



Try Hockey for Free with ERRA

Never played hockey? Never been part of a hockey family? No problem! Kids ages 4–10 are invited to join us November 1st from 12:00pm–2:00pm at the Eagle River Recreation Association (ERRA) for a free Try Hockey event! Kids can try skating, stickhandling, shooting pucks, and having fun in a welcoming environment. On-ice coaches, community members, and local Eagle River high school boys' and girls' hockey players will be there to help. Free equipment is available for multiple seasons, with free trade-ins for larger sizes as your child grows. Free registration for the 2026–27 season will be available on-site. Hockey is for everyone—come give it a try!

Community Orchard Shares Apples

The Land O' Lakes Community Apple Orchard had a successful 2026 season, donating approximately 800 apples to the Headwaters Food Pantry and another 100 to the school. Apples were distributed on five occasions between late August and October. The harvest included 12 varieties: Zestar, Norland, Goodland, Cortland, Honeycrisp, Kindercrisp, Wealthy, Haralred, Frostbite, Sweet 16, Snowsweet, and Chestnut crab. Volunteers who helped pick apples included Jordan McGinley, Pat Bielke, Sue and Rich Groeter, Mary Beth and Oliver Mullens, Frank Marfia, and Steve Larson. McGinley also volunteered throughout the season to water, fertilize, and prune the trees as part of the Town's Planning and Beautification Committee's work overseeing the community orchard.



Photo by Bob Hughes

Planning and Beautification Committee member and apple expert Frank Marfia (L-R 3rd in photo), joined by volunteers, harvests apples.



Snowmobile Club Prepares for Trail Season

The Phelps Snowmobile Club recently gathered at the groomer barn to discuss trail maintenance and plans for clearing approximately 40 miles of trails. Following the meeting, members headed out for the morning before gathering for lunch at Sand Lake Pub. Club President Brad Lewis reported that the club maintains 31.6 funded miles and 36 actual miles of trails. With 210 members and growing, the club welcomes new members from the community. Applications are available at the Phelps Convenience Center. Hockey is for everyone—come give it a try!



Snowmobilers pose in front of the snow groomer before going out to brush trails.

Photo by Sharon Gifford

Elevated Massage & Healing Opens

Elevated Massage and Healing is now open at the Pineaire Resort, located at N2091 US HWY 45, Watersmeet, just north of Land O' Lakes. Owner Anne Discepolo is a licensed massage therapist and certified yoga instructor with over 20 years of experience. She is excited to be offering her services in the Land O' Lakes and Watersmeet area. Anne offers a variety of healing massage modalities, including Swedish Relaxation Massage, Therapeutic Deep Tissue Massage, Bio Dynamic Cranial Sacral Therapy, and Specialized Massages that integrate energy work and sound healing into the session. Hours are by appointment only. Scheduling can be done by contacting Anne at 815-701-4658 or appointments can be easily booked online at elevated-massage.com.

Yoga classes will also be offered by Anne at the Land O' Lakes Town Hall community room. *Gentle/Chair Yoga* will be on Thursdays at 9:00am–10:00am, this is an excellent class for those with physical limitations, recovering from injuries, elders, or those that prefer a slower, gentler, paced class. No yoga experience is needed.

Hatha Yoga will be taught on Thursdays at 10:30am–11:45am, this is a more active class, but beginners are welcome to attend. Both classes will include stretching, strengthening, breath work, and deep relaxation. *Gentle/Chair Yoga* is \$10 per person, and *Hatha Yoga* is \$15 per person. You must bring your own yoga mat. Cash, check, or Venmo payments accepted. Please contact Anne with any questions or concerns.

Anne's goal is to provide an inclusive, warm, and welcoming space for people to relax, heal, and enjoy a high quality massage experience. The massage setting is a peaceful and charming cottage with a Northwoods vibe. She looks forward to bringing yoga, massage and holistic wellness services to the community.



Photos provided by Anne Discepolo



GHTF Donates to Support Conover-Phelps Trail

The Great Headwaters Trails Foundation (GHTF) presented \$5,000 to the towns of Phelps and Conover, with each town receiving \$2,500 to support maintenance of the Conover-Phelps Trail. GHTF built the trail for the two towns in three phases, completing the project in 2021. The foundation also hosts its annual *Ride with Leinie* bicycle fundraiser each July on the trail. This year’s event drew a record 520 participants. Van Valkenberg noted the success of the fundraiser and acknowledged the towns for allowing the event to use the trail.



Photo by Sharon Gifford

L-R): Neal Adams-GHTF; Cheryl Adams, GHTF; Gary Meister, GHTF; Steve Doyen-Phelps Town Chairman; Chris Stark-GHTF; Laura Van Valkenberg-GHTF; Karl Jennrich-Conover Town Chairman; Steve Waier-Phelps Town Supervisor; Maureen Robinson-Phelps Town Supervisor; Jeremy Ryan-Phelps Town Supervisor; and Mary Ann Holcomb, Phelps Town Supervisor.

Historical Society Held Annual Meeting

The Land O’ Lakes Historical Society celebrated another successful year at its recent *Annual Meeting*, reviewing 2026 accomplishments and looking ahead to future exhibits and programs. Following the Pledge of Allegiance, members approved the 2025 annual meeting minutes and heard the treasurer’s and archivist’s reports. Board elections brought two new members, Forest Paukert and Yvonne Stone, who were elected to two-year terms. Board President Chris Tews highlighted the Society’s many accomplishments, including welcoming 556 visitors to the museum and introducing 29 third- and fourth-grade students to the history of Land O’ Lakes. Members also shared ideas for the museum’s 2027 exhibition. The meeting recognized



Photo by Bob Hughes

Board members in the front row along with members in the back at the meeting.

the many volunteers whose time and dedication keep the Society’s history alive and accessible to the community. With another productive year behind them, members are already looking forward to what’s next.

KEEPING YOU POSTED •

by Karol Wilson

On May 24th in Boston, MA, the United States Postal Service® issued the Mister Rogers Forever stamp, in one design, in a pane of 20 stamps. Chosen by popular vote in an unprecedented Stamp Encore competition, this USPS® issuance reprises the Mister Rogers stamp first issued in 1981. The stamp features Walt Seng’s photograph of Rogers in a red cardigan with King Friday XIII, a Mister Rogers’ Neighborhood puppet character from “The Neighborhood of Make-Believe.” Art director Derry Noyes designed the stamp.



Aid for Storm-Damaged Homes

Federal disaster assistance has been approved for Wisconsin communities recovering from severe storms and tornadoes that struck July 27th, including residents affected in Vilas and Forest counties. Eligible residents may apply for federal assistance to help recover from storm damage to their homes. Assistance is limited to eligible residential buildings; outbuildings are not eligible for FEMA assistance under this program. Representatives from the Federal Emergency Management Agency (FEMA) will be available at the Town of Land O’ Lakes Town Hall on November 18th and 19th, from 10:00am-6:00pm, to answer questions and provide information about the application process and available assistance. Affected individuals and families in Vilas, Forest and other designated counties should first file claims with their private insurance providers before applying for federal disaster assistance. FEMA may provide assistance for eligible disaster-related needs that are not covered by insurance. Residents can register for assistance online at DisasterAssistance.gov or by calling 800-621-3362. Residents with questions about eligibility, required documentation or the application process are encouraged to contact FEMA or visit the Town of Land O’ Lakes during the scheduled assistance dates to learn more about available recovery resources.

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BORDER HAPPENINGS

ANNOUNCEMENTS • • •

★ Featured in this issue.

Change Clocks Back: Nov 1.
Veterans Day: Nov 11.
Thanksgiving: Nov 26.
Small Business Saturday: Nov 28.

School Info: 2026-2027

NPSD:
-**No School:** Nov 8.
- **One Act Play-Unspoken:** Nov 10, 7pm.
-**Teacher In-Service:** Nov 23-24.
-**Thanksgiving Break:** Nov 25-27.
Phelps:
-**Conferences:** Nov 6, 2-7pm.
-**Teacher In-Service:** Nov 12, Nov 23-Virtual.
-**Thanksgiving Break:** Nov 24-27.
Watersmeet:
-**No School:** Nov 16-17.
-**Thanksgiving Break:** Nov 25-Nov 27.

* **WI Deer Hunting Season:**
-**Bow:** Sept 12-Jan 3, 2027.
-**Gun:** Nov 21-29.
* **MI Deer Hunting Season:**
-**Bow:** Oct 1-Nov 16, Dec 1-Jan 1, 2027.
-**Gun Season:** Nov 15-30.
*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@conoverlions.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 • • •

Black Friday Glow Party: Bent's Camp, Nov 27.

Ornament Workshop: Library, Nov 28, 11am-1pm.

Breakfast with Santa: Gateway Lodge, Nov 28, 8-11am.

Whobilation Christmas Celebration: Nov 28, 10am.

Christmas Craft Sale: School, Nov 28, 9am-2pm.

VFW Christmas Party: Dec 5, Apps 4pm, Dinner 6pm. ★

LIBRARY:
LVD Tribal History: Nov 18, 4pm.
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:

Lake Superior Driftwood Gnomes: Nov 6-8, 11am-2pm.

Gnome Wall Decor: Nov 12, 5:30-7:30pm.

Coffee & Canvas-Gnomes: Nov 14, 10am.

Linocut Printmaking-Xmas Cards: Nov 16, 10am-4pm.

Gnomes on Wood: Nov 19 & 20, 10am-3pm.

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 (except no school days) 3:35-6:30pm.

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.

Yoga: Town Hall, Thurs:
-**Gentle/Chair:** 9-10am.
-**Hatha:** 10:30-11:45am.

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 • • •

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: Community Center, Mon 1pm. Call 715-617-0308 for date.

Phelps Historical Museum: By Appointment. Call Pauleyn 715-617-5551 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.

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 •

Veterans Day Service: Veterans Memorial Triangle, Nov 11, 11am.

EAGLE RIVER •

Spiritual Walk: God's Gathering Place, Oct 31, 9am-3pm.

Alive Again-Tribute to Chicago: NPHS, Nov 7, 7pm.

Old Fashioneds Up North: Eagle Waters Resort, Nov 14, 6-9pm.

Holiday Bazaar: Kalmar Center, Nov 21, 9am-3pm.

Wi-Doess Wine Walk: Downtown, Nov 21, 12-5pm.

Bingo: Kalmar Ctr, Mon 6 & 7pm.

OLSON MEMORIAL LIBRARY:
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.

MINOCQUA •

Holiday Market: The Waters, Nov 20-21, 9am-6pm

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.

ST. GERMAIN •

Christmas Bazaar: Community Center, Nov 14, 9am-3pm.

Tree Lighting Celebration: Downtown, Nov 28, 4pm.

UPPER MICHIGAN •

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

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Next issue: November 13, 2026
Submissions by: October 31, 2026

THE TIPSY HOUSEWIFE • Fall Turkey & Gravy

by Chef April Lee



A chilly Northwoods Sunday calls for something warm and comforting, especially after raking leaves, closing up the cabin, or taking a walk through the woods. For me, turkey and gravy over mashed potatoes fits that bill perfectly. Fortunately, you do not need to roast a whole bird to enjoy a little Thanksgiving dinner.

These slow cooker turkey breasts are ideal for a smaller holiday gathering, a cozy weekend supper, or extra white meat alongside your Thanksgiving turkey. In my family, there never seems to be enough white meat, so having another option makes everyone happy.

I bought two Butterball boneless turkey breast roasts at Aldi for approximately \$12-\$14 each. Each package is labeled 3lbs, including a gravy packet. Look for similar roasts in your grocery store's frozen turkey section. With sides, each should serve 4-6 people.

This is also a practical meal when company is coming for the weekend. Set out the turkey, a couple of sides, and some rolls, and let everyone help themselves. A simple supper can still feel special without filling every pan.

For a Northwoods touch, serve with wild rice and a little cranberry sauce. Mashed potatoes and egg noodles are equally welcome at this table. Makes: 8-12 servings with sides.

Ingredients:

- 2 thawed Butterball boneless

turkey breast roasts, packages labeled 3lbs each with 2 gravy packets

- Avocado oil
- Poultry seasoning
- Sage
- Celery salt
- Rosemary
- Black and white pepper
- Parsley
- 2 cups water
- Turkey bouillon, start with 1 teaspoon

Instructions:

1. Remove outer packaging, reserve gravy packets. Remove string netting for turkey that falls into chunks, or leave cooking netting on for easier slicing.
2. Rub turkey with oil. Season with poultry seasoning, sage, rosemary, black pepper, and a little celery salt. For more flavor, loosely cover and refrigerate overnight.
3. Whisk gravy packets with water, bouillon, poultry seasoning, sage, both peppers, and parsley. Start lightly with bouillon because the turkey and gravy already contain salt.
4. Place turkey in a slow cooker large enough for both roasts with the lid closed. Pour gravy mixture over turkey.
5. Cover and cook on low. Mine took 8 hours; begin checking earlier. Both roasts must reach 165°F in their centers.
6. Rest turkey for 10-5 minutes. Remove remaining netting, slice or separate into chunks, and return to hot gravy.
7. For thicker gravy, transfer it to a saucepan. Whisk together one tablespoon each cornstarch and cold water. Stir into simmering gravy and cook until thickened.



Photo by April Lee

Leftovers make delicious sandwiches for another day at the cabin. Refrigerate promptly in shallow containers and use within 3 days. You can also freeze the turkey in its gravy a couple of weeks before Thanksgiving. Thaw in the refrigerator and reheat to 165°F.

That leaves more time for enjoying a Northwoods evening and less time fussing over dinner.

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 TheTipsyHousewife.org for recipes.

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Conover Lion's Kids Halloween Party

The Conover Lion's Club will host their annual *Kids Halloween Party* on October 31st at the Conover Recreation Center located at 4697 Park Circle, Hwy K East; from 5:00pm-7:00pm. The fun begins with pumpkin decorating, games, prizes, and costume parade, with plenty of treats and fun for all.

Food and beverages are available, and prizes will be awarded for participating in the event. Children 12 and under. For more information or to volunteer to help with this event call Kathy Johnson at 715-477-0575.

Halloween Events in Phelps

Phelps will celebrate *Halloween* on Saturday, October 31st, with townwide *Trick-or-Treating* from 1:00pm-4:00pm. A map showing participating homes will be available at the Phelps Convenience Center on the day of the event.

The Phelps Woman's Club will hand out treats from vehicle trunks in the Phelps Community Center parking lot, while the Eleanor Ellis Library will have a treat table. Other community members are welcome to join in by handing out treats from their vehicles. The fun continues from 4:00pm-6:00pm with a *Fall Bash* for children at Phelps School.

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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 4

"He leads me in paths of righteousness for His name's sake." (Psalm 23:3b)

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.

Thus far in Psalm 23, David has

spoken much of the blessings that come to us from following the Lord as a sheep follows its shepherd. Continuing in the third verse, David tells us that the Lord also leads him in paths of righteousness.

To be led in paths of righteousness means to be led to live a life that is morally right before God. That is to live a life that is free from sin and is pleasing to God. In Matthew 7:14, Jesus tells us that "the gate is narrow and the way is hard that leads to life, and those who find it are few." Therefore, if we are to navigate the paths of righteousness we must be led there by our Shepherd. We won't find our way there on our own. We must be led by the One who is "the Way, and the Truth, and the Life." (John 14:6)

A good shepherd will care well for all of his sheep without exception. He will lead them to green pastures and still waters. However, he does not do so just for the sake of the sheep. David tells us that we are led in paths of righteousness for the sake of the Shep-

herd's name. In Biblical times and culture, a name was more than the words used to differentiate one human from another. It was a representative placeholder of all a person was, had, and did. So, to have an exalted name, or a name above other names was to be more and greater than others. When people see the state of the shepherd's sheep it will reflect upon the quality of the shepherd and will therefore elevate his name and reputation.

When we put these things together, we see that as we follow the Good Shepherd Jesus in paths of righteousness, we don't just do so for our blessing. We do so to bring glory to our Shepherd. To elevate His name and reputation. What Jesus gives us, and what we do as His sheep are to be for His glory. We are to live righteous lives so that we will reflect well upon Jesus, and that all will see that He truly is the Good Shepherd.

See You Sunday ~ Pastor Rob.

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

Students Learn Fire Safety

Phelps Elementary students enjoyed an afternoon of fire safety education at the Phelps Fire Department. During their visit, students had the opportunity to try out a fire hose, explore firefighting equipment, and get an up-close look at the vehicles firefighters use to help protect and keep our community safe. It was a fun and educational experience that gave students a greater appreciation for the important work of our local firefighters.



Photo provided by Sharon Gifford

Phelps Fire Department taught fire safety to Phelps Elementary students.

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MI-TRALE Adds Trail Counters

MI-TRALE received a \$7,500 Yamaha Outdoor Access Initiative grant to install nine additional TRAFx trail counters on trails in Michigan's Western Upper Peninsula. Installation is scheduled for October, with all materials now on site. The counters operate year-round, tracking

ORV and snowmobile traffic to help MI-TRALE monitor trail use, identify traffic patterns and plan maintenance. The data is collected twice a year and shared with interested parties. MI-TRALE President Donald Helsel noted that the additional counters will provide more complete information to improve trail maintenance and enhance safety and recreation for trail users. Pat's Motor Sports in Greenland, MI, also supported the grant and local trail systems.

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HEALTH & WELLNESS • Tips for a Healthy Winter

New Forestry Assistance

by Dr. Wendy Henrichs



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

As the days grow shorter and the temperatures begin to drop, many of us start preparing for winter by bringing out the heavier coats, checking the furnace, and getting our homes ready for the cold months ahead. But have you thought about preparing your body for winter, too? The transition into winter can bring changes to your activity levels, eating habits, sleep patterns, and overall well-being. A little preparation now can help you feel your best and stay active throughout the season. Here are five strategies to prepare your body for a healthy winter.

1. **Keep Moving, Even When It is Cold:** When temperatures drop, it is tempting to spend more time curled up on the couch. However, regular physical activity is important for maintaining strength, flexibility, balance, and joint health. Walking, stretching, strength training, or participating in indoor activities can help keep your body moving when outdoor exercise becomes less appealing. Exercise is also supportive to your immune system.
2. **Give Your Body the Nutrition It Needs:** Winter is a great time to focus on balanced, nourishing meals. Include a variety of fresh or frozen organic vegetables, fruits, whole grains, organic, grass-fed, or wild-caught proteins, and healthy fats. Soups, roasted vegetables, and hearty homemade meals can provide a

wide array of nutrients to support your immune system. Staying hydrated is equally important, even when you do not feel as thirsty as you do in warmer weather. Begin drinking water upon rising and drink water throughout the day, aiming for at least half of your body weight in ounces. Adding supplements like Vitamin D3+K2, Vitamin C, Zinc, and Omega-3 (DHA +EPA) can give your body some extra immune support. Talk to your natural health care provider to see what is right for you.

3. **Make Sleep a Priority:** Shorter days and changing routines can affect your sleep habits. Aim for a consistent bedtime and wake-up time, create a relaxing evening routine, and make your bedroom comfortable for rest. Turn off screens at least an hour before bed. Quality sleep supports physical recovery, healing, mood, and overall health.
4. **Protect Your Back and Joints:** Winter chores can put unexpected demands on your body. Shoveling snow, scraping ice, and carrying heavy items can strain your back and shoulders. Warm up before tackling strenuous tasks, push snow when possible, rather than lifting it, and use your legs and hips when lifting. Take fre-

quent breaks, and do not hesitate to ask for help with heavy or difficult jobs.

5. **Don't Forget Your Mental Well-Being:** Less daylight and spending more time indoors can affect your mood and motivation. Make an effort to connect with family and friends, enjoy hobbies, get outside during daylight when possible, and maintain activities that bring you joy.

Preparing for winter does not require a major lifestyle overhaul. Small, consistent habits can make a meaningful difference in how you feel and function throughout the colder months. As winter approaches, remember that taking care of yourself is just as important as taking care of your home. Get outside, nourish your body with good nutrition, daily movement, social interaction, quality sleep, and sunlight. Remember, it is never too late to make a Shift in Health.

Dr. Wendy Henrichs of Timber Land Chiropractic provides comprehensive chiropractic care including pregnancy care, pediatric care, post-concussion and sports injuries, FX 635 Laser, Zeron fat loss laser, nutrition counseling and wellness services. Timber Land Chiropractic is located at 1 E. Courtney St. Rhinelander. More info, 715-362-4852 or www.timberlandchiropractic.com.



Photo provided by Conservation District

The Gogebic & Ontonagon Conservation Districts have hired a new Forestry Assistance Program Forester, Amanda Stear. The Forestry Assistance Program helps family forest owners achieve their goals for woodland ownership. Program foresters are credentialed natural resource professionals who can help you increase the recreational, habitat, and economic opportunities in your woods. Our forester provides free site visits and assistance, including information about state tax incentives and federal cost-share programs. For more information, contact Amanda Stear at 906-663-4512 or amanda.stear@macd.org.

VFW Annual Christmas Party

Celebrate the holiday season with friends and fellow members at the Stateline VFW Post 8400 annual *Christmas Party* on Saturday, December 5th. Members, friends, and guests are all welcome to join in the festive fun. The evening begins with a social hour and appetizers from 4:00pm-6:00pm, followed by dinner at 6:00pm. Guests can also enjoy a 50-50 drawing and free gift basket raffles. Each paid meal includes one gift basket raffle ticket for a chance to win. The cost is \$25 per person, payable in advance at the VFW. Please sign up and pay by November 18th to reserve your spot. Come share in the holiday cheer, enjoy a delicious dinner, and celebrate the season with your VFW family and friends. Hope to see you there!

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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.

The forest of fall colors visible from my favorite rocky knob were past peak, but yellow, green, and orange aspen leaves still glowed among the gray twigs of the maples. Temperatures were sinking in tandem with the sun, so I didn't tarry too long on this after-work hike. A flash of movement on the narrow trail snapped me out of my thoughts and brought me up short.

The garter snake must have been using the last rays of sun to warm themselves in the middle of the trail. Being ectothermic and using the environment instead of their metabolism to regulate their temperature means that snakes need less than one tenth of the food required by a mammal of a similar size. It's very efficient, except when the warmest surfaces are traversed by humans.

My eyes barely registered the snake's dart to safety and still my brain knew exactly what was going on. Once we were both frozen in place, it took me several mo-

ments to spot the parallel ribbons of black and pale green in the dry leaves on the edge of the trail. Their red, forked tongue darted out to gather chemicals from the breeze. Head up, their long, muscular body tensed and then began moving forward, the back half of their body tracing the same sinuous path that their front half pioneered. Where would they go?

I was mesmerized by the effortlessness of their movement back across the rough dirt path. It brought back physical memories of roller skating as a kid and the challenge of propelling myself forward using only subtle pressure on the insides and then the outsides of my wheels. Even as the snake climbed a small slope of bedrock, I could see how slight curves of their body found purchase on slight irregularities on the rock and conspired with the scales on their belly to enable forward movement.

This technique is called serpentine motion, and is the most common way for garter snakes to move. On especially slippery surfaces, garter snakes might attempt a sidewinding motion, but it's not as coordinated as when a desert snake loops around to avoid touching hot sand. In confined spaces, where S-curves are limited, garter snakes may expand forward, hook their scales on

some small notch, and then pull the rest of their body along in a motion resembling an accordion.

Nosing between two rocks, the snake seemed to be searching for something. But no, that wasn't the place. They swung around and moved along the base of the rock until reaching a long crack. Tongue flickering in apparent recognition, they lifted their head up toward a wide place in the crevice, nosed in, and began disappearing into the dark. Their stripes flowed forward as if the rock was slurping them up like long, wet spaghetti noodle.

And then the snake was gone.

Using the flashlight on my phone, I peered into the crevice. A smooth tunnel of soil vanished into the earth. What lay beneath? This outcrop of rock had been a jumbled flow of 'A'ā lava just 1.1 billion years ago during the Mid-Continent Rift. Over its life of being buried and excavated, the rock had become both more smooth and more fractured. Although the volcanic heat was long gone, the warmth of the summer sun would be stored in the bedrock. As long as the snake could wiggle their way below the frost line where the temperature would remain above freezing, this would be a good place to spend the winter.

Large numbers of garter snakes often gather in crevices like this

one, or burrows or basements, to snuggle in and share body heat throughout the winter. In their hibernacula, these cold-blooded beings enter brumation, which is a slowing of their metabolism, breathing, and heart rate that is similar to hibernation.

Thinking back, I can remember seeing a garter snake in this exact spot at least one other time. And I'm pretty sure that the front of a hiking group saw them several more times while I was at the back helping people down the steep slope from the overlook. It would make sense, since good hibernacula are used year after year.

Tummy rumbling, I sped up on my way back to the car. The snake's belly was likely even emptier than mine, since they make a point to stop eating well before brumation. It's best if all of their frog snacks or toad tidbits are digested and absorbed before their systems shut down, or else the food will decay instead of digest and make them ill. Perhaps they had been sunning themselves

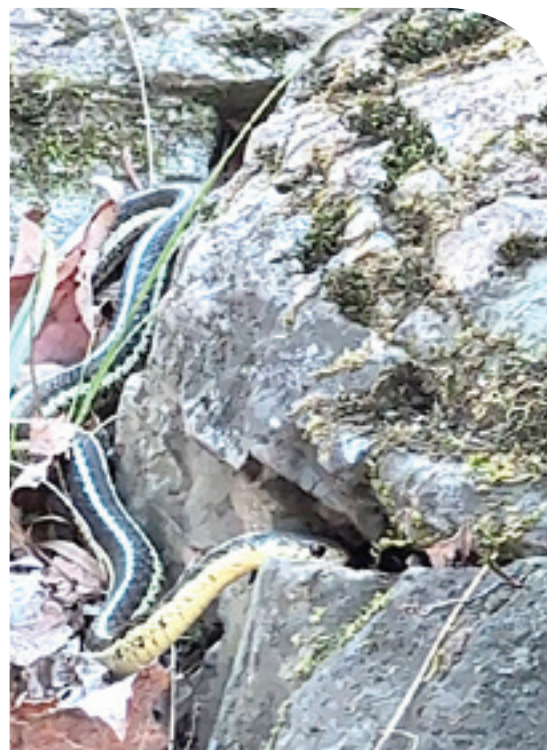


Photo by Emily Stone

Once the snake entered this rock crevice, the body followed the head like a piece of spaghetti being slurped into the earth.

in the trail in order speed the processing of their final fall meal.

No sun remained now, as both the day and the season darkened toward the coming winter.

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.

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Gogebic Conservation District Election Board Recruitment Notice

The Gogebic Conservation District is seeking interested persons to run as candidates for a 4 year term on the Board of Directors. The election is set for **January 14th, 2027**.
One 4 year term on the Gogebic Conservation District Board will be contested for in the election.

Candidates interested in being on the ballot must submit a nominating petition, signed by a minimum of 5 residents of Gogebic County at least 60 calendar days prior (**November 15th, 2026**) to the Annual Meeting (**January 14th, 2027**).

Nominating petitions are available at the Gogebic Conservation District Office at 500 N Moore St., Bessemer, MI 49911 or can be downloaded from the Gogebic Conservation District website, gogebiccd.org.

The function of Conservation Districts is to assist landowners with practices to improve and/or protect their land and water resources and manage habitat for fish, wildlife, and other natural resources for present and future generations. The Board participates in identifying the conservation needs and desires of the citizens of the district and through resources of available natural resource programs, coordinates and manages the implementation of activities addressing those needs and desires.

If you have any questions, please contact the District Office at 906-663-4512.

Record Turnout for Midwest Musky Classic

Bill White of Ringle, WI, won the 46th annual *Midwest Musky Classic* with a 48¾" musky caught on Lac Vieux Desert on the tournament's final day. Hosted by the Phelps Chamber of Commerce, the event drew a record 217 anglers, a 10% increase over last year, including 52 first-time participants.

Anglers caught 24 muskies, more than twice last year's total. Lac Vieux Desert produced 18 fish, followed by 3 on Kentuck Lake, 2 on Big Sand Lake, and 1 on North Twin Lake. Long Lake and Kentuck Lake were added to the tournament's traditional fishing locations this year.

White earned \$2,285 for 1st place and Sunday's Big Fish award. Doug Meidl placed 2nd with a 48¼" musky, Wade Sebald took 3rd with a 47¾" fish, and Hunter Lester earned 4th place with a 47¾" musky.

The tournament concluded with an awards luncheon at the new Phelps Community Center. The annual event brings anglers and families to the area, benefiting local lodging, restaurants, and businesses. Next year's *Midwest Musky Classic* is scheduled for October 1st-3rd, 2027. For information, visit www.phelpswi.com.



Photo provided by Phelps Chamber

Bill White of Ringle, WI won the Midwest Musky Classic in Phelps with this 48.75" musky caught on Lac Vieux Desert.

Search & Rescue Dogs Visit Library

The Land O' Lakes Library recently hosted an informative program on search and rescue handlers and their canine partners. Library Director Shelly Knaack introduced Janet Siefert and her dog, Pyro, and Tricia Karaba and her dog, Rhea. They explained the work of the Oneida and Vilas County Search and Rescue teams, highlighting the training and dedication required of these volunteer handlers and their dogs. Audience questions provided further insight into the important, life-saving work performed by these unpaid volunteers. Following the indoor presentation, attendees moved outdoors behind the library to watch the search techniques. The program

handlers and dogs demonstrate several was sponsored by Jan Bathke in memory of her late husband, Rod. Also participating were Brad Knaack and Mozzarella, and Louise Horn and Sonny.



Photo by Bob Hughes

(L-R): Brad Knaack & Mozzarella; Louise Horn & Sonny; Tricia Karaba & Rhea; and Janet Siefert & Pyro.

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