI-TRALE Meeting: Stannard Town Hall-Bruce Crossing, 1st Mon 7pm.

SPREAD THE WORD
 SAY... "I SAW IT IN THE
 BORDER BULLETIN!"

HEALTH & WELLNESS • Aging Gracefully

by Dr. Wendy Henrichs



Dr. Wendy M. Henrichs is a Board Certified Chiropractic Pediatrician and Nutrition Counselor at Timber Land Chiropractic.

Aging is a natural part of life, but how you age is influenced by the habits you maintain. Among the most important aspects of healthy aging are strength, balance, and flexibility. Each plays a distinct yet interconnected role in preserving your independence, preventing injuries, and enhancing your overall quality of life as you go through life.

1. Strength is essential for performing everyday tasks such as lifting groceries, climbing stairs, or even standing up from a chair or getting off the toilet. As you age, muscle mass naturally declines through a process known as sarcopenia. Sarcopenia can lead to weakness and reduced mobility. Maintaining strength through regular resistance exercises, such as weightlifting or bodyweight movements, helps preserve muscle mass and bone density. Strong muscles also support joints, reducing the risk of arthritis-related discomfort and injury. You can build strength at home with wall-sits or just standing up from a chair without using your hands.
2. Balance is as important as strength, and it becomes increasingly critical with age. Poor balance is one of the leading causes of falls. Falls are a major source of

injury among older adults. Balance depends on the coordination of muscles, the inner ear, and the nervous system. Activities like yoga, tai chi, or simple balance exercises such as standing on one foot can improve stability. Chiropractic adjustments can aid in improved nerve function, which is also necessary for balance and stability. Good balance not only helps prevent falls, but also boosts confidence in daily movement, encouraging an active lifestyle.

3. Flexibility is the ability of muscles and joints to move through their full range of motion. Over time, connective tissues can stiffen, which limits movement and can make tasks like reaching, bending, or turning more difficult. Stretching exercises and practices like yoga help maintain or improve flexibility. Increased flexibility reduces muscle tension, improves posture, and lowers the likelihood of strains or injuries. Strength, balance, and flexibility work together to support healthy aging. Strong muscles improve balance, while flexible joints allow for

safer, more controlled movement. Neglecting any one of these areas can gradually reduce overall physical function as you age.

Incorporating all three into a regular fitness routine does not require extreme effort or advanced athletic ability. Even moderate, consistent activity can yield significant benefits. Simple practices like strength training a few times a week, daily stretching, and daily balance focused exercises can support your long-term mobility and independence. Consistency is the key to improving your strength, balance, and flexibility, and you can make improvements at any age. Together, they will enable you to stay active, reduce the risk of falling and injury, and preserve your independence. Remember, it is never too late to make a Shift in Health.

Dr. Wendy Henrichs provides comprehensive chiropractic care among other services including pregnancy care, pediatric care, post-concussion and sports injuries, FX 635 Laser, Zerona fat loss laser, nutrition counseling and wellness services. More info, 715-362-4852 or www.timberlandchiropractic.com.

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Ottawa Committee Proposals

The Ottawa National Forest Resource Advisory Committee (RAC) is seeking proposals for projects that benefit National Forest lands through funding provided by the Secure Rural Schools Reauthorization Act of 2025. A total of \$121,000 in Title II funding is available for eligible projects on the Ottawa National Forest. The RAC will review submitted proposals and make recommendations on how the funds should be allocated.

According to Forest Supervisor Lenore Lamb, the committee recommended funding 13 projects in 2025 totaling more than \$775,000. Those projects included campground improvements, trail maintenance and construction, native plant restoration, invasive species control, and removal of abandoned vehicles from the Black River Valley.

Eligible projects must improve natural resources, with at least half of the available funding directed toward road maintenance, road decommissioning, stream restoration, or watershed improvement projects. Other eligible activities include trail maintenance, hazardous fuels reduction, wildlife and fish habitat improvements, invasive species control, native plant restoration, and recreation site enhancements.

Project proposals may be submitted by individuals, tribes, businesses, nonprofit organizations, and government agencies. A 20% cash or in-kind match is encouraged, and scalable projects are welcome.

The deadline to submit proposals is September 4th, 2026, with funding decisions expected in November.

To submit project proposals online, visit the Ottawa National Forest website, and use the Secure Rural Schools project submission form. All applicable federal laws apply, such as the National Environmental Policy Act and contracting/cooperator policies. Consulting a Forest Service office as proposals develop will help applicants meet federal laws.

For more information or to submit a proposal, contact Ian Shackelford at 906-285-6911 or by email at ian.shackelford@usda.gov.

From the PASTOR'S WINDOW • by Pastor Rob Yerks



Rob Yerks serves as the pastor of Watersmeet Bible Church. He is a graduate of Contenders Discipleship Initiative (CDI).

For Freedom Part 2

"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery." (Galatians 5:1)

We are in the midst of celebrating 250 years of national freedom as a nation. In the war for independence, we gained both freedom from England and the freedom to live as our own autonomous nation. In the book of Galatians, the Apostle Paul tells Christians that through Christ we also may celebrate being set free from something and to something. Previously, we considered how we've been set free from the yoke of slavery that is the Old Testament Law. Now, we will consider what we've been set free to.

Since we've been set free from all of the Old Testament Law we might now think, "Great! So, that means we're set free to do anything we want right?" Well...no. Romans 8:2 says, "For

the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death." Christians no longer live under the law of sin and death, a reference to the Old Testament Law. Now, we are subject to the Law of the Holy Spirit. And the Law of the Spirit will on many occasions look just like the Old Testament Law. Under the Law of the Spirit, Christians are still to refrain from: murder, sexual immorality in all its forms, covetousness, impure speech, idolatry, theft, greed, and many other things.

Well, what are we free to do now? As Christ's ambassadors to the nations we are free to take God's words beyond the confines of Israel's borders. We may take the gospel to people who have no regards for ceremonial cleanliness and dietary restrictions. If we were still bound by those laws, then it would be impossible to take the gospel to places where it would be impossible for people to keep those laws. Therefore, we have been set free from those restrictions.

However, as Christ's ambassadors we have not been set free to lawlessness. Rather, we

yet have a strict code of conduct placed upon us so that we will not bring shame upon our King who has saved us and sent us. The Apostle Peter tells us, "but as He who called you is holy, you also be holy in all your conduct". (1 Peter 1:15)

Friends, we may be free from the law, but we are not lawless. Rather, we are free to move about the peoples of the world carrying the gospel of Christ Jesus to the nations without fear of defilement. It is for this freedom that Christ has set us free from the Old Testament Law. So indeed, rejoice in the freedom that we now have. Rejoice in that you have been set free from sin and death and rejoice that you are now free to carry the message of Christ as His ambassador to all the corners of the earth.

See You Sunday ~ Pastor Rob.
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BORDER BUSINESS • Behind Closed Doors

by Dale Kleffman



Dale Kleffman is the Branch President and a Loan Advisor at Select One Mortgage in Land O' Lakes.

Yes I am listening to the tune *Behind Closed Doors* while writing this, and I can say with all honesty in regards to my life, "She never makes a scene hanging all over me in a crowd," rings very true, although for a variety of reasons probably a little more broad and cynical than singer Charlie Rich had in mind when he recorded this ballad.

This topic came to mind while I was returning a chainsaw chain at Nelson's Ace in Eagle River. I had bought the chain the day before, but I accidentally got one with the wrong gauge—it was off by .02, so it didn't fit the bar correctly. It was for a small battery-powered chainsaw we had won a few years ago at a sportsman's banquet.

It was an easy return, partly because the lady at the register simply scanned the UPC barcode on the item. She then looked at me and said, "Dale?" I said, "Yes ma'am," and then started asking how my

name was deduced from a barcode on a 12-inch chainsaw chain. She informed me that I was the most recent person who had bought that specific size chain at that store. She then told me I was, in fact, the only person who had bought that particular size chain there in the last two years. I found this amazing, yet very scary at the same time. Mind you, none of this information came from a receipt, credit card, or even the phone number I entered for Ace Rewards. It wasn't volunteered by me; it came simply from a barcode scan of the item itself.

When I was walking back to the truck, I thought about how difficult it truly is to have any level of privacy today. Anything we do or say seems to be monitored or tracked at some level. We are truly in a data-driven society. I guess it's cool—it certainly makes some aspects of life much more efficient—but it is also opening a Pandora's box of other dilemmas and is scary when put into perspective. It is really hard to have true privacy and get behind those closed doors today.

Data centers are a very hot topic and, if we peel the onion back even a little bit, it's easy to understand why. There are some real concerns by-products with these things. The real-

ity is that even those of us who live a simple life often consume and use incredible amounts of data today.

In 1900, estimates suggest the entirety of the world's data was around 300 terabytes. Today mankind generates around 402 terabytes of new data every single day. Think about that—every day we generate as much or a little more data than existed in the entire world only 125 years ago.

The total amount of data in the world today is around 221 zettabytes. A zettabyte has 21 zeroes after it and is equal to one billion terabytes. Using a little public school math, this means we have somewhere around 736.7 million times the amount of data in existence today compared to what existed in the entire world in 1900. Data is also growing around 23% a year, meaning it doubles a little over every three years.

This is hard to comprehend, but a lot of us remember the DVD/Blu-ray era. A Blu-ray disc holds about 25 gigabytes of data. If you took the totality of the world's data and somehow put it on Blu-ray discs, you could stack them to the moon—and do that 23 times.

Sure, things are vastly different. Television, cell phones, and comput-

Animal Shelter Fundraiser Planned

A Christmas in July animal shelter fundraiser event has been planned for Sunday, July 12th, beginning at 1:00pm at Sand Lake Pub 851 State Hwy 17 in Phelps. Monies collected will be divided between Wild Instincts Wildlife Rescue in Rhinelander and Northwoods Animal Shelter in Iron River. There will be an *Ugly Sweater Contest*, a visit by Santa, music, 50/50 and basket raffles, and silent auction. Both animal shelters are in need of supplies. Check out their websites, wildinstinctsrehab.com and northwoodsanimalshelter.com to see their need lists. The event is coordinated by Laura Aldridge.

ers didn't exist. Most people worked industrial jobs or on the family farm. Vehicles, airplanes, electricity, refrigeration, and running water were only beginning to become common. The average age at death in 1900 was 32 globally and 47 in the USA. The global population was about 1.6 billion; today it is around 8.3 billion.

If you are still following along, you probably got to learn a new word (I had no idea what a zettabyte was either) and maybe better understand some of the push behind needing data centers. What was once a luxury in cell phones is now a lifestyle. Much of society lives a significant portion of life through these devices and constantly uses

immense amounts of data. We also have all sorts of surveillance and tracking built into different aspects of life. Perspective and manipulation are part of nearly every interaction by someone for some motive, usually money, power, or control.

I'm not here to argue right or wrong, but the data isn't magic. Eventually we run out of capacity and need more. Hence this massive push and hot topic of data centers that is broadly discussed today. I'm not starting down that rabbit hole, just trying to be somewhat objective in understanding the logic behind these things rather than yelling and screaming that they shouldn't be anywhere in my backyard.

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Phelps School Board Accepts Transportation Plan

The Phelps School Board recently approved a new transportation plan for the 2026-27 school year that is expected to save the district more than \$88,000 annually while continuing to provide transportation for students.

The decision follows a parent survey that received responses from 47 of the district's 52 households. Of those responding, 76% said they would transport their children to and from school if traditional bus service ended in exchange for mileage reimbursement through Shell gas cards.

Under the plan, participating families will sign transportation contracts and be reimbursed at the current IRS mileage rate based on the round-trip distance from their home to school. The district will expand supervision before and after school to accommodate varying drop-off and pick-up times.

School officials said Wisconsin law requires districts to provide transportation but does not require it to be provided by school bus. Families unable to participate will continue to receive transportation through district-owned vans and drivers.

District administrators said the proposal has been under consideration for several years as a way to reduce one of the district's largest expenses while maintaining services for students. The plan was reviewed by the district's attorney and the Wisconsin Department of Public Instruction, with no legal concerns identified.

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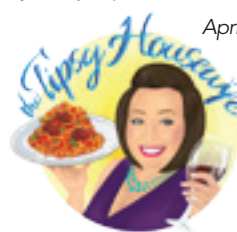
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THE TIPSYP HOUSEWIFE • Sausage & Potatoes

by Chef April Lee



April Lee is a Chef, Social Media Influencer, & Food Blogger from Chicago and part time in Watersmeet.

When most people think about summer food, they picture hamburgers on the grill, hot dogs over a campfire, and cold pasta salads sitting on a picnic table in the sun. But if you've spent enough summers in the Northwoods, you know Mother Nature doesn't always get the memo.

Some years it's 85 degrees and you're searching for a shady spot by the lake. Other years you're reaching for a sweatshirt after dinner and wondering if you should have packed a heavier jacket. That's exactly why I love having a recipe like these Firecracker Sausage and Potatoes in my back pocket.

This dish has all the flavors of summer with just enough comfort to take the chill off those cool Northwoods evenings. Smoked sausage, tender potatoes, sweet onions, and a buttery, slightly spicy sauce bake together until everything is caramelized and coated in flavor. It's hearty without feeling too heavy.

Ingredients:

- 2 pounds baby potatoes, halved
- 2 packages smoked sausage, sliced into 1" pieces
- 1 large sweet onion, sliced
- 1 stick butter, melted
- 1/4 cup olive oil
- 1/4 cup hot sauce (or less to taste)
- 2 tablespoons Dijon mustard
- 1 tablespoon brown sugar
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder

- 1 teaspoon onion powder
- 1 teaspoon Cajun seasoning
- Salt and black pepper to taste
- 1 cup shredded cheddar cheese (optional)
- Sliced green onions or parsley for garnish

Instructions:

1. Preheat the oven to 375°.
 2. In a large casserole dish, combine potatoes, sausage, and onions.
 3. In a separate bowl, whisk together the melted butter, olive oil, hot sauce, Dijon mustard, brown sugar, and seasonings. Pour mixture over sausage and potatoes. Toss until it is evenly coated. Cover tightly with foil and bake for 45 minutes.
 4. Remove foil, stir well, and continue baking uncovered for another 20-30 minutes, or until potatoes are tender and edges begin to brown.
 5. If desired, sprinkle the top with cheddar cheese during the last 5 minutes of baking.
 6. Finish with sliced green onions or fresh parsley before serving.
- I like making this recipe in a casserole dish instead of spreading everything onto a sheet pan because the potatoes gently simmer in all that buttery sauce as they cook. They soak up every bit of flavor while still getting beautifully browned on top.



Photo by April Lee

This recipe is also perfect for entertaining because it can be transferred to a slow cooker after baking to stay warm throughout the event. Serve it alongside baked beans, a classic macaroni salad, fresh fruit, or a simple green salad for an easy meal.

One of my favorite things about summer in the Northwoods is that every year is a little different. Some summer days call for flip-flops and frozen drinks. Others call for sweatshirts, a campfire, and a cozy casserole that warms you from the inside out. No matter what the weather decides to do this summer, this recipe will fit right in.

April Lee is a Chef, Social Media Influencer, & Food Blogger from Chicago that spends lots of time in Watersmeet. Check out her blog at thetipsyhousewife.org, follow on Instagram @thetipsyhousewife, or TheTopsyHousewife.org for recipes.

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KEEPING YOU POSTED • by Karol Wilson

On May 23rd in Boston, MA, the Postal Service issued the Treasures of the Revolutionary Era prestige booklet featuring 20 commemorative Forever stamps, in 10 designs, on 2 sheets of 10. Marking the 250th anniversary of the American Revolution, this prestige booklet highlights 10 compelling objects from the era, offering a vivid way to experience the symbols and stories that helped shape the United States. It contains 20 exclusive First-Class Forever® stamps, arranged in two identical blocks of 10. The objects include an inscribed teapot, paper currency, the Commander-in-Chief Flag, a watercolor depicting George Washington's varied army, a powder horn, a spinning wheel, a map of the Battle of Yorktown, the Badge of Military Merit, a treaty wampum belt, and a patriotic signboard. Art director Ethel Kessler designed both the stamps and the prestige booklet.



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