



## Winter Festival Craft Sale & Sled dog races - Land O' Lakes

Land O' Lakes has planned a weekend of winter activities for the entire family, Feb. 8 and 9. The Three Bear Sled Dog Race has brought back the Northwoods tradition of sled dog racing. Three Bear is known as one of the premier spectator races in the northern Midwest and is a favorite destination for mushers and spectators alike. Racing in both Upper Michigan and Northern Wisconsin, the Three Bear offers the popular Open Class as well as six dog, four dog, Juniors, and more. Family games and Mutt races along with the Chamber's Winter Festival Craft Sale and Flea Market are all part of the festivities. Sled dog racing will be the main event on both Saturday and Sunday. For schedules check the website at [www.3bear.org](http://www.3bear.org)

The Winter Festival Craft Sale and Flea Market will be held at the LOL elementary school. This Chamber sponsored event, which will run from 10 a.m. to 3 p.m., will showcase the talents of many local artists and crafters. Food and refreshments will also be available. Vendor space is still available so call 715-547-3432 if you would like to participate.

## Blizzard Blast in Conover

Winter fun for everyone is happening at the Northwoods Blizzard Blast on February 16th. Plan to head to the Conover Community Park and enjoy a full day of activities. All proceeds go to Northwoods area Fire and EMS Departments.

Whether you opt to watch the madcap Recliner Races and Snow Shovel Races from the sidelines or sign up your own team, these events are bound to amuse as participants slip and slide around the ice track. Try your luck in Ice Bowling or play a hole of Ice Golf with a chance to win cash prizes. Challenge your creative side in the Snow Sculpting Contest, or join in the judging for "People's Choice".

Dreaming of a warm summer day at the ball park? Come out and watch teams battle each other at Snowshoe Baseball. The Northern Wisconsin Pond Curling Club will be on hand to host a demonstration round of Pond Curling. Those masters of the "stones and brooms" will rival the Olympians on the ice.

Join a brisk Cross Country Ski Fun Run winding through the pristine nature trails surrounding the park. And for those who prefer a more serene activity, grab a hot cocoa and a toasty S'mores and climb aboard for a Horse Drawn Sleigh Ride through the scenic Northwoods.

Kids will enjoy many fun activities including snow castle building, downhill sledding, face painting and more, with prizes for one and all. A warming hut is on hand to chase the chill away.

Activities kick off at 10:00 AM and continue until dusk, capped off by a fireworks celebration. Cinnamon rolls, sandwiches, chili, and beverages are available all day long. Bring your friends and family and head to Conover to support the Fire & EMS Departments for Conover, Land O'Lakes, and Phelps.

If you are unable to join in the day's fun, you can still help out and earn big savings at the same time. Northwoods Blizzard Blast coupon books are available at area businesses for only \$20, with all proceeds going to the Fire & EMS crews. Save up to \$1200 on dining, lodging, services and more with over 50 coupons.

Ready to make the rounds and enjoy all the Northwoods has to offer this winter? Grab a Snowflake Scrabble game card at participating businesses in Conover, Land O'Lakes, and Phelps and take a tour around the area picking up your letter tiles, all for a chance to win big cash prizes.

To reserve your spot in the competitions or for more information, please visit [www.blizzard-blast.com](http://www.blizzard-blast.com), Northwoods Blizzard Blast on Facebook or call 715-547-8120.

## NORTHWOODS BLIZZARD BLAST

### SCHEDULE OF EVENTS

TIME	EVENT
10:00 AM	Cross-Country Fun Run & Pond Curling
11:00 AM	Snowshoe Baseball
12:00 PM	Snow Shovel Races
1:30 PM	Snowflake Scrabble Drawing
2:00 PM	Recliner Races
4:00 PM	Snow Sculpture Judging
Dusk	Fireworks Finale

Also happening from 10 AM til dusk:

Ice Bowling & Ice Golf

Horse Drawn Sleigh Rides

Fun for Kids

Music, food, refreshments and warming areas



## Land O' Lakes MoonShot!

Monique Boksa showing off her 3D model depicting the phases of our Moon.

Mrs. Spiess' multi-age class, at LOL Elementary, recently learned about outer space. One of the activities was a moon phases project they created at home. Students then had to bring the projects to school and present them to the class. Projects varied from 3-D, showing the moon phases; to posters, where the phases were drawn; on to technological presentations, using PowerPoint.



## LOLA: Theatre Enthusiasts Wanted!

Like community theatre? Like to act or work on costumes, props or sets? How about forming a readers theatre?

Learn about Readers Theatre from Susie Gawriluk, Artistic Director for Denim & Dessert Readers Theatre on Thursday, February 13, 10:00am, LOLA Center for the Arts. The event is free and open to all. No registration required.

The key element to this theater is no memorizing, instead using scripts on stage with minimal rehearsals. Completely volunteer, members come from all interests, either having acted or wanted to act their whole lives or having talents in figuring out costuming, sets, construction, props, and scenery.

Susie Gawriluk is one of the founders of the Theatre with a background in student and community theater directing and acting. She'll explain how this can be done anywhere, any time and with minimal funding.

Denim & Dessert Readers Theatre was created in 2004 by a group of local artists and theatre enthusiasts. Since then the troupe has put on over 25 productions for the Northwoods, three times a year, performed in the Presque Isle Community Center, courtesy of the community.

On February 8, join Chef du jour Sandy Hall at the Ely Memorial Church kitchen for her "Super Sal-

ads" cooking demonstration and tasting. Sandy will prepare no ordinary salad and leave you loving salads as much as she does.

Sandy has been involved in culinary arts for over 20 years. She graduated from the College of DuPage with two degrees, Culinary Arts and Food Service Management. After working as Production & Catering Manager for Waste Management headquarters and being a private chef for the Bank of Illinois, she came to the northwoods and worked for Bent's camp for three years, where she was fondly known as the "Soup Nazi."

Other LOLA classes include: "Nature Photography," Professional Photographer Jennifer Ruby-Durst, February 8; Information on Denim & Dessert Reader's Theatre, Susie Gawriluk, February 13; "Super Salads," Chef du jour Sandy Hall, February 20.

For more information about and to register for LOLA classes, contact Wendy at (715) 547-3950, go to [lolaartswi.com](http://lolaartswi.com) or visit the LOLA Center for the Arts, 4262 Highway B, Land O' Lakes.

LOLA is a 501(c)(3) non-profit art organization that aims to bring enrichment to the lives of north woods residents and visitors through a variety of creative processes and artistic educational opportunities.

## From the Stacks... LOL Library

Movie day is Thursday now! Enjoy a free viewing of *Man of Steel*, our February movie at 1pm on Thursday, February 20th. Free popcorn and coffee is provided.



Peruse our new release shelf. We have so many new books, we can't list them all, but among our new fiction releases are: *Guests on Earth* by Lee Smith, *Outlaw* by Ted Dekker, *Fear Nothing* by Lisa Gardner and *Longbourn* by Jo Baker. Sue Monk Kidd is back with her newest book: *The Invention of Wings*. New in nonfiction include: *Simply Retro: Fresh Quilts* from *Classic Blocks* by Camille Roskelley, *The Everything Store* by Brad Stone and *The Beekman 1802 Heirloom Dessert Cookbook* by Brent Ridge and Josh Kilmer-Purcell. In our Young Adult section, we have added Veronica Roth's popular *Divergent* trilogy in books and audio books.

Need computer help? Tony is available for individual hour long sessions on Friday afternoons. Sign up at the circulation desk or by calling the library: 715-547-6006.

## Food Pantry

Stop by Trigs in Eagle River between Feb. 9 and Mar.1, and help support their "Stuff a Truck" Campaign! You can drop contributions off or purchase a bag of food for \$10. These food items will help stuff a semi headed to our local Headwaters Food Pantry.

Cash donations can also be made anytime to the Headwaters Food Pantry. Your \$1 contribution buys 5 pounds of meat through Feeding America. With so little, we can do so much!

WISH LIST: laundry soap and Dish detergent.

Hunger doesn't have a season. Cash Donations can be sent to: Headwaters Food Pantry PO Box 561 Land O' Lakes, WI 54540.



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# NORTHWOODS BLIZZARD BLAST

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# BORDER HAPPENINGS

## ANNOUNCEMENTS •••

**MI Free Winter Fishing Weekend:** Feb 15 & 16

## CONOVER •••

**Lions Club Winter Frolic:** Town Park, Feb 9, 11am-3pm.

**Great Northern Jerk-Off:** Club 45, Feb 15, 5:30pm.

**Northwoods Blizzard Blast:** Conover Community Park, Feb 16, 10am-6pm.

**Youth Group Faith Unlimited:** Conover Evangelical Free Church, every Wed, 6:30-8pm.

**Conover Evangelical Free Church:** Awana: Wed, 6-7pm, 3-5th grade. Family Dinner Nights: 1st Wed.

**Twin Lakes Bible Church:** Awana: Wed, 5:30pm, 3yrs-8th grade. Bible Study and Prayer: 6pm.

**Conover Transfer Station:** Wed & Sun, 1-4pm.

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

## LAND O' LAKES •••

**Three Dog Sled Races:** Town Hall Grounds, Feb 8 & 9.

**Winter Craft Sale & Flea Market:** LOL School, Feb 8, 9:30am-3pm.

**Mushers Ball:** Gateway Lodge, Feb 8, 8pm-Midnight.

**Annual Radar Run & Chili Feed:** Bent's Camp, Feb 15.

**Kids Fishing Jamboree:** LVD Boat Launch: Feb 23, 9am-3pm.

## LIBRARY EVENTS:

**Preschool Hour:** every Wed, 10:30am.

**Movies:** every Thurs, 1pm.

**-Man of Steel:** Feb 20.

**One-on-One Computer Help:** with Tony, every Fri, 1-3pm. Register.

**Hours:** M, T, TH, F 10am-4pm; Wed 10am-6pm; Sat 10am-1pm.

## LOLA PROGRAMS:

**Learn about Readers Theatre:** Feb 13, 10am.

**Cooking-Super Salads:** Ely Church, Feb 20, 10am-1pm. Fee. Reg. by Feb 13

**Watercolor Wednesdays:** until Mar 26, 2014. 10am-4pm. Visit [www.lolaartswi.com](http://www.lolaartswi.com) for info.

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

**Yoga Classes:** Town Hall. Mon 5:30-6:45pm (All levels) Thu 8:30-10am (All levels) More info 715-547-3480.

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

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

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

**Headwaters Ecumenical Lunch Program:** Ely Church, 1st & 3rd Wed, 10:30am-12:30pm.

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

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

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

**New-U Club:** Hope Lutheran, Thurs, 8:45-10am. Watch your weight with friends. More info 715-781-5794.

**Veterans Helping Veterans Outreach Group:** LOL Bible Church, 2nd Thurs, 6pm.

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

**Over-the-Hill Bowling:** T&M Lanes, Fridays, 1pm, through Apr 11.

**Airport Commission Mtg:** Contact airport for info. 715-547-3337 or [landolakesairport@hotmail.com](mailto:landolakesairport@hotmail.com)

**LOL Transfer Station:** Tue 8-3; Thurs 12-4; Sat 8-4.

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

## PHELPS •••

**Fishing Tournament:** Northern Exposure, Feb 8, 6am-2pm.

**Sand Lake Pub Fishing Tournament:** Feb 15, 7am-2pm.

## LIBRARY PROGRAMS:

**Story Hour:** 2nd Tues, 12:35-1:30pm.

**Movie Afternoon:** 2nd Wed, 2pm.

**-All is Lost:** Feb 12.

**Hours:** M, T, TH, F 10am-4pm; W 2pm-6pm; Sat: 10am-noon. Check us out at [www.phelps.wislib.org](http://www.phelps.wislib.org) or call 715-545-2887.

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

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

**Phelps Senior Center Meeting:** last Mon, 1pm. Call (715) 545-3983 for lunch res. 24 hours prior to mtg.

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

**Phelps Historical Museum:** Hwy 17 downtown, open by appt. Call Pauleyn Nystrom 545-3012 or Jan Petrick 715-545-2545.

**Phelps Transfer Station:** Tues 12-3pm; Sat 9am-2pm.

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

**WATERSMEET •••**  
**Watersmeet Township Board of Education Meeting:** 3rd Mon, 6:30pm, unless otherwise noted.

**Northwoods Quilters:** Watersmeet Bible Church, Tues, 10am-9pm.

**Alcoholics Anonymous Meeting:** Spiritual Center on Transfer Station Rd, Tues 7pm (Open Topic) and Fri 2pm (Closed Step).

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

**Weight Watchers Mtg:** School, Consumer Ed. Rm, every Wed, weigh-in 4:30pm, meeting 5pm.

**Watersmeet Dump:** Mon, Tue, Thu, Fri, and 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 •**  
**Frozen Tozen Winter Fest:** BJ Lake, Feb 22, 11am-5pm.

## EAGLE RIVER •

**Pink Ribbon Riders WI Snow Run:** ER Derby Track, Feb 14-15.

**Parenting Workshops-Strengths & Talents-Tools for Lift @ Home & School:** Mar 3, NPMS, 6:30-8pm.

**USA Labatt Blue Pond Hockey National Championships:** Dollar Lake-ER, Feb 7-9.

**Dance Musical:** NPHS, Feb 7-9.

**Food Safety & Preservation Lunch & Learn Series:** Vilas Cty. Courthouse-Conf Rms 2&3, 12-1pm. **-Chocolate!:** Feb 11.

**Vilas Cty Master Gardener's Mtg:** Prince of Peace Ch, 2nd Thurs, 6pm with speaker at 7pm. Public invited.

## MANITOWISH WATERS •

**Winter Rendezvous:** Rest Lake Park, Feb 15, 9:30am-6:30pm.

**WinMan Windigo 5K/10K Snowshoe Stomp:** Feb 16, 1pm

**DISCOVERY CENTER PROGRAMS:**  
**Brown Bag Prog:**  
**-Cunning Corvids: Ravens & Crows:** Boulder Junction Library, Mar 5. Visit [www.discoverycenter.net](http://www.discoverycenter.net) for info.

**SUPPORT YOUR COMMUNITY TRY TO KEEP IT LOCAL**

## MINOCQUA •

**Cruiserfest:** Lake Minocqua & American Legion Hall, Feb 7-8.

## ST GERMAIN •

**Ride with the Champs:** Whitetail Inn, Feb 15.

## THREE LAKES •

**Tavern League Poker Run:** Bonnie's Lakeside, Feb 14 & 15.

**Lions Ice Fishing Derby:** Maple Lake, Feb 22, start at 12pm.

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Next issue: February 20, 2014  
Submissions by: February 8, 2014



## Phelps Library NEWS

Wednesday, February 12, at 2pm the Phelps Library will be screening *All is Lost*, a sailing adventure starring Robert Redford. Free admission, popcorn, & beverage.



The Phelps Public Library would like to acknowledge the long-term support provided by the Phelps Women's Club. The Phelps Public Library was started by the Phelps Women's Club in 1934 during the depression years. With their continued financial and moral support, the Phelps Women's Club has played an integral role in the expansion and growth of the library even during hard economic times. It was first located in the State Bank building. When those quarters became inadequate, it was moved to a small building adjacent to the theater.

Later, it functioned at the town hall and at the school. In 1949 the Woman's Club purchased the Fire Warden's house from the D.N.R. for the library's new home. It was modernized and shelving was built. It was in use for twenty years. For many years the library was maintained by the Phelps Woman's Club and operated by volunteer Eleanor Ellis.

Currently, the Phelps Women's Club donates \$3,500 annually to the library and this year they have graciously donated an extra \$3,000. With the added funds, we plan to add to our Juvenile and Young Adult Audio Book collection, continue to grow our Adult Non-Fiction Audio Book and DVD collection and update library signage.

The Phelps Woman's Club remains an active supporter of the Phelps Public Library and has been joined in its efforts by the Phelps Lions Club and the First National Bank of Phelps.

## Land O' Lakes participates in Wisconsin Big Bundle Up

With sub-zero temperatures sweeping the state, Wisconsinites can "bundleup" this winter thanks to the thousands of donations made by Wisconsin residents, travelers and businesses through the Wisconsin Department of Tourism's "Big Bundle Up" campaign. More than 11,000 winter clothing items, including hats, scarves, snow pants, coats and mittens, were donated to more than 75 different charities throughout Wisconsin.

"Each year, we are extremely proud of the generosity that continues to be shown throughout the state by residents, travelers and industry leaders in order to give warm clothing to those in need," Governor Scott Walker said. "For a third year, this campaign has successfully brought communities together to positively impact the well being of state residents, and we thank all those who supported and took part in this effort." Land O'Lakes Chamber of Commerce acted as one of the drop off and pick up sites for lightly used and much loved winter clothing. The response was exceptional from the donor aspect and many men, women and children are warm this very cold winter due to the generosity of everyone. All items donated at the Land O' Lakes Chamber of Commerce were passed along to Land O' Lakes area residents. Although the campaign is completed for this year, the Chamber of Commerce in Land O' Lakes will be participating in this program again in December of 2014 so remember to save your warm winter wear for your Northwoods friends.

## Radon Gas Testing

Radon is a cancer-causing radioactive gas. It is the leading cause of lung cancer in the United States among non-smokers and the second leading cause for smokers. You can't see, smell, or taste radon, but it may be a problem in your home. The EPA estimates radon is responsible for about 21,000 lung cancer deaths every year, resulting in more deaths per a year than drunk driving, drowning, fires, or carbon monoxide poisoning.

You should test for radon. Testing is the only way to know if you and your family are at risk from radon. The cost of reducing radon in your home depends on how your home was built and the extent of the radon problem. Consult with your state radon office or get one or more estimates from qualified contractors.

During the month of February kits are available at the Vilas County Public Health Department for \$5.00. Please call 715-479-3656 between 8 am and 4pm to reserve your kit. Quantities are limited.

## LOL Chamber Annual Meeting

January 16 the Redman Supper Club was the host for the Chamber of Commerce Annual Dinner meeting. Chamber president, Sandy Garbarek gave a report of the 2013 Chamber activities, committee reports were heard, and election of the 2014 Board of Directors was held at which all of the current directors were unanimously re-elected.

Officers elected for 2014 include Andrea Haviar, President; Sandy Garbarek, VP; Jane Pachmayer, Secretary; and Stefan Anderson, Treasurer; with Dawn Whitney, Linda Youngquist and Kristin Sara-ma remaining as Board members.

Sandy Garbarek was thanked for her past years of service as president and a big thank you was extended to the new Board of Directors for accepting the responsibility of guiding the Chamber for another year. Please feel free to contact any of the Directors with your helpful suggestions for another successful year for the Land O' Lakes Chamber of Commerce.



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## Every Drop Counts Water Conservation Poster Contest

The Wisconsin Rural Water Association and local water utilities invite teachers throughout Wisconsin to enter students' artwork in WRWA's 2014 Water Conservation Poster Contest. The contest is open to all Wisconsin 1st - 6th grade students. Winners will receive prizes and first place winners have a chance at a prize for their school.

The theme for the contest is "Every Drop Counts". As part of the project, teachers are encouraged to discuss the importance of water resources in our state, and help students think about what role they play in protecting water.

Water facts and things to consider: How do individual actions affect the whole community & the communities' water? Small water conservation efforts by many individuals can have a cumulative impact, creating significant water savings. Even if I have clean safe drinking water,



are there people in the state, country or world who don't? Who are they and is there anything I can do to help? 780 Million people globally lack clean safe drinking water. Less than 2% of the Earth's water supply is fresh water. Each person uses approximately 60 gallons of water every day in Wisconsin.

All entries must be drawn vertically (portrait) on 11"x14" poster paper. Entries must be postmarked no later than March 3, 2014. See page 2 for contest guidelines and rules. Contest Prizes are sponsored by the WRWA & Water Industry Professionals. One first and second place winner will be selected from each grade level 1st through 6th. Winners will be chosen and announced at the Wisconsin Rural Water Association's Annual Conference March 25-28, 2014. For Further information: [www.wrwa.org](http://www.wrwa.org).



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## Members Needed - Forest Service Resource Advisory Committees



Officials of the Ottawa National Forest are conducting outreach to fill positions on two federal Resource Advisory Committees (RAC's). "I am very pleased Gogebic and Ontonagon counties have elected to continue with their RAC's," stated Tony Scardina, Ottawa National Forest Supervisor. "RACs are a great way for interested community members to engage in a public lands dialogue and recommend resource projects funded by the Secure Rural Schools Act." Resource Advisory Committees are established as a provision of the Secure Rural Schools and Community Self-Determination Act.

Resource Advisory Committees are responsible for reviewing and recommending projects for implementation under Title II of the Secure Rural Schools Act. By law, the four-year term, fifteen-member committee is composed of a wide representation of National Forest interests. Replacement members are also needed, should a Committee member leave for any reason.

Recommended projects must have broad community-based support with objectives that may include, but are not limited to: road, trail, and infrastructure maintenance or obliteration; soil productivity improvements; improvements in forest ecosystem health; watershed restoration and maintenance; restoration, maintenance, and improvement of wildlife and fish habitat; control of noxious and exotic weeds; hazardous fuels reduction; and reintroduction of native species. Projects must be on public land, but can occur on private land if it can be demonstrated that there is a benefit to public land resources.

If you are interested in serving as a member of the Gogebic and/or Ontonagon RAC, contact Lisa Klaus at 906-932-1330, ext. 328, for the appropriate forms. Applicants must complete the Advisory Committee or Research and Promotion Background Information Form (AD-755) and return to the Ottawa National Forest no later than February 8, 2014. If you have any questions about the RAC's, Secure Rural School legislation, or previous projects that were approved, please call Lisa at the number listed above. You may also visit the website at: <http://www.fs.usda.gov/pts>

## WHIP Wisconsin Headwaters Invasives Partnership

Plan on joining the Wisconsin Headwaters Invasives Partnership on Feb 18th in Eagle River, for invited talks about non-native, invasive pests that threaten our forests and wetlands and what we can do about it by working together.

Registration is now OPEN, at [www.whipinvasives.org](http://www.whipinvasives.org). Registration should be completed before Feb 7th, we look forward to seeing you on the 18th. Your participation is valued.



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## OUTSIDE • Simply Pannies *by Colin Crawford*

Ice fishing for panfish can be great or a bust. In many cases, the weather will be a big contributing factor. However, that doesn't have to be the case. It's a matter of being willing to change and try something new. The night before your fishing outing when you're making plans hoping for a great day, the weatherman gives you the good news of a favorable day that gets you all pumped up, in the morning you load your combos, tackle, and bait and you're on your way.

Now that you are all set up, holes all drilled, and your ice rod rigged with a spinning reel and a baited spoon you start hole hop-

ping catching a few here and there. When you notice the bite starts to slow down and you see the sky start to clear up, all the clouds disappear, and the high pressure system gets over top of you before the weatherman predicted, don't change your plans and quit fishing for the day – instead reassess and change your tactics.

What I have been using the last couple of years is a straight line reel on my ice rod and a sensitive strike indicator along with tungsten jigs. These types of jigs are 3 times heavier than lead, and the benefit of that makes it possible to down size your presentation and still get your bait down to the fish.



The straight line reel helps take the spin out of your bait when it's down by the fish and, when they go neutral to negative you need all the help you can get.

Happy fishing! Selective harvest is the way to go. Colin Crawford's Guide Service: I offer guiding, lodging, & ice shack rentals. Contact me at [crawfordfishing@gmail.com](mailto:crawfordfishing@gmail.com), 715-891-2715, and make sure to "Like" us on Facebook. Any questions or just want to talk "fishing" give me a call.

## Dog Sled Demonstration Ottawa National Forest

The Ottawa National Forest invites you to join us at the Ottawa Visitor Center on Saturday, February 15, for a unique program and opportunity to learn more about the sport of dog sledding.

From 12:00 noon (CST) thru 1:00pm, Patty Lewison, a local musher and member of the Wisconsin Trail Blazers Sled Dog Club and the International Sled Dog Race Association, will be on hand to provide a dog sled demonstration and answer any questions you may have. Meet Kea, Patty's lead sled dog, and check out sledding equipment close up.

Patty has raced in Michigan, Wisconsin, Minnesota, Maine and Canada in the Pro Class where she consistently finishes in the Top 4. She won the Camp Hale Memorial Sled Dog Race in Colorado in 2007 and 2008 and was ranked 6th in the world.



The Ottawa Visitor Center is located on the corner of US 2 and Hwy. 45 in Watersmeet, Michigan. For additional information, call the Visitor Center at (906) 358-4724. We hope to see you there!

### BEST FISHING TIMES

Feb 6 - 5:00-7:30pm	Feb 9 - 7:15-9:30pm	Feb 12 - 10:00am-noon	Feb 15 - 11:30am-2:00pm	Feb 18 - 1:30-4:00pm
Feb 7 - 5:30-8:00pm	Feb 10 - 8:15-10:30pm	Feb 13 - 10:30am-1:00pm	Feb 16 - noon-10:30pm	Feb 19 - 2:30-5:00pm
Feb 8 - 6:30-9:00pm	Feb 11 - 9:00-11:00pm	Feb 14 - 11:30am-1:30pm	Feb 17 - 1:00-3:00pm	Feb 20 - 3:00-5:30pm



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**Wakefield Ski Hill Condo** Here is a great deal on an investment property! Four bedroom, 2 bath, 2 story condo awaits your enjoyment, or rent it out. All your recreation needs right outside your front door! A must see! Tammy Kauranen 906-285-2618. \$104,500. MLS#135340.

**Beaver Station Lake Gem** This meticulously maintained mobile home with secondary roof system is located on scenic Beaver Station Lake in the fabulous UP of Michigan. The views from the deck of this home are second to none. David Wilkie 715-817-4100. \$114,000. MLS#133788.

**Privacy on Big Duck Lake** Ready for you! 4-BD year-around home on 9 beautiful wooded acres, 361' of sand frontage on "big" Duck Lake in the "UP" where ATVs and snowmobiling bring added pleasure to your recreational adventure. Marcia Pless 715-617-2624. \$450,000. MLS#127157.

**Birch Lake Frontage Acreage** Wonderful, level 72 acre wooded plot encompasses the northwest shore of private Birch Lake. Quiet bay has 2162' of shoreline, home to nesting eagles, blue heron, and many migrating birds. David Wilkie 715-617-4100. \$999,900. MLS#138936.

**NC Wisconsin Private Retreat** 2900 Acre estate. Northern Wisconsin lakes district. Main lodge built in late 1800's. 250 Acres of private lakes, ponds and streams. Perfect private company or family summer paradise. Ask \$18MM. John McGraw 715-904-0020. \$13,000,000. MLS#117351.



## Christine Alfery Exhibit

The Presque Isle Library has a treat in store for visitors with an exhibit of contemporary abstract art filled with luscious colors and images that make you want to dance!



Christine Alfery is showing work from her new "Fairies Series" and "Artist Muse" series at the Presque Isle Library from February 1 thru the end of March.



Christine will give a presentation at 2pm at the Presque Isle Library on Monday February 17th on: "An Imaginary Place That Really Exists." Christine says, "To create art an artist must have courage to search and embrace the mystery that lies deeply within the notions of the real and the imagined. To find the song and dance within a work of art the artist must be the medium in which song and dance are transmitted. Each time I approach a blank canvas I gather up my courage and embrace that space where she allows herself to dance and sing." She will be talking about the spirit and inspirations within her work, the artists muse.

You can view Christine's artwork during the following hours at the Presque Isle Community Library, MWF 10-4, Tues/Thurs 4-9 and Saturdays 10-noon. For more information call the library at 715-686-7613. Be sure to tell the library staff that you are there to see Christine's work.

Above, top to bottom: *Fairy House In The Woods*, and *Fairies On The Fence Waiting For the Storm To Pass*, by Christine Alfery.

## Fight Autism - A Call For Athletes

The Lakeland Area Kiwanis Club announces they are again hosting "Get Your K's On Run", a 1-5-10 K run this year on April 26 at 1:00pm at the Minocqua Park on Hwy 70 W. The proceeds from this event will again support Kiwanis Autism Projects at a local level here in the Lakeland area.

Last year on April 27th, 2013, we raised over \$4000 at this event! Along with other area donations, we were able to supply 13 iPads to children with autism right here in the Lakeland area. This is a fun event that generates a lot of positive support and enthusiasm. 150 runners/walkers, 30 volunteers and 35 Sponsors helped our club to make these iPads a reality for the 13 students in North Lakeland, Lakeland Union High School, Arbor Vitae-Woodruff, Minocqua-Hazelhurst-Lake Tomahawk, Lac Du Flambeau and Eagle River schools. The Lakeland Area Kiwanis Club thanks those that participated in last year's event as volunteers, sponsors, spectators and participants!

Again this year, you can help us reach our goal by participating as a runner/walker; by volunteering your time on the day of the event or by being a contributing sponsor to the Lakeland Area Kiwanis Club's "Get Your K's On Run". We are anticipating a great turnout of runners to support this amazing project. This year we hope to have 200 runners. Please consider being runner/walker for this event! Information is found on our website: [www.lakelandkiwanis.com](http://www.lakelandkiwanis.com) under the tab for 'Get Your K's On Run'.

For those that would like to help as a sponsor of this event, please review the levels of sponsorship listed on our website also under the same tab. As an added benefit, we are extending the deadline from Jan. 31st to Feb. 7th. Any sponsor that signs up prior to Feb. 7th will be featured on our posters and advertising.

For more information about the run: Visit our website at [www.lakelandkiwanis.com](http://www.lakelandkiwanis.com). If you have any questions or would like to be a sponsor, please contact Dan Brunette at 715-362-5253 or 715-499-2992.



## Island Art Walk Calling Artists!

The Lakeland Area Kiwanis Club announces Island Art Walk's call for artists! Applications were mailed to past participants and registration is now open for artists interested in participating in this summer's show.

Torpy Park will again be the site for the 80-90 artists' booths on the park's upper level with fine art and fine crafts displayed by many artists/crafters.

This year's Island Art Walk will be Saturday, July 12th, 2014, from 9am-3pm.

This show has been enjoyed at Torpy Park for the past 2 years and has evolved from the show at Fireman's Park for approximately 36 years. The Kiwanis Club is pleased that this event continues to bring artists to the community. The show is expected to be larger than last year's show! Our hope is to have an exhibit on both levels of the park. Please mark your calendars now for this year's event!

For info please contact Laura Bertch at (715) 892-1204.

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# NATURE NOTES • Winter *by Peter Dring*



*Peter Dring is a naturalist, photographer, and was Director of the world renowned Little Red Schoolhouse Nature Center for nearly four decades.*

Jagged blue fingers of ice steal across the water, entombing the lake dwellers in a translucent twilight. The surface dims, its reflections blurred and distorted. Around its margin, bare branches are silhouetted against the winter sky, writhing in the gusts of sleet laden wind. Withered brown leaves from the woodland edge spiral into the air and skitter across the ice to be trapped in pools of still unfrozen water.

Deceived by the thin film of rainwater over the ice, a mallard tries to make a landing. It skids helplessly, its webbed feet slithering in all directions. Swans and Canada geese are still enjoying what remains of the open water, bobbing stoically on its choppy surface as the sleet flat-

tens their feathers and dribbles off their bills.

The rain creates patterns in the water, a fine frosting effect in drizzle, craters and coronets in the first large raindrops of a winter storm, and a heaving turmoil of wavelets as the storm gathers force. On calm gray days it becomes a cold gleaming mirror, as a few gnats dance over their own reflections in the weak winter light.

Beneath this changing surface, the life of the water world continues. Pond snails crawl slowly over the decaying pondweeds. Dragonfly and mayfly nymphs lie in wait among the weeds, creeping into the warmer mud in cold weather. Sheltering in the deeper water, away from the chilly surface, the fish are sleepy, they feed little and breathe slowly, saving their energy until food becomes more plentiful.

As the ice spreads over the water, the light below becomes dimmer and the oxygen supply decreases. But the ice is welcome

to the inhabitants of the lake. Above this crystalline shield, the air temperature may fall drastically, but the water below remains warmer, unfrozen. In the mud, winter buds of duckweed and creeping stems of reeds and blue flag rest, swollen with food to fuel the spring growth. Here, too, lie caddis larvae and the eggs of water fleas and other small creatures. The water shrew is at home under the ice, carrying its air supply with it as it dives. If food becomes scarce, it will supplement its diet with slugs and earthworms. Safe under a large boulder well above flood level, the toad sleeps away the winter, still and cold.

On calm misty days, the monochrome landscape takes on a beauty of its own. The stems of the cattails resemble the shading of a lithograph, interspersed with the dark heads of bulrushes. In the background, evergreens create shadows among the tracery of winter branches. Like a highlighting pencil, the hoar frost paints the margins of leaves and twigs, revealing details hitherto unnoticed, the twisting patterns of the dried grasses, the clusters of rose hips set among the leaves.

As the sun gently dispels the mist, a million tiny crystals glint and sparkle, each like a perfect faceted gemstone, glassy clear.

Slowly the mist clears, and life stirs at the water's margin. Slugs and snails emerge to feed on the decaying vegetation. The muskrat leaves the shelter of the reeds, picking its way carefully over the ice to the open water. In a quiet corner of the reservoir, where the incoming stream has kept the water ice-free, a heron is fishing, pacing along the bank like an angler.

Swollen by the winter melt, the stream is a welcome source of sound and movement in the stillness of the winter woodland, cascading between the dark bare trees. It eddies under the thin casing of ice in the shallows, and gushes over miniature waterfalls, the trapped air bubbles gleaming



white below the flood, to burst into a spray of sparkling droplets over a large boulder. The muskrat is also out scavenging, scampering sure-footed across a thin root that overhangs the stream. The air is heavy with the woody smell of decay. Toadstools push up through the moss, and form frills along fallen tree trunks that bridge its banks.

Out on the lake, the ice remains bare but darkening, no lily leaves or duckweed enliven its surface, no fish rise to send ripple rings rolling towards the water's edge. It is like those empty waters into which the poisons of the human world have seeped, creeping through the drainage ditches, or raining from the pol-


luted skies above. But this lake, surrounded by the homes, is no dying body of water. Here, the watcher on the winter bank can still gaze over its apparently lifeless surface and dream of summer days when mayflies will skim the surface and the bass surface in response, and bees will buzz among the flowers.

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## From the PASTOR'S WINDOW by Pastor Skip Pullen



*Skip Pullen is a pastor with Village Missions, serving the Upper Peninsula of Michigan at the Watersmeet Bible Church.*

Prayer is one of the most powerful ministries in any believer's life. We can do it anywhere, time, and no matter how young or old we may be. The old saying goes, "We don't pray for the work, prayer is the work." How often do we mouth the words of the "Lord's Prayer", yet miss that the object of the prayer is for the good of Christ's Kingdom and His will being done. I think we need to ask how often do we pray seeking what the Lord wants to do? How much heartache we could spare ourselves?

In Luke 11:1-12, the disciples come to Jesus and ask Him to teach them to pray. Often, we can think that prayer should just be as natural as falling off the proverbial log. After all isn't prayer just talking with God? It is that, but it is also more than that. Some today, believe that we shouldn't recite the Lord's Prayer. This due to what Jesus taught and we read about in Matthew's gospel, chapter 6, verse 7, which says, *And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.* It is good to note that Jesus doesn't condemn repeated prayers or learned prayers, but the term vain repetitions means "to repeat idly". This means to use meaningless and mechanical phrases, without any real thought to what we are saying. Truth be known, many of our impromptu prayers (i.e., thank you for this day, God bless, God do this) may, *I say may* fall into this category of vain repetitions.

The first thing that Jesus teaches His followers is to have a paternal focus, meaning that it is towards our Heavenly Father. The term that Jesus uses is a very personal term, the word Abba, a term akin to Daddy. An even better rendering would be Dearest Daddy. Does this fill and fuel our awareness as we pray that it is more than a universal fatherhood, but a personal one?

Next, Jesus says "hallowed

*be Your Name.*" His Name is worthy of honor and respect. Jesus is telling us to pray that God's essence as Father would be held in reverence by the one praying to Him. How do we honor our earthly parents? Many times by the way that we live. Do we show them respect? Do we obey the things that they say? This ties in nicely with the next thing, *Your Kingdom come, Your will be done.* It is the Kingdom that God's followers are told to seek first. Matthew 6:33 says, *But seek first the kingdom of God and His righteousness, and all these things shall be added to you.* Ultimately, what we do as Christians is to be about Christ's Kingdom and not our church or our personal interests. Do we truly seek these first?

Next we come to three petitions in prayer. First, *"Give us this day our daily bread."* Notice that God's supply is daily. There is a daily reliance on Him. Bread here can refer to either material or spiritual needs. We not only can bring the big things to the Lord, but even the smaller, common things. God doesn't intend for us to bear our burdens alone. Next it says, *forgive us our sins.* True believers forgive and are forgiving. This doesn't mean that there won't be times when we struggle or wrestle with forgiving others. It is difficult to maintain a forgiving spirit. Sometimes we may even wonder if we will ever get it right. Let's not become discouraged. This struggle is evidence that the life of Christ is at work within our hearts. Otherwise, we'd just give into hatred. The most important reason to forgive is that it is for our own good. Jesus said that if we don't forgive others their sin, the Father won't forgive our sin. Not to mention the physical, emotional, and spiritual damage that things like bitterness and unforgiveness bring into our lives. The church is weak today because of the unwillingness of God's people to forgive. If we are to seek God's Kingdom first and His righteousness, it means we are to forgive.

The third petition deals with *temptation.* I want to make a distinction between temptation and sin. Where often temptation is to sin, being tempted

isn't a sign of sinfulness on the part of the person being tempted. Don't forget that Jesus was tempted, but He didn't sin. In James 1, we learn it isn't sin until that temptation is mixed with our own evil desires and we are drawn away into it. What we are praying about in regards to this prayer concerning temptation is that our Father would deliver us from the temptations that would overpower us and seek to undo us. These 3 petitions are not meant to be used in some rigid order or form, but they should help us to shape our prayer lives and move us beyond the God bless and God give me. They are meant for us to take a deeper look at our spiritual lives and what is taking place there.

When we pray, let's remember that we are not praying to some distant God that lives somewhere out there. We are praying to our loving Father, our Dearest Dad, who cares about us more than we care about ourselves. God will always answer our prayers that are in accordance with His will. After all it is about His kingdom coming. He will hear our petitions as we confess our sins and choose to forgive others - letting go of our anger, bitterness, and malice. He will keep us from temptation, *for no temptation has overtaken us that isn't common to man, along with that He will provide the way of escape.* (1 Corinthians 10:13) Think of it, you don't have to succumb to temptation!

Let's persistently approach Him, having a strong and firm confidence in Him, knowing that we have what we ask, when we ask according to His will.

*Know I'm praying for you.*

## Homemade Jerky Contest

On February 15, the Club 45 in Conover will be hosting the 20th annual Great Northern Jerk-Off. Bring your own jerky. Can be beef, venison, fowl, or miscellaneous wild game. Registration 5:30pm - 6:30pm. Judging at 7:00pm

You don't need to enter the competition to come join us for fun, raffles, and a taste of the Northwoods Best Jerkies. For more info call Club 45 or Kathy at 715-477-0575.

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# HEALTH & WELLNESS • Scarred for Life... and I Need Your Help by Dr. Ida Bergman Allen, DC



*Dr. Ida has been a nutritional health advocate for many years. She holds a degree in Human Biology and a doctorate in Chiropractic Medicine.*

One of the areas of research that is currently little known to most of the U.S. medical profession is the devastating effects of surgical and other scars on the functioning of the human body.

According to the latest German research papers, a list of some of the complaints that have been shown to be created or contributed to by scars includes: headaches, migraines, allergies, confusion, vertigo, hay fever, optic neuritis, asthma, chronic pain, chronic fatigue, tonsillitis, liver disease, menstrual pain, sinusitis, chronic infections, back pain, menstrual irregularity, eczema, rheumatoid arthritis, lupus, arthritis, emphysema, arteriosclerosis, circulatory disorders, bladder dysfunction, prostate disorders, kidney disease, gallbladder disease, heart disease, skin diseases, ulcers, colitis, hemorrhoids, depression, dizziness, ear problems, glaucoma, inflammatory eye disease, hormonal imbalances, thyroid disease... and many other chronic degenerative conditions.

How can this possibly be? How could a scar cause the plethora of complaints listed above and more?

Well, to understand it you have to understand a little about the

nervous system in the body. I will keep it as simple as I can.

## THE NERVOUS SYSTEM

Most people have heard of the Central Nervous System and know that it exists mainly in the brain and spinal cord. We also have a Peripheral Nervous System which extends out to all of your organs, muscles, and glands. It is how your body knows what to do when. Breathing, digesting, moving your hand away from a hot surface instantly; these are all included in the job of your nervous system.

When you have a scar, it acts as an interference field to this amazingly intricate system. The electrical, nerve, and lymphatic flow is completely disrupted. This disruption will then impede the normal, healthy electromagnetic flow of the body's acupuncture meridian system, thus creating symptoms that are difficult to trace back to their original root causes by conventional methods.

Interference fields can be found almost anywhere in the body and are often far from the part of the body experiencing symptoms. For example, an old appendix scar might cause migraine headaches or a wisdom tooth extraction scar might cause chronic low back pain. Thus you can understand the difficulty in determining the root cause of so many health concerns.

## CASE EXAMPLES

In one case we explain a girl who was born with heart problems and almost immediately had

heart surgery which left her with a scar down the center of her chest. As she grew up she developed a collection of debilitating symptoms and eventually at age 16 was in very poor shape. Doctors had no idea what was wrong with her. She was eventually taken to a nutritionist who was trained in how to handle interference fields and after 2 months of treatment the scar actually turned black and fell off (note: this doesn't happen every time). A short while later she fully recovered from her symptoms and today lives a healthy, much happier life.

In another case, we have a colleague of mine who also had a host of "unexplainable" symptoms and her husband pretty much had to "jump-start" her with supplements every morning just to enable her to get through the day. Once she discovered the research on scars and interference fields, she realized that her problems had started 27 years previously after giving birth to her child and receiving an epis-

iotomy (and thus a new surgical scar). After treating the scar, she literally came back to life, lost her symptoms and in months was completely unrecognizable as the person she had been! She literally looked 20 years younger. The number of episiotomy and C-section scars that we see clinically effecting the health of women today would astound you.

One other interesting case I wanted to share with you was a young lady who was extremely active, athletic, and fit. She was on a collegiate track scholarship and had all the energy she could ever want. After a national qualifying year in track, she joined the military. Very shortly after joining, she noticed her energy was dwindling, and FAST. She could barely keep up. She felt like taking a nap all day long. Her focus, drive, clarity, and zest for life were all GONE. She wracked her brain to figure out what she could be doing wrong. She ate well, she exercised with what little energy she had left, and she was cer-

tainly getting enough sleep! She decided to have a nutritional evaluation done. Her practitioner found she had a scar that was causing a disruption in her nervous system and a decrease in her immune system function. She repeatedly explained that she had never had surgery and was totally unaware of any scar on her body. The practitioner asked if she had any piercings. "A piercing? Is that a scar? Well, I did have my belly button pierced, would that count?" "Absolutely that counts," he said. "I need you to remove the piercing and start scar therapy on the scar if you want me to work with you". Reluctantly, she decided she had better listen since nothing else was working. Within 3 days this young lady had her energy back. She was herself again! Her body was working like it always did before! And to think that tiny little hole in her body was effecting her that much. I have to tell you that the girl in this story was ME! And to this day I have made it one of my missions to teach people how this works and how to handle their own scars. Because of this mission, we are now conducting a Clinical Research Project on the very subject and I am sincerely asking for your help. I am calling any and all people who have a scar that may be effecting their physical body to be a part of this research project. You will need to qualify as a candidate before you are accepted. Depending on your type of scar, the type of therapy/diagnostic tools used, and how many scars you have, scar therapy can cost you up to \$4200 or more. If you qualify for our research study, you will receive it all for absolutely no cost. You have literally nothing to lose but YOUR HEALTH to GAIN! If that's not enough, with the results of the study, you may even be able to help others who are suffering from the damaging effects of scars that have no idea why they're suffering. An amazing way to offer your personal support to the healthcare in our country.

Handling scars is not always an end-all in itself but it is one of the major barriers that can get in the way of correct nutrition being able to restore your body's innate ability to fully heal itself.

Feel free to find out more at [www.EducatingWellness.com](http://www.EducatingWellness.com).

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# HELLO LITTLE OWL • If You Ever Lose Your Way *by Mary Uihlein*



Mary Uihlein is the author and illustrator of the children's book series "Hello Little Owl", which is detailed and whimsical in its depiction of nature.

"But," offered Mommy Owl, "You must never forget your family and the friends who helped you become such a wise Little Owl."

"Why?" wondered Little Owl, looking up at her curiously.

"Because we all love you and are here to help if you ever lose your way!"

[Excerpt from *Hello Little Owl*]

Every now and then as we venture through life, with it's many twists and turns, we find ourselves lost. I don't mean in the physical sense, like not knowing how to get back home from the grocery store. But, in an emotional sense, as in, not knowing where to go in a formidable situation.

### The Ways We Feel Emotionally Lost:

- Maybe a school project has you stumped. You don't know how to begin it. Or, part of the way through it, you don't know how to finish it.
- Perhaps your best friend has to move away, and you don't know how you will cope without him or her by your side.
- A favorite pet is very old and becomes ill. The vet thinks it's

time for the pet to go to heaven. But, you don't know how to say goodbye.

• A group of friends have convinced you to do something that you know is wrong, and now, you don't know how to back out.

These are some ways that both young and old people may lose their way. The more we mature, the greater our responsibilities become. Every year we are presented with more and more challenging issues, each one toying with us emotionally to choose the right direction ... the direction that will bring us emotional clarity, peace and happiness.

### Who to Ask for Help

Whenever I lose my sense of "emotional" direction, it is important for me to seek comfort, help, and advice from my family and close friends. They cannot tell me what direction to take. However, through kind words, understanding, wisdom acquired through experience, and encouragement, they can help me find my own way again!

So remember, as Mommy Owl suggests to Little Owl, don't set aside the people in your lives who help you learn and grow. They are a part of your life for a reason. They love you and are here for you if you ever lose your way!

### Questions to Think About:

- Have you ever felt lost, alone, or afraid because of a challenging situation? How did you



get yourself on the right path to feeling better?

- Have you helped a friend or sibling choose the right direction?
- Do you have people in your life that you trust to help you find your way in the world? Who are they?
- In what other ways are family and good friends important in your life?

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## WinMan Windigo 5k/10k Snowshoe Stomp

Registration Open: For the Competitive, Less Competitive, and Kids Too! Event coordinators are thrilled to announce an exciting new event for the Northwoods area: the WinMan Windigo 5K/10K Snowshoe Stomp. The event will be hosted on Sunday February 16 at 1pm, on the 1200 acre silent sports WinMan Trail system, located on the border of Winchester and Manitowish Waters, Wisconsin.

The WinMan Trails are an ideal trail system for a snowshoe race. According to Trails Coordinator Robert Polic, they work well due to the 8 to 14 foot wide, groomed trails. He notes the trails "have a firm smooth surface with good width for passing. There's also enough mileage to support a 10K race without having to repeat sections of trail." In addition, the site offers beautiful views and plenty of nature to explore. The rolling topography of the site is compliments of years of glacial activity. The land features not only interesting terrain, but also a rich and varied ecological diversity. Wildlife sightings and sign this year have included rarities such as badger and moose. On race day, keep your eyes out for the elusive "Windigo"!

The race is for those wanting to push their times and compete as well as for the less competitive racers. Custom-made awards will go to the fastest three women and men in the 5K & 10K races. To bring in an added and fun challenge, coordinators have added an optional Windigo Fur Hunters class where participants seek out Windigos along the course attempting to snatch locks of their fur. In addition, there will be a non-competitive kids race, a big vat of fire-roasted chili, beer and hot cocoa, and Windigo stories around the fire. Windigos are half-beast creatures in the legends of the Algonquian peoples of the Great Lakes region. Imagine an aggressive Sasquatch that loves to eat humans... and that gets especially hungry in the lean months of our long Wisconsin winters!

To register, visit [WinManTrails.com](http://WinManTrails.com) or call the Discovery Center at (877) 543-2085. Advance registration for the 5K/10K Snowshoe Stomp by Tuesday, February 11th will assure a complimentary WinMan Windigo fleece headband. Participants ages 13 and up are invited to register for \$25 per racer; youth in the kids race participate for free.

The WinMan Trails are located 3.5 miles north of the Discovery Center, at the intersections of Highways W and J in Winchester, WI. For maps, trail report information, and permitted uses and amenities, please visit [WinManTrails.com](http://WinManTrails.com), or "like" us on Facebook.



### NOTICE OF RATE INCREASE

#### Water Customer of the Land O' Lakes Sanitary District No. 1 Utility

This is to give you notice that the Land O' Lakes Sanitary District No.1 will file an application on January 22, 2014, with the Public Service Commission of Wisconsin (PSC), for authority to increase water rates. Rates for general service will increase 3 percent. The increase is necessary to reduce the existing deficiency in present rates. The request is being made under Wis. Stat. 196.193. Rate increases granted under this statute do not require a public hearing. The effect of the increase for some selected customers is shown below.

Public Fire Protection and Wholesale rates (if applicable) will also increase 3 percent.

Customer Classification	Meter Size	Gallons	Existing Monthly Rate	Revised Monthly Rate
Average Residential	3/4"	2,500	\$19.58	\$20.18
Large Residential	1"	20,000	\$81.51	\$83.96
Average Commercial	1 1/2"	20,000	\$83.65	\$86.17
Public Authority	2"	20,000	\$85.78	\$88.36
Large Commercial	3"	120,000	\$385.10	\$396.44

**This rate increase will go into effect on March 26, 2014.**

If you have any questions about the rate increase request, call the Land O' Lakes Sanitary District No.1 at (715) 547-3429.

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