



Phelps Celebrates Homecoming

Phelps School District celebrated its 2026 Homecoming with a coronation and dance on Saturday, October 3rd, coordinated by Shannon Barron. This year's theme was Candyland, which was carried throughout the school's Homecoming Week with a different dress-up theme each day. The Homecoming Court was introduced during Thursday evening's volleyball game, leading up to Saturday's coronation and dance.

Photo by Sharon Gifford



Phelps Homecoming court (L-R): Front Kindergarten representatives Prince Ryder Hedberg and Princess Kaija Kilpela. 2nd Row: Dickie Marak-8th grade; Charlie Duquaine-10th; King Robert Wenberg-2th; Matthew Kimmerling-1th; Queen Keira Riihimaki-12th; Adrienne Trollan-11th; Emmalyn Jones-10th; Faryn Marchant-9th; Emma Hafer-9th; Cammie Karvonen-8th.

MI-TRALE's Senior Fall Color Tour

MI-TRALE held its 17th annual free Senior Fall Color Tour on Thursday, September 24th. The morning tour began at the Ontonagon County Fairgrounds and traveled the Bill Nicholls Trail, crossing the Triple Trestles of the Firesteel River before arriving in Twin Lakes. The afternoon tour followed the route in reverse. Representatives from the MI DNR Forestry Division met riders at the trestles to explain how and why leaves change color. With partly sunny skies, cool temperatures, and vibrant fall colors, conditions were ideal for the ride. The Ontonagon County Sheriff's Department provided emergency personnel and drivers, along with side-by-side ORVs for guests. A total of 65 seniors and drivers participated in the event. The Twin Lakes Fire Department hosted the group's lunch stop, featuring pasties from Krupp's Mini Mart in Toivola and homemade cookies. Transportation was provided by the Ewen-Trout Creek School District, with additional side-by-side vehicles and drivers supplied by local supporters and MI-TRALE members. MI-TRALE President Helsel described it as "a beautiful day for an ATV ride with friends," noting the outstanding fall colors along the route and expressing hope to see everyone again for the 2027 Senior Fall Color Ride.



Photo provided by MI-TRALE

MI-TRALE 17th annual free Senior Fall Color Tour: AM Tour Stop on the Triple Trestles for MDNR Forestry personnel talk on leaf color change.



Halloween Happenings

Conover • Land O' Lakes • Phelps • Watersmeet & Beyond

Conover: Lions Club Halloween Party: Recreation Center, Oct 31, 5-7pm. Land O' Lakes: Zombie Crawl Pre-party: VFW, Oct 31, 3-7pm. Zombie Crawl: Area businesses, Oct 31, 3pm-1am. Witches Ball: Northern Waters Casino, Oct 31, 8pm. Boo Bash: Library, Oct 30, 4:30-6:30pm. Trick or Treating: Oct 30, 4:30-6:30pm. Trunk or Treat: Ely Church, Oct 30, 4-5:30pm. Phelps: Trick or Treating: Oct 31, 1-4pm. Fall Bash: School, 4-6pm. Watersmeet: Trick or Treat: Oct 31, 6pm. Firetrucks & Treats: Fire Station, Oct 31, 3-5pm. Witches Ball: Northern Waters Casino, Oct 31. Boulder Junction: Trick or Treating: In town & Boulder Pines Apts, Oct 24, 2-4pm. Trick or Treating: House to House, Oct 31, 3-5pm. Eagle River: Hallow-Fest: Downtown, Oct 26, 11am-2pm.	Presque Isle: Halloween Spooktacular: Pipe Lake, Oct 31, 5-8pm. Manitowish Waters: Trunk Or Treat: Koller Park, Oct 31, 12-2pm. Rhineland: Treat Or Treating: Downtown, Oct 24, 2-4pm. Sayner/Star Lake: Trunk or Treat: Plum Lake Library, Oct 30, 4-6pm. St. Germain: Trail of Treats & Costume Contest: Park, Oct 17, 2pm. Trick or Treating: Oct 31, 4-7pm.
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Troubadours Present Three Plays

The Border Troubadours will present three original one-act plays on Sunday, October 18th, at 4:00pm. at the United Church of Christ, 105 N. First St in Eagle River. The free performance will feature donations benefiting the American Legion.

The afternoon's lineup includes *Downsizing: Despair and Disaster*, by director Cindy Pesek, a comedy about a couple whose plans for a carefree new life are disrupted by family; *Do Tell: A Gossipy Tidbit of a Tale*, also by Pesek, a humorous look at three small-town women whose gossip has a darker side; and *Dumb Jeopardy!* by Kevin McSorley, a silly and surprising take on the popular game show.

Cast members include Joe Panci, Marsha Musial, Russ O'Berg, and Bill Morgan-Eagle River; Susie Whipp-Land O' Lakes; Kevin McSorley-Rhineland; Sharon Caskey-Phelps; and John Oliver, Ali Oliver, Michelle Kanipes, and Cindy Pesek-Watersmeet. The Border Troubadours celebrate the arts, bring communities together and support the area by providing free local theatrical performances.

HEALTH & WELLNESS • Spooky Skeletons

by Dr. Doug Tansor



Dr. Doug specializes in full family and pet chiropractic services at Up North Wellness Center in Land O' Lakes.

Spooky season is here. As a chiropractor, it's always fun to see the skeletons out and about around town. I spent quite a bit of time in school learning each and every one of those bones, joints, and all the muscles and ligaments attaching to them. In my office, I utilize digital x-ray imaging which means I get to analyze skeletons on a daily basis. While I've seen quite a few *healthy* x-rays during my time as a chiropractor I've also seen quite a few x-rays with substantial degeneration and arthritis. Oftentimes when people think of arthritis and degeneration they think of older people, but the truth is we are seeing this occur in younger and younger people now. While in school, the first x-rays we spent time studying were "normal" x-rays. My instructor would always say, "You never will know what's not normal until you know what normal is." Many people understand that from the front, our spine should be perfectly straight up and down. When we see severe curvatures from the front, that's when we hear the diagnosis of scoliosis.

What many people don't know is what shape our spine should be from the side. When we look at someone's side profile, lately the most noticeable change seen in our population is anterior head syndrome and upper cross syndrome. Soft tissue changes (muscular changes) often include the shoulders rounding forward, the chin jutting out forward, and sometimes a dowager's hump developing in

the lower part of the neck. With the noticeable soft tissue changes mentioned above, we often see this translate onto a person's x-ray. Clinically patients with anterior head syndrome often have a loss of cervical curve (straightening of the neck), decreased disc spaces, and over time we can see degenerative changes in the bones and joint spaces. Some of these structural changes include bone spurs, facet arthropathy, and spondylosis. Reported patient symptoms can range from neck pain, to muscle spasm, chronic headaches, or numbness and tingling going into the hands and fingers.

The X-ray on the left shows a nearly perfect curve of 43 degrees and healthy disc spacing. The X-ray on the right shows minimal anterior head syndrome but a complete loss of curvature. You can see how straight the vertebrae are stacked. The disc spaces are beginning to compress, stressing the facet joints (how the bones stack upon each other). This is very close to where spinal nerves exit. Patients with similar X-rays often report a stiff neck, limited range of motion, and occasional numbness and tingling in their hands at nighttime. Conditions like this tend to become more frequent as we age because, unless corrected, the issue continues to degrade. I want to reiterate something a mentor of mine would say quite regularly, "Just because something is common does not mean that it is *normal*."

Wolff's law states that healthy bone adapts and remodels in response to the mechanical forces and loads placed upon it. Basically what that means is that when you subject a bone to heavier loads or stress

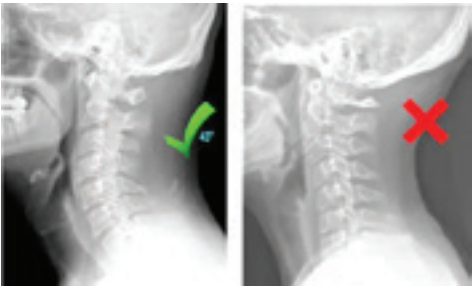


Photo provided by Doug Tansor

(such as through loss of curvature or impact), bone-building cells called osteoblasts add new tissue. The bone grows thicker and stronger along the lines of stress and that's oftentimes when bone spurs begin to develop. Wolff's law is not age dependent. It's structure dependent and time dependent. Car accident 15 years ago? That can alter the cervical curve. Fall on the butt during an icy winter years and years ago, that can alter the structure of the lumbar spine. When these structural changes aren't addressed, slowly the body starts to degenerate. That little injury that happened 20 years ago can lead to chronic pain and arthritis many years later.

We can also see loss of curvature from the side in xray views of the lumbar spine. The same arthritic changes mentioned above can also be found in the lower back. Common symptoms seen here are of course low back pain, but also sciatica, hip pain, and numbness or tingling going into the feet. These chronic pain problems can make someone's day more difficult to say the least and even make it difficult to sleep at night. We can also see muscular changes associated with loss of curvature in the low back, including tight hamstrings, psoas muscle involvement, or piriformis syndrome. In my office, we address the spinal concern and provide corrective exercises when necessary to address the tight or weak musculature.

Students Study Town History

Ms. Ivy Lapp and assistant Ms. Molly Payne recently took their 3rd and 4th grade students from Land O' Lakes Elementary School to the NorthernWaters Museum to learn about the history of Land O' Lakes. Historical Society President Chris Tews, along with Lois Bates and Valerie Hogan, divided the students into three groups and shared stories and historical highlights that helped bring the town's past to life.



Photo by Bob Hughes

Students learn the history of Land O' Lakes at NorthernWaters Museum.

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BORDER HAPPENINGS

ANNOUNCEMENTS • • •

★ Featured in this issue.

National Boss Day: Oct 16.

Sweetest Day: Oct. 17.

Change Clocks Back: Nov 1.

School Info: 2026-2027

NPSD:

-**Conferences:** Oct 22, 4-7pm;

Oct 23, 7:30am-12pm.

-**No School:** Oct 23.

Phelps:

-**Picture Retake:** Oct 22.

-**Conferences:** Nov 6, 2-7pm.

Watersmeet:

-**Conferences-½ day:** Oct 14.

* **WI Deer Hunting Season:**

-**Bow:** Sept 12-Jan 3, 2027.

* **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 • • •

Flu Shots: Community Center, Oct 23, 10:30-11:30am. ★

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 • • •

LIBRARY: ★

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

ADRC Benefits: Oct 21, 12pm.

Adult Candy Bingo: Oct 29, 1pm.

Book Clubs:

-**The Women on Platform 2:**

Nov 10, 10am.

-**Books n' Brew-Eight Hundred**

Grapes: Brew's Pub, Nov 19, 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:

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.

Pickleball: School, M-Th 3:30-5:30pm.

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 • • •

Flu Shots: Community Center,

Oct 23, 1-2pm. ★

Blood Drive: Community Center,

Oct 29, 11:30am-4pm. ★

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: By

Appointment. Call Pauleyn

715-545-3012 for info.

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.



Photo by Bob Hughes

The Tansors of Land O' Lakes enjoying last year's Library's Boo Bash.

WATERSMEET • • •

Holiday Craft & Vendor Expo:

Northern Waters Casino, Nov 7, 9am-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.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 •

Flu Shots: Community Center,

Oct 16, 9am-2pm. ★

EAGLE RIVER •

Flu Shots: Vilas Cty Public Health,

Every Tues, 10am-1-3pm. ★

Spiritual Walk: God's Gathering

Place, Oct 31, 9am-3pm. ★

Bingo: Kalmar Ctr, Mon 6 & 7pm.

OLSON MEMORIAL LIBRARY:

Coffee Brewing 101: Oct 17, 10am.

Puzzle Competition: Oct 19, 5-7pm.

Tween & Teen Halloween Party:

Oct 22, 4:30-6pm.

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 •

Flu Shots: Community Center,

Oct 26, 11am-12pm. ★

North Lakeland Discovery Center Programs:

-**Bat Fest:** Oct 17.

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

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 •

Flu Shots: Community Center, Oct

19, 9-10am. ★

UPPER MICHIGAN •

MI-TRALE Meeting: Stannard Town

Hall-Bruce Crossing, 1st Mon 7pm.



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of articles, photos, and other information.

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Next issue: October 30, 2026

Submissions by: October 17, 2026

NATURAL CONNECTIONS • Fall Food & Wild Fellowship

by Emily Stone



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

When my friend Deb and I launched my canoe on Gunflint Lake in Northeastern Minnesota, the gentle tailwind that pushed us north toward the narrows could not have been more different than the gusty first day of the museum's Boundary Waters trip in early September. I had spent a week in the front country catching up on emails and packing another round of food. Then I headed back into the wilderness.

On a gorgeous, late September day, Deb and I slipped in nine miles before lunch, and were thrilled to find a quiet campsite in James Bay. Or so we thought. It was far enough away from the Sa-

Photos by Emily Stone



A ruffed grouse prepares to jump into a wild rose bush for an evening meal of rose hips. This is one of their favorite fall foods.

ganaga Corridor that the rumble of motorboats barely reached us and the neighboring campsite stayed unoccupied, but the sunny hillside soon became a hive of activity. It started when a streak of movement materialized into the racing stripes of a least chipmunk coming to investigate our lunch on the slab of pale pink Saganaga Granite.

The mini-bear darted close, then scurried off, posing motionless for brief moments to survey the area for danger. From the top of a lichen-covered rock, they sounded their characteristic clucking alarm call, tail hiccupping with each repetition. Even though they sniffed hard at my little baggie of trail mix, I made sure the chipmunk never got a single peanut. Cute though they are, feeding wildlife at campsites is a recipe for problems.

They seemed to be finding their own food just fine anyway. Pulling long blades of grass through tiny paws, they nibbled on the seed-heads. Scrambling acrobatically up a birch sapling, they grabbed catkins from the most slender of twig tips. And, upon hearing a rustle in an overgrown area behind the fire grate, we discovered a chipmunk feasting on the tiny red fruits of a hawthorn bush. As we watched, what we thought was a single chipmunk morphed into three individuals scurrying busily around the campsite.

Chipmunks are usually solitary, so this furry flurry likely included mom and two almost-independent offspring. Starting in October, chipmunks head underground and go

through cycles when their body temperature drops from 94 degrees to the ambient temperature of their burrow—around 40 degrees. During these periods of hibernation, their heartbeat slows from their normal rate (which is up to 350 beats per hyper, stress-filled minute) down to 4 beats per minute. Every few days throughout the winter, the chipmunks will warm up, wake up, and feed on food they stored during this glorious fall weather.

Later, as Deb and I shared a pot of chili for supper, a rustle in the bush behind the fire grate gave away the position of a ruffed grouse. The Ham Lake Fire burned over our route in 2007, and the regenerating forests of aspen, birch, and other sun-loving shrubs are perfect habitat for these beautiful birds.

Precariously positioned on the flexible stems, she stretched her neck to rip at the scarlet rose hips like a cat playing with a Christmas tree. When she hopped down, we lost sight of her, until she reappeared in the same hawthorn bush where the chipmunks had been earlier. On an excursion into the woods, I was entertained by another grouse ripping leaves from the quaking aspen trees overhead. These are all typical fall foods for "wood hens," before they transition to the buds on aspen and

birch trees out of necessity and their gizzards and digestive tracts grow to accommodate the tough, bulky, winter food.

Fall isn't just about feeding. During our first evening on Clove Lake, Deb had been startled by the black neck ruff and fanned tail of a male grouse in full display while a female watched from a nearby fir tree. This time of year, as the young disperse, the established males will drum and display to make sure that no "young buck" usurps their breeding territory and associated drumming log before next spring.

With our bear-resistant food canister closed up and squares of chocolate eaten, Deb and I chatted in the setting sun. When we fell into a contented silence, a family of beavers on the far side of the lake took up the thread of conversation with their adorable grunts. We'd paddled past several active beaver lodges on our trip, each with a good supply of



This least chipmunk took a break from foraging on grass seeds, birch catkins, and hawthorn fruits to watch for danger.

willow and aspen twigs stashed out front in their "beaver freezer." All winter long, the parents, this year's kits, and any surviving siblings from the previous year will have access to the twigs from under the ice, and will tote snacks up into the lodge's feeding platform for family dinners.

The chipmunks, grouse, and beavers have the right idea, I think. Fall is the perfect season for enjoying good food and fellowship whether you're at a campsite with friends, in a lodge made of sticks, or at your community's harvest dinner. What friends are you going to celebrate the season with next?

You can discover more about Emily Stone through Natural Connections online at cablemuseumnaturalconnections.blogspot.com.



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 Around the Libraries
News and happenings from area libraries



Land O' Lakes Library

October is bringing plenty of opportunities to enjoy the season at the library, along with helpful resources for the community.

On Wednesday, October 21st, from 12:00pm-3:00pm, the library will host the Aging and Disability Resource Center (ADRC) for those with questions about Medicare. Stop in for a one-on-one session with an ADRC specialist to discuss their options and get answers.

Adults are invited to join the fun with *Candy Bingo for Grown-Ups* on Thursday, October 29th, at 1:00pm in the library's Halloween-themed party room. Why should kids have all the fun? Call the library to sign up.

The annual *Boo Bash* will also take place on Friday, October 30th, from 4:30pm-6:30pm. Families are invited to join their friends for a fun-filled evening featuring a campfire, hot dogs, games, tricks and treats, a free book, and the ever-popular Haunted Hallway. The *Boo Bash* will be held primarily outdoors, so be sure to dress appropriately for the weather. In the event of extreme weather, the celebration will be moved indoors.

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

READ • LEARN • CONNECT

Phelps Community Blood Drive

The Phelps Community Blood Drive will be held on Thursday, October 29th, from 11:30am-4:00pm at the Phelps Community Center, located at 4495 Town Hall Road in Phelps. The event is sponsored by the Community Blood Center. Before donating, be sure to eat iron-rich foods, stay well hydrated, and get a good night's sleep. Donors are encouraged to wear comfortable clothing and bring a photo ID. Donors who are 16 years old must have a signed permission form. Register in advance by calling the Community Blood Center at 800-280-4102. Your donation stays in the community to support the local hospitals.

KEEPING YOU POSTED • by Karol Wilson

On July 11th, in Austin, TX, the United States Postal Service issued the Barbie Forever stamps, in 10 designs, in a pane of 10 stamps. This pane of 10 Forever® stamps features Barbie®, the best-selling doll of all time, dressed to portray 10 different careers. In 65-plus years as a staple of imaginative childhood play, Barbie has represented more than 250 careers, encouraging generations of fans to dream big and explore a world of possibilities. Each stamp spotlights a photograph of an outfit worn by an era-appropriate Barbie doll with the apparel's release date. USPS art director Ethel Kessler collaborated with Mattel on the design of the stamps and pane, using photography provided by Mattel.



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 **Land O' Lakes, WI**

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 3

"He restores my soul..." (Psalm 23:3a)

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 3,000 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.

Here in the third verse, David says that the Lord restores his soul.

A common complaint that I hear these days is that the world we live in is soul crushing. That the trials of everyday life are overwhelming and there doesn't seem to be any relief on the horizon. This has led many to terrible feelings of hopelessness and sometimes even to terrible actions of hopelessness. However, if we look to our Shepherd, then we can see that it doesn't have to be that way.

The Good Shepherd Jesus came to give hope to the hopeless. In Matthew 11:28-29 Jesus says, *"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."* In life we may not have been blessed with great riches, physical prowess, or beguiling charisma, and we may not have the worldly prestige that accompany those things. We may not even have the things that make this life an easy life. However, Jesus tells us that His blessings do not belong to the wealthy, the

attractive, or the charming. The blessings belong to those who will trust and follow Him.

It can be a soul crushing experience to look around at your life and say, "I've only got one life, and it didn't turn out so good." This can naturally leave you feeling hopeless. However, for those who will come to Jesus and will follow His teachings (take up His yoke). Then they will find rest for their troubled souls. This will come from knowing that this life is not all there is. As we follow Christ our Good Shepherd, we know that He will lead us into green pastures and beside still waters. This He will do when He leads us into the peace of the eternal life to come. This life may never be all that great, but we can have rest and restoration of our souls knowing that this life is not the end. The life to come will be incomparably better than the life that was here on earth. In Christ alone we can trade our hopelessness for hope.

See You Sunday ~ Pastor Rob.

Pastoryerks@gmail.com, 906-358-4744.

Land O' Lakes Welcomes New Town Clerk/Treasurer

After 24 years of dedicated service to the Town of Land O' Lakes, Town Clerk/Treasurer Lynn Jolin retired from her position October 7th. Jolin leaves office with a long record of service to the community, including modernizing town record-keeping, overseeing municipal finances, and managing numerous elections.

The town extends its sincere appreciation to Jolin for her years of commitment and wishes her all the best in retirement as she spends more time with family and pursues new endeavors.

Taking over the position is Casey Vold, who officially began serving as Town Clerk/Treasurer October 7th. Vold will oversee town records, finances, elections, and other municipal operations.

The town congratulates Vold on her new position and welcomes her to the role. Residents are encouraged to offer their support and patience as she becomes familiar with the responsibilities and day-to-day operations of the office.



Photo by Bob Hughes

(L-R): New Casey Vold-Clerk/Treasurer, Dan Balog-Town Chairman, and Lynn Jolin.

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Students Get the Buzz on Bees



Photo by Bob Hughes

Ms. Lapp shows a student how to use a hot knife to remove wax from honey frames.

It was another fun and educational day at Land O' Lakes Elementary as students learned about bees and their importance, from pollination and honey production to cooking. Students began with Ms. Cokinos, learning about the vital role bees play in pollinating plants and food crops through simple hands-on experiments using colored jelly powder. Ms. Ivy Lapp then demonstrated how to remove wax from honey frames and explained the extraction process, with students taking turns spinning the frames in an extractor. The lesson continued with Ms. Bencke, who showed students how to make cookies using honey. Using the school's own beehives and the honey produced by them, the hands-on activities provided students with an informative and memorable look at the important work of bees.

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THE TIPSY HOUSEWIFE • Kit Kat Crunch Dip

by Chef April Lee

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

October in the Northwoods brings trees, chilly evenings, and reasons to gather around the kitchen table. Whether you are hosting a Halloween party, spending a weekend at the cabin, or having friends over after a fall drive, something sweet is always welcome.

My Kit Kat Crunch Dip is an easy dessert for those occasions. It takes just three ingredients and requires no baking. That leaves more time for enjoying the season and less time wondering why you volunteered to bring dessert.

Halloween can become a production. There are pumpkins to carve, costumes to find, and bags of candy to purchase, preferably twice because somebody ate the first batch. I like having a recipe that feels festive without adding another complicated project to the list.

This dip combines chocolate icing, cream cheese, and crushed Kit Kats into a creamy dessert with a little crunch. The wafer

layers in the candy bars give it texture, while graham crackers make an easy vehicle for getting it from the bowl to your mouth.

The recipe is simple enough for beginning cooks and kids can help unwrap the candy and arrange the crackers. Just keep an eye on how many Kit Kats actually make it into the measuring cup. Quality control can get enthusiastic around chocolate. Makes: 12-15 servings.

- Ingredients:**
- 2 cups bite size Kit Kats
 - 1 tub chocolate icing
 - 1 brick cream cheese, softened for easier mixing
 - Graham crackers, for serving

- Instructions:**
1. Unwrap Kit Kats and place them in a food processor. Pulse until chopped into small pieces. Leave some texture so the wafers give the dip its crunch.
 2. Place cream cheese, chocolate icing, and chopped Kit Kats in a mixing bowl.
 3. Beat with an electric mixer on high until combined and creamy.
 4. Spoon into a serving bowl and serve with graham crackers for dipping.

For a Halloween gathering, surround the bowl with graham crackers on a platter. You do not need a presentation. A festive



Photo by April Lee

bowl, or a few seasonal napkins, can make this dessert feel right at home among the pumpkins. Pretzels are another good dipping option, especially for people who enjoy salty and sweet together. Cookies or marshmallows work, too. This is already a candy dessert, so nobody should arrive expecting a salad. You can experiment with other candy bars if Kit Kats are not your favorite. Crunchier candies can stand up to chopping, while softer candy may need a gentler approach. Start with a combination you enjoy and avoid processing everything into a paste. This is also a handy way to use some of the candy left after Halloween. A bowl of dip shared with friends sounds more fun than finding candy in a cupboard next spring. Enjoy this sweet treat next to your campfire!

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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Church Holds Spiritual Walk

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