

NATURAL CONNECTIONS • The Sweetness of Death in Autumn

by Emily Stone



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

"Something smells nice right here," commented my fiancé as we hiked over a rock outcrop strewn with sun-warmed, yellowed birch leaves. The sweet aroma of autumn comes when microbes break down sugars that trees manufactured in the height of summer. Before letting them go, the tree pulled nitrogen and phosphorus out of the leaves and into the twigs, where the molecules will remain on deck to fuel next spring's leaf growth. But the tree doesn't need to save

every last molecule of sugar.

His comment got me started thinking about the juxtaposition of life and death in fall.

I've been admiring the rich colors of dying ferns in the road ditches, for example. But only this year's growth is dead. Just like the trees, the ferns are allowing fragile, ephemeral parts of themselves to wither in order to protect their main roots and rhizomes under the soil. These hardy, perennial structures will send up a new ensemble of fiddleheads in the spring.

The bergamot flowers in the museum's pollinator gardens have shed their purple petals. But the dry brown bobbles that remain atop their stems don't represent death—they are developing seeds that will initiate the next generation.

Some of the goldenrod has al-

ready turned into fluffy seed-heads, too, with crinkly brown leaves below. Pollen-filled plumes of yellow still dominate the patch, though, and these were crawling with life in the midday sunshine. Northern paper wasps were the most abundant visitors. These are the architects of the papier-mâché nests in the honeycomb pattern with no outer covering. At this point in the summer, most of the colony is waiting to die. It's just one part of their annual cycle.

The paper wasp's genus, *Polistes*, means "founder of a city." Each spring, a queen emerges from hibernation and starts a colony, sometimes in partnership with another young queen. She lays the first round of eggs and feeds them herself. After they hatch into a generation of sister/workers, they care

for their younger siblings. In the height of summer, when the caterpillars they use as baby food are most abundant, the foundress lays eggs that will become reproductive males and future queens. Then she dies. Right about now, the males and future queens are mating. Then the

fertile queens will fatten up on flower nectar, find a cozy rotten log for hibernation, and burrow in before the first frost. Everyone else in the colony dies, but not before ensuring the continuation of their genes for next year.

The same could not be said about the several porcupine carcasses I've swerved around recently. The black-and-white quills strewn across the pavement look a little bit like some of the spiny seeds that grab onto your socks, but quills alone can't produce the next generation. I've learned to expect to see porcupines (live or dead) along roads in the spring as they are drawn to the fresh salad in sunny road ditches. But why would there be an influx of them now? It's the same juxtaposition of life and death.

Female porcupines hang out in their relatively small territories all year round. During mating season, the males wander five times farther than normal in search of females. I didn't poke through the roadkill to determine if the unlucky ones were male or female, but I think it's pretty likely that these bachelors were taking inventory on their prospects for mating and encountered big metal beasts instead.



Photo by Emily Stone

A northern paper wasp and a common eastern bumble bee forage for nectar on goldenrod flowers. Unless they are new queens, neither of these insects will survive beyond the first hard frost. Their hard work will ensure the health of the next generation though!

While the females probably aren't quite ready now, their window for mating is only about 12 hours long once it opens, and so it's important for the males to keep a nose to the very informative scent marks the females spread around. These guys are out of luck, but some of their stronger, smarter, counterparts will soon share in the creation of an adorable new porcupette, to be born next spring.

Leaves are falling, plants are dying, life cycles wax and wane. Soon I'll be cleaning out my vegetable garden and piling the remains on my compost heap. Nature is doing the same. Many beings will never again see the light of day. But all of that death is accomplished in the name of survival. And so, despite the decay, the end of summer smells sweet.

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.

Phelps Scarecrow Fest Winners Announced

Winners have been announced for several events held during the Phelps Scarecrow Fest.

Seven wines were entered in the *Wine-Tasting Contest*, with winners selected by the tasters. Norm Buckmaster took first place with his plum wine and second place with his cranberry wine. Greg Gillis received the award for most unique wine for his wild blackberry, raspberry, and wild grape blend. Winners received cash prizes.

Phelps Woman's Club members Denise Ambrosius and Deb Ware coordinated the wine-tasting event, with club members Jackie Calkins and Jean Petrick assisting with serving.

Photos by Sharon Gifford



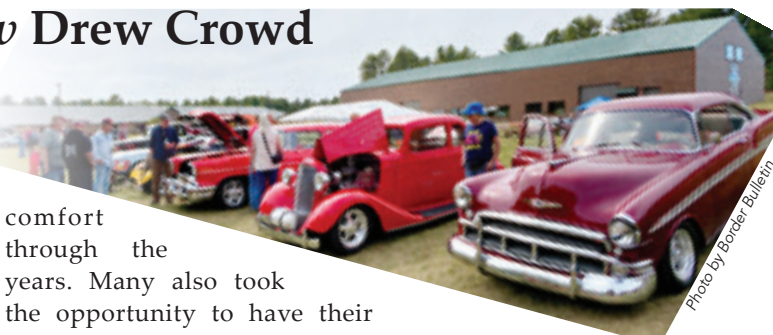
The fifth annual *Spooktacular Car Show*, coordinated by Ray Sorenson and Marc Engberg, also featured two winners selected by spectator voting.

Above: Wandie Dreger displays his *Spooktacular* trophy for his 1949 Crosley Scorpion, one of only 28 produced.

Left: Thomas Madsen from Gurnee, IL with his People's Choice Award for his 47 Jeep Wagon. The trophy was made by Engberg from an old piston.

Stateline Car Show Drew Crowd

On September 12th, the Land O' Lakes Chamber of Commerce hosted the 2nd annual *Stateline Car Show* at the Town Hall. The event featured 56 new, used and classic vehicles, including cars made famous in movies and television series. The show attracted car enthusiasts and visitors who enjoyed viewing the impressive collection and comparing changes in automotive design, technology, safety, and



comfort through the years. Many also took the opportunity to have their photos taken with some of the show's special attractions, including the General Lee from *The Dukes of Hazzard*, along with actor Tom Wopat, who was on

hand for the event. The Batmobile and Bat Bike were also popular attractions. Awards were presented to winners in several classes.

Oktoberfest Fun in Lando

The Land O' Lakes Chamber of Commerce hosted another memorable *Oktoberfest* celebration at The Snowflake, bringing family and friends together for an evening of food, beverages and lively entertainment. Guests enjoyed music from the *Jim Pekol Polka Band*, Tom Wopat, and the Dukes of Hudson, along with authentic German-inspired schnitzel, potato salad, and more from VFW Post 8400 and other vendors. The ever-popular *Stein Holding Competition* rounded out the evening. Jody Derr of Madison won the ladies' event, while Mike Schmidt of Boulder Junction took the men's title. Maggie Gritt and Steve Sullivan were named the best-dressed lady and gentleman. The event was made possible with the support of numerous donors. With another *Oktoberfest* in the books, it's time to pack away the lederhosen until next year.



Above: Steve Sullivan & Maggie Gritt were awarded Best Dressed.

Left: Mike Schmidt & Jody Derr were the winners of the men's and ladies USSA Stein Holding Competition.

KEEPING YOU POSTED •

by Karol Wilson

On July 4th, in Philadelphia, PA, the United States Postal Service issued the Declaration of Independence Forever stamp, in one design, in a pane of 20 stamps. With this stamp, the U.S. Postal Service celebrates the 250th anniversary of the Declaration of Independence. The bold stamp design in red, white, and blue features the year "1776" arranged vertically against a deeper blue background. Each numeral takes the shape of a feather quill pen, a nod to the instruments used to sign the nation's founding document. Juan Carlos Pagan created the stamp design and typography. Greg Breeding art-directed the project.



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BORDER HAPPENINGS

ANNOUNCEMENTS • • •

★ Featured in this issue.

Fire Prevention Week: Oct 4-10.
Northwoods Art Tour: Oct 9-11,
10am-5pm.
Columbus Day: Oct 12.
National Boss Day: Oct 16.
Sweetest Day: Oct. 17.

**School Info: 2026-2027
NPSD:**

-**Teacher In-Service:** Oct 12.
-**Conferences:** Oct 22, 4-7pm;
Oct 23, 7:30am-12pm.
-**No School:** Oct 23.

Phelps:

-**Teacher In-Service:** Oct 12.
-**Picture Retake:** Oct 22.

Watersmeet:

-**Conferences-½ day:** Oct 14.

* **WI Deer Hunting Season:**

-**Bow:** Sept 12-Jan 3, 2027.
-**Gun Hunt for disabled:** Oct 3-11.
-**Youth Deer Hunt:** Oct 10-11.

* **MI Deer Hunting Season:**

-**Bow:** Oct 1-Nov 16, Dec 1-Jan 1,
2027.
-**Independence Hunt:** Oct 15-18.

*Please Check Hunting Schedule
on DNR Websites to confirm dates
before hunting.

CONOVER • • •

Town Board Meetings:

Conover Center, 2nd Thurs, 6pm.

Conover Lions Club: info@conover-
lions.com or www.conoverlions.com.

Conover Clerk's Office Hours:

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

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 1-4pm; Sun 8am-1pm.

LAND O' LAKES • • •

Fish & Game Migratory Birds:
Lowenwood, Oct 6, 6:30pm.

Blood Drive: Town Hall, Oct 14,
10am-4pm.

LIBRARY: ★

Canine Search & Rescue: Oct 17,
10:30am.

ADRC Benefits: Oct 21, 12pm.

Movie-The Sheep Detectives:
Oct 8, 1 & 6:30pm.

Book Clubs:

-**Who is Government:**

Oct 12, 10:30am.

-**Remarkable Bright Creatures:**
Oct 13, 10am.

-**Books n' Brew-The Lager Queen
of Minnestoa:** Brew's Pub, Oct 15,
6:30pm.

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

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

Lego Club: 1st & 3rd Wed,
3:30-4:30pm.

Library Explorers-Homeschool:
2nd & 4th Thur, 10:30-11:30am.

Board Meetings: 2nd Wed, 9am.

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

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

For more info call 715-547-6006.

LOLA PROGRAMS:

Stained Glass Stake: Oct 7 & 8,
10am.

Glass Bead Making: Oct 10 & 11,
9am.

**Watercolor Beginners-Queen
Anne's Lace:** Oct 15, 10am.

Creating Handmade Paper:
Oct 17, 10am.

Coffee & Canvas-Moonlit Owl:
Oct 17, 10am.

Autumn Watercolor-2 Day:
Oct 19 & 20, 10am.

Spell Jars: Oct 22, 11am.

Witches Bells Class: Oct 23, 12pm.

Witch Hearth Broom: Oct 24, 10am.

Beginner Pastel: Oct 27, 10am.

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.

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.

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.

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.

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: Tu 8am-3pm;
Th 12-4pm; Sat 8am-4pm.

PHELPS • • •

**Midwest Musky Classic Tourna-
ment:** Oct 2-4.

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:
Community Center, 3rd Tues, 5pm.

Phelps Town Board Meeting:
Community Center, 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/Tu/W/F 9am-3pm.

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:

Sat 9am-12pm.

WATERSMEET • • •

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: Com-
munity Center, last Thur, 5pm.

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

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

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

BEYOND THE BORDER • • • BOULDER JUNCTION•

Lions Club Walleye Classic:
Area lakes, Oct 3-4.

Hops & Shops: Oct 10, 2-5pm.

World Musky Tournament: Area
Lakes, Oct 10-11.

EAGLE RIVER •

Cranberry Fest: Fairgrounds,
Oct 3-4, 9am-3pm.

HPCA-Ikons of Rock: NPHS,
Oct 10, 7pm.

**Three Eagle Half-Marathon &
5K:** Three Eagle Trail, Oct 10.

Bingo: Kalmar Ctr, Mon 6 & 7pm.

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

OLSON MEMORIAL LIBRARY:
Banned Books Week Read In:

Tribute Brewery, Oct 5, 4:30pm.

Coffee Brewing 101: Oct 17, 10am.

Puzzle Competition: Oct 19, 5-7pm.

Academic Success: M/W 9am-12pm.

Writers Group: Alternating 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.

MANITOWISH WATERS•

**North Lakeland Discovery Center
Programs:**

-**Bat Fest:** Oct 17.

More info at 715-543-2085 or www.DiscoveryCenter.net.

MERCER•

Pumpkin Run ATV/UTV Rally:
Oct 8-11.

MINOCQUA•

NWLT Fall Hike: Winter Park,
Oct 5, 1-3pm.

PRESQUE ISLE •

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.

SAYNER/STAR LAKE •

Harvest Dinner: Community Center,
Oct 19, 4-7pm.

ST. GERMAIN •

**Greater Wisconsin Musky Tour-
nament:** Area Lakes, Oct 3-4,
7am-12pm.

Trail of Treats & Costume Contest:
Park, Oct 17.

THREE LAKES •

Pumpkin Fest: High School, Oct 10,
9:30am-3pm.

UPPER MICHIGAN •

Lake Superior Performance Rally:
Marquette-Sidnaw, Oct 9-10.

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



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Next issue: October 16, 2026

Submissions by: October 3, 2026

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**border
BULLETIN**

Harvest, Art & More

Land O' Lakes Arts (LOLA) recently hosted its annual *Art Harvest* at the Veterans Center with permission from VFW Post 8400.

The event featured the Land O' Lakes Community Gardens, which still displayed plenty of color despite a long, hot and dry summer. Visitors enjoyed pumpkin and sweet potato soup, cooking demonstrations, vendors and information about the gardens. Inside the center, activities included a community art canvas project and children's books by Cindy Pesek. LOLA also served a donation breakfast of flapjacks and sausage patties, while members of the Public Art group offered homemade baked goods. Music was provided by LOLA's Audrey Lindemann, joined by singer-songwriter Bobby Bullet on guitar, and Pam Nesbit. Rain during the event kept some vendors away, but visitors still enjoyed the day and the many activities celebrating art, music and the community gardens.

Photo by Bob Hughes



HEALTH & WELLNESS • Walk for a Healthier Spine

by Dr. Wendy Henrichs



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

When it comes to improving your health, many people assume they need an intense workout program or expensive equipment. One of the best things you can do for your spine and nervous system is walking.

Your spine and your body are designed for movement. Walking helps keep the joints of your spine and extremities mobile, allowing them to move through a natural range of motion. When you sit for prolonged periods, your muscles and joints can become stiff, leading to discomfort and reduced flexibility. A regular walking routine helps counteract these effects and promotes healthier movement and neurologic patterns.

Walking also supports the health of the spinal discs. These discs act as cushions between the vertebrae and rely on movement to receive nutrients and remove waste products. Unlike many tissues in the body, spinal discs

have a limited blood supply. Gentle movement like walking helps nourish these structures and contributes to their long-term health.

From a nervous system perspective, walking offers impressive benefits. Your brain and nervous system thrive on physical activity. Walking increases circulation, delivering oxygen and nutrients throughout your body, including your brain and spinal cord. It also stimulates communication between your brain, muscles, and joints, helping improve coordination, balance, and overall body awareness.

You may be surprised to learn that walking can also help reduce pain. Research has shown that regular physical activity encourages the release of natural pain-relieving chemicals called endorphins and helps regulate your body's stress response. As your stress levels decrease, muscle tension often decreases as well, creating a positive cycle that supports both your physical and mental well-being.

Another advantage of walking is that it strengthens the muscles that support your spine. The muscles of the lower back, abdomen, hips, and legs all work together while walking to provide stability and movement. Stronger supporting muscles can help reduce strain on your spine

and improve posture.

The good news is that you do not need to walk for hours to experience benefits. Start with 10-15 minutes a day and gradually increase your time as your fitness improves. Aim for a brisk pace that allows you to carry on a conversation while slightly increasing your breathing rate.

As a chiropractor, I often remind my patients that movement is medicine and life for their body. Walking is one of the safest, simplest, and most effective ways to support spinal health, improve nervous system function, lower stress, and enhance overall wellness. So, the next time you decide how to invest in your health, consider taking a walk. Your spine and nervous system will thank you. Remember, it is never too late to make a Shift in Health.

Dr. Wendy Henrichs of Timber Land Chiropractic 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. Dr. Wendy is a board-certified Chiropractic Pediatrician and Nutrition Counselor. Timber Land Chiropractic is located at 1 E. Courtney St. Rhinelander. More info, 715-362-4852 or www.timberlandchiropractic.com, Instagram @drwendyhenrichs, LinkedIn, and Facebook.

Land O' Lakes *Blood Drive* Scheduled

The Land O' Lakes Chamber *Community Blood Drive* at the Town Hall is scheduled for Wednesday, October 14th, from 11:00am-4:00pm. To schedule

your donation call the American Red Cross at 800-733-2767. We kindly ask you to register in advance. The Town Hall is located at 4331 CTH B in Land O' Lakes.

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Sunshine For Humanity Donation

Accounting Assistant Karen from Frasier's Plumbing, Heating, Cooling, and Electrical nominated Sunshine For Humanity for their monthly giving donation, and Kyle, General Manager from Frasier's, delivered the check for \$1,250. Sunshine For Humanity is honored to receive such a generous gift. Sunshine For Humanity Homeless Shelter Sober Living House does not receive any Federal or State funding, operating entirely on community support. For more information about Sunshine For Humanity visit our website at SunshineforHumanity.com.



(L-R): Accepting the donation are Debbi-Volunteer, Amanda-Assistant Director, Kyle-Fraiser's General Manager, Debbie-CEO, Anthony-Resident Director, and Sara-Director.

Child Car Seat Safety Tips

Every trip in the car, whether it's a quick ride to school or a longer family outing, starts with making sure children are safely secured. For children and teens ages 1 to 19, motor vehicle crashes are the second leading cause of

death, making proper car seat and seat belt use especially important. During Child Passenger Safety Week, Aspirus Health Community Injury Prevention Coordinator Kate Klovstad highlighted two common car seat mistakes parents can avoid.

Moving to the next stage too soon: Children should progress through four stages—rear-facing car seat, forward-facing car seat, booster seat, and seat belt—based on their age and size. Klovstad recommends keeping children rear-facing as long as possible and checking the car seat manufacturer's height and weight limits before switching.

Using LATCH and a seat belt together: Car seats are designed to be installed using either the LATCH system or the vehicle's seat belt, not both. The safest method is the one parents can install correctly and consistently according to the manufacturer's instructions.

Parents who are unsure about their car seat installation can have it checked by a Certified Child Passenger Safety Technician. Car seat inspection locations are available through Safe Kids Worldwide.

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Medicine & Fall Risks

Falls Prevention Month last month highlighted the importance of reducing fall risk, and medications are one often-overlooked factor. Certain prescription and over-the-counter medications can increase the likelihood of a fall, making medication awareness an important part of fall prevention.

"Medications aren't typically the first thing people think about when it comes to fall risk, but they can affect coordination, alertness, and blood pressure in ways that increase the likelihood of a fall," said Yinglai Chang, pharmacy resident at Aspirus. Even seemingly minor side effects can affect how a person moves through daily activities.

The risk can become more complicated when more than one medication is involved. Taking several medications that share similar side effects or interact with one another may compound those effects. According to the CDC, taking five or more medications further increases the chances of side effects.

Prescription medications are not the only concern. Many commonly used over-the-counter products may also contribute to falls through side effects people may not expect. Diphenhydramine, found in Benadryl® and some sleep aids, may cause drowsiness. Some cold and cough medications may also affect alertness or blood pressure, increasing the likelihood of a fall. Because these products are widely available, many people assume they carry little risk, even though some can affect balance, coordination or overall safety.

Understanding what is in medication is an important part of using it safely. Chang encourages consumers to review active ingredients and warning labels before taking over-the-counter products, especially those that contain multiple ingredients. Reading the label can help people identify potential side effects and determine whether they have questions for a pharmacist or health care provider. Pharmacists can also help explain potential side effects, interactions and other medication-related concerns.

"One thing that you can do today to better understand your fall risk is to talk to a pharmacist about your medications and address any concerns that you have," said Chang. "Pharmacists are willing to go through your medications with you and help assess potential concerns."

Anyone experiencing drowsiness, dizziness, or other symptoms that affect alertness or coordination should talk with a pharmacist or health care provider. Medications should not be stopped without first seeking medical guidance. For more information about medication safety and fall prevention, visit aspirus.org/falls-prevention.



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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).

The Good Shepherd - Part 2
"He makes me lie down in green pastures. He leads me beside still waters." (Psalm 23:2)

The 23rd Psalm is one of the most recognized and beloved passages in all of the Scriptures. Throughout the centuries, Christians everywhere have taken great comfort in these verses. This song was written approximately three-thousand years ago by King David; a man who was a shepherd by trade. However, even though a great deal of time has passed and the world is a much different place now, modern Christians can still take great encouragement and comfort in these verses. These benefits are most impactful when

we consider them in the light of the Good Shepherd, Jesus Christ. In verse one of the Psalm, David declared that the Lord is his shepherd. Then in verse two, he begins to show us the blessings that come from following the Lord. He says that those who will follow the Lord will be made to lie down in green pastures and be led by still waters. In this, we see that the shepherd provides for the sheep. A good shepherd will not lead his sheep to a place without food or where the water is undrinkable. Rather, he will lead them to a place of abundance where they can both thrive and be at rest. For those who follow the Good Shepherd Jesus, our physical needs may be met. More importantly, we will be led to where our spiritual needs will be met and our spirits can be at rest. In John 6:35 we read, Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger,

and whoever believes in me shall never thirst." Now, while the crowd Jesus was speaking to was looking for a free meal, Jesus was pointing them to spiritual food and water that will eternally satisfy them. This spiritual sustenance can only be found in Christ Jesus and can only be received through believing in Him as savior. Once we begin to follow Jesus as the Good Shepherd we will never need to worry ourselves about spiritual food and water ever again. He will lead us to lie down in fields of spiritual abundance, and He will lead us by streams of spiritual refreshment. To this end our spirits may be at rest in Him. Our souls will find contentment. We need not worry where our next spiritual meal will come from or if we may spiritually starve. Our Good Shepherd has handled everything for us. All we need to do is trust in Him and follow Him. As His sheep, we must daily pursue Him in prayer and the reading of the Scriptures. As our Shepherd, He will lead us to green pastures and besides still waters. Then in Him we may truly be at rest. See You Sunday ~ Pastor Rob. Pastoryerks@gmail.com, 906-358-4744.

Museum's Raffle Winners

The Phelps Historical Museum held its annual *Basket Raffle* throughout the summer, with winners drawn September 19th at the museum. President Pauleyn Nystrom coordinated the drawing, with visiting guests randomly selecting the winning names. Winners included Jon Racine, deluxe paddle board and wooden American flag; Don Johnson, log bench and coat rack; Leo Fronza, log cabin quilt; Wally Rydzewski, deluxe fishing package; Pete Freitag, old-fashioned cocktail basket; and Mark Graper, \$250 cash prize. The museum board is already planning for 2027, with more local history, special exhibits, and events in the works.

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Halloween in Phelps

The Phelps Youth Recreation Association will be hosting their annual *Fall Bash* on Saturday, October 31st from 4:00pm-6:00pm at the Phelps School commons. The group is creating a trick or treat map of homes and businesses in the area that will be handing out treats prior to the party. Trick or treating will take place from 1:00pm-4:00pm. Maps will be available throughout town the day of the event. If you would like your address put on the map please contact Lori Merkel at 715-350-1407, deadline for the map is Wednesday, October 28th.

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King's Gateway Airport Radar Run

THE TIPSY HOUSEWIFE • Mom's Winning Chili

On the morning of September 12th gave way to a windy but sunny day for the 10th annual King's Airport Radar Run in Land O' Lakes. Record crowds of speed enthusiasts turned out to watch a variety of cars and motorcycles make runs down the runway in an attempt to beat their previous speeds. A surprise visitor added to the excitement this year, with Tom Wopat arriving in the famous General Lee car from *The Dukes of Hazzard* show. Stephen Roth and his team of volunteers once again ran the event, which drew many participants and spectators. Food and beverages were available from mobile vendors throughout the day. The fastest gas-powered car reached 150 mph, with Mike Barton of Winchester driving an Audi. Bryan Pearce of Eagle River reached 147 mph in a Tesla, while the top motorcycle speed was 120 mph. The Airport Commission was recognized for allowing the event to return to the airport.

Photo by Bob Hughes



Tom Wopat (Luke Duke) and the General Lee from *The Dukes of Hazzard*.

by Chef April Lee



Fall has officially arrived in the Northwoods, and I could not be happier. The air is cooler, football is back, and the leaves are changing, although many seem to be falling faster than they are turning color.

Since we live part-time in Chicago and spend the rest of our time in Watersmeet, I keep teasing my mom that I am becoming the world's biggest Green Bay Packers fan. As a lifelong Bears fan, she finds this possibility deeply upsetting. I have not purchased a cheesehead yet, but I enjoy letting her worry.

No matter which team we cheer for, Mom and I agree about one important part of football Sunday: her chili is the best. I shared this recipe a couple of years ago, but it deserves

a fall reminder. It is thick, meaty, flavorful, and perfect for simmering on the stove while you watch the game.

Packers fans can top it with a stereotypically enormous pile of Wisconsin cheese. Bears fans may add cheese too, preferably while quietly reconsidering our season. Add onions, sour cream, or corn chips and enjoy. Makes: 12-15 servings.

Ingredients:

- 3-4 pounds 80/20 ground beef
- 1 large yellow onion, finely minced
- 1 medium yellow onion, diced
- 2-3 garlic cloves, chopped
- 2 green peppers, seeded and diced
- 1 poblano pepper, seeded and diced, optional
- 3-4 14.5 ounce cans fire-roasted diced tomatoes
- 1/3 cup chili powder, plus more to taste
- 1 tablespoon smoked or regular paprika
- 1/2 teaspoon each garlic salt, garlic powder, chili flakes, and cinnamon
- Black pepper and salt, to taste
- Scant 1 tablespoon sugar
- 1/4 teaspoon Italian seasoning or oregano
- Butter or cooking oil
- 1 can kidney or black beans, optional
- Shredded cheese, onions, and sour cream, for serving

Instructions:

1. Heat a little butter or oil in a large stockpot. Add both onions, garlic, and peppers.



Photo by April Lee

- Sauté until soft and golden.
2. Add ground beef, cook completely, breaking it into crumbles. Mom leaves the drippings for flavor and skims excess fat later, but you may drain the beef.
3. Add seasonings and sugar. Cook for two minutes, then taste and adjust. Add tomatoes with their juices and optional beans. Bring to a simmer, cover, and cook on low for 2-3 hours, stirring occasionally. Break up the tomatoes as they soften.
4. For a slow cooker, brown vegetables and beef first, then combine everything and cook on low for 6-8 hours.

Skim excess fat before serving. For even better flavor, refrigerate the chili overnight, remove the solidified fat and reheat. The chili thickens as it rests and freezes beautifully. Serve with your favorite toppings, and may the best team win.

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 TheTopsy Housewife.org for recipes.



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Around the Libraries

News and happenings from area libraries



Land O' Lakes Library



The library has a full schedule of activities and programs planned for October. The monthly movie, *The Sheep Detectives*, will be shown Thursday, October 8th, at 1:00pm and 6:30pm. A new book club, *Books n' Brews*, will meet Thursday, October 15th, at 6:30pm at Brew's Pub to discuss *The Lager Queen of Minnesota* by J. Ryan Stradal. Complimentary copies of the book are available for participants. The Nonfiction Book Club meets Monday, October 12th, at 10:30am to discuss *Who is Government: The Untold Story of Public Service* by Michael Lewis. Northern Footnotes Book Club meets Tuesday, October 13th, at 10:00am to discuss *Remarkably Bright Creatures* by Shelby Van Pelt. Mah Jongg is played every Tuesday from 1:00pm-4:00pm, with both experienced players and beginners welcome. Lego Club meets the 1st and 3rd Wednesdays from 3:30pm-4:30pm and is open to children in 4K through Grade 4. Library Explorers: Homeschool at the library will meet October 8th and 22nd from 10:30am- 11:30am for children ages 4-8. Registration is required. Read n' Play Storytime is also held monthly for young children.

Open: Mon-Fri 10am-4pm; Wed 10am-6pm; Sat 10am-1pm • landolakeslibrary.org • 715-547-6006

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