

35th Three Bear Sled Dog Race & Midwest American Championships

This season's heavy snows and cold temperatures have created ideal conditions for the 35th running of the Three Bear Sled Dog Races in Land O' Lakes on the weekend of February 6th, 7th and 8th. The Three Bear Sled Dog Race has also been chosen as the Midwest American Championship venue, which means that the event has been expanded from previous years with qualifying races on Friday added to the traditional Saturday & Sunday racing schedule.

Many Wisconsin mushers agree the Three Bear Race trail is one of their favorite race locations. Racing in both Upper Michigan and Northern Wisconsin, the Three Bear offers beautiful well-groomed trails. It is perfect for the Midwest American Championships because it has the right combination of fast sections and more technical sections. The dogs do best with a variable trail: the more technical sections give the drivers a chance to use their sled driving skills while the faster sections give the dogs a chance to turn on the speed.

The teams will run through forested trails starting from the Town Hall grounds in downtown Land O' Lakes. The races are hosted by the local Three Bear Sled Dog Races and Games committee and organized by the Wisconsin Trailblazers Sled Dog Club. The races are sanctioned by the International Sled Dog Racing Association (ISDRA) with competitors vying for points toward year-end medals. The points system is similar to NASCAR in that top-placing teams will earn a significant number of points. You will most likely see some fierce racing at the Championship.

Racers from around the Midwest and across the country come to race in a variety of divisions including 3-dog, 4-dog, 6-dog and unlimited team sizes. Some racers don't even use a sled! Those racers skijor which has a racer on cross country skis pulled by one to three dogs.

This event is not just for the competitors.

A big difference between this race and a NASCAR race is spectators will be allowed in the "pits". Mushers encourage people to walk through the Musher's Village dog yard parking area to schmooze with their dogs and ask questions. Unlike NASCAR there will be no entrance or parking fee to attend the sled dog races. Spectators are appreciated with excellent viewing areas set up along the courses and at the start and finish areas on the grounds of the Land O' Lakes Town Hall on County Highway B.

Adding to the races, the Land O' Lakes community has planned a variety of outdoor games and activities. The very popular children's Mutt Race will have registration at noon on Saturday & Sunday with racing starting at 1:00 pm. Children are welcome to bring their own dogs from home to race in a 50-yard dash. Thanks to the generosity of a local dog lover there will also be dogs available for those who can't bring their own. A harness and sled are provided. There is no entry fee for this timed event and prizes are awarded. Note that this year there will be a special prize for the fastest Mutt Racer using their own amateur sled dog.

At 2:00 pm on Saturday spectators can enter their pets in the Fido Fashion Show. The competition has separate categories for dogs dressed by children and those prepared by adults. Contestants will walk or "parade" their dogs while judges and spectators watch. Judges

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THE BEAT • Student Sports Report

As a venue for student journalism and reportage, The Beat will feature articles written and photos taken by local students. We encourage submissions from all local students.

Eagles Girls Basketball Dominates, by Kate Mendham

Northland Pines High School UNIFY group showed their skills and passion for basketball during their skills demonstration on Tuesday, January 13th—before the girls' team took on Elcho in a non-conference matchup.

Project UNIFY is a group for individuals with and without intellectual disabilities to be able to connect and make life-long friendships through school and sports. Pines is known for having one of the most active and involved Project UNIFY clubs in the state.

Pines, coming off a 38-point victory over Tomahawk, was dominant from the opening tip-off. At halftime the Eagles led by a score of 42-15, a reflection of their relentless defense leading to easy buckets on the offensive end. The home team showed their half-court offensive capabilities in the third quarter by slowing the tempo and setting up their plays. Every player on Pines made major contributions and logged a lot of minutes.

The Eagles allowed the Hornets to score only 2 points in the fourth, helping them cruise to a 78-29 victory. Pines moves to 5 wins and 7 losses overall, 2-3 in-conference, and will take on Mosinee Friday, January 23rd at home.

Pines Overpowered by Wausau West, by Jocelyn

Monge and Vanessa Niemczyk

On Tuesday, January 13, the Northland Pines Eagles and the Wausau West Warriors faced off

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Winter Frolic, Conover - Feb 8th

The 56th annual Winter Frolic will be held Sunday Feb. 8th from 11:00a.m. to 3:00p.m. at the Conover Town Park, located one block east of Highway 45 on Highway K in Conover.

Hosted by the Conover Lions Club, the event will feature sled races and raffles. The races for children will begin at 1 p.m., with awards for winners in every age group. Everyone is welcome to take their own sleds, tubes and saucers. The children will be towed to the top of the sled hill by the Conover Sno-Buddies snowmobile club trail groomer. Food and beverages will be sold at the parks indoor shelter.

Proceeds raised by the Lions Club will go to many local and international causes, including Camp Rosholt in Rosholt, WI for the blind and deaf. For more information call 715-479-6673.

Meat Raffle To Benefit Relay For Life

T&M Lanes will hold its Tailgate Meat Raffle Super Bowl Sunday February 1st from noon to 2pm at it's location on Highway B in Land O' Lakes. This year the meat raffle will be in memory of Tommy, one of the owners that has past away with cancer this last year.

Steaks, chops, brats, cheese baskets, all from our local meat markets. Tickets are 50 cents each and raffles will be held every 15 minutes throughout the event.

All proceeds from the raffle will benefit the Relay for Life, a volunteer-driven cancer fundraising event.

Elementary Basketball Program - Phelps

An elementary basketball program under the direction of Lynn Kolling is available at the Phelps School on Saturday mornings through February 21st in the large gym.

Kindergarten thru second grade meets from 9-10 am and third grade thru sixth meets from

10 am - noon. Phelps high school athletes have been running fundamentals and drills and helping the younger athletes learn the sport.

Kolling said, "The turnout of both high school and elementary students has been great, but we invite more to join us. Come as often as you like; weekly participation is not required."

For questions call Kolling at 715-545-2724.



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Chili Cook-Off – Dessert Bake-Off!

A chili, homemade soup cook-off and pie/dessert bake-off will be held as part of the winter carnival at Phelps School Saturday, February 7. Contest rules can be picked up at the school office. Judging will be on taste, texture and aroma, and prizes will be awarded. Entrants can register in the school commons the day of the contest between 2-3 pm when dropping off your food entry.

Soup and chili should be in a slow cooker marked with the owner's name, pies/ desserts should have the information on the plate bottom. After judging, the remaining food will be offered to the public. Winners will be announced at 6 pm and a group picture will be taken.



Phelps Planning Citizen Input

The Phelps Town Board and the Phelps Planning Commission are sponsoring a citizen input meeting on Saturday, January 31 at 10 am in the Phelps school commons. The purpose of the meeting is to get citizen input on the redevelopment of downtown Phelps.

Carl Ruedebusch and Barry McLeane of the Vilas County Economic Development Corporation will coordinate the meeting. McLeane said "This is a rehashing of Phelps and we need the taxpayers input and questions. We are interested in what you want."

If you have any questions contact Colin Snook (715)545-2022, Dorothy Kimmerling (715)617-2736, Wally Beversdorf 545-2355, Mike Duquaine (715) 437-0088, or Steve Waier 617-5552.

USA Pond Hockey Championships

10th Annual Labatt Blue USA Adult Pond Hockey Championships will take place Fri.-Sun., Feb. 6-8.

Experience the thrill and challenge of this classic 4 on 4 Pond Hockey Championships held at the Chanticleer Inn on Dollar Lake in Eagle River.

Join the hundreds of teams—competing on 24 specially prepared ice rinks—and thousands of participants and fans from across the United States and Canada who enjoy this unique and wonderful event. Eagle River Chamber of Commerce; 800-359-6315; 715-479-6400; e-mail: info@eagleriver.org; web: www.eagleriver.org



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READ ALL ABOUT IT...
see the article in this BB...

BORDER HAPPENINGS

ANNOUNCEMENTS • • •

MI Free Winter Fishing Weekend: Feb 14 & 15.

CONOVER • • •

Conover Lions Club Blood Drive: Community Center Jan 27, 2-6pm. Walk ins welcome. For appt. call Rita 715-479-4959 or 715-891-1374.

Sno-Buddies Benefit Chili/Soup Cook off: Log Cabin, Feb 7, 3-6pm.

Conover Volunteer Fire & Rescue 4th Annual Ice Fishing Classic: Pioneer Lake, Feb 7, 7am-3pm.

Lions Winter Frolic: Town Park, Feb 8, 11am-3pm.

Great Northern Jerk-Off: Club 45, Feb 14, 5:30pm.

Northwoods Blizzard Blast: Conover Community Park, Feb 15, 10am-6pm.

Conover Evangelical Free Church:
Awana: Conover Evangelical Free Church, every Wed, 6-7:30pm.
Jr & Sr Youth Group: every Wed, 6:30-8:00pm (at Camp Luther on March 11, May 13).

Conover Transfer Station: Sun 8-11am; Wed 1-4pm.

Conover Post Office Window: Mon-Fri 9am-12:45 & 2-4pm; Sat 9-11am.

LAND O' LAKES • • •

Pig Skin Poker Run: Bent's Camp, Jan 31.

Meat Raffle: T&M Lanes, Feb 1, 12-2pm.

Three Dog Sled Races: Town Hall Grounds, Feb 6-8.

Midwest American Sled Dog Championships: Town Hall Grounds, Feb 6-8.

Winter Flea Market & Crafts Sale: LOL School, Feb 7, 9:30am-3pm.

Mushers Ball: Gateway Lodge, Feb 7, 8pm-12am.

LIBRARY PROGRAMS:

Movies: every 3rd Thurs 1pm. Free popcorn & coffee.
Story Hour: every Wed, 10:30am.
One-on-One Computer Help: with Tony, every Fri, 12:30-3:30pm. Sign up at the front desk.
Hours: M/T/Th/F 10am-4pm, Wed 10am-6pm & Sat 10am-1pm.

LOLA PROGRAMS:

Writers Workshop with Brian Benson: Jan 31. Fee. Reg. by Jan 24.
Ladies Luncheon & Farkle: Bear Trap, Feb 4, 11:30am. Fee.
Darling Doodles/Zen Doodles III: Feb 7, 10am-12pm. Fee. Reg. by Jan 31.
4-wk-Creative Writing Class w/ Brian Benson: Feb 5, 12, 19 & 26, 1-3:30pm. Fee. Reg. by Jan 29.
Road Trip/Knitting Class: Llama Farm, Clintonville, Feb 11, Fee. Reg. by Feb 4.
Homeschooled Kids Classes:
-Recycled Sketchbooks: Feb 10, 12:30-2:30pm. Reg. by Feb 3.
-Acrylic Painting: Feb 17, 12:30-2:30pm. Fee. Reg. by Feb 10.
Cooking Class-English High Tea: Feb 21, 2-4pm. Fee. Reg. by Feb 14.
Cooking Class-Thai: Feb 28, 10am-12pm. Fee. Reg. by Feb 21.
Beaded Bracelet Class: Feb 24 & 26. Fee. Reg. by Feb 17.
Watercolor Wednesdays: every Wed (until 3/25) 10am-4pm. Free. Go to lolaartswi.com or call 715-547-3950 for more information.

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

Yoga Classes: Town Hall.
Mon 5:30-6:45pm (All levels).
Tues 8:30-9:45am (Foundation).
Tues 10:15-11:15am (Gentle Yoga)
Open Class.
Thu 8:30-10am (Continuing).

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

Pickleball: Elementary School, every Mon & Wed, 4-6pm.

Drop Stitch Group: Library, every Wed, 1-3pm. Knit & crochet group.

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

LOL Planning & Beautification Meeting: Town Hall, 2nd Wed,

10am. Public welcome.

Wilderness Lakes Trails: Town Hall, 4th Wed, 4:30pm. Public welcome.

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

New-U Club: Hope Lutheran, Thurs, 8:45-10am. More info 715-781-5794.

Veterans Helping Veterans Outreach Group: LOL Bible Church, 2nd & 4th Thurs, 6pm.

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

Airport Commission Mtg: Contact airport for info, 715-547-3337 or landolakesairport@hotmail.com

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

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

PHELPS • • •

Amateur Radio Operator Class: Jan 24, 10am. Fee. To register & for more info 715-545-2220.

Annual Great Northern Ice Fishing Tournament: Lac Vieux Desert Boat Landing, Jan 24.

Downtown Development Meeting: Phelps School, Jan 31, 10am.

Winter Carnival: Phelps School, Feb 7, 4-9pm., Bret & Frisk, 7:30pm.

Cook Off & Bake Off: Phelps School, Feb 7, 2-6.

LIBRARY PROGRAMS:

Movie-The Best of Me: Feb 13, 1pm.
Early Reader's Story Hour: every Fri, 1pm. Starts Jan. 9.
Story Hour: Jan. 14, 1:45pm.
Computer Class-Word Play: Jan 30, 10am.
Hours: M/T/Th/F 10am-4pm; Wed 2-6pm; Sat 10am-12pm. Check us out at www.phelps.wislib.org or call 715-545-2887.

Basketball: Phelps School, Saturdays (thru Feb 21), 10am-12pm.

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.

Pickleball League: Phelps School Gym, every Wed, 9-11am. 715-545-3736.

Twin Lakes Bible Church:
Awana: every Wed, 5:30-7pm.
Bible Study & Prayer: every Wed, 6-7pm.

Phelps Chamber of Comm. Mtg: Town Hall, 2nd Wed, 6:30pm.

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

Phelps Historical Museum: by appointment only. Call Pauleyn Nystrom 715-545-3012 or Jan Petrick 715-545-2545 for more info.

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

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

Phelps Town Hall Hours: M/T/Th/F 10am-4pm; Sat 10am-2pm.

WATERSMEET • • •

Watersmeet Bible Church:
Worship: every Sun, 10:30am(CST).
Men & Ladies' Bible Studies: every Wed, 6:15pm(CST).

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

Northwoods Quilters: Watersmeet Bible Church, every Tues, 10am-3pm.

Alcoholics Anonymous Meeting: Spiritual Center on Transfer Station Rd, every 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 Meeting: School, Consumer Ed. Room, every Wed, weigh-in 4:30pm, meeting 5pm.

Watersmeet American Legion Post 317 Meetings: last Thurs, Dec-Mar@3pm, Apr-Nov@7pm.

Watersmeet Transfer Station: M/T/Th/F 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 •
BJ Snowmobile Club Breakfast: Goochs A-1, Jan 18, 8:30am-2pm.

EAGLE RIVER •
Women On Snow: Eagle Waters Resort, Jan 23-25.

USA Labatt Blue Pond Hockey National Championships: Dollar Lake, Feb 6-8.

Winter Farmers Market: VFW Hall, every Wed (Jan 8-Apr 30), 11am-5pm.

Vilas Cty Master Gardener's Mtg: Incubator-555 Enterprise Parkway, Hwy 70 Business Park, 2nd Thurs, 6pm with speaker at 7pm. Public invited.

MANITOWISH WATERS •
Discovery Center Programs:
-WinMan Moon-Shoe: Jan 31. Fee. Visit www.discoverycenter.net for info.

MINOCQUA •
Wolf Tracks Rendezvous XC Ski Marathon: Winter Park, Jan 31, 7am-5pm.

Cruiserfest: Lake Minocqua & American Legion Hall, Feb 6-7.

PRESQUE ISLE •
Winter Party: Pipke Park, Feb 28, 11am.

ST. GERMAIN •
Snowmobile Radar Run: Little St. Germain Lake, Jan 30-31, 10am-4pm.

Ride with the Champs: Whitetail Inn, Feb 7.


LSR Vintage Ride: Bonnies Lakeside, Jan 31.



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OUTSIDE • Fishing & Snow

by Creative Brilliance

Report for the Eagle River Chamber of Commerce based on Creative Brilliance interviews with Eagle River guides "Muskie Matt" of Wild Eagle Lodge, "Ranger Rick" Krueger of Guide's Choice Pro Shop, Mat Hegy; and Eagle River hunting enthusiast, Dan Anderson.

VILAS COUNTY: FISHING REPORT

Northern and panfish putting on a good to excellent bite, with wall-eye good, and some largemouths being caught incidentally, as well; all in the Eagle River, Wisconsin area.

Ice conditions in the Eagle River, Wisconsin area are improving with the dropping temperatures, but there is still slush in some areas. Ice thickness varies from 6-14 inches. Best way to get out is to use a snowmobile or ATV. A few trucks are going out, but one of our guide sources tells us that he would not yet take his truck out on the ice, as there are plenty of "iffy" spots still around. We continue to urge all of you to come up to Eagle River and have a lot of fun, catch fish, and do it in safety. Best way to get this done is to hire one of Eagle River's excellent guides.

NORTHERN: Fish 10 feet of water or less in and around remaining weeds. Use a medium to large shiner or northern sucker under a tip up. Place your bait right above the top of the weeds. All day action and the bite is good to excellent.

PANFISH: Crappies, bluegills and perch are locating in two areas. Fish break edges and adjacent weeds in 10 feet of water or less, or try main lake mudflats in 15-35 feet of water. The perch are tight to bottom, with the crappies and gills suspending mainly in the lower half of the water column. Use a waxie, spike, wiggler or crappie minnow, or micro-plastic on a small jig or under a slip bobber. All day action and the bite is good to excellent.

WALLEYE: Fish break edges in 6-35 feet of water. The walleyes are tight to bottom. Use a medium shiner or walleye sucker under a tip up, or try a jigging spoon tipped with a minnow head. Place your bait about a foot off the bottom. All day action, with peaks in the evening. The bite is good.

LARGEMOUTH BASS: There are a few incidental largemouth bass being caught by walleye and northern anglers. Best areas to get the largemouth to hit are with the

shallow setups in 10-15 feet of water off of weed edges or over weed beds.

SNOW REPORT

Trails are in very good early riding condition, and approaching excellent! Trails are being constantly groomed.

The base is hard as a rock with new snow continuing, which means a smooth cover. Temperatures remain very cold.

The traffic this past week was lighter than the thousands of sleds we welcomed over the Holidays. Our groomers continue to work all the rough, frozen areas. Some sections are getting numerous passes to cut and smooth out the bumps and roughness. Trails near Eagle River are getting an amazing amount of traffic. Just know that the trails are being groomed every night!

DOGSLED RACES

>> continued from cover
will look for dogs dressed with the most originality, creativity and best behavior. Prizes will be awarded.

On Saturday following the Fido Fashion Show, teams of three can compete in the "Barcounger" race. Two team members will push a recliner that has been upgraded with the addition of skis. The third team member is responsible for cheering them on as they enjoy the ride. Prizes will be awarded for the three teams with the fastest times down the snowy course.

Additional activities include a free walk-in skating clinic at the Snowflake ice-rink on the Town Hall grounds. Amy Alt who is a hockey and figure skating coach from the University of Denver will be on hand to work with beginners on up. Skates are available or bring your own. She will be available from 10:00 am to 3:00 pm on Saturday and from 11:00 am to 2:00 pm on Sunday. This skating clinic is sponsored by the Herb Brook Foundation. Throughout both days tasty warm food will be available.

On Saturday will be the Chamber's Winter Festival Craft Sale and Flea Market inside the Land O' Lakes Elementary School which is adjacent to the race site. Over 40 vendors will be on hand from 10:00 am to 3:00 pm. The activities on Saturday conclude with the annual Musher's Ball which is held at the historic Gateway Lodge on the corner of highway 45 and county highway B in Land O' Lakes. This year people will enjoy music performed by Borderline beginning at 8:00 pm and ending at midnight.



There are no fees for any of these events. However, attendees are encouraged to bring "Cans for Canines" or "Food for Felines". These donations will be forwarded to the Vilas County Humane Society.

Complete information about this family friendly weekend can be found at 3bear.org or on Facebook at www.facebook.com/Three-BearSledDogRaces.

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Winter Carnival Planned

There will be a Phelps School/community/family "Winter Carnival" event sponsored by the Phelps School Community Committee at the Phelps School on Saturday, February 7.

Inflatables and games will be available for the children in the large gym from 4:30-6:30pm. From 5-6:30pm chili will be available at no charge and sampling of the chili/soup cook-off and pie/dessert bake-off. Live music by Bret and Frisk is scheduled from 7-9pm in the small gym.

All events are open to the public and there is no charge for admission. The event is funded by the Rural Education Achievement Program. For information or if you would like to volunteer call the school at (715)545-2724.



THE BEAT - SPORTS

>> continued from the cover

in a long-standing rivalry game. Brandon Tharaldson made a shot from the middle of the circles, at just over four minutes into the game, to put West on the scoreboard. Three minutes later Cale Bowman broke away from the cluster of players fighting for the puck and was able to score, putting his team up 2-0.

In the second period, it only took 61 seconds for another Warrior goal to be recorded on the scoresheet. Wausau's Kellen Tharaldson then used a one-man advantage on an Eagles penalty to add a fourth goal. In a repeat of the previous period, Wausau West once again scored a goal quickly after the starting faceoff of the third. The Warriors held the Eagles scoreless with a final score of 0-5.

Pines travels to Waupaca on Thursday, January 29th for a Great Northern Conference matchup.

Pines Takes on Reigning State Champs, by Lexi Nelson and Jocie Monge

On Saturday, January 10, the Northland Pines girl's hockey team took on their biggest rival in Wisconsin; the Bay Area Ice Bears—reigning state champions. Although the Eagles went into this game with a confident attitude and focused mindset, Bay Area was first on the scoreboard with a goal by Laken Anderson early in the first period. Anderson scored a second goal for the Ice Bears before the period ended, this time a power play goal due to a penalty against Amanda Sergent for checking from behind.



The Eagles fought hard, but couldn't get one on the scoreboard in the first period, going off of the ice down by two. In the second period the two teams were deadlocked, no goals were scored, and the period ended with Pines still down by two.

The Eagles continued to fight for a goal in the third period and on a power play with just under two minutes left in the period Amanda Sergent was able to find the back of the net. The Eagles fought hard but lost to the Ice Bears with a final score of 1-3, but when asked about their game afterwards the girls remained confident and happy.

On Friday, January 16, the Eagles took on another rival, the Central Wisconsin Storm in the Dome. The Eagles were determined to end their losing streak against the co-op but were unsuccessful. With a few members of the team out due to sickness or injury, Pines lost to Storm by two goals. Both of the Eagles' goals were scored by senior Kali Ebert, with assists from Cali Sanborn on both goals and Emily Saltenburger on the second. Storm takes home the win with a final score of 2-4.

Pines moves to 11-6 overall and 5-2 in-conference. Their next test will happen this week against Hayward at home on Thursday, January 22.

Pines Boys Basketball falls to Rhinelander, by Vanessa Niemczyk

Eagles added a tough loss to their record on Friday, January 16. In their conference matchup Pines struggled to keep up with Rhinelander's mental toughness.

The Eagles only trailed by eight at the end of the first quarter, still capable of a comeback. In the second, even though Pines was able to find the basket, they weren't able to hold off the Hodags. Rhinelander stayed ahead with a score of 20-38 at halftime. Hodags then went on a run in the third quarter to create a significant gap in the score, leading by 26 points, leaving the Eagles to do all they could just to stay in the game.

Things didn't turn around for Pines as the two teams battled it out into the final quarter of the game. Rhinelander showed their dominance, bringing the final score to 37-70. This brings the Eagles' record to 3-8. Pines Boys Basketball is scheduled for another conference game Friday January 23, at Mosinee.



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NATURAL CONNECTIONS • Winter House Guests by Emily Stone



Naturalist & Educator Emily Stone holds Natural History & Geology Degrees from Northland College and works and writes in Northern WI.

The pile of sweaty skiing and outdoor clothes in my closet had begun to smell a little rank, as polypro is inclined to do. So I hoisted the laundry basket and schlepped it down two flights of stairs. In the corner of the last step, something small and dark, about the size of a nickel, caught my eye. “Thunk” went the laundry as I crouched down to get a better look. Sure enough, a brown spider crouched among the dust bunnies and dog hairs.

Now, I know that this type of discovery elicits a wide variety of responses in people, and the majority probably lean toward some combo of screaming and smashing. But I’m at the other end of the spectrum. It’s been hard to “see” nature lately, since I spend most daylight hours in the office. As a result, I’ve been feeling a little deprived of my usual encounters with wildlife, so I felt honored to have some nature living in my stairwell. I ran up the steps, grabbed my camera, and did a little wildlife photography there on the basement steps.

Long, hairy, rusty brown legs were banded with darker stripes. Her oval-shaped abdomen was tan, with a squiggly black chevron pattern and more hair. Long, slender pedipalps (also hairy), stood ready on either side of her mouth to taste, smell, and or help crush her food. Indeed, it was the delicacy of the pedipalps that identified

her as a female – a male would have big club-like pedipalps to aid in reproduction.

A quick search through Larry Weber’s Spiders of the Northwoods just got me more confused on the identity of the little critter. Show me some tree buds and I’ll point out minute differences that indicate this twig is (obviously) from a beaked hazel and the other one is from an American hazel. Show me a spider, and I say, well, it has long legs and dark stripes. That describes at least a third of the spiders in my guide.

For help, I went straight to the source and emailed the photo to Larry. With enthusiasm, he identified it as “a type of Funnel-web Spider (Funnel-weaver); family Agelenidae. She appears to be the genus Tegenaria.” Then—as with any new roommate—I Googled her to find out more.

According to Wikipedia (a good place to start, but not the final word), “house spiders of the genus Tegenaria are fast-running brownish funnel-web weavers that occupy much of the Northern Hemisphere except for Japan and Indonesia.” In northwestern Europe, where giant house spiders (Tegenaria duellica) are native, the British affectionately call them “dust bunny spiders,” due to their propensity to set up a territory under furniture.

Long ago, these spiders might also have chosen to set up territories on the ships carrying the first European settlers in the 1600s, and/or in shipments of British lumber during the Napoleonic Wars (early 1800s), thus spreading from Europe to America. Their close association

with humans may have earned them passage elsewhere, too, and they are now suspected to live in almost every country on Earth.

You have to be fast to colonize the world, and giant house spiders held the Guinness Book of World Records for top spider speed (1.18 mph) until 1987. The “spiders” that beat their record are not even true spiders! Hmph!

Happily, most of these house spiders would rather try to escape than try to bite you or your pet, so they pose little danger as roommates. David Sedaris, bestselling humorist and author, once befriended a number of Tegenaria spiders and noted that they are “as quiet and unobtrusive as Amish farmers.” One thing I did worry about was where this spider was living. Oh, I don’t care if it sets up shop in the basement stairwell—that wasn’t the problem. But everything I read suggested that these Funnel-web spiders should be living on a flat, sheet-like web with a tubular retreat at one corner. Nowhere at the

bottom of the stairs could I find such a web. So I ventured into the basement itself to see if I could find the spider’s true home.

I found the nooks and crannies surprisingly clear of webs, until I reached the farthest back corner. There, above the phone and internet boxes, hung a beautiful gossamer sheet web. Tentative jiggling it, I was surprised by a tiny black spider that suddenly bungee—jumped into the abyss and then lowered himself (male spiders are smaller) smoothly on a line of silk. A second black spider still clung to the web. As I looked even closer, I noticed several pale, leggy cellar spiders clinging upside down to messy, irregular webs like something out of Tim Burton’s The Nightmare Before Christmas.

The crumpled bodies of dead insects littered the floor under this spider colony. I took this as evidence that these spiders were contributing members of the household, not just some lazy freeloaders. Through all this adventure, my dirty clothes sat abandoned on the floor. If only spiders could add “doing laundry” to their list of helpful talents!



You can discover much more about Emily Stone and her point-of-view through **Natural Connections** online at the blog cablemuseumnaturalconnections.blogspot.com.

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Customers receiving door delivery should make sure their sidewalks, steps and porches are clear. Customers receiving curbside delivery should remove snow piles left by snow plows to keep access to their mailboxes clear for letter carriers.

Delivery service may be delayed or curtailed whenever streets or walkways present hazardous conditions for letter carriers or when snow is plowed against mailboxes. The Postal Service curtails delivery only after careful consideration, and only as a last resort. Any curtailed mail is attempted the next delivery day.

Blue collection boxes also need to be kept clear for our customers to deposit their mail and for the Postal Service to collect the mail for delivery. Residents and businesses with collection boxes near their property are asked to keep them clear of snow and ice. We want our letter carriers to be safe. We can only do this with the help of our customers.

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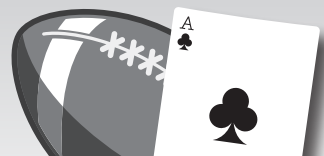
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Vilas Cty Chamber Annual Dinner to Feature Speaker Rad Watkins

The annual Vilas County Chamber dinner will be hosted by the Manitowish Waters Chamber of Commerce at the White Oak Grill at Chipewewa Retreat Resort in Manitowish Waters on Thursday, February 5. The event will feature a social hour, dinner and speaker Radley "Rad" Watkins, an award winning conservationist, accomplished wildlife scientist, and national and international motivational speaker.

Watkins has worked with grizzly bears, bald eagles, wolves and mustangs as well as served as a government official, as a manager in corporate consulting and contributed to prestigious scientific journals. Diagnosed as learning disabled as a child, Watkins learned how to play to his strengths (and have fun doing it): earning his Master's degree, leading teams, and living the life of his dreams. Developing a leadership system relating human personalities to those of wild animals, Watkins currently speaks and shows others how to take control of their lives and become the kind of leader that cannot only achieve their personal goals but help others bring their best forward. His Animal Leadership system is applicable to success in any field, regardless of age or discipline. Being a group leader or team player starts with being the leader of your own life. By knowing what animal you are metaphorically, you can put yourself in the right habitat to thrive. By recognizing other's personality you can feed them information in the way they prefer. You can take a free personality test at www.animalleadership.com to find out what sort of animal personality you have.



"We invite all chamber of commerce members from within Vilas County, as well as the public, to come enjoy an evening of networking with fellow business owners and Radley Watkins," Theresa Smith, president of the Vilas County Chamber, stated.

The evening will begin at 6pm with a social hour and cash bar, with dinner at 6:45pm, followed by Watkins' presentation. Dinner choices are Braised Beef Stew, Pan Roasted Chicken Breast and Vegetable Parmesan Risotto. All dinners include either soup or house salad and Red Velvet Cake for dessert. The cost is \$25 per person. The White Oak Grill is located at 13029 Deer Park Road in Manitowish Waters, WI.

Reservations should be sent by January 30th to Vilas County Chamber of Commerce, Attn.: Cindy Burzinski, 330 Court Street, Eagle River, WI 54521 (checks payable to Vilas County Chamber of Commerce). For a reservation form call 715-479-3649 or 800-236-3649.

The Vilas County Chamber of Commerce is a non-profit organization comprised of all twelve Chambers of Commerce within Vilas County and the Vilas County Tourism & Publicity Department that exists to explore and initiate appropriate, cooperative projects in which individual Chambers and other tourism-related entities within the county can participate. The organization strives to provide a conduit for the sharing of information among all members, promotes Vilas County as a tourism destination, encourages and promotes community and county improvement and seeks legislation which will further the interests of its members.

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WISCONSIN Hometown Pride



Front row, left to right: Jessica Hammersmith-painter; Sandy Garbarek-Gateway Lodge; Jack Garbarek; Jill Rohloff-Headwaters Food Pantry, Jen & Olivia Payne-Club 45; Back row, left to right: Cindy Hammersmith-painter; Tom Rohloff-Headwaters Food Pantry; Kevin Konnow-Brew's Pub; Austin Ramesh-Wisconsin Badgers Football; Buck Janny-Black Oak Inn.

It all started for Jack Garbarek with bad news from the Doctor. He had to spend a majority of the summer of 2014 at home due to medical issues. This was no easy task since Jack was a bear guide and has grown up in Land O' Lakes enjoying the freedom the great Northwood's has to offer. Trying to make the best of a bad situation Jack decided to buy an old Camper and completely rebuild it. It would give him something to do and keep him busy while having to stay close to home. He spent countless hours sitting in the old camper planning the new layout. He pondered creating a camper to take Sandy his wife of 47½ years and head out on new adventures. In the end he decided Sandy and he were already where they wanted to be so he settled on an ice fishing shanty on wheels.

As Jack began building the Shanty, he kept thinking of unique ways to use the new trailer. He thought it would be great to use for tailgating and fundraising, but fundraising for what? Jack decided the local Headwaters Food Pantry would be a great choice. Having grown up in Land O' Lakes he thought what better way to help his home town community. After speaking with his good friend Chad Ramesh he got the final piece of the plan. He would make the trailer a Wisconsin Badger themed ice fishing shanty saluting Land O' Lakes very own Wisconsin Badger, Austin Ramesh #20. The whole town of Land O' Lakes is very proud of Austin.

As fall approached, things really started to take off. First and most important, Jack's medi-

cal issues had cleared up and he was now free to roam again. He spoke with Gary Vold from Northern Carpets and when Gary heard Jack's plans he donated the carpet for the new Trailer. Numerous friends from town gave Jack a Badger clock, stickers, blankets and other Badger gear to outfit the new trailer. As the trailer came closer to completion Cindy and Jessica Hammersmith volunteered to paint the exterior so there would be no confusion, this was an original Wisconsin Badger Austin Ramesh custom trailer. Jack's initial plan was to use it at four tailgate parties to raise funds for the food pantry and then get the rig ready for some serious ice fishing. Jack thought it would be great if he could raise about \$1,000.00 for the food pantry. His wife Sandy works at the

Gateway Lodge so what better place to have the inaugural tailgate party?

When Jack and Sandy began discussing the idea with others it was so popular that the four tailgate parties grew to the full Badger season. Many of the local establishments showed interest in hosting one of the tailgate parties. In the end Gateway Lodge, Club 45, Brew's Pub and Black Oak Inn all ended up sponsoring tailgate parties. Special meals were provided at each location and all proceeds from the meals went to the food pantry. Many of the taverns added a dollar to the drink prices and that money was also donated to the food pantry. The last Tailgate party for the Out Back Bowl included numerous raffle prizes including Ron Dayne signed Badger gear donated by Charlie Kanai as well as

signed NCAA footballs and Badger hats from Austin. Of course the Badgers won in overtime and everyone got to see Austin playing in the game!

At the end of a very successful Badgers football season Jack had his health back and raised \$3,966.71. Every penny raised went to the Headwaters Food Pantry. Now Land O' Lakes has yet another homegrown person to be very proud of.

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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.

While attending a webinar recently, I was introduced to a new principle that is in our society today. That principle is the "don't ask me to think principle". This comes into play any time we ask a person something that requires them to put effort into thinking beyond simple things. If it isn't simple then forget it. Part of the reason for this, as I understand it, is that people have so much more they are thinking about today, than at any other time in history. Basically we have information overload. Look at how much we have to process on a daily basis. We have so much information coming at us from social media, the internet, TV, you name it. Add to that, the stress that you or I might have if we might miss some important piece of news or information. Years ago at a conference I attended, a keynote speaker told us the sum of human knowledge up to the 1960's doubled from 1960 to 1980. It doubled again by 1990, and by 1995 it had doubled again! No wonder there is information overload. If you were to do an online search, you'd probably discover articles that speak of that doubling anywhere from

every 5 years to every 12 months depending on whether you are considering information in general or in a specific area! Think about that! (Or maybe we don't want to.)

I say all this because it is easy to get into not thinking too deeply about anything. Our attention doesn't stay focused for very long. Someone says something and we can just buy into it, especially if that person is viewed as a so-called "expert". Though there is a lot of information out there, it doesn't mean that it is all good or should be given a priority. We need to give more thought about things that pertain to health or future finances more than possibly what this or that celebrity is wearing to a certain event. We should be aware of regurgitated rhetoric, especially when it comes to thinking about spiritual things. For Christians, this means the Word of God, the Bible.

I'm amazed at how few people read and think about the Bible. I have heard folks say how it is just an old book or it is just a bunch of myths, and such. I can't help but think that they are just spitting out some nonsense that they heard someone else say. Oh, it sounded good, but they probably have given little attention to it. Not everything that is new is right; nor is everything that is old irrelevant. We teach our children to read, so that they can know one day that the deed they have on their homes, really says that they own it. We teach them math so they can see that their bank accounts really show what they have put into them. Otherwise they can only guess that what they have is true. They have to rely solely on what others say or

believe. I find people give little thought about what they buy into regarding heaven, hell, or salvation. I tell the people in our church all the time to check out what I say, I don't expect them to just take my word for it. In the book of Acts, there was a group of people known as the Bereans. They heard what Paul said but they also went home and searched the Scriptures to see if it was so. We need to think more deeply about God, who He is, and what He has said, just as the Bereans did.

There are blessings for the people who give real thought to what the Bible says and then do what it says. Joshua 1:8 says, *This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.* The Lord told Joshua to think about the Law of God all the time if Joshua was going to have success. From time to time I have heard of pastors and teachers who give people the idea that reading the Bible is too hard and not to do it. Nothing could be further from the truth. Paul writes to Timothy in 2 Timothy 3:15-17, "...from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work." (NIV). Timothy could understand the Scriptures since childhood. Proverbs 22:17-19 says, *"Incline your ear and hear the words of the wise, and apply your heart to my knowledge; for it is a pleasant thing if you keep them within you; let them all be fixed upon your lips, so that your trust may be in the LORD..."* We need to give thought to what we are letting in our heads.

Let me encourage you to give thought about what you are thinking about. Think about your eternal soul and where you stand with the Lord. Think about what you believe about God, sin, heaven, and eternal life. Search God's Word, you will find it and Him to be true if you will search with all your heart.

Know I am praying for you.

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HEALTH & WELLNESS

How To Double Breast Cancer Survival Rates

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.

Could it really be possible? Brand new published research suggests a big YES! A large 4 year clinical trial showed a 77 percent reduction in incidence of all combined invasive cancers, including breast cancer when compared to women given a placebo. Another study published in Anticancer Research (March 2014) by Mohr, et al. showed that patients with breast cancer who had higher levels of this mystery molecule in their blood were twice as likely to survive the disease. So why is it such a big mystery? Because we have been shrouding ourselves from it! It's the almighty sunshine-vitamin D to be exact. And of course the most useable form is directly from the sun through your skin. According to Dr. James P. Meschino, DC, MS of Nutritional and Anti-Ageing Research, these clinical analysts looked at data from five large breast cancer studies involving 4,443 breast cancer patients with a follow up period of about nine years. They found that women with an average vitamin D blood level of only 30 ng/ml had survival rates double that of women with average vitamin D blood levels of 17 ng/ml or less. And to top it off, the average vitamin D blood level in patients who have breast cancer in the United States is 17 ng/ml. Hmm, interesting to say the least.

How does this amazing molecule work? Vitamin D is now known to reduce cancer development and progression in 3

main ways. First, adequate levels help to slow down the rate of cell division, in turn reducing the likelihood of these rapidly growing cancer cells. Second, it helps to mature newly formed cells, reducing transformation to a cancerous state. Third, it enhances the immune system to a great extent, so that your body's own 'killer cells' can seek and destroy before any of them start to get out of control.

What should we be doing to get our levels to an optimal range? Well, I may be going out on a limb here but, GET YOUR REAR END IN THE SUN! Of course, listen to your skin and know your limits (burn is bad, slight pinking is good). We seem to be afraid of that gorgeous golden glowing star, which is too bad because it does us so much greatness. Slathering on sun screen is not only horrid for your skin and organs (as it sends millions of toxic chemicals directly into your bloodstream without being filtered by the liver), but it also stops the formation of vitamin D for your body. So yes, the absolute best form of easily assimilated vitamin D comes directly from the sun. The next best thing is a high quality liquid supplement that you apply topically to your skin and take internally under the tongue (a great average dosage is 4000 IUs daily). As a very important side note, if you don't have a good build up of essential fatty acids in your body, you won't be able to utilize the D coming from the sun or a supplement. You'll also be more likely to burn your skin in the sun. So make sure you're getting your fish or plant based omegas, coconut oil, avocados, olive oil, etc at least a couple times daily!

Although it is pretty hard to



overdose on vitamin D, especially in the northern climates, it is still advised to have your levels checked so you know where you are and where you need to be. In my practice, we strive for levels just above 80 ng/ml. It seems to

be the 'zone' to make it all the way through the winter without a single illness as well, which is a welcome plus. So this summer, do your entire body a favor and get some good old fashioned healthy SUNSHINE!

Ted Ritter to Retire

Ted Ritter (Vilas County Invasive Species Coordinator), has decided to retire and move on to a new chapter in his life!

Please mark your calendars to join us for a farewell gathering on Tuesday, February 24 from Noon until 2:00pm at the Community Center in Boulder Junction, Wisconsin.

If you wish to send a card and/or a contribution for his retirement gift please please contact me at my email below, no later than February 20, 2015.

A presentation for Ted will begin about 12:30pm. Please bring your funny stories for Ted and plan to share them with the group during this time.

If you cannot attend, but still have a funny story to share, please email them to me and I will make sure to have them heard. Email to Carolyn at cascho@co.vilas.wi.us

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Operate on LOLA Time During Winter

The Land O' Lakes Area Artisans, Inc. (LOLA) programs continue through February to keep your calendar filled to the brim. Bear Trap is hosting a fun LOLA Ladies Luncheon on February 4 at 11:30am followed by games of Farkel. The luncheon will cost \$18 (includes tip). This event is planned to chase away the cold winter blues using the ART OF LAUGHTER. To reserve your place at the table call LOLA 715-547-3950 or Lynn Richie 715-547-1132.

February 7th Daring Doodles, Zen Doodles III, 10-Noon. Yet again... back by popular demand - Artist Cathy Calvetti from Eagle River is doing doodles and tangles! Some that have taken previous classes will be furthered challenged with more daring doodles and beginners will learn how neat this drawing technique is! Different papers and pens will be used. No experience required. \$25, with a deadline for registration and payment of January 31.

Four Week Creative Writing Class, with author Brian Benson. Whether you're halfway through your memoir or tiptoeing into your first short story, this four-week workshop will invigorate your writing. You'll get in-depth feedback on your works-in-prog-

ress, while at the same time generating new writing via weekly prompts. A mix of discussion, guided exercises and peer critique, this workshop is a great fit for writers of all levels, fiction and nonfiction. The four classes are from 1-3:30pm, February 5, 12, 19, 26. Cost is \$150, ages 16 - adult, with a deadline for registration and payment of January 29.

Brian Benson is the author of *Going Somewhere: A Bicycle Journey Across America*. He teaches creative writing workshops at Portland's Attic Institute, and is at work on his second book. Depending on when you ask, Brian lives in western Oregon, northern Wisconsin, or somewhere in between.

Another ARTventure is brewing. Mark your February calendar again for February 11 to Take An Arty Road Trip! The trip will include a visit and FEARless Knitting Class at Copper Llama Farm, shop & classroom in Clintonville, Wisconsin! Enjoy Personal Chef Lynn Richie's Gourmet Lunch Box during class. Group will then head to downtown Appleton, WI for boutique shipping and finish the day with dinner at RYE Restaurant in downtown Appleton. Cost for the class and lunch box is \$40, with a deadline for registra-

tion and payment of February 4. Travel schedule and class supply list are available at LOLA.

Instructor and the Copper Llama Farm owner Kathy Krause will lead the class. Have you ever had to start over because you dropped a stitch? Have you ever had to start over because the stitches didn't look right? Have you ever had to "unknit" because you chose the wrong increase? Krause's FEARless Knitting class will teach you how to fix without fear. Topics covered will be: gauge, dropped stitches, increases, knit vs. purl, twisted stitches, life lines and more! NO STUDENT LEFT BEHIND! Visit Copper Llama Farm at thecopperllama.com.

Artist Wendy Powalysz continues to offer classes for the home-schooled child community. Recycled Sketch Books is on February 10. Students will create their own sketch book from an old book that was due for the dumpster. These new creations are ready to be filled with drawings, paintings, journaling, or poems. On February 17 is Acrylic Painting. Powalysz will lead students on an exploration of the color wheel and all the combinations it holds. Still life paintings on canvas boards will complete the project. Both classes are \$10, held from 12:30-2:30pm and registration and payment are due February 3 and February 10, respectively.

Two cooking classes will fill your calendar for February. February 21 is English High Tea from 2-4pm. Join LOLA's friends, Sandy Hall & Judy Hillgard for English high tea. Executive Chef, Sandy Hall will discuss the various foods traditionally served during this quintessential part of English culture. Judy Hillgard has experienced high tea in England and Ireland many times and will explain the art of tea brewing and the high tea customs. A surprise guest, an English lady, will describe the tea culture of England and answer your questions. Hats and gloves optional! (but oh so English!). Cost is \$35, with a deadline for registration and payment of February 14.

The second cooking class, Thai Cooking, is on February 28, 10-Noon. Professional Chef Mike McAdams of Land O' Lakes at one time lived in Thailand. Because of his love of food and learning, he will share his experiences, the essential ingredients, his favorite recipes and ways to adapt Thai recipes with ingredients that can be found here. Tastings will be offered. Cost is \$35, with a deadline for registration and payment of February 21.

A two-day Beaded Bracelet Class - Woven Bracelets, is being offered February 24 and 26. Jewelry artist Carolyn Rohlen of Watersmeet, MI will teach this class. Learn this essential beading technique using a needle and Nymo



Llamas at Copper Llama Farm Clintonville, WI

beading thread to create this lovely woven bracelet. Kits will be provided with all materials. Samples may be seen at LOLA. Cost is \$50, with a deadline for registration and payment of February 17. All materials supplied.

Watercolor Wednesday continues through March 25, 10-4pm. Bring your supplies, a work in progress or start something new. This is a drop-in gathering, no fee or registration required.

All classes will be held at LOLA Center for the Arts with the exception of the ARTventure. For more information about LOLA programming and to register for classes, contact Wendy at (715) 547-3950, go to 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.

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UNIQUE, SEMI-FURNISHED 3 bedroom house for rent in downtown Land O' Lakes. Near snowmobile trail. 1.5 bath, laundry room. \$800.00 per month plus utilities. Security deposit required. Please call 715-547-8009 leave a message.#021915

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FREE: 9 cu ft Norge Freezer - old but works fine... like most "seniors". Call 715-547-3905.

FREE: Walnut Colored Coffee Table, well made. 715-891-3274.

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SUPPORT YOUR COMMUNITY

Homemade Jerky Contest

On February 15 the Club 45 in Conover will be hosting the 20th annual Great Northern Jerk-Off.

Bring your own homemade jerky. It can be beef, venison, fowl, or any wild game.

Registration is at 5:30-6:30pm with judging to follow at 7:00pm.

You don't need to enter the competition to join us for the fun, raffles, and a taste of the Northwoods best jerkies.

For more info call Club 45 or Kathy at 715-477-0575. All proceeds to go to the "WARM THE CHILDREN" fund.



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January 24, 2015
Club 45 from 1-4pm

Come and celebrate the life of Kay Bauer. An 11 year veteran of the Conover Fire Department and a wild fire tower lookout for the WDNR for several years.



Decon John (Skip) McCaughn will speak. There will be pictures and a dedication. Food and refreshments will be served. Donations to the family will be appreciated.

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