



IT'S COLORAMA TIME IN THE NORTHWOODS!

Colorama Weekend~Land O' Lakes

Starting in September when the leaves start to color through the beginning of October when frost is in the air, Land O' Lakes is celebrating Fall and you are invited to join the fun. Downtown is all dolled up in its fall finery with the star of the show being the many scarecrows that are part of the annual Fall Scarecrow and Decorating Contest. Join in the contest and win gift certificates to be redeemed at area businesses. No special theme, just regular Autumn colors and fun -"bring out your best". In order to give our visitors time to enjoy them, the decorating and scarecrows should be finished and on display the week of September 15. Judging will be on September 27 with the winners being announced and prizes given out at the Colorama Dinner at St Albert Catholic Church on Sunday, September 28.

Saturday, September 27 will be busy for area youngsters with free pumpkin painting at 11am at the Snowflake building and window painting throughout downtown. There will also be a free lunch for the children sponsored by the Land O' Lakes Park and Recreation committee. Enjoy these events in the splendor of beautiful Fall colors in Land O' Lakes. Ride, walk or run on the bike trail; do some fall fishing; or enjoy a peaceful boat ride on one of the many beautiful lakes.

Complete your good time on Sunday, September 28th, when everyone is invited to the Colorama Dinner held from 11am to 1pm at St Albert Catholic Church Parish Hall. Tickets are \$10 for adults and \$5 for children 12 years old and younger. Join your friends and neighbors for an enjoyable afternoon and a delicious meal of ham, chicken, and homemade side dishes, salads and desserts. Sponsored by the Land O' Lakes Chamber of Commerce. Carryouts are available. Tickets are available at the door and at the Chamber office. Enjoy Colorama in Land O' Lakes and all throughout the Northwoods.



The Judge's Choice Award went to Terry Kottke for her pyrography and colored pencil entry titled *Feeding Amongst the Rocks*.

Presque Isle Art Show

The eleventh annual Presque Isle Fine Art Show on Sunday August 17th entertained 749 visitors from around the Northwoods with many saying they had never been to Presque Isle. Visitors enjoyed exceptional fine art created by 62 artists from around the Midwest. Participants were treated to wonderful music and a grand time was had by all! Everyone especially enjoyed going through the Presque Isle Discovery Art Camp exhibit with thirty one 4'x7' canvases done in acrylic paint by artists ranging in age from 4 to 80+.

The talented winners of the awards are:

Artist Choice-Jane Schmaltz (Winchester, WI).

Judge's Choice-Terry Kottke (Athens, WI).

People's Choice Award winners:

Youth Awards: Best of Show-Madison Demlow (Casco, WI); First Place-Alison Bognar (Manitowish Waters, WI); Second Place-Beth Liermann (Eagle River, WI); Third Place-Greta Liermann (Eagle River, WI).

Adult Awards: Best of Show-Wiley Miller (Boulder Junction); First Place-Bruce Nelson (Presque Isle, WI); Second Place-Judy Helbling (Woodruff, WI); Third Place-Kay Lorbiecki (Presque Isle, WI).

Honorable Mention-Vlasta Polacek (Manitowish Waters, WI).

Land O' Lakes Autumn Decorating Contest

Decorate your business or residence for Fall. Build a Scarecrow -No special theme. \$25 prize for the best decorations. \$25 prize for the best scarecrow. The decorating and scarecrows should be finished and on display week of Sept 15. Judging will be on September 27, with the winners being announced and prizes given out at the Colorama dinner at St. Albert's Catholic Church on Sunday, September 28.

- Some Suggested materials:
- Pumpkins and gourds
- Garland of Fall Leaves
- Flower boxes
- Corn Stalks
- Wheel barrows, bushel baskets and apple baskets
- Mums or other Fall flowers
- Have fun and use your imagination to help make Land O' Lakes as colorful as we can for our visitors to enjoy. If you wish to be eligible for the prizes please contact the Land O' Lakes Chamber of Commerce at 715-547-3432.
- Hay and straw bales
- Indian Corn

Fall Fish Fry & Historic Film Festival

highlighting historic scenes of Land O' Lakes from the 20s through the 50s. Meet re-enactors or dress as an early resident yourself!

Tuesday September 30th
from 4-8:00pm at Bent's Camp
(take Hwy B West about 10 miles to Helen Creek Rd)

\$15 tax & tip included

Advance tickets available from Historical Society members and at Trading Post Internationale.

Sponsored by the Land O' Lakes Historical Society & Bent's Camp. Benefits Land O' Lakes NorthernWaters Museum.

Give 'em Credit

In an effort to increase services for the public, Ottawa National Forest offices can now accept credit cards as a payment for over the counter products such as permits, passes, maps, and many more items. All major cards are accepted.

The Ottawa National Forest has offices in Ironwood, Watersmeet, Ontonagon, Kenton. Offices are open Monday-Friday (except Federal Holidays) 8am - 4pm (local time). Public services in Watersmeet are provided by the Ottawa Visitor Center which is open 9AM to 5PM. The Visitor Center is also open on weekends through September, 9AM to 5 PM. Visit www.fs.fed.us/r9/ottawa or call your local Forest Service office for more information.



Bent's Camp was founded by Charles Bent in 1896 and has been a Mecca for fishermen every since. What better place to enjoy a Fish Fry & Historic Film Festival?

Fish Fry and Film Festival Fundraiser

Friends, neighbors, and northwoods visitors can enjoy good food along with a touch of local history when they attend Land O' Lakes Historical Society's annual "Fish Fry and Film Festival" on Tuesday, September 30th, at historic Bent's Camp, just West of Land O' Lakes.



The hundred-plus year old resort and restaurant has traditionally been the site of this event, since the Historical Society's inception more than 15 years ago.

Bent's Camp owners, Gregg and Amy Cusick, will be the hosts for the evening, which is under the organization of Land O' Lakes Historical Society volunteers Chris Tews and Sonja Poplawski. This year the Fish Fry and family archives Film Festival will run from 4 to 8pm. Historical

Society members will appear throughout the evening re-enacting the roles of some well known, Land O' Lakes area historical characters.

Tickets are \$15 and can be purchased at Bent's Camp, from Historical Society members, or from Trading Post Internationale in downtown Land O' Lakes. The ticket price includes viewing of the historic home movies, popcorn, and the famous Bent's Camp Fish Fry including fish, coleslaw, french fries, and beans. Tax and tip are included.

The movies are shown in the Bent's Camp lakeside room, facing Mamie Lake on the Cisco Chain, throughout the fish fry hours. Guests are encouraged to identify some of the films that are, as yet, undocumented. Loan or donate additional home films which depict some aspect of Land O' Lakes history, and add their knowledge to the Historical Society archives.

Proceeds from the Fish Fry are used to support the Land O' Lakes NorthernWaters Museum located in downtown Land O' Lakes in the Land O' Lakes Town Park on the South side of Hwy B. This year's exhibit at the Museum is *Historic Hunting and Fishing Guides of the Area*.

For more information on the Fish Fry, to donate to the Land O' Lakes Historical Society, or to join in the effort to preserve and present the history of the area, please contact Barbara Nehring at (715) 547-3333 (emailtradingpostint@gmail.com,) or Leslie Pearson, President, at (906)-358-3034.

"This is a perfect time to view the fall colors, have a great meal, and get a flavor of what Land O' Lakes was like from the 20s through the 50s," said Historical Society spokesperson, Barbara Nehring.

LAND O' LAKES COLORAMA 2014

SEPTEMBER 27-28

SATURDAY

FREE PUMPKIN PAINTING & LUNCH FOR THE CHILDREN

11am-Snowflake Building

WINDOW PAINTING

Downtown Land O' Lakes

Sponsored by the LOL Park & Recreation Committee

SUNDAY

COLORAMA DINNER HAM & CHICKEN

11am-1pm-St Albert's Church Hall

\$10 - adults, \$5 - 12yrs & under

SCARECROW & DECORATING CONTEST

prizes awarded at the Colorama Dinner

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Volunteers Needed for Loon Nesting Platform Project

A summer in the Northwoods just wouldn't be complete without hearing the beautiful yet haunting yodel of the Common Loon echoing across the lake on a still evening. This lake-dependent species is influenced by changes in both water quality and availability of suitable nesting substrate. Floating artificial nesting platforms increase the nesting habitat available to loons and may increase reproductive success. The North Lakeland Discovery Center is seeking volunteers to assist with a new citizen science project that will build, install, and monitor 10 new artificial loon nesting platforms on the Manitowish Waters Chain of Lakes in 2015 in an effort to increase nest productivity for this iconic Northwoods species.

The lakes in the Manitowish Waters Chain currently host eight breeding loon territories for which productivity data have been gathered over the last four years by Mike Meyers, Wildlife Biologist with the Wisconsin DNR. Heather Lumpkin, Research and Monitoring Coordinator at the North Lakeland Discovery

Center says, "The lakes on the Manitowish Chain experience seasonal fluctuations in water level. In the fall water levels are lowered about 3.5ft. When the ice has broken in the spring, water levels are increased again. These water level fluctuations coupled with shoreline development may be lowering nesting loon productivity, and so the Manitowish Chain is an ideal location to determine if the addition of artificial nesting platforms can increase loon productivity."

Over the winter and early spring 10 nesting platforms will be built by student groups and other volunteers. These platforms will be installed in April and then monitored by local residents. Loon alert signs and public outreach programs will be used to increase awareness and knowledge of loon ecology and conservation among student groups, visitors, and residents. Loon productivity data collected by citizen scientists will then be compared to existing productivity data from loon pairs that have established breeding territories on the Manitowish Wa-

ters Chain of Lakes in order to assess the effects of artificial nesting platforms.

The Discovery Center is looking for volunteers during winter and spring to build and then install the platforms and during the spring and summer to monitor platforms weekly. The artificial loon nesting platforms will be placed in 5-6 feet of water and far enough from shore to deter land predators. They should also be located away from major boating traffic and bald eagle nests. Please contact Heather Lumpkin at the North Lakeland Discovery Center (heather@discoverycenter.net or call 715-543-2085) if you are interested in volunteering and/or if you own property on the Manitowish Waters Chain of Lakes that is adjacent to a potential loon nesting platform site. Your site will be evaluated in late September for its suitability.

Watershed Restoration Workshop

IRONWOOD, MI – The U.S. Forest Service is inviting the public to a watershed restoration workshop to be held on September 23 at the Ojibwa Casino in Baraga, MI. The workshop will run from 10am-3:45pm (EST).

This is the third workshop of a new group called Partnering for Watershed Restoration (PWR), which includes many land and resource management organizations in the western U.P.

The workshop will include five presentations. Stephanie Swart, from the Michigan Department of Environmental Quality, will give a presentation on biodiversity planning by the Lake Superior BiNational Forum. Pam Nankervis from the Keweenaw Bay Indian Community will discuss collaborative restoration of aquatic resources. Mark Fedora from the Forest Service will discuss funding opportunities. Bob Heuer from The Trust for Public Land will discuss tools for data sharing. The final presentation will cover a large scale restoration project along the Dear River in Marquette County, Michigan. The day will finish with small group discussion focusing on the topics presented during the workshop.

For questions, contact Chris Kovala at (906) 852-3500 ext. 21 or christopherskovala@fs.fed.us.

Photo by Peter Dring

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- 20th - Casino Cribbage Tournament
- 26th - 28th - Yooper Fall Classic Cribbage Tournament



Visit www.lvdcasino.com or see Guest Services for more details.

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35th Annual Cranberry Fest

The Eagle River Area Chamber of Commerce & Visitors Center invites you to join us for the celebration of the 35th Annual Cranberry Fest - a fun filled family event for all ages with lots of activities to enjoy. Festival Grounds are open from 9:00am - 4:00pm on Saturday, October 4th and 9:00am - 3:00pm on Sunday, October 5th, 2014. A free shuttle bus will be available on Saturday from 9:00am to 5:00pm to take you throughout Eagle River to all the different activities. Shuttle busses run approximately every 20-30 minutes.

Activities include:

- The availability of Fresh Premium, High Quality, Hand Sorted, Select Cranberries and Craisins™ for you to purchase and take home to create your own wonderful cranberry flavored foods. (Items on sale next to the Holiday Gas Station at the corner of Railroad St. and Hwy 70, at the Eagle River Area Chamber of Commerce and Visitors center - 201 N. Railroad, at the Vilas County Fairgrounds - Hwy 70W, and in downtown Eagle River.)

- Tasting Wisconsin's No. 1 fruit crop - cranberries - made into an array of delicious food and drink items such as juice, soda, beer, meatballs, fritters, pies, breads, chutney and more.

- Pancake Breakfast - served on festival grounds in the large food tent from 7-10am. Come start your day with your choice of regular or cranberry pancakes, pork sausage and a drink.

- Support the Make-A-Wish Foundation by trying a slice of the World's Largest Cranberry Cheesecake - over 100 feet in length. All proceeds will assist in granting wishes for children who have life threatening illnesses in our area.

- The Ministry Health Care 2014 Berry Bog Bike and 5K Jog - a fitness bike ride, walk and run. For more information on how to participate in the Berry Bog Bike and 5K Jog, call the Eagle River Chamber of Commerce & Visitors Center for a registration form at 1-800-359-6315 or 1-715-479-6400.

- Join us for a tour of a cranberry marsh and the Three Lakes Winery - famous for their Cranberry Wines. Reservations are requested and tours leave from the Eagle Chamber of Commerce and Visitors Center at 201 N. Railroad St. in Eagle River starting Thursday, October 2nd and go through Sunday, October 5th. Tours are \$8.00 for adults and \$5.00 for children 12 and under. To learn more about scheduled tour times and to make your reservation call the Eagle River Chamber of Commerce & Visitors Center at 1-800-359-6315 or 1-715-479-6400.

- Cranberry Fest features over 300 arts and crafts vendors who will be showcasing home-created items made by the sellers themselves and what a variety of items they have. There is something for everyone.

After visiting the festivities on the festival grounds don't forget to enjoy all the activities located in downtown Eagle River.

- Activities Downtown (Saturday only) include: the Book Fair at the Olson Memorial Library, an antique market, farmers market,



Photo by Wisconsin Department of Natural Resources

fresh cranberry and craisin sales, Lake Country Weaver and Fiber Artists show and sale, hot food and beverages, musical entertainment, and a luncheon at the First Congregational Church.

Also, please note that Pets are NOT ALLOWED at the Vilas County Fairgrounds. Please leave your pets at home - not only for the safety of the public, but most of all for the safety of your pet.

For a complete schedule of activities and for more information contact the Eagle River Chamber of Commerce & Visitors Center at 1-800-359-6315 or 1-715-479-6400 and ask for either the Cranberry Country Crier, Marsh and Winery Tour information or the Ministry Health Care 2014 Berry Bog Bike and 5K Jog brochure.

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Phelps Library

The next Early Reader's Story Hour will be held on Friday, September 26 at 10am. Join us for "Fall" stories, music, and create an art project using leaves. We also have a regularly scheduled Story Hour the second Wednesday of every month at 1:45pm for children and families that are not able to attend the morning Early Reader's Story Hour.

We will be offering classes and workshops this fall and we are looking for volunteers that would like to share and teach their talents to others. If you are interested in teaching your talent to a small group of people, please contact us at the Phelps Public Library at 715-545-2887.

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Aquatic Invasive Species (AIS) Partnership Get Together

Vilas County's Aquatic Invasive Species (AIS) Partnership launched in late 2004 is nearing the end of its year. Partners will gather to review their efforts, successes, disappointments and expectations for the future on Thursday, September 25th from 12:45-4:00pm at the Boulder Junction Community Center.

The Vilas County AIS Partnership was initiated with WI Department of Natural Resources (WDNR) funding as a three year pilot project to determine if coordination of state AIS programs and services at the county level would enable better awareness of and access to those programs and services by local lake organizations. Ted Ritter was hired by the County Land & Water Conservation Department to coordinate the project. The partnership quickly

expanded beyond its affiliation with the WDNR to include the UWEX Lakes Program, WI Lakes (previously WI Association of Lakes), Vilas County Lakes and Rivers Association, Town Lakes Committees, area media outlets, local schools, professional lake management service providers, countless citizen volunteers, and various others. Deemed a success early on, the WDNR has since made funding available state-wide for regional AIS project coordination.

The upcoming meeting will celebrate a decade of progress through creative partnering and hard work by more people than can be accounted for. The public is welcome to attend. Advance registration is not required nor is there a cost to attend.

Chippin' Away at Summer Days of Art

The Land O' Lakes Historical Society held a couple of events which were part of the Land O' Lakes Summer Days of Art program. Both events were held Friday, August 22nd.

At one of the events, local artist, Rick Bernier, showed spectators the art of chain saw carving outside the Northern Waters Museum. Bernier is one of the featured taxidermist artists as part of the current *Hunting and Fishing Guides* exhibit.



Rick Bernier demonstrated his carving skills making an eagle out of a large log. You will often see him doing this very thing outside his shop on Hwy 45. Pictured above, front (l to r): Anthony Gaetano, Ava Gaetano, Ben Pachmayer, Kate Gaetano-holding Mia Gaetano, and Tony Gaetano-holding Matt Pachmayer; back: carver Rick Bernier.

weekend of
colorama
Summer Days of Art
final events

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Becky Nordine is a proud new owner of Cruise Planners, an American Express Travel Representative. "Everyone travels, and it's important to use a trusted travel specialist to help get the most value out of a vacation," Nordine said. "As a Cruise Planners travel expert, I take the stress and hassle out of planning a vacation for my clients. Through the resources available to me, I am able to make educated recommendations based on value, destination, group size and seasonality, among other things, to customize the best vacation possible. Since Cruise Planners has achieved top-producer status with every major cruise line and with many major travel partners, I am able to provide my customers with the best value along with my expertise and personalized service."



Nordine has acquired the Cruise Planners franchise previously owned by Janet Johnson. Johnson will continue to serve her clients as a business associate of Nordine's. "I am especially excited and appreciative to have Johnson stay on as an associate. She has been a Cruise Planner franchise owner for 19 years and has extensive knowledge, experience, and expertise in advising travelers.

"I sell complete vacation packages from Alaskan cruises to Caribbean retreats and European riverboat tours to customized African safaris," Nordine said. "Some people want to go on a cruise one year, and then a land-based vacation the next - I offer clients one-stop-shopping, competitive rates, and the comfort of working with a trusted travel advisor in their community."

Cruise Planners franchise owner Becky Nordine is based in Land O' Lakes, WI and specializes in cruise and all-inclusive resorts. For more information or to encourage Becky contact her at 715-617-7259 or visit www.turquoisettravelcompany.com.

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New Forest Supervisor

U.S. Forest Service Regional Forester Kathleen Atkinson has announced the selection of Linda Jackson as the new Forest Supervisor of the Ottawa National Forest. Linda replaces Anthony Scardina, who accepted a position on the Wayne National Forest in Ohio.

In welcoming Linda to the Ottawa, Kathleen Atkinson said, "We are excited to have Linda in the Region, and know her experience and knowledge will serve the Forest and community well."

"I'm thrilled to be on the Ottawa National Forest and am looking forward to working with its employees, the public and our partners," said Linda, who started her new job on August 25th.

Linda comes to the Ottawa from her previous position as District Ranger on the Bradshaw District Ranger of Prescott National Forest in Arizona. She has also served as the Acting Deputy Forest Supervisor of the Apache-Sitgreaves National Forest in Arizona.

The Ottawa National Forest continues to be served by three District Rangers. Norman Nass is responsible for the Bessemer, Watersmeet, and Iron River Districts. Susanne Adams covers the Ontonagon and Bergland Districts. Barbara Van Alstine is the Kenton District Ranger.



Applicants Sought for RACs

The U.S. Forest Service is seeking applicants to serve on Resource Advisory Committees in Gogebic and Ontonagon Counties. Resource Advisory Committees, known as RACs, solicit grants and recommend projects under the Secure Rural Schools and Community Self-Determination Act of 2000.

Since 2010, forty projects have been recommended by the Gogebic and Ontonagon RACs and funded by the Forest Service. Projects included repaving road, trail improvements, controlling invasive plants, cleaning up dump sites, restoring the Narrows Creek opening to the Black River, and erosion control.

Application forms to join the RACs and additional information can be obtained from Ian Shackelford at 906-932-1330 x328, or online at www.fs.usda.gov/goto/ottawa/RAC.

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FILM SCREENING National Forest Begins Road Study



Thursday, Sept. 18, 7:00pm-8:30pm, North Lakeland Discovery Center

During 2011, Chicago filmmaker George Desort spent a total of eighty nights on Isle Royale National Park on Lake Superior. Traveling alone with his camera equipment and as much food as he could fit into his kayak, Desort explored the rugged terrain of the island, filming himself each step of the way. The results of this adventure are beautifully told in an ode to Lake Superior through his documentary film, Fifty Lakes One Island. Popcorn and beverages served. Everyone welcome.

IRONWOOD, MI –The U.S. Forest Service has begun a study of the road system on the Ottawa National Forest and is inviting the public to participate. The study is part of the Travel Management Rule, adopted by the USFS in 2005. The rule requires every National Forest to complete a study of their road system by 2015.

To help share information about the study and gather input from local stakeholders, the Forest Service has scheduled three "Road Study" open house events. The first open house will be Monday, September 22, at the Iron River City Hall (MI), at 107 W Genesee Street. The second will occur in Ironwood on Thursday, September 25, in the Lindquist Center of Gogebic Community College. The final open house will be Tuesday, September 30, in the board room of the Ewen-Trout Creek School in Ewen. All open houses will be held from 3 to 6pm, local time.

Forest Supervisor Linda Jackson described the intent of the open houses. "The Ottawa National Forest has over 3,800 miles of designated roads managed by the U.S. Forest Service. For decades these roads have been used by the public for recreation and access, by loggers for forest management, and by Forest Service staff to administer the National Forest. Although we make changes and improvements to our road system every year, the Travel Management Rule calls on us to systematically evaluate our entire road system. Which roads are needed for what purpose? Are any roads causing erosion or harming water quality? Are there any roads on the system not needed by the Forest Service or the public? These are some of the questions we hope to answer."

"We want to emphasize that our Road Study will not include decisions on the future of any particular road on the Ottawa. This is just an analysis of our existing road system. Before any future actions are taken regarding the status of specific roads, we will provide additional opportunities for the public to participate in the process."

"The completed road study will identify a road system that provides access for the public and forest management activities, minimizes environmental impacts, and can be maintained within budget constraints."

If you have any questions about the Road Study or open houses, call Ian Shackelford at 906-932-1330x328. For more info about the Ottawa National Forest, please visit www.fs.usda.gov/ottawa.

KEEPING YOU POSTED from Karol Grasse



On August 8, 2014, in San Francisco, CA, the U.S. Postal Service issued the Janis Joplin Forever stamp in one design, in a pressure-sensitive adhesive pane of 16 stamps. This item will only be sold in full format, as a pane of 16.

The fifth issuance in the Music Icons series features Janis Joplin, a groundbreaking singer, whose powerful bluesy voice propelled her to the pinnacle of rock stardom. The artwork for this stamp features a photo of Janis Joplin taken by David Gahr in June 1970. The original black-and-white photo is rendered in shades of blue, with Joplin's trademark round sunglasses tinted a shade of pink. The words "Janis Joplin," along with the "Forever" denomination and "USA" appear in psychedelic-style script reminiscent of the 1960s, in shades of gold, orange, and pink designed by Daniel Pelavin. Text below the stamps briefly describes Joplin's musical legacy. The flip side of the stamp pane, designed to resemble a vintage 45 rpm record sleeve, features a photograph of Joplin taken by Bruce Steinberg in May 1968 at the First International San Jose Pop Festival. The image is accompanied by the words "Janis Joplin Blues Rock Country Soul Folk," in psychedelic-style lettering. Art director Antonio Alcalá designed the stamp and the stamp pane.

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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.

I was watching a sports news program the other morning. One of their segments dealt with the many professional players who had been given fines and suspensions for testing positive for drugs or had other criminal issues brought against them. Even one team owner had a 6 game suspension for a DUI! This is all a result of the NFL having a code of conduct policy for its players and owners that goes beyond that of the public. They recognize the responsibility they have to set a proper example and standard.

The same holds true for Christians. We must remember that we are to be held to a higher standard. We are Christ's witnesses, ambassadors, and His representatives in this world. I like that title "ambas-

sador". It is a good reminder to believers that we are called to be representatives of the Kingdom of God to this world.

Today, there is a false teaching going around that has infiltrated the Christian church. It basically tells people that we are free to say and do what we want. It leads us to believe that as long as we perform a few religious rites, pray, or attend church on occasion, we're okay with God. I am not saying that these aren't good to do, but we are not to put our hope in them as getting us right with God. We can have a buffet approach when it comes to our Christian faith. What I mean by this is that we tend to pick and choose what we want in our faith and end up with one eclectic mess. Terminology has also added to the confusion. We may be using terms that mean very different things. Take for example, "believe in Jesus". We may readily accept it when a person says that they believe in Jesus, yet we never delve deeper to find out if the "believe in Jesus" that people say is the same thing as the belief that Christians down through the ages have had. When people say that they believe in Jesus, are they saying that they believe He existed, they believe He had some important things to say? In the Bible, belief is a sure conviction that Christ is the Son of God, that He came into the world, lived a sinless life, and died in our place to satisfy God's wrath against your sin and mine.

Another term is "personal rela-

tionship". Christians need to personally receive Christ as Lord and Savior, and to enter into a new, living relationship with Him by God's grace through faith. Many wrongly interpret this personal relationship as being a "private" matter between us and God, so they don't speak of it. This goes against all the Scriptures that speak of Christians as being witnesses and ambassadors.

In Ephesians, we are *told to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.* (Ephesians 4:1-3). We are *"to walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God."* (Ephesians 5:2) and to *"look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil."* (vs 15).

If we call ourselves Christian, which means follower of Christ, we need to hold to His higher moral standard and to live wisely. If we expect people to truly believe in Christ as Jesus intends, we need to be good examples of that kingdom and to do our best to live like we believe. This will strengthen our faith, as well as other people's faith. It will strengthen our churches, and may even help those who have yet to trust in Christ to believe that He died in their place for their sin as Christ did for us. Christians, we must see we have a code of conduct that the Lord will hold us to.

Know I'm praying for you!

Thousand Is. Lake Road Detour

Watersmeet, MI - The U.S. Forest Service reminds visitors and that Thousand Island Lake Road (County Road 535), near Sylvania Wilderness, is having ongoing culvert replacements done by Gogebic County. A detour from US Highway 2 through Wisconsin has been established. To access Sylvania Wilderness and nearby areas go to Watersmeet, MI, and then south along US Highway 45 to Land O' Lakes, WI. Go west on County Road B to Thousand Island Lake Road, and continue north and east to the Sylvania entrance.

The road to Crooked Lake is open but the road to Clark Lake remains closed September 15 to 19.

For questions about access to Sylvania Wilderness, call the U.S. Forest Service at (906) 932-1330.

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HEALTH & WELLNESS • Joint Pain Be Gone *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.

If you suffer from frequent joint pain and you don't want to rely on pain medication for the rest of your life, it's time to listen up! It's all about finding the underlying cause. No matter what type of pain you're having or where, there is always a reason. Your body is so smart! It is trying to tell you something very important. Deciding not to listen and covering up its 'whining' with a pain killer of some kind is definitely going to push you into the direction of even more pain and/or new and more detrimental concerns. In my clinical practice, I have basically found 3 key factors to WHY people have pain. If you can figure out your WHY, you can then move on to how to fix it once and for all.

Reason #1: Joint subluxation or misalignment. If there is a

joint, or joints in your body that are not properly aligned, you will certainly (at least eventually) have pain. Joint subluxation research proves that it will occur due to any chemical, physical, or even emotional stress. Chemical stress occurs when the body comes in contact with a chemical it finds offensive (air, food, water, toxic chemicals, etc). Physical stress is when you injure yourself in some way. Emotional stress... well we all know that one. The physical stress makes the most sense, but isn't it interesting that our joints are that in tune with the way our bodies relate to the world around us? Our body systems are SO connected in every way. Very specific joint re-alignment should only be done by your Chiropractor, Orthopedist, or specifically trained Physical Therapist. More general alignment can be accomplished with deep and focused stretching and/or yoga.

Reason #2: Inflammation. When there is inflammation in your body, there is pain. The biggest reason for chronically

increased inflammation is due to eating inflammatory foods. Of course injuries can also cause inflammation, but that is an acute case. Foods highest on this list are anything with sugar, dairy, and most grains (especially wheat). If you removed all of these, your body would have almost no reason to launch an inflammatory response. If you've been eating these foods for a long period of time (aka, your whole life!), you will most likely need to do some CLEANING of your kidneys, liver, gallbladder, and intestinal tract for optimal results (see past articles). Chronic inflammation can also be due to chronic immune challenges (i.e. fungus/mold, bacteria, virus, parasites). If you suspect this is the case with you, you'll need to do more than clean up your diet and organs. Too much to explain in today's article. BUT my favorite inflammatory busters are as follows:

a) Ice. It sounds so basic and boring, but ice actually stops that inflammatory cascade in it's tracks faster than ibuprofen and

lasts longer in most cases too (plus you have the added benefit of not toxifying your liver!).

b) Turmeric. Truly the most amazing spice for inflammation. Try to use at least 1/4 tsp of good quality turmeric in your morning smoothie or on the food you eat throughout the day. The key is consistency, so if you find yourself not keeping up with it, use the capsule form to make it more convenient.

c) Castor oil. Wow. If you haven't tried this for your sore joints, you're in for a treat! It's cheap and easy and works great. You can either rub the oil into the joint(s) daily or when you have pain; or you can make a castor oil pack (consult google) for extra sore places.

Reason #3: Nutrient Deficiency. The most common ones I see in the cases of joint pain are Minerals and Vitamin D (which should actually be called Hormone D because that's what it really is). A great way to check on this is to be cognizant of your first morning urine pH. You need to keep that pH between 6.2 and 7.5 ideally. If it's below that (acidity), your body is stealing nutrients from your bones,

and pain will result, as well as drastically decreased immune function. Find out what your D level is (should be between 80 and 100-no less!) and if it's low, you need an oral or topical D that your body can actually break down. If you're over 35, chances are you're not breaking any oral D down, meaning it's not usable to your body. Taking some lemon or orange oil with it will help. Sunshine will REALLY help! Minerals to make sure you're getting enough of in this case are Selenium, Zinc, Magnesium, and Silica. Watch your over-the-counter supplements for added exipients like Magnesium Stearate, Calcium Stearate, Titanium Dioxide, or Silicone Dioxide. If any of these are in your supplements, don't take them. They will only build up in your liver and kidneys over time.

The overall point is to LISTEN TO YOUR BODY. When it's trying to tell you something, it's for a reason.

To reach Dr. Ida Allen with questions or to make an appointment for a nutritional consultation, contact her at learn@educatingwellness.com, or by calling (715) 362-2300.

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NATURE NOTES • Fall Webworms *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.

"What are those big webs around the ends of the branches?" In late summer, that becomes one of the questions most frequently asked of Naturalists.

Not made by spiders or even, as often supposed, by tent caterpillars, the webs may be up to three feet long and enclose more than one branch. They are the nests of fall webworms, the larvae of a species of moth in the tiger moth family.

Other tiger moth larvae include the wooly bears, famous for their mythological winter weather forecasting talents. Fall webworms are the only species of the family whose larvae build communal nests. Each web may contain a hundred or more small pale greenish caterpillars with yellow stripes.

Adult fall webworms are small white inconspicuous moths. They appear in early summer to lay eggs in masses on the leaves of the plants the larvae will need for food. After the caterpillars hatch, they begin to spin their communal web around the leaves they eat. As the caterpillars grow, for about four to six weeks, they enlarge the web to include additional leaves. In the fall, they leave the nest for the first time and may feed in the open for a day or so. As the fall season ends, they crawl under loose bark or drop into the debris on the ground, spending the winter as pupae (a cocoon).

Many species of deciduous trees may host fall webworms, in our Norhtwoods crab apples and wild cherries seem to be special favorites. Although the webs are unsightly, rarely do they cause serious harm to the host, because damage is confined to the leaves inside the nest. Occasionally, when on especially heavy infestations occurs several years in row, a tree may suffer serious

damage or even death.

Fall webworms are often called tent caterpillars. True tent caterpillars are of a different family and build nests not on the ends of branches but in crotches and forks of branches, and appear earlier in summer. Unlike fall webworms, tent caterpillars use their nests only for resting, crawling out along branches to feed.

A webworm nest is tough and strong, providing protection for the growing caterpillars. No defense is perfect, though, and the web can't deter all predators. Yellow warblers and cuckoos are especially fond of webworm caterpillars, and some hornets also feed on them. Hornets may carry webworms away to feed their own larvae.

If you search through the webbing in fall, you may find some dead, apparently uneaten caterpillars. These may be the victims of parasites. Several species of small ichneumon wasps enter the nests and lay their eggs in the young caterpillars. After the wasp larvae hatch, they feed and develop inside the webworm's body. When the caterpillar dies, the wasp pupate inside the webworm's body shell. This is an example of how populations of potential pests may be naturally controlled. It also demonstrates the complexity of relationships in nature and that all creatures are part of a food web



Photo by Courtney Celley/USFWS.

In a forest on a clear quite summer night, one can sometimes hear a sound like soft rain falling. But the light drumming on leaves is not caused by raindrops, it is the sound of caterpillar droppings (called frass) tumbling down through the canopy. Human ears cannot pick up the noises caterpillars make when they feed, the tiny gnashings of caterpillar jaws, the scratchings of caterpillar feet over leaves.

When I am in the forest and imagine such things, I also imag-

ine other sounds, a chorus of spitui's and groans, as disgusted caterpillars spit out foul-tasting leaves that they've chewed a minute too long. For trees have weapons against the caterpillar, poisonous or unpalatable food additives, indigestible structural materials, and poor nutrient packages. The forest is a tough place for an animal to find a meal. The clearest evidence of this is the small amount of living biomass consumed by forest animals every year.

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STORAGE UNIT - You lock and keep the key. 10' x 24' concrete, fully insulated. Security gate. One year lease-\$35 per month. 6 month-\$45. Month to Month-\$65. Call 715-617-4149. #103014

MINI STORAGE AVAILABLE at the junction of Hwy 2 & Hwy 45 in Watersmeet. Lighted storage, sizes from 5' x 10' to 10' x 40' with 8' ceilings. Call Linda at 906-287-1335, Mon-Fri, 7:00 AM - 3:30 PM

#040215

WANTED

HELP: My name is Paul Withington. I am going to sign a lease for a 7 month stay in Land O' Lakes BUT they don't take pets. I'm looking for someone more or less close by who will adopt my 2 1/2 year old, non shedding, all white Bichon

named MAX for 7 months. Dog is a lover. I'll pay food and regularly come by to feed him. Home phone: 715-545-2201 (does take messages). Cell phone: 608-320-4867 (does not take messages).#100214



GATEWAY LODGE
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HAPPY HOUR • FRIDAY FISH • SATURDAY PRIME RIB
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Restaurant closed for A PRIVATE PARTY September 27th



SEE ARTICLE ON PAGE 4 FOR DETAILS

OCTOBER 4TH & 5TH
(Always 1st full weekend in October)
9am-4pm on Saturday & 9am-3pm on Sunday

FREE Shuttle Bus!
on Saturday

35th Anniversary
CRANBERRY FEST[™]
featuring over 325 Arts-N-Crafts Booths with all items handmade by the seller

- Cranberry Marsh & Winery Tours - October 2nd-5th
- Mini Cranberry Bog Display at the Children's Museum
- Berry Bog Bike & 5K Jog - Saturday, October 4th
- Pancake Breakfast - October 4th & 5th, 7-10am
- Specialty Cranberry Food & Beverages Items
- Fresh, Locally Grown Cranberry & Craisin Sales
- World's Largest Cranberry Cheesecake
- Crafter's Auction - Sunday, October 5th, 11:30am
- Farmers Market & Antique Market
- First Congregational Church Luncheon
- Nordmarka Spaghetti Dinner
- Music & Much More Family Fun!

Cranberry Fest activities take place at Vilas County Fairgrounds, Downtown Eagle River, and other special event locations.

EAGLE RIVER

For More Information Contact:
Eagle River Chamber of Commerce and Visitors Center
(800) 359-6315 • www.cranberryfest.org

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Time to book your **Christmas Party** at the Twilight Supper Club...Treat your employees to a magical night of Fine Food, Merriment & Great Service!

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the Twilight Supper Club and Sandman Lounge

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Tuesday Shrimp Boil
Wednesday ... Perch Fry
Thursday Wings & Ribs
Combo Baskets & Dinners
Friday Cod Fish Fry
Saturday Prime Rib
+ 21 item FRESH Salad Bar Nightly!

Early Diner's Special from 4'til 5pm... buy 1 entrée, get the 2nd for 1/2 price.

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Your Hosts, Paul & Lisa Stemen

Kitchen serving from 4-10pm Tuesday through Saturday - Closed Sundays & Mondays