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## Local Boy Lives the Dream at NASA's SPACE CAMP



Eric Hedberg at SPACE CAMP

Eric Hedberg of Land O' Lakes, WI recently attended SPACE CAMP at the U.S. Space & Rocket Center, home of SPACE CAMP and NASA's official Visitor Information Center for Marshall Space Flight Center, from July 3–11, 2011. The week long educational program promotes science,

technology, engineering and math (STEM), while training students and adults with hands-on activities and missions based on team work, leadership and decision-making.

Eric, an 8th grader at Northland Pines, was part of the SPACE ACADEMY Aviation Program which is specifically designed for trainees who have a particular interest in flight. He spent the week training with a team that flew a simulated Space Shuttle mission to the International Space Station (ISS). Once aboard the ISS, the crew participated in experiments and successfully completed an extra-vehicular activity (EVA), or space walk. Eric and crew returned to earth in time to hear retired Space Shuttle astronaut Dr. Don Thomas speak at their graduation. He earned his wings for graduating from the training and earned a special award (pin) called the Outstanding Mission Award. He earned this for successful completion of his crews shuttle mission.

Eric's crew was made up of 15 boys and girls from around the world—including Australia and India. Eric's position during the mission was that of Payload Specialist. During the Helodunker (downed helicopter) exercise he was the copilot. He and all his crew successfully escaped the downed helicopter submerged in a lake. Eric also had lunch with astronaut Dr. Don Thomas who shared his experiences of his missions aboard the shuttles Colombia and Discovery.

SPACE CAMP crew trainers—who lead each 16-member team—must have at least a year of college, and 67% of the 2011 staff are college graduates. SPACE CAMP operates year-round in Huntsville, Alabama, and uses astronaut training techniques to engage trainees in real-world applications of STEM subjects. Students sleep in quarters designed to resemble the ISS and train in simulators like those used by NASA. More than 560,000 trainees have graduated from SPACE CAMP since its opening in Huntsville in 1982, including STS-131 astronaut Dottie Metcalf-Lindenburger. Last year, children and teacher from all 50 states and 58 international locations attended SPACE CAMP.

Eric's experiences at the Space Academy has reinforced his desire to one day work at NASA—which has been a dream of his since he was young. Interested in training like an astronaut? Visit [www.spacecamp.com](http://www.spacecamp.com) or call 1-800-63 SPACE.



4th of July  
at SPACE CAMP

# BORDER HAPPENINGS

★ Featured in this issue.

## ANNOUNCEMENTS • • •

**First Day of School:** Northland Pines & Phelps, Sept 1.

## CONOVER • • •

**Open Mike Night:** Rohr's Wilderness Tours-Rummels Rd, every Sat 7pm. Jul 2-Aug 20.

**Blessing of Animals:** Pioneer Lk Lutheran Church, Aug 21, 3pm. ★

**Conover Transfer Station:** Fri, Sat, Sun, Mon, 9am-3pm (May 1 to Labor Day). Wed evening 6pm-8pm. Closed Tues & Thurs.

**Conover Post Office Window:** Mon-Fri, 9am-12:30 & 1:15-4pm, Sat 9-11am.

## LAND O' LAKES • • •

**Headwaters Art League Show & Sale:** Gateway Lodge, Aug 11-18. Reception, Aug 12, 5-7pm.

## LOL LIBRARY PROGRAMS:

**Movie-The Lincoln Lawyer:** Aug 12, 1pm.

**Nature's Niche-Dean Tlachac & his flying friends:** Aug 17, 10am.

## LOLA ART CENTER CLASSES:

**Painting on Water:** Aug 24, 12:30-3pm, Kids 12+, \$16, reg. by 8/17.

**Painting on Water:** Aug 24, 5:30-7:30pm, Adults, \$22, reg. by 8/17.

**Painted Canvas Grocery Bags for Headwaters Food Pantry:**

LOL Farmer's Market Lot, Aug 25, 10am-12pm, \$15, Register by 8/18.

**Beginning Primitive Wool Rug Hooking:** Aug 25 & Sept 1, 3-5pm, \$20, Call Wendy to register.

**Line Dancing** moved to St. Alberts. For dance workshop & more info call Wendy at 715-493-5361 or lolartswi.com.

**Friendship Sunday:** Hope Lutheran Church, Aug. 21, 9:30 am CST. ★

**A.A.:** LOL Town Hall, Sun, 2pm.

**LOL Fish & Game Club:** Ely Mem Church, 2nd Tue, May-Oct.

**LOL Tennis Jesters:** Mon & Thurs, 9 am, LOL tennis courts. All levels of play, everyone welcome.

**Headwaters Food Pantry:** mtg, Olympic 76 St, 3rd Tue, 1pm.

**Food Pantry Pick-up:** Olympic 76 St, 1st & 3rd Wed, 9am-12pm.

**LOL VFW Post 8400:** VFW Hall, Last Tue, 7pm.

**Gateway Ladies Golf League:** Gateway Course, Wed, 8:30am.

**Kid's Story Hour:** LOL Library, meets Wed 10-11am. Stories, games, crafts, treats, and more.

**Drop Stitch Group:** knit & crochet group, LOL library, Wed, 1-3pm.

**Bingo:** St. Albert's Church, Wed, 7pm. ★

**Frosty Snowmobile Club:** LOL Town Hall, 1st Wed, 6pm.

**LOL Planning & Beautification Meeting:** LOL Town Hall, 2nd Wed, 8:30am. Public welcome.

**Home-School Book Club:** LOL Library, 1st & 3rd Wed, 1pm. Youth ages 9+. Call 715-547-6006.

**Wilderness Lakes Trails:** LOL Chamber Building, 4th Wed, 5pm. Public welcome.

**VFW Post 8400 Ladies Auxillary:** LOL VFW Hall, last Wed, 2pm.

**LOL Farmers Market:** Thu, 9am-Noon, until Labor Day.

**New-U Club:** Headwaters Bank, Thu, 8:45-10am.

**Airport Commission:** Land O' Lakes Airport, 2nd Thu, 5:30pm. landolakesairport@hotmail.com

**LOL Chamber Meeting:** 3rd Thu, 8am. Public welcome.

**Open Mike Night:** LOL Farmers Mkt Lot, Fri, 7pm.

**Flea Market:** Stateline Restaurant parking lot, Saturdays, 8am-2pm.

**LOL Collection Site:** Tue 8am-3pm, Thu 12-5pm, Sat 8am-4pm, Sun 9am-12pm.

**LOL Post Office Window:** Mon-Fri, 9:30am-1pm & 2-4pm, Sat 9:30-11am.

## PHELPS • • •

**Studio & Garden Walk:** Aug 12-13.

## LIBRARY PROGRAMS:

**Movie Morning-Mars Needs Mom:** Aug 12, 10:30am.

**Wonders of the Night Sky:** Aug 18, 10:30am, Frank Kovac of Kovac's Plantarium from Monico,WI.

**Library Hours:** M, T, TH, F: 10am-4pm, W: 2pm-6pm, Sat: 10am - noon. Check us out at <http://phelps.wislib.org> or call 715-545-2887.

**August Fest:** Hillside Resort, Aug 14, 12-4pm. ★

**Phelps Town Board Meeting:** 2nd Mon, 7pm.

**Phelp's Women's Club Meeting:** 3rd Mon, 1pm. Call Sharon Gifford for more info 715-545-4008.

**Phelps Senior Center Meeting:** 4th Mon, 1pm. Call (715) 545-3983

for lunch reservation 24 hours prior to the meeting.

**Farmers Market:** Dwntrwn Phelps, Tues, 9am-1pm.

**Phelps Lions Club:** 3rd Thu, 6pm. Call Dick Martin at 715-891-2296 for location.

**Phelps Historical Museum:** Hwy 17 Dwntrwn. Open Tues 10am-12noon; Fri & Sat, 10am-2pm. No charge. Call Jan Petrick for more info, 715-545-2545.

**Phelps Public Library:** Mon, Tue, Thu, Fri - 10am-4pm; Wed - 2-6 pm; Sat - 10am-12pm.

**Phelps Transfer Station:** Memorial -Labor Day: Tues 12-3pm & Sat 9am-2pm. Winter Hours: Sat, 9am-12pm.

**Phelps Post Office Window:** Mon-Fri, 8:30am-12:45 & 2-4pm; Sat 9-11am.

## WATERSMEET • • •

**OTTAWA VISITORS CENTER PROGRAMS: Weather Watch:** Aug 11, 7pm. Matt Zitka from Nat'l Oceanic Atmospheric Admin. discusses winter storms.

**Log Cabin Heritage:** Aug 18, 7pm. History of log cabin building.  
**The Sylvania Wilderness:** Aug 25, 7pm. Look at the past and future of Sylvania. ★

**Annual Traditonal Pow Wow:** Old Indian Village Pow Wow Grounds on LVD, Aug 12-14. ★

**U.P. Thunder Riders Snowmobile Club-Watersmeet Swap Meet:** Sept 24, for more info 906-358-9959.

**Sew What Group:** Watersmeet Baptist Church, Tue, 10am-9pm.

**Watersmeet Township Board of Education Meeting:** 3rd Mon, 7pm, unless otherwise noted.

**Invasive Species Control Coalition of Watersmeet (ISCCW):** Ranger District Headquarters in Watersmeet, 3rd Wed, 9am. Jul-Sept.

**Watersmeet Dump:** Mon, Tues, Thu, Fri, 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 AREA 55th Annual Musky Jamboree:** Aug 12-14.

**MUSIC ON MAIN: Sharon Iltis & The Skytones:** Aug 18, 6:30-8:30pm. This trio brings together a fresh sound of uplifting, easy listening, hope inspiring music.

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**Fishing Guide Seminar:** Musky Fly Fishing: Aug 21, 7pm, Boulder Junction Comm. Ctr.

**Different Drums of Ireland:** BJ baseball park, Aug 28, 2pm. ★

## EAGLE RIVER AREA

**Vilas County Fair:** Aug 11-14.

**Franklin Freestyle Wakeboard Tournament:** Camp Nicolet, Aug 14, 9am-3pm.

**Paul Bunyan Fest:** Aug 17, 10am-4pm.

**Youth Auction Days:** Ice Arena, Aug 19-20, 6:30pm.

**Rally For A Cure Golf Outing:** Aug 20, 9:30am.

**Life Talks:** Advanced Directions - A Gift to Your Family: Olsen Memorial Library-ER, 2nd Tues, 12-1pm. Hosted by Dr. Kate Hospice.

**Vilas Cty Master Gardener's Mtg:** Prince of Peace Church, 2nd Thurs, 7pm. Public invited. A speaker covering topics from amending soil, container gardens, bee keeping, growing Zone 3, etc.

## MANITOWISH WATERS AREA

**NORTH LAKELAND DISCOVERY CENTER PROGRAMS:**

**Magnificent Monarch Tagging:** Aug 12, 1-2:30pm.

**Sailing Lessons:** Aug 13, 1-3:30pm. Ages 8+.

**Nature Nook-Wild Weasels..**

**With Flash the Ferret:** Aug 13, 9am-12pm. Aug 14, 10am-12pm.

**Basketry Workshop for Young Ones:** Aug. 13, 1-4pm.

**Please register** by calling 877.543.2085 or online at [www.DiscoveryCenter.net](http://www.DiscoveryCenter.net).

## MINCOQUA AREA

**Power of Your Mind Workshop:** Holistic Health & Wellness Center Woodruff, Aug 20, 10am-12pm. ★

## RHINELANDER AREA

**ADVANCED HEALTH PROGRAMS:**

**Nutrition for Dummies:** Aug 17, 6:30-7:30pm, Ashley Stelter.

**Fibromyalgia:** Aug 24, 6:30-7:30pm, Ashley Stelter.

**Chiropractic for Dummies:** Aug 24, 1-2pm. Dr. Brian Hansen.

**Info:** Natural Health Improvement Center 715-362-2300, email [advancedhealth@charter.net](mailto:advancedhealth@charter.net), or [www.advancedhealthnhic.com](http://www.advancedhealthnhic.com).

## ST. GERMAIN AREA

**Pigs in the Pine:** St. Germain Comm. Park, Aug 4-6, 11:30am-9pm.

## THREE LAKES

**7th Annual Art on Main:** Aug 14, 10am-3pm.



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Next issue: August 25, 2011  
Submissions by: August 13, 2011

## What A Great Community!

On Sunday, July 24th, a benefit including a spaghetti dinner, silent auction, raffle, 50/50 and bake sale was held at the Gateway Lodge for Bill Whitney, manager of the Land O' Lakes Village Market. Bill recently had emergency brain surgery.

Even though times are tough now for many, the response from businesses, churches, residents, visitors and volunteers was overwhelming. Cars were parked along B and south on 45. It brought tears to all of us who volunteered that day. What a great community we live in. May God Bless all of you.

## Friendship Sunday

Hope Lutheran Church invites you to join us for Friendship Sunday, August 21 at 9:30am CST. A luncheon will follow this special worship service. Located on Hwy 45, just north of Land O' Lakes.

## August Fest 2011

August Fest, sponsored by the Lac Vieux Desert Lake Association, will be held Sunday, August 14, from noon until 4 p.m. August Fest will be at Hillside Resort, located on South Shore Road in Phelps, WI.

The *all-you-care-to-eat* feast—which will include gumbo, fish, burgers, brats, hot dogs, crayfish, bean, fries and coleslaw—will cost \$10 for adults and \$5 for children 10 and younger. Tickets may be purchased at the event. A cash bar with beer, wine, coolers and water will be on site.

Doug "Wolfman" Knapp will be entertaining with karaoke music. In addition, there will be a bake sale with cream puffs, breads, cookies and other homemade items.

It will be the last opportunity to purchase fundraising raffle tickets for \$5 each or five for \$20. The drawing will be held at 4 p.m. Prizes include a St. Croix muskie rod and Ambassador reel; a St. Croix walleye rod and reel; a 40 inch flat-screen TV; a 270 Ruger Hawkeye; a week's vacation at Hillside Resort; a week's vacation at Thunder Bay Resort; a three-night stay at Sunrise Lodge including three breakfasts and two dinners; and a two-night ice fishing package from Wind Drift Resort.

Everyone is welcome to attend. All proceeds will be used for Lac Vieux Desert improvements.

## Amazing Power of Your Mind

A Workshop in Self-Improvement

Saturday Aug. 20, 2011, 10:00 to 12:00 a.m. at the Holistic Health & Wellness Center, 1106 4th Ave. Woodruff, Wisc. (Near the Howard Young Medical Center).

Presented by Wendy Schaez, CH, in this powerful workshop you will learn: the truth (and myths) about hypnosis, how using the BAM! Approach helps move you forward and eliminates obstacles from your life, how to access the amazing power of your subconscious mind to make lasting improvements. Included in workshop is the ultimate stress-buster "A Spa for the Mind" a deeply relaxing experience!

The workshop is \$20.00/person, or \$35 for a couple or two friends. Call or email today to reserve your spot, or for a FREE phone consultation to learn more about hypnosis and personal coaching: (888) 392-0188 or email [wschaez@gmail.com](mailto:wschaez@gmail.com)

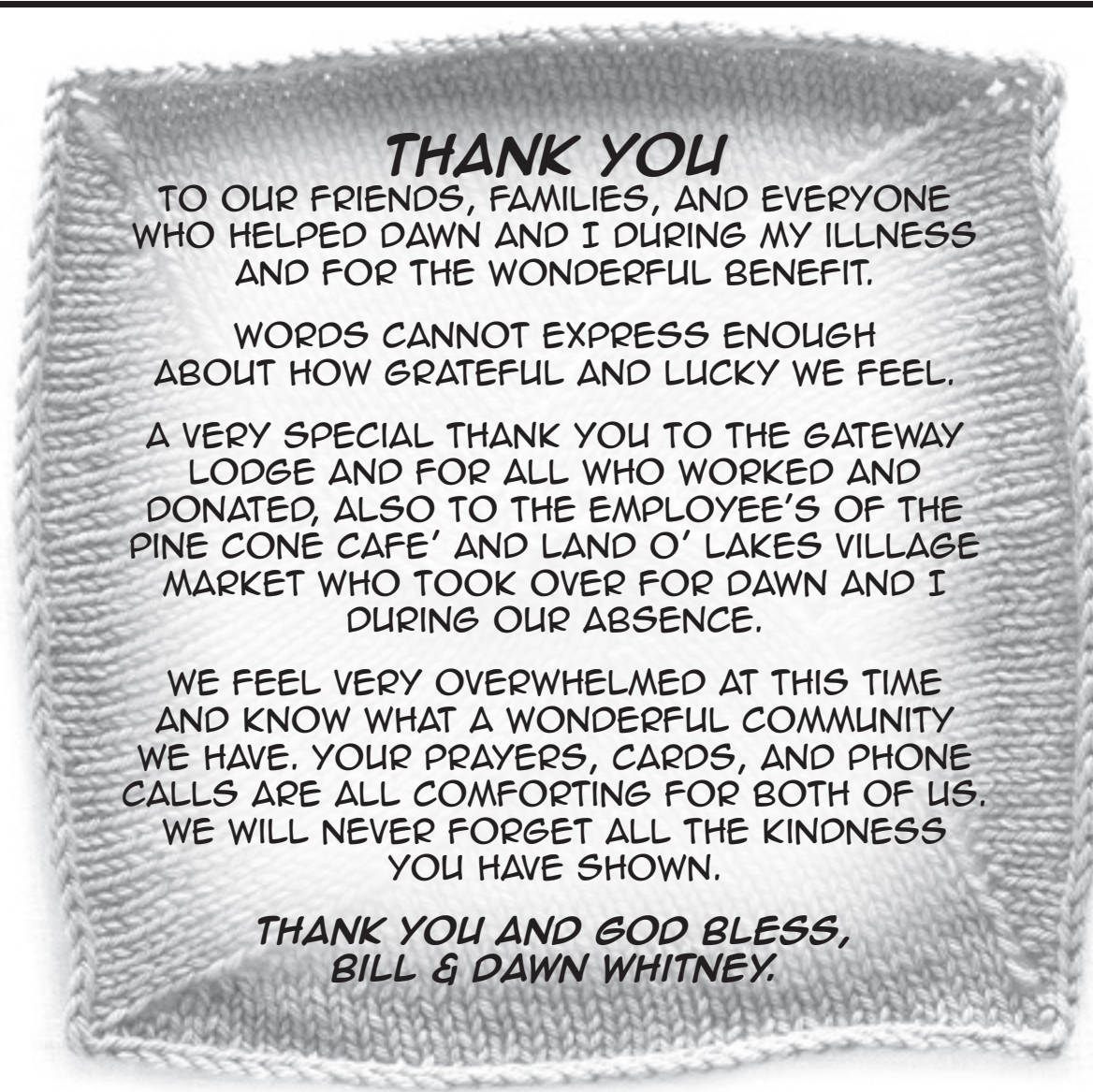


**2011 LAND O' LAKES AIRPORT DAYS WERE A SUCCESS!**

The folks at the LO'L Airport would like to thank the area residents for support over the years.

A special thank you to Richard Neitzel and Wes Sanders, for taking time to give free airplane rides to the kids!

[www.landolakesairport.com](http://www.landolakesairport.com)



### THANK YOU

TO OUR FRIENDS, FAMILIES, AND EVERYONE WHO HELPED DAWN AND I DURING MY ILLNESS AND FOR THE WONDERFUL BENEFIT.

WORDS CANNOT EXPRESS ENOUGH ABOUT HOW GRATEFUL AND LUCKY WE FEEL.

A VERY SPECIAL THANK YOU TO THE GATEWAY LODGE AND FOR ALL WHO WORKED AND DONATED, ALSO TO THE EMPLOYEE'S OF THE PINE CONE CAFE' AND LAND O' LAKES VILLAGE MARKET WHO TOOK OVER FOR DAWN AND I DURING OUR ABSENCE.

WE FEEL VERY OVERWHELMED AT THIS TIME AND KNOW WHAT A WONDERFUL COMMUNITY WE HAVE. YOUR PRAYERS, CARDS, AND PHONE CALLS ARE ALL COMFORTING FOR BOTH OF US. WE WILL NEVER FORGET ALL THE KINDNESS YOU HAVE SHOWN.

THANK YOU AND GOD BLESS,  
BILL & DAWN WHITNEY.



## Gateway Lodge 3rd Annual Big Bang Golf Outing

The Gateway Lodge would like to THANK the following for their generous donations for sponsoring holes or donating prizes. Without all of you, we could not have had a successful event that generated more than \$2,500 to benefit the 2012 Land O' Lakes 3rd of July fireworks.

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Sue Bova  
Marsha Nelson  
Gateway Lodge, Restaurant & Lounge

Please help us thank them by supporting their businesses.

Sincerely,  
The Gateway Lodge Managers, Lynn Forry & Sandy Garbarek  
Sponsorship Chair, Holly McCormack

## Colorama Weekend 2011

We are in need of a 1950's car to drive the judges around town to judge the scarecrows on Sept. 24th. If you are in possession of one or know of someone who would be willing to drive two judges around on Sept. 24th between 1 and 2 p.m. please contact Mery Krause at 906-544-2554. We also are in need of old 45 records that you do not want returned. They will be used for decorations. If you would like to help the COLORAMA committee, call Flossie or Jean at the Town Hall to find out when and where our next meeting will be held.

We are also busy planning our 2nd "Scarecrow Contest" on Sept. 24th, and you are invited, as an individual, organization, association, business, or church, to create a scarecrow to place anywhere throughout the downtown area any time after Sept. 10th. All scarecrows will be judged at 1 p.m. on the 24th, and winners will be announced at the Pavilion around 5 p.m. The 1st place winner will be awarded a \$25 Land O' Lakes gift certificate. 2nd and 3rd place winners will be given a ribbon. We ask that the scarecrows represent the 1950's to go along with our "BACK TO THE 50's" theme this year. The owners of the scarecrows are responsible for removing them from town before the end of Oct. Let's show the county how talented we are in our wonderful town of Land O Lakes, at the tip of WI. Call Mery Krause at 906-544-2554 for more information.

## Rustic Rhythm Music Jam: Boulder Junction

Northwoods residents can't get enough of Irish rhythms. For three years running, *Different Drums of Ireland* has put on spectacular shows. On Saturday, August 27th, the group returns to the Northwoods, headlining the 2nd Annual "Rustic Rhythm—A Northwoods Music Jam," at the Boulder Junction Baseball Park. "We're ecstatic about having Different Drums of Ireland return for another performance," said Theresa Smith, Executive Director of the Boulder Junction Chamber of Commerce.

Formed in 1991, Different Drums of Ireland brings the indigenous drums of Ireland, the Lambeg and the Bodhran, together for the first time ever in a celebratory performance. Symbols of the factions in the conflict over Northern Ireland, the massive Lambeg and smaller Bodhran create harmony in the talented hands of Different Drums' performers. Few areas can claim to have influenced Different Drums of Ireland like Boulder Junction has. After visiting for the first time, the band was inspired by Boulder's natural beauty to write songs about the area.

Boulder Junction's Rustic Rhythm Music Jam joins three very different sounds together. *Blue Winds Dancing*, showcasing the traditional Native American music and dance of the Ojibwe people, begins the entertainment at 2:00 p.m. Their intent is to explain the reason behind some of their very traditional songs, their orientation, the historical use, and the connection with the ornate dresses worn.

At 3:30 p.m., Copper Box will treat us with a high-energy performance! Accordion-fueled, roots rock, Americana at it's finest. The rousing rhythms of Different Drums of Ireland will close the day's entertainment.

Also on hand will be native and old world arts and crafts displays and demonstrations featuring handmade cultural and historical items, as well as plenty of food and beverage.

Tickets can be purchased now at the Chamber Office, and various businesses. Pre-show tickets are \$20 for adults, \$10 for youths 6-16 years old, and free for kids five and under. Ticket price increases \$5 the day of the show. Gates at the Boulder Junction Baseball Park will open at 1:30 p.m. For more information contact Theresa Smith, at (715) 385-2400, email boulderjct@boulderjct.org, or visit www.boulderjct.org.



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## Adopt "Ace"

Ace, a domestic short hair, is a stray from the Eagle River area—found on 4th Street. He was wearing a flea collar, he's really nice and walks on a leash, too! He is neutered now and up to date on vaccines. Adoption fee is \$45.

Contact the Humane Society of Vilas County at (715)479-9777 or email [vilashumane@yahoo.com](mailto:vilashumane@yahoo.com)

## The Blessing of the Animals

Woof, meow, cheep, baa, whinny, chirp, cluck, growl, neigh, hoot, ribbet, croak, caw, bray, gibber, gulp, hum. Want more? Come on over!!

Mark your calendars. A special Blessing of the Animals service is offered at Pioneer Lake Lutheran Church, located at 3675 Church Road in Conover on Sunday, August 21 at 3PM.

Participants this year are the Humane Society of Vilas County Animal Shelter, Shepherd of the Lakes Lutheran Church of Sayner, and Prince of Peace Lutheran Church of Eagle River. Jennifer Primmich, director of the animal shelter will give a presentation and perhaps even bring an adoptable pet or two. A current video introducing some of the animals up for adoption will be playing continuously in the Fellowship Hall before and after the service.

This is a service of thanksgiving for God's gift of pets. The entire community is invited to bring a pet (or pets) – furry, feathered, or finned – to receive a good word of blessing at this outdoor service. If you don't have a pet, please join us just for the fun of it! Bring your friends, neighbors, and relatives.



We'll have a free drawing for a wine and cheese basket. Also prizes will be awarded for the largest, smallest, and most unusual pet. If desired, you may sign up for a certificate of blessing (including a picture of your pet) signed by one of the Pastors, which will be mailed to your home at no charge. More surprises in store.

Animal and people treats will be served. There is no charge for this event. However, a free-will offering will be taken for the animal shelter – a very worthy cause indeed!

As a safety measure, all pets should be leashed or caged. Questions: Call Bill and Joanie Green @ 715-547-6209.



## Funding LOL Fireworks!

The Gateway Lodge held its third annual Big Bang Golf Outing at the Gateway Golf Course in Land O Lakes. Seventy-one golfers participated in addition to more than 30 area businesses and individuals who sponsored holes as well as vendors and individuals who donated prizes. More than \$2,500 from the proceeds of the golf outing will be donated to the Land O' Lakes July 3, 2012 fireworks display. The Fourth Annual Gateway Lodge Big Bang Golf Outing is scheduled for July 10, 2012. Everyone had a great time this year and we look forward to next year.

## Cranberry Fest

The 32nd Annual Cranberry Fest Arts & Crafts Show is October 1-2, 2011 in Eagle River, WI. The Eagle River Area Chamber of Commerce would like to invite you to display your arts and crafts for sale on Saturday and Sunday. Over 40,000 people attend this event. For more information call Kim Emerson at (715) 479-6400 or (800) 359-6315 or visit [www.cranberryfest.org](http://www.cranberryfest.org) or go to [www.eagleriver.org](http://www.eagleriver.org) and click on Area Events.



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# OUTSIDE Understanding Fish Basics *by Colin Crawford*

A fish has two major things in its environment, the water it lives in and the weather that is changing, not only seasonally but day-by-day, hour-by-hour and minute-by-minute. These two things alone control fish activity. The more unstable both the weather or water becomes, the more rapidly these two factors change, and you'll see an effect on fishing. A fish cannot stand a fast change. A lot of people don't realize that fish move on a seasonal and daily basis, and when they move they use underwater structure—essentially the bottom of the lake that is just a little different. Things like bars, underwater humps and man made structure like fish cribs.

When a fish leaves its sanctuary, to eat or search for food, it has to have something visually to follow. A fish has a limited intelligence.

It cannot rationalize like a human being, and when it moves about it must have something it can follow. Fish don't swim about a lake haphazardly. Not only can they see structure but, we can also locate that same structure with our observations of land, locators and the feel of the lures on the bottom.

The most important thing to remember is that the larger a fish becomes the tighter it schools and the more time it spends in deep water. A fish lives there because it is forced there by environment over a period of time. When a fish becomes an adult, its body takes longer to make adjustments to the changing conditions of the water and weather. It's easier for it to make these adjustments in deep water. The deeper you go, the more stable conditions will become. A fish can stay there for

weeks. It doesn't have to move into the shallows all summer.

Is there enough food and oxygen down deep to support fish populations? Absolutely there's food. There are shad, baitfish, and perch at 35, 45 feet. A fish's menu may change and it may be less selective, but it doesn't have to move shallow to feed. But you have to keep this in mind: When a fish is down deep it's probably dormant and its body requires very little food. It is just sitting there and not expending much energy, so it really doesn't need any food. This also makes for difficult fishing, and you have to get your lures closer to them. A strike zone is very small in deep water, because of visibility and the lethargic nature of the fish.

We all know that a fish requires certain amounts of oxygen to survive. You must remember that a fish is a very adjustable creature, and when there is a very small amount of oxygen in an area it will adjust, unless the situation gets to a point where there is just not enough to survive. But no one has proven that a fish has a preferred oxygen zone. Structure in relation to deep water is our guide to finding fish.

We've heard hundreds of times that "you can't catch fish in this lake because of the thermocline

and there's not enough oxygen down there," and invariably we go find a deep hump and bang there is the walleye or smallmouth.

When big, adult fish do move out of this deep water they leave as a school. Even muskie school, contrary to some things you may have read. The reason most people don't realize this is because they are not fishing the depths correctly.

A good spinning reel is essential and a good medium to medium-heavy graphite rod that has the potential for a long sweep of the rod tip so that when those "eyes" hit, it has some give. I prefer to use a high modulus graphite 6'6" to 7'6" rod. They have the sensitivity and the backbone that I need for this type of system. When you find a concentration of fish in deep water you need to use a jig heavy enough to keep you on the bottom but as light as possible.

A fish basically is a fish, and it reacts to the environment accordingly. If you keep the basics in mind you will catch the species that you are after. Remember, selective harvest is the way to go.

Colin Crawford's Guide Service can be contacted at (715) 891-2715, e-mail at [crawfordfishing@gmail.com](mailto:crawfordfishing@gmail.com). You can also "like" us on Facebook.



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# NATURE NOTES Moose *by Peter Dring*

It's no secret that moose do not winter in the South. Condo associations refuse to admit them, so moose must find winter quarters in other climes. Luckily for them, they are perfectly adapted to spend the winter in the snowy north, far from the gulf coast's sunny shores. Moose are, after all, a northern species. They exist all across the northern hemisphere from China to Scandinavia in Eurasia and from Utah to Alaska in North America. Moose are perfectly adapted to live in the wintry north. Their large body size reduces heat loss because of the low surface-area-to-volume ratio. Long legs allow adult moose to handle snow depths of 36 inches, although at 28 inches they may seek shelter in softwood cover. In addition, snow crust will cause moose to restrict their movements to a more sheltered environment. Spend five minutes walking without snowshoes on a breaking crust and you'll understand why! While long legs allow moose to handle snow depths far beyond the abilities of white-tailed deer (which can

handle about 18 inches), moose do prefer to spend the winter in an area that provides plenty of browse near a sheltering, mature mixed-wood or coniferous forest.

This shelter actually serves a dual purpose—not only does it help moose deal with crust or very deep snow, it protects them from heat! The moose's long and hollow outer hair coat, with its dense soft undercoat, allows it to easily withstand the coldest of temperatures. While calves begin to feel the cold at -22 degrees F, adults are able to withstand far colder temps. Moose are so well insulated from the cold that winter temperatures of 23 degrees F will make them pant. As our winter temperatures can be quite variable, moose depend on the shade of softwood cover to keep them cool during warm winter days. On warm winter days, some moose will lie flat in the snow to try to dissipate their body heat. Summer temperatures as low as 57 degrees F can cause moose to begin to suffer from heat stress, and moose will begin panting at 68 degrees F.

You can age a moose by (a) examining the eruption pattern and amount of wear on the teeth of the lower jaw and (b) by sectioning one of the two middle incisor teeth and counting the layers of cementum. The second method is more accurate than the first but the first can be done in the field and is pretty accurate up to about age 5.

What is the largest moose on record, and how much would it need to eat to sustain itself? To the best of my knowledge the heaviest harvested moose weighed in at 1,697 lbs. (Alaskan bull). Moose on average need to consume approximately 2.5-3.5% of their body weight in dry matter per day in the summer. In the winter this drops to approximately 0.5 - 1.3 %.

Why do moose eyes look sometimes brown, red or green at night? What is the biological reason for that? The reason for the eye shine is a little organ called the tapetum lucidum. It is a reflective structure at the back of the eye that improves night vision by reflecting light back into the retina. Most nocturnal mammals come equipped



with this little goody. Why the eye shines different colors is another matter; I've seen moose eyes shine orange, green, yellow and white. It's something to do with the angle and wavelength of the light.

The white tail deer is able to give a disease to moose that causes infection in the moose's brain and in turn kills the moose. It is called Parelaphostrongylus tenuis, aka the brainworm, and is the parasite the deer pass to moose via a secondary host which is the land snail. The deer pass the larvae of the parasite off in their feces. A land snail comes along and feeds on the feces absorbing the lar-

vae. The snail moseys on its way and while minding its own business gets consumed by a moose. The moose's digestive tract turns the snail into, well, snail soup and the larvae are released into the moose's digestive tract. The moose's immune system goes to work and try's to eliminate this invader. Swelling occurs causing all sorts of neurological symptoms including blindness, deafness, circle walking, awkward head and body carriage, paralysis and eventually death. Brainworm is a problem for cervids but does not affect other species. You can not get it from eating moose meat.

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# Aerial Photography and GIS info for all of Vilas County – Online & Free

The culmination of a six-year project is now available for Vilas County departments and residents through new aerial photography images for the entire County, announced Barb Gibson, Vilas County GIS (Geographic Information Systems) Coordinator/Land Information Officer. "In 2005 three Regional Planning Commissions (RPC's) coordinated 35 counties and 100 additional partners to acquire aerial imagery and planimetric data in the largest mapping initiative in Wisconsin's history" according to the Wisconsin State Cartographer's Office website.

Vilas County participated in the 2005 orthophoto flight program which significantly reduced the cost of the imagery. "In 2008 seven RPC's coordinated to develop the Wisconsin Regional Orthophoto Consortium (WROC) Program. In 2010, the consortium consisted of 45 counties and approximately 70 cities, villages and towns participated to capture digital aerial imagery in a single year. State and federal partners contributed over \$1.1 million towards WROC projects in 2010" according to the Wisconsin State Cartographer's Office website. Vilas County participated in WROC to acquire dig-



Screen image of some of the new data on [www.co.vilas.wi.us/vcgis](http://www.co.vilas.wi.us/vcgis) (Tulip's hometown shown)

ital, 12" resolution, color, leaf-off imagery at a reduced cost to the County. Vilas County funded the 2010 project through retained fees from recorded documents collected by the Register of Deeds Office through the Wisconsin Land Information Program. No County tax dollars were used for this data acquisition.

"The imagery is very useful for many mapping purposes," said Gibson, noting the many County offices that utilize the ortho imagery for the benefit of residents and visitors. "The Sheriff's Department uses the ortho imagery for dispatching emergency services as well as surveillance operations before entering potentially dangerous situations.

Emergency Management uses aerial photography for disaster preparations and damage assessment. Economic Development could use the photos to observe the changes in population clusters in relation to general services. The Addressing Coordinator uses the orthophotos also uses for assigning fire numbers for new construction. Zoning uses the high resolution ortho imagery to determine the changes in shorelines for possible ordinance violations, as well as, observing changes to structures around the County. The private sector has many uses for the aerial photography from real estate to recreation applications."

In the next few weeks the new aerial photography will be available on the County's WebMap Service which may be accessed at [www.co.vilas.wi.us/vcgis](http://www.co.vilas.wi.us/vcgis). "Before you head to your cabin or your favorite hunting lands in Vilas County, check out the new imagery on the website or stop into the Land Information Office and order a custom map with the new imagery for your cabin wall," said Gibson. If you have questions regarding these new aerial photography images, contact Gibson at the Courthouse (330 Court Street, Eagle River, WI 54521) or by calling 715-479-3655.

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## KEEPING YOU POSTED by Cathy Grady, Postmaster

Today we are selling the "Flags of Our Nation: Set 5." The Postal Service continues this series with ten more stamp designs that feature the flags of the Commonwealth of the Northern Mariana Islands, the Commonwealth of

Puerto Rico, and the states of Ohio through Tennessee. In addition to the flag art, each stamp design includes artwork that provides a snapshot view of the state or other area represented by a particular flag. In most cases, an everyday scene or activity is shown, but occasionally the view is of something less commonplace—rare wildlife, perhaps, or a stunning vista.

Next week on the 19th, we will



signs featuring characters Lightning McQueen and Mater from "Cars"; Remy the rat and Linguini from "Ratatouille"; Buzz Lightyear and two of the green, three-eyed aliens from "Toy Story"; Carl Fredrickson and Dug from "Up"; and the robot WALL\*E from the movie "WALL\*E." The back of the stamp pane shows seven blue-pencil sketches of the characters from these movies interspersed among text that discusses each film.

Did you know that the Point Roberts, WA post office is the post office most needing a bridge? It can be reached by car only by driving through British Columbia, Canada. Only a boat or float plane can travel directly there.



be able to sell the "Send a Hello" stamps. With this issuance, the Postal Service explores Disney Pixar films, which offer exciting, contemporary characters and strong themes involving family and friends. This pane of 20 stamps includes five different de-



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## School Supply Lists, NPSD *Daughters of the American Revolution*

Find out what items the school district would like your children to start the new school year with.

A complete list for Land O' Lakes, Eagle River, and St. Germain Elementary Schools are available online at this address: [www.npsd.k12.wi.us/elementaryschoolsupplylist.cfm](http://www.npsd.k12.wi.us/elementaryschoolsupplylist.cfm)

Make sure you don't forget to bring a large backpack, Elmer's Glue, and 1 clean sock!



Vice Regent Mary Bybee (left) welcomed WSDAR (Wisconsin Daughters of the American Revolution) Regent Nancy Lesh (right) and NSDAR Curator General Beverly West (center) to the Nokomis Chapter, NSDAR July social, held in Boulder Junction, WI.

Ladies interested in attending the Aug 4 Nokomis meeting at the Woodruff Community Building are asked to call Mary at 715-547-3219 or Joanne 715-891-6208.

## From the PASTOR'S WINDOW

will return in the next issue of the Border Bulletin.

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## HEALTH & WELLNESS Know Your Sleep Type by Dr. Ida Allen Bergman

In order to find out what's going on in that bed of yours, we first need to consider what type of sleeper you are. Before we do that, we need to understand a little bit about the nervous system. If you have been reading my articles for awhile now, you know that there are two parts to the nervous system. Sympathetic, which we also call 'fight or flight', and Parasympathetic, which we call 'rest and digest'. When these two parts are in balance, so is the sleep/wake cycle. When the sleep/wake cycle is in balance, you sleep well at night and have plenty of energy throughout the day. Your immune system stays strong as well, which makes for a very healthy life. According to my clinical experience, there are 3 main sleep categories.

**Type 1.** You go to bed at night, let your head hit the pillow, and the next thing you know it's morning. You have plenty of energy and feel wonderful. Great. If this is you, your nervous system is in balance.

**Type 2.** You fight going to bed and stay up extra late so that maybe, just maybe once you go to bed, you'll sleep. Or, this type may go to bed at a normal time and lay

there awake for hours on end. This is also the type that may wake up at night and feel the need to jump out of bed and clean the garage, or organize pictures, or vacuum! This is the type that may fall asleep initially and then notice every hour on the clock, meanwhile the mind is racing about stuff that seems pertinent at the time, but really isn't. Type 2's are sympathetic dominant. When your sympathetic nervous system is dominating, your system has a hard time transitioning into the parasympathetic side. When you sleep you must transition into this rest and digest phase or you can forget getting any sleep. If you have been a 'type 2' for many years, you may have noticed the extreme lack of energy you have throughout the day. Picture a car in neutral. Now picture your foot on the gas pedal and the engine constantly revving. That is what is happening in the type 2 sleeper's body. Over time, that engine is going to want to give out, thus the drastic lack of energy.

If you think you're a "type 2", you MUST find a way to calm the body before sleep. Yoga, meditation, a hot bath, prayer time, etc.

Do not use alcohol to relax you. This will actually have the opposite effect by about 2 am. You need to stick to a routine. Try to do the same thing each night, going to bed at the same time, etc. You also must avoid sugar and caffeine at all cost. If you are this type, even if you have a cup of coffee in the early morning, that caffeine will stay with you all day and even into the night. Initially it might be tough getting away from the sugar and caffeine, but it will be worth it after about 14 days off of it. You can use a little essential oil such as Lavender to help you relax and sleep better. I know some people who swear by putting a drop of Lavender underneath their nose before sleep. Keep a notebook next to your bed as well, that way if you are awake thinking about things, you can jot it down and forget about it. Exercise during the day will also allow your body to get more restful sleep that night.

**Type 3.** This is the type that could sleep through anything. Hard sleep paired with not wanting to get out of bed, EVER, and still feeling tired throughout the day. People with sleep apnea actu-

ally fit into this category as well. Type 3's are Parasympathetic dominant. This means that their bodies want to continually stay in the rest and digest phase. Clinically I have found that this type does really well by removing grains from the diet. Usually this type is eating way too much bread, pasta, cookies, cakes, and crackers. All of these push the body into the parasympathetic state and zap the body's energy stores. Trust me on this, if you get off the grains (including corn and soy), you will be a whole new person!

Most people are somewhere in between these categories, or may even fluctuate between them all. But if you take my advice from both types, you will only be healthier for it! If you do nothing, the short-term issues will be trouble with memory, higher risk for injury, and less focus and perfor-

mance at work. Long-term issues include increased blood pressure, heart problems, stroke, obesity, ADD, depression, and the list goes on. Whether you are a great sleeper or not, for all around better and healthier sleep, UNPLUG EVERYTHING IN YOUR BEDROOM!!! Yes, even your alarm clock (go old-fashioned and purchase a wind up, I certainly have one and it works great). Computers, TVs, cell phones, etc all put off a tremendous amount of electromagnetic energy. These waves confuse your normal body functions. These alone will inhibit the proper changes in sympathetics and parasympathetics.

Take your next step toward better sleep today by exercising, making a couple dietary changes, and changing your bedroom into an electro-magnetic free zone.

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# WikiWOW Sylvania Wilderness

Sylvania Wilderness is an 18,327 acre protected area located a few miles west of Watersmeet, Michigan. Sylvania is located entirely within the bounds of the Ottawa National Forest, and is currently being managed as a wilderness area as part of the National Wilderness Preservation System by the U.S. Forest Service. Within its borders lie 34 lakes set against a backdrop of old-growth forests. It represents one of only a handful of such areas left in the Midwest.

The major lakes in Sylvania Wilderness include: Big Bateau Lake, Clark Lake, Clear Lake, Crooked Lake, Deer Island Lake, Devils Head Lake, Dream Lake, East Bear Lake, Fisher Lake, Florence Lake, Glimmerglass Lake, Helen Lake, High Lake, Indian Lake, Katherine Lake, Little Duck Lake, Long Lake, Loon Lake, Marsh Lake, Moss Lake, Mountain Lake, Snap Jack Lake, West Bear Lake, and Whitefish Lake.

Little is known of the area prior to the late 1800s, other than the

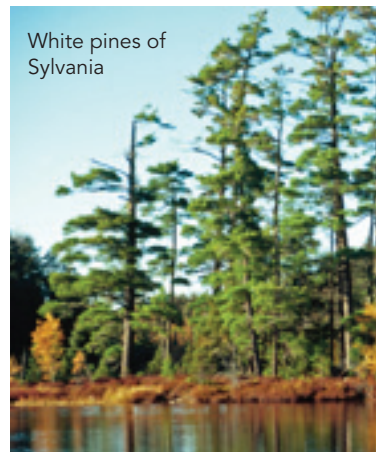
area was frequently used by clans of Ojibwa Native Americans, as evidenced by the few scattered artifacts that have been found there. In 1895, a Wisconsin lumberman by the name of A.D. Johnston purchased 80 acres of land at the south end of Clark Lake with the intent to cut the large pines located there. Upon seeing the land for himself, he was so taken by the rugged beauty of it that he changed his mind and decided to preserve it. He soon invited friends, many of whom were equally impressed and so moved to purchase adjacent lands, and after some time the Sylvania Club was formed—with fishing, hunting, and hiking being the main focus. The owners built lodges and cabins on the larger lakes, and the area became an exclusive resort for a small number of affluent and influential guests. Ownership changed hands over the years, and finally the entire area was purchased by the United States Forest Service in 1967, which promptly removed all buildings and began managing it as a special recreation area. In 1987 it was designated as a Federal Wilderness when the Michigan Wilderness Act was passed by Congress and signed into law by President Reagan.

Sylvania straddles the divide between the Lake Superior and the Mississippi River drainage systems, occupying some of the highest ground in the Midwest. As an example, many of the lakes in the park are more than 1,700



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*The Sylvania Wilderness: Aug 25 at 7pm.*  
 Look at the past and future of Sylvania Wilderness.

Clark Lake in Sylvania Wilderness, photo by Aaron Landry



White pines of Sylvania

feet above sea-level. Due to this apex position, these deep, clear lakes are primarily landlocked, fed by springs and local run-off. There are no surface streams entering the park, which is one of the reasons the lakes remain pristine and pure. For this same reason, the lakes are a bit "fragile" (low flush rates, low nutrient loads, etc.). Special fishing regulations on these lakes, including catch and release for all bass, have helped to preserve the lakes' fisheries. The Sylvania Wilderness also features 25 miles of hiking trails and portages within its 30 square miles.

The old-growth northern hardwood forests in this wilderness are some of the most extensive in North America, spanning nearly the entire park—some 15,000 acres. Sugar Maple, Eastern Hemlock, and Yellow Birch are the most common trees, and are

found along with White, Red, and Jack Pine, White Spruce, Balsam Fir, and Paper Birch. There are 84 designated campsites in 29 locations throughout the wilderness, each with rudimentary amenities such as outdoor toilets, tentpads, pack racks (for keeping food-stuffs out of reach of wildlife), and fire-grills. Wildlife abounds in the park, with White-tailed Deer, Black Bear, Grey Wolves, Porcupines, Bobcat, Beaver, Otter, Coyote, Fox, Bald Eagle, Loon, Osprey, and many others, all available and waiting for the visitor to encounter.

Sylvania entrance station is open Saturdays through Thursdays from 8:30am-5:00pm and Fridays from 8:30am-6:00pm; and can be reached May 15 through September 30 by calling (906) 358-4404.

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