

Frosty Club

King & Queen



Pub/The Black Oak Inn, Tom-Bear Trap, Amy-The Black Oak Inn, and Lisa-Twilight Supper Club.

The "Raffle Master" aka Ian Pyne makes sure our biggest fundraiser for the club always runs like a well oiled machine. All 200 tickets were sold and the winners are...Grand Prize \$3,000-Don Peterson, Ironwood MI., \$1,000-Rich Vogt, Green Lake, WI., \$750.00-Tom Goshen Watersmeet, MI., \$500.00-Mar-

The Land O' Lakes Frosty Snowmobile Club held its annual raffle and announcement of the Frost King and Queen contest winners on Wednesday, March 8th at Rogers Bar in Watersmeet. The Frosty King and Queen Contest/Fundraiser brought in \$1,103 to

help fund the trails for the Frosty Club. Crowned winners this year are The Frosty King 2017 Jack Sarama from Bent's Camp \$354 and The Frosty Queen for 2017 Peggy Anderson from Brew's Pub \$227. Other contestants included Joe-Gateway Lodge, Cliff-Brews

ty Kuppel, Appleton, WI., \$250.00-Ken Ribicki, Wheat, IN., \$100.00-LeRoy Compton, Pe-kin, IL., \$100.00 Chad Lederer, Conover, WI., and \$100.00-Ian Pyne, \$100.00-SueAnn Bauers, \$100.00-Mark Basten, all from Land O' Lakes, WI.

Ely Church Helps Community



Pic-tured right are some of the women from Ely Memorial UCC Church in Land O' Lakes who recently enjoyed making fleece blankets for the Project Linus Program. This program delivers blankets to children who are seriously ill or traumatized. The blankets will be distributed throughout North Central Wisconsin.



Pictured above: In an effort to welcome new businesses and owners into town, Ely Memorial Church of Land O' Lakes sponsored a Bowling Party on March 12th at "The Alley", previously T&M Lanes, which has been recently remodeled and under new ownership. The church also catered pizzas from T.J. Grizzlies as part of the event. Another shop local, buy local effort to support and encourage local businesses by Ely Church members.

Signs of Spring moments



It may feel like spring one day and winter the next, but we patiently await for spring to take over and stay. After the long, dark, winter months, spring is literally a breath of fresh air. The sun's warmth is intensifying daily, the birds song is getting louder, geese and swans are being sighted, the doves are cooing, and the waters are opening, sure signs that nature is coming alive again, getting ready for the new season. Venture out and enjoy the rewards of spring in many ways, for example catching some panfish on a still frozen lake, looking for the first robin to appear, or hiking into a raging waterfall from the spring runoff. Happy Spring!

Ladies Luncheon at Lanny's

Spring is here, or we'd like to think so. Come join us at Lanny's Fireside for a Ladies Luncheon. There will be a few special vendors, great food, and raffles, so bring a friend and have a fun-filled afternoon on Sunday, May 7th. Social Hour is from 12:00pm-1:00pm, lunch from 1:00pm-3:00pm. Tickets are \$25 and must be purchased ahead of time. Seating is limited, so purchase your tickets early. Again, as we did last year, we are adding to the fun and giving a prize for the best "Spring Hat". Be creative and design a unique, one-of-a-kind hat. Wear it to the Ladies Luncheon and show it off. Or, if you already have a favorite hat that you would like to wear, that's great, too. Come be part of the fun! GreenWeavers Gifts and Apparel from Sayner will be doing a fashion demonstration showing how to dress up and dress down simple fashions that work for everyone. The event is sponsored by the Conover Chamber of Commerce. Tickets may be purchased at Lanny's Fireside or by calling 715-547-8120, Sharon Olander at 715-479-5757, or Kathy Johnson at 715-477-0575.



Visit Alice in Dairyland At Maple Syrup Fest

Phelps Maple Syrup Fest is excited to be welcoming Alice In Dairyland to the popular event on April 1st at the Phelps School. Alice in Dairyland is a one-year, full-time public relations professional employed by the Wisconsin Department of Agriculture, Trade, and Consumer Protection (WI DATCP). Each year, Alice in Dairyland travels more than 40,000 miles throughout the state, promoting Wisconsin agriculture to various audiences. Ann O'Leary is serving as the 69th Alice in Dairyland. As Wisconsin's agricultural ambassador, she will educate audiences across Wisconsin about the \$88 billion economic impact and importance of our state's diverse agriculture industry on our daily lives. O'Leary grew up in Evansville, showing Jerseys and Holsteins at the county, district and state level.



2009 Rock County 4-H Fair Queen. O'Leary studied Biology and Neuroscience at Carthage College and graduated with All College Honors in May, 2014. Ann volunteers with the Rock County 4-H Program and serves on the Carthage College Alumni Council. In her spare time, she enjoys reading, water skiing, and spending time with family. Alice in Dairyland is Wisconsin's Agriculture Ambassador. Phelps Maple Syrup Fest will take place from 8:00am-4:00pm on Saturday, April 1st. Activities will include a maple syrup judging contest that Alice in Dairyland will help to judge, tree-tapping demonstrations, educational classes, sugar bush tours, an arts and crafts fair, a Maple Café, and much more. For more information, visit www.Phelps-swi.us or call the Phelps Chamber at 715-545-3800.

Spring Promotion Highlights Silent Sports

With more than 60 multi-use trails and 240,000 acres of public land to explore, spring is the perfect time to blaze a trail in Vilas County! Vilas County Tourism & Publicity is giving one lucky Facebook fan a chance to create their own adventure in the Northwoods in the "Be a Vilas County Trailblazer Sweepstakes." The prize package, worth \$500, includes a two-night stay for four at Lake of the Torches Resort Casino in Lac du Flambeau and a Fitbit Blaze smartwatch and fitness tracker. The winner will also be sent a Vilas County Silent Sports Trail Map. The map now includes paddling routes and can be ordered at vilas.org. For an online guide, download our free Map It Vilas County trail navigating app for Apple and Android. "Spring is such a beautiful time to be out exploring the trails," said Cindy Burzinski, director of Vilas County Tourism & Publicity. "There's warmth in the air, everything is greening up, the flowers are blooming - it's the perfect chance to escape your cabin fever and hike, bike, bird watch, or paddle any of our 1,300 lakes." Become a fan of Vilas County's Facebook page or log on to vilas.org between now and May 5th for your chance to win the "Be a Vilas County Trailblazer Sweepstakes." To start planning your own spring Vilas County getaway, visit vilas.org. Visitors also can find Vilas County on Facebook, Twitter, Pinterest, Instagram, and YouTube.



Look @ Me!



My name is Blackbird!

Blackbird is a female domestic short hair black medium cat. Current on vaccinations, house trained, and spayed. Please call 715-479-9777 or inquire at the Humane Society of Vilas County with more questions about adoption.

VOTE
April 4th

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Conover Town Board Supervisor #3

write-in: Jen Payne

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BORDER HAPPENINGS

ANNOUNCEMENTS • • •

Easter: Apr 16.
Earth Day: Apr 20

CONOVER • • •

Lanny's Wine Tasting Benefit: Lanny's, Apr 23, 2-4:30pm.

Conover Lions Club Blood Drive: Community Center, Apr 25, 2-6pm.

Ladies Luncheon: Lanny's Fire-side, May 7, 12-3pm.

Pickleball: Conover Center, every Thurs, 2-4pm and Sat, 9-11am.

Mother's Day Brunch: Pioneer Lake Lutheran Church, May 14, 10:15am. All welcome.

Conover Evangelical Free Church: Sunday Service: 9:30am.
AWANA: every Wed, 6-7:30pm
Youth Group: every Wed, 6-8pm. Events at conoverefc.com/events.

Conover Transfer Station Hours: Wed 1-4pm. Sun, 8am-1pm.

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

LAND O' LAKES • • •

St. Albert's Fish Fry: St. Albert's Church, Apr 7, 5-7pm.

Library Easter Egg Hunt: LOL School, Apr 15, 10am-12pm.

LOL PTA School Night Out Fundraiser: Lanny's, Apr 24, 5-7pm.

LANDO CENTER CLASSES:

Healthy Living Group: Mon, 8:45am.

Yoga: Mon, 10am, Wed, 5:30pm, Fri, 9:30am.

Strong Women: Tues & Thurs, 9:30am.

Kids Martial Arts:

-**Beginner** Tues, 4pm. til' 4/18.

-**Intermediate:** Thurs, 4pm. til' 4/20

Music Jam: Tues, 5:30-7pm.

Boot Camp: Wed, 8am.

Senior Fit: Thurs, 1pm.

Kickboxing: Thurs, 5pm.

Perfect Mix: Sat, 9:30am. Not 4/15.

LIBRARY PROGRAMS:

Movies: 3rd Thurs, 1pm.

Mahjongg: every Tues, 1-4pm.

Knitters Group: every Wed, 1pm.

Friends of Library Meetings:

every 3rd Thurs, 10:30am.

One-on-One Computer Help: w/Tony, every Fri, 12:30-3:30pm.

Hours: Mon, Tues, Thurs, Fri: 10am-4pm; Wed 10am-6pm; Sat 10am-1pm.

LOLA PROGRAMS:

Fiber Fridays: every Fri, 10am-12pm. Work together on fiber. ** All classes at LOLA Center for the Arts unless noted otherwise. Call 715-547-3950 for details.

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

Pickleball: Elementary School, every Mon & Wed, 4-6pm. No play on Apr 26 & May 29.

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

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

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.

Friends of VFW Post #8400 Meetings: LOL VFW Hall, last Wed, 2pm. Mar-Oct only.

New-U Club: Hope Lutheran, every Thurs, 8:45-10am. Call for more info 715-781-5794.

Bible Study: LOL Bible Church: every Thurs, 6:30pm.

LOL Chamber Board of Directors Meeting: 3rd Thurs, 3pm. Public welcome.

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

LOL Chamber Office Hours: located on Hwy 45, Mon-Fri 9am-2pm; Sat 9am-12pm.

LOL Town Hall Hours: Mon-Thurs 9am-3pm.

LOL Transfer Station Hours: 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 • • •

Maple Syrup Fest: Phelps School, Apr 1, 8am-4pm.

Maple Syrup Tour Craft Fair: Phelps School, Apr 1, 8am-4pm.

Phelps Easter Egg Hunt: Phelps School, Apr 15, 11am.

LIBRARY PROGRAMS: Story Hour: every Tues & Fri, 1pm.
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.

Phelps Town Board Meeting: Phelps Fire Station, 2nd Wed, 7pm.

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

Phelps Chamber of Commerce Mtg: Accelerator Bldg, 2nd Tues, 6:30pm.

Pickleball: School, every Wed & Sat 9-11am.

Phelps Lions Club: 3rd Thurs, 6pm. Call Rollie Alger at 715-545-2711 or Brian Blank at 715-545-2142.

Phelps Historical Museum: Open by appt. only. Call Pauleyn at 715-545-3012 for Jan 715-545-2545.

Phelps Chamber Office Hours: located in the Accelerator Bldg; Thurs, Fri, & Sat 9am-3pm.

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

Phelps Town Hall Hours: Tues & Thurs 8am-5pm.

Phelps Transfer Station Hours: Sat 9am-12pm.

WATERSMEET • • •

Animal Track Identifying Program: Ottawa Visitors Center, Apr 1, 11am.

Watersmeet Bible Church:

Every Sunday: (CST)

-**Bible Studies:** 9am.

-**Coffee Fellowship:** 10am.

-**Worship:** 10:30am.

Good News Club: School, every Thurs, 3pm.

Alcoholics Anonymous Meeting: Spiritual Center on Transfer Station Rd; every Mon-1pm, Tues -7pm, & Sat-7pm (Open Topic); every Fri- 2pm (Closed Step).

Watersmeet Township Board of Education Meeting: 3rd Mon, 6:30pm

The Gathering Place Elder Events: -**Game Night:** every Mon & Fri, 6pm. -**Movie Night:** every Thurs, 6pm.

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

Watersmeet American Legion Post 417 Meetings: Watersmeet-Community Center, last Thurs, Nov-Mar 3pm; Apr-Oct 6pm. Contact Laurie Becker 906-358-4142.

Watersmeet Town Hall Hours: Mon-Fri 7:45am-3:45pm.

Watersmeet Transfer Station Hours: M/T/Th/F/Sat 8am-4pm.

Watersmeet Post Office Window: Mon-Fri 9:30am-12:30pm & 1:30-4pm; Sat 9:15-10:45am.

BEYOND THE BORDER • • • BOULDER JUNCTION•

Lions Breakfast with Easter Bunny & Egg Hunt: Community Center, Apr 8, 9am.

Lions Funding the Future of our Children Spaghetti Dinner: Comm Ctr, May 6, 4-7pm.

White Deer Triathlon: Comm. Ctr, May 20, 9am start.

Strong Women Program: Community Center, Apr 3-Jun 7, every Mon & Wed, 9-10am.

EAGLE RIVER •

WRJO Man Show: ER Derby Track, Mar 31, 5-9pm.

Silver Blades Ice Show: Eagle River Ice Arena, Apr 8-9.

Danceworks Unlimited Dance Recital: NPHS, May 6, 1:30 & 8pm.

Journey's Marathon: May 13, 8am.

Winter Farmers Market: VFW, every Wed, 11am-5pm.

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

OLSON MEMORIAL LIBRARY: Story Hour: every Wed, 10-11am.
Craft Sessions: every Sat, 1-2:30pm.

MANITOWISH WATERS• Northwoods Birding Festival: Discovery Ctr, May 12-13.

MINOCQUA• Only Fools Run at Midnight 5K 10K: Lakeland H.S., Apr 1-2, 8pm.

Rock/Mineral Identify Class: Lakeland High School, Apr 1, 9am-12pm.

Taste of the North: Waters of Minocqua, Apr 27, 6-9pm.

Minocqua Home, Lifestyle & Recreation Show: Lakeland HS, May 6, 9am-4pm.

RHINELANDER• Hodog Hops & Vines: Quality Inn, Apr 22, 4-8pm.

Ruby's Pantry: Four Square Church, every 3rd Tues, 4pm.

SAYNER/STAR LAKE• Spring Stampede: Sayner Community Building & Shepherd of Lakes Church, May 5, evening, May 6, 9am-4pm.

ST. GERMAIN• Martini's In May: Whitetail Inn, May 6, 6-10pm.

UPPER MICHIGAN• Gogebic County Democratic Party Meeting: Marenisco, Earla's Restaurant, Apr 20, 5:30pm. 906-787-2220.

Ice Out Party: Gogebic Lodge, Apr 22.

SPREAD THE WORD
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Submissions by: April 1, 2017



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HEALTH & WELLNESS • 10 Tips to Torch Body Fat *by Dr. Wendy Henrichs*



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

Spring is just around the corner and we will be shedding our winter layers. Now is a great time to begin ridding ourselves of the winter fat. Here are 10 ways to jumpstart your metabolism and get your body into fat burning mode.

1. Drink More Water: I have talked about this in other articles, but it cannot be said enough. Drink a gallon a day or half of your body weight in ounces. Water boosts your metabolism and makes you feel full. If you are hungry or tired, drink a glass or two of water.

2. Protein with Every Meal and Snack: Protein builds muscle, and muscle burns more calories at rest than fat. Each pound of muscle burns 6-10 calories whereas a pound of fat only 2-4 calories. Lift weights 3-4 times weekly and eat protein with every meal and snack. How much? Eat 20-25 grams per serving and 4-6 servings daily. Some great sources are: grass fed beef or wild game; free range, organic chicken, wild caught cold water fish, eggs, nuts and nut butters, Greek yogurt, quinoa, and legumes.

3. Lift Weights: As stated in #2, muscle burns several times more calories than fat. We lose muscle as we age which decreases our metabolism and the extra fat creeps on.

Lifting weights working all the major muscle groups 3-4 times weekly is an excellent way to torch your fat.

4. Cut Out Refined Sugars: Sugar is readily converted to fat. A good way to avoid added sugar is to read labels and eat mostly whole foods. What about fruit? Fresh and frozen fruit are good for you, but in small amounts. Eat your fruit in the morning when your metabolism is the highest and only 2-3 servings daily.

5. Measure your Portions: Most people underestimate how much they are eating. I know this was true for me. Have you ever measured the serving size of granola, cereal, pasta, rice, etc.? I guarantee you normally eat 2-3 times the recommended serving size. Try measuring and recording ALL your food intake for 1 week. You will be surprised. There are a lot of apps that you can record this on as well to help you stay on track.

6. Workout in the Morning: Working out in a fasted state (after sleeping) has been proven to burn more fat than in a non-fasted state. Working out in the morning also gets it done for the day. If you are strapped for time in the morning, then try a Tabata style or HIIT workout to torch some extra fat. You can do your weight training in the afternoon or evening if that works better for your schedule.

7. Limit Eating Out: If you want to drop some fat, eat your meals at home or bring your meals that you prepared from home. You know what is in the food and you can eat the correct portions.

8. Get Enough Sleep: Adults need 7-8 hours of restful sleep each night. At night, our bodies repair and heal. Sleep resets us for the next day. Lack of sleep over time raises our stress hormone Cortisol, among other things. Cortisol causes us to store fat. To get better sleep, shut off the electronics and TV at least 30 minutes before bed. Do a little reading and turn down the lights to prepare your body for rest. Remember what you did with your kids when they were little? It works for adults too.

9. Limit Alcohol: Alcohol is converted to sugar which is stored as fat. We also tend to drink alcohol in the evening when our metabolism is the lowest. Not only that, but alcohol impairs our judgement leading to less than healthy food choices. The noshing on snacks and an evening drink or two can really add up on the waistline. If you want to drop some fat, avoid alcohol for a


week or two and see the difference a little abstinence can make.

10. Control Your Stress: Cortisol is our stress hormone and when it is raging, the fat will not come off no matter how hard you try. Stress is everywhere. There are things that create stress for us that we have no control over, but there are many things that we can remove from our lives. Exercise, deep breathing, yoga, and meditation can help with the stress you have no control over. If you are feeling stressed, take a few deep breaths or go for a walk if time permits.

I have not met one person yet who did not want to lose a bit of extra body fat. Whether it is a little or a lot you want to rid yourself of, these tips will get you on your way.

Dr. Wendy Henrichs has been practicing with her husband Dr. Scott Henrichs at Timber Land Chiropractic in Rhinelander since 1994. They provide comprehensive chiropractic care,

rehabilitation, and wellness services. Board certified and licensed to practice chiropractic and nutrition counseling in WI., and are committed to excellence in meeting your healthcare needs. Dr. Wendy specializes in pediatrics and women's health. Timber Land Chiropractic is located at 1 E. Courtney St. in Rhinelander. For a complimentary chiropractic, nutrition, or lifestyle counseling consultation, call 715-362-4852 www.timberlandchiropractic.com or visit us on Facebook.



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THANK YOU!

STATELINE VFW
 8400
TURKEY SHOOT

VFW Stateline Post 8400, located in Land O' Lakes, held it's annual fundraiser "Turkey Shoot" on Saturday, March 4th at Club 45 Sports Bar & Grill in Conover. A special thank you goes out to Dave and Jen Payne, owners of Club 45 and their staff, who helped to make this a great day. VFW members, volunteers, participants, and friends came from near and far communities to participate and support this annual fundraiser. All of the proceeds raised from this event are used to support other community activities and planned projects in the area. VFW Stateline Post 8400 would like to thank the following local businesses and supporters for their generous donations; because without their help and support this annual event would not be possible.

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KEEPING YOU POSTED •

by Karol Grasse

On March 1st, in Lincoln, Nebraska, the U.S. Postal Service issued the Nebraska Statehood Forever stamp, in one design, in a pane of 20 stamps. This stamp celebrates the 150th anniversary of Nebraska's statehood. Known for its agricultural bounty, the Cornhusker State became the 37th state of the Union on March 1st, 1867. Nebraska photographer Michael Forsberg tucked himself among prairie grasses on the riverbank between the small cities of Grand Island and Kearney to capture the image shown on the stamp. In the photograph, sandhill cranes fly low to scout for sandbars, which provide shelter from nighttime predators during a mid-migratory rest for half a million of these ancient birds. This spectacle along the Platte River is unique to Nebraska. Forsberg captured this image as winter thaws into spring around the year 2000. Art director Derry Noyes designed the stamp using Michael Forsberg's existing photograph.



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LOLA Welcomes New Employee

The LOLA Board of Directors is pleased to announce the hiring of an additional staff member. Please welcome Adrienne Jaeger, writer and marketing specialist. Adrienne will assist Program Director, Wendy Powalisz in all aspects of marketing for LOLA's programs. After growing up visiting the Eagle River area with her family, Adrienne was finally able to make the move to the northwoods in 2014. Prior to joining LOLA, she was a National Park Ranger at Mount Rushmore National Memorial in South Dakota. Adrienne has also worked as the Lifestyle Editor at the Vilas County News-Review, a Wilderness Field Instructor at an outdoor immersion therapy/education program, and a writing instructor at a liberal arts college. She served two years as an AmeriCorps Youth Advocate and Outreach Worker for a non-profit runaway and homeless prevention program. Adrienne has created marketing materials for several Wisconsin companies and nonprofit organizations. Adrienne holds a Bachelor of Arts in English with an emphasis in creative writing from St. Norbert College and a Masters of Fine Arts in Poetry from the University of Southern Maine. She is also a Certified Wil-



derness First Responder. A published writer and photographer, Adrienne is currently writing the story of her adventures becoming a Park Ranger. She enjoys hula-hooping, music, making art, hiking, camping, traveling, and exploring America's National Parks

with her husband Derrick.

Land O' Lakes Arts (LOLA) is a 501(c) 3 non-profit arts organization. The LOLA Center for the Arts is located at 4262 County Road B, downtown Land O' Lakes, WI. See lolaartswi.com for more information.

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From the PASTOR'S WINDOW • *by Pastor Steven Washburn*



Steven Washburn is the pastor of Bruce Crossing Bible Church. He earned a degree in Pastoral Ministry from Moody Bible Institute in Chicago.

A Mystery Revealed

"²⁵(I was given this) stewardship from God... to make the word of God fully known, ²⁶the mystery hidden for ages and generations but now revealed to his saints. ²⁷To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. Colossians 1:25-27

What comes to mind when I say the word Mystery? Generally our answer would include something unknown to us currently and potentially unsolvable. A mystery generally involves our inability to come to full knowledge of something because of our limitations. Mysteries riddle us, confuse us and often leave us scratching our heads in fuzzy misunderstanding. Many would find this to be true with the Bible itself; it is mysterious, hard to understand and confusing.

Yet, God gives us help. He has granted gifts to help us understand that which is mysterious about his word. Here, it says that Paul himself was given this stewardship to make the word of God, (the mystery) fully known. What does mystery mean here? It is not some timetable, riddle, puzzle, paradoxical or hard to figure out

idea that God is trying to frustrate us with, as if he liked to watch us squirm in our own block headedness. Instead, the mystery here and therefore God's word, is God's unfolding plan for the world to be redeemed through Christ. This is a mystery that God delights to reveal to those who come by humble faith.

This mystery has been veiled until the right time. Awaited, anticipated and is now revealed. Those things long predicted in the Word are summed up (revealed) in Jesus. "The mystery hidden for ages and generations but now revealed to his saints." Key parts were hidden for ages and generations but God fully revealed it to us in Jesus' coming, living, dying, rising, and returning. Not just a textbook explanation of how redemption would work but God gave the person through whom redemption would work: Jesus himself. The whole Old Testament was pushing and driving towards something, or better, someone.

The mystery was Christ himself. He is the one that was awaited by all those who fear God. All that God has planned to do from the beginning of time he has done and is doing in Christ. And now it is revealed to people like you and me through the likes of someone like Paul. Even us who are foggy on our Old Testament are blown away by the realization that it all pointed to Christ. It was a mystery. Now it is revealed. That is the joy of the Scriptures that you can hold in your hands. Jesus has

come, and that which was mysterious, foggy and riddled now comes into perfect focus in and through Jesus Christ.

Realize God's graciousness in this verse, "To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory." God has shown the riches of his glory. What are they? Let me just name a few: forgiveness, heaven, reconciliation with God, fruit of repentance, a new identity, hope, power over sin, victory over death and sin, all the treasures of wisdom and knowledge, a relationship with Christ, the end of guilt and shame forever, the complete forgiveness of sins, a continually clean slate, redemption. That is only naming a few.

What is one of the greatest blessings of this mystery being revealed? "Christ in you, the hope of glory." How does this mystery also reveal itself? It reveals itself in you, Christ in you. If you have trusted Christ as your Savior, you are being formed more and more into the image of Christ, and Christ himself, through his Spirit, resides in you who believe. You now have the ability to take in all of incredible revealed mysteries listed above. So that God would receive the glory and that one day, you would be completely freed from sin in a glorified body, the hope of glory. Better than the best mystery ever written, God has done this all by his sheer grace.

Thankful in Christ, My Only Hope, Pastor Steven

Bucks Reading Challenge

Naomi Kadlec, a student at Christ Lutheran School, won prizes from the Milwaukee Bucks Reading Challenge which recently concluded at Olson Memorial Library in Eagle River. Naomi read a total of 582 pages to earn her Milwaukee Bucks basketball game ticket. She chose a Milwaukee Bucks piggy bank and a free book from our donated stash as her prizes. The Library received 6 completed entries this year from students in grades 1st-8th. One of the readers amassed a total of 3,485 pages. The readers had to read a total of 250 pages or more between January 9th-February 24th to qualify for a free ticket to one of two games: March 31st -Bucks vs. Detroit Pistons or April 2nd-Bucks vs. Dallas Mavericks. The Olson Library did a separate drawing for gently used Bucks items which were found during the past year. Readers reporting their results to our library were able to choose one of the 8 items we had for prizes. We are very proud of these readers and we encourage other readers to join us next year for this challenge.



Photo provided by Pat Larson

Easter Brunch at Pioneer Lake

Pioneer Lake Lutheran Church in Conover will be having an *Easter Brunch* on April 16th at 10:30am-11:30am. Social Ministry hopes you will come celebrate Easter with us after church. We will be serving egg casserole, pancakes, biscuits and gravy, sweets table, fruit platter, juice, coffee, and milk. The cost will be \$10 adults, \$5 children with no family to cost more than \$25.

Creative Commons license photo by Joe deSousa



Easter at Ely

Ely Memorial United Church of Christ in Land O' Lakes has services planned for Holy Week. On April 9th, Palm Sunday, at 10:30am join worshippers as they receive Northwoods' natural "palms", boughs of cedar and balsam. Maundy Thursday service with Holy Communion on April 13th is at 4:00pm with a simple soup supper afterward. The Easter Sunday service celebrates the resurrection of our Lord Jesus. It begins at 10:30am, preceded by an Easter breakfast at 9:15am. All are welcome!

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THE BEAT • NPBS Student Reporting

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.

Girls Track: The girls started out their track season with a home meet on Thursday, March 16th. They placed second place overall with 92 points in the field of ten teams. The girls did very well with the fact that it was only their first meet of the season, as well as the first meet for quite a few new freshman. They had three girls place in the top eight for the 55 meter dash varsity, bringing in 18 points all together. Gabby Herfindahl placing sec-



Kirsten Lindemann just coming around her first corner for the 200 meter hurdles.



Aaron Ewert running 3rd leg in the 4x200 meter relay.

ond, Paige Hickson placing third and Amanda Sergent placing fifth. After each meet the coaches talk and give out two awards to the boys and girls. On the girls side, the most outstanding performance went to Audrey Lindemann, and the MVP went to Gabby Herfindahl, ending the night with 24 points. The girls have their next meet coming up on Thursday, March 23rd.

Boys Track: The boys track team had a home track meet to start out their season on Thursday, March 16th. They also placed second out of ten teams, ending with 128 total points. The boys had three boys place in the 55 meter hurdles varsity, bringing a total of 19 points. Jack Hayes placed second, Lochlan Siegmeier placed third and Scott Young placed fourth. They also had two boys place in 200 meter hurdles varsity. Scott Young

placing first and Lochlan Siegmeier placing third. In the 3200 meter run varsity, Matt McGill ran an amazing race getting first place. Matt also received one of the boys two awards, most outstanding performance. The MVP went to Lochlan Siegmeier reeling in 24 total points. They have their next week coming up quick on Thursday, March 23rd.

Softball Update: Girls softball just wrapped up their second week of practice for the 2017 campaign. The team is hopeful that their early game schedule will not be modified too greatly by weather.

Baseball Update: The baseball is just wrapping up their first week of practice for the season. Hoping for some warm weather to come soon and a good start to the season with Peter Aerts taking on the role as head coach.

Girls Soccer Update: The girls soccer team is starting off their season with a new coach, Cortnee Pinski. The girls have been holding workouts before season started, but they are just finishing up their first week of practice as a team.



Scott Young starting off the race for the 4x400 meter relay.


Photos Provided by Tomasoski Photography



Gabby Herfindahl just taking off for her 200 meter dash.

Trap Club: The season has begun in typical style for the trap club, shooting in the snow. The team is holding regular practice sessions out at the Boulder Junction range and they will be gearing up for conference shoots in the near future.

Check out more school updates at the Eagle Eye News website-<http://npeagles.com/npeagles.com>.



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NATURAL CONNECTIONS • To Appreciate What Is Seen *by Emily Stone*



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

Freeze. Thaw. Thunderstorm. Snow. Plummeting cold. Gradual easing. This weird weather on the edge of spring has me feeling gloomy. My favorite winter activities demand snow. My favorite summer activities demand warmth, or at least a bare, frozen trail. Even the woods feel emptier, since good tracking snow is hard to find and migrating birds have mostly paused farther south.

Lois Nestel, the Museum's founding director, also experienced this, and it is through her wisdom that I am reminded to appreciate the pieces of nature that are still out there, if we take the time to see.

"There are times when the winter woods are so still, so empty, that walking in them, one feels like the last living creature," wrote Lois. "Not a track mars the snow; not a sound stirs the air.

Where has everything gone? It is strange because a few days earlier there may have been an abundance of life in many forms."



Water droplets sparkle on a web of milkweed fluff.

"On one of those days I set out with a definite purpose in mind. I was stalking a pileated woodpecker whose calls and rapid fire hammerings seemed to come consistently from one area of trees not far from the house. These big, wary birds are not easy to pursue, so reasonable caution was necessary."

"Silence ahead seemed to indicate that the big bird had flown,

but the apprehension was dispelled as, from a pine stub ahead, there came a staccato burst and bits of flying wood. A stealthy approach, timed with the pecking, ended abruptly when a large black beak topped by bright eyes and a flame red cockade was suddenly thrust around the side of the stub.



A patch of bee balm trades in its purple petals for crowns snowy white.

With much scuffling of feet the crow-sized black body came into view. Unaware of being watched, the big bird seemed to talk to himself with soft knocking notes as if trying to decide where to drill the next hole."

"Some unwary movement or sound on my part suddenly alerted him. There was a brief eye-to-eye confrontation; then

the broad wings spread and with a few swooping beats bore the great woodpecker into the safety and seclusion of the forest."

"The pine stub bore evidence of much work. Large openings had been chopped through the shell and into the honeycombed interior. Breaking open a piece of this riddled wood revealed the dormant bodies of large black ants. This was what had attracted the woodpecker and would undoubtedly bring him back again. I might not be around to see, but the sound of drumming would bring to mind a clear picture of a great black bird with a flaming topknot—a memory to treasure."

Pileated woodpeckers are a thrill to see in any season, and while they have become more common, you still can't expect to see one on every hike. In contrast, there are beautiful, sedentary wonders which can increase enjoyment on any outing.

Lois continued, "Most people are aware of the beauty of summer flowers and often bemoan their passing as winter approaches. This need not be a cause for regret because, while much color may be lost, there continue—as seeds, pods, and capsules—many forms that rival the flowers in beauty and grace. Many of these seed containers last throughout the winter, serving as food for wildlife and pleasure for humans."

"There is a sculptured beauty in the pods of various milkweeds and wild iris, evening primrose,



Pileated woodpeckers, and their handiwork, are always impressive to spot in the winter woods.

cockle and Indian pipes. Delicate grace is exemplified in airy sprays of sweet cicely, papery clusters of wild hops and feathery virgin's bower (wild clematis) twining over bushes, and in the dried grasses and sedges, each with individual form and style."

"Many fall-blooming flowers (weeds if one must call them that) retain their form if not their color through the winter months. Goldenrod, tansy and yarrow are sepia-toned replicas of summer's gay colors. Flowers such as asters lift clusters of tan, star-like sepals above the snow."

"Touches of color do remain in scattered places; the dark velvety red of sumac heads, the red-orange of rose hips and the brighter red of highbush cranberries and hawthorn frozen on their shrubs."

"To enjoy these and many other beauties of winter there are few requirements; namely these: get outside, have open eyes to see and an open mind, receptive enough to appreciate what is seen."

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Future For Lac Vieux Desert's Walleye

Straddling the borders of Michigan and Wisconsin in the 1842 Ceded Territory, Lake Lac Vieux Desert (LVD) has been a productive walleye fishery for both tribes and state anglers. Tribal members from Mole Lake and Lac Vieux Desert Bands have harvested walleye in this lake, and state anglers from both Michigan and Wisconsin have long-enjoyed catching walleye with hook and line. Unfortunately, both catch and harvest has declined considerably in recent years, with many anglers and tribal members suggesting that the walleye population has crashed in the lake. This notion prompted the Lac Vieux Desert Tribe to eliminate harvest of walleye by its members in 2010-2011 and every year since 2013. To understand the walleye downward population trend in LVD, biologists from Great Lakes Indian Fish and Wildlife Commission (GLIFWC) worked in spring 2016 to estimate the lake's walleye numbers, referred to as "abundance." The effort involved capturing adult walleye by electrofishing along the spawning grounds. The captured fish were marked by fin-clipping and then released into the lake. Shortly after that, fish were recaptured by

electrofishing around the entire shoreline. The proportion of recaptured fish relative to the number that were fin-clipped was used by biologists to estimate the abundance of walleye. The estimates revealed that in 2016, the abundance of adult walleye hit a 26-year low of just over 2,000 fish. By comparison, walleye abundance was at a high of 13,000 fish in 1990. Continuing the search for clues in the LVD walleye decline, biologists from GLIFWC and Wisconsin Department of Natural Resources teamed up last fall, this time focusing on the abundance of LVD's age-0 walleye (i.e., fish that have not reached their first birthday). This time, crews sought to collect age-0 walleye by electrofishing the entire shoreline of LVD. Biologists were interested in comparing the abundance of walleye captured in 2016 to previous years by counting the number of walleye captured per mile of shoreline. The results of the fall 2016 assessment were not encouraging. The survey indicated that no age-0 walleye had survived to September. Not any. To put these results in context, consider that in the late 1980s and early 1990s, the relative abundance of age-0 walleye was approxi-

mately 30 per mile of shoreline and this number had more than doubled to over 80 walleye per mile of shoreline by the mid-to-late 1990s. The declining number of young fish – culminating in a finding of zero age-0 walleye in the fall 2016 assessment, is limiting the number of adult walleye in the population, yet the cause of this decline remains unclear.

Climate change has the potential to influence the abundance of cool and warm-water fishes. Recent research has quantified the probability that largemouth bass and walleye will be abundant in lake ecosystems under future climate scenarios. The research first depicts largemouth bass and walleye abundance under present-day environmental conditions and then projects how abundance might change in the next 40-60 years. For LVD, largemouth bass currently comprise a small portion of the fish community. By 2085, however, largemouth bass likely become abundant in the lake. On the other hand, walleye abundance will likely remain at present-day levels over the next 60 years. This means that as the climate changes, largemouth bass (and possibly other sunfishes, e.g., smallmouth bass, crappie) might become a major component of the fish community and could provide new opportunities for the harvest and recreational fisheries in LVD. Clearly, management actions need to be taken to conserve dwindling walleye stocks and restore walleye natural reproduction in LVD. Over the long-term, managers should also consider how climate change might impact the fish community. Public opportunities to comment on LVD fisheries management are being planned later this spring. Contact the authors for more information: Dr. Aaron Shultz, Mark Luehring, Dr. Adam Ray, Kim Stone, and Joe Dan Rose at 715-682-6619.

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NPSD Free Tech Training Lessons

The Northland Pines School District is pleased to announce the 2016-17 Spring Computer Technology Training schedule. This opportunity is open to anyone who wants to attend. Join us as we give back to a commu-

nity that gives so much. Volunteers from the District will be on hand to help you with your questions and provide tips and tricks for tablets (iPad or Android), chromebooks, laptops (Mac or PC), phones or anything else you want to bring in. Simply call and register so we know how many volunteers are needed. The sessions will be held on Thursdays, March 23rd, April 20th and May 25th at the Northland Pines High School in the Library Media Center from 4:00pm-6:00pm. To register, call Dave Strong, Technology Coach at 715-479-4473, email at dstrong@npsd.k12.wi.us, or online at npsd.k12.wi.us.

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St. Albert Fish Fry Fundraiser

St. Albert Church hosts an annual fish fry with proceeds being given to a family or organization in need. This year proceeds go to the Bill Spence family of Phelps. The St. Albert's *All-You-Can-Eat Fish Fry* will be April 7th. Meals are served from 5:00pm-7:00pm. There is a choice of broiled or deep fried fish, baked beans, potato salad, rye bread, and coleslaw. Desserts donated by the congregation offer a smorgasbord of tasty treats. Carry-out service is available. Milk, water, and coffee is included with dinner. Beer and soda are available at additional cost. There will be silent auctions, bucket raffles, and free will offerings accepted at the event. Cost is \$12 per person, 12 years old and over. Children 6-11 years old are \$6 each, under 6 years old are free. There is an early ticket price of \$10 per adult for tickets purchased before April 2nd. Early tickets are available at the Land O' Lakes Chamber of Commerce office, Gateway Lodge, and at the office of St. Albert Church.

The beneficiary is the Bill Spence family. Bill is a lifelong resident of Phelps. Bill has been the owner of Spence Heating and Repair for the last eleven years. Prior to that, he was the manager

of Caudill Plumbing & Heating in Land O' Lakes. Throughout his life, Bill has shown a good and kind spirit in numerous ways and has been a respected man in the community. Thru the years Bill has been a Boy Scout leader, an active member of St. Mary's Church in Phelps, a veteran, a supporter of the local VFW, and has held the position of Commander of Chief of the AMVETS, where he has been involved in many fundraisers. Bill has always been generous with his time and talents for many in the need. Last February, Bill was hospitalized for an extended time with pneumonia, which lead to other serious health problems. These health concerns have left him unable to work.

If you cannot attend the fish fry, St. Albert Church will accept tax deductible donations. Checks can be mailed to St. Albert Church P.O. Box 237 Land O' Lakes, WI. 54540. Please mark you check memo line "Bill Spence Benefit". Donations of products or coupons for services for the bucket raffle and silent auction are always welcome. Contact St. Albert's Church with any questions or to volunteer to help with this event by calling 715-547-3558.

60 Years Of Hits Silver Blades Show

The Eagle River Figure Skating Club announces this year's *Silver Blades Ice Show "60 Years Of Hits"*. The show is at the Eagle River Ice Arena on Saturday, April 8th at 6:00pm and again on Sunday, April 9th at 2:00pm. 2017 marks the 60th Anniversary of the Silver Blades Ice Show, and will feature an alumni skating performance. Skaters will skate to several musical arrangements from popular music artists from the past 60 years, such as Elton John, Billy Joel, The Beach Boys, The Beatles, and many more. Tick-

ets will be available at the door for each show. Adults (age 18 yrs. and up) \$6, students (age 6 -17 yrs) \$3, children (5yrs and under) are free, and seniors (65+) and veterans \$3.

Everyone is invited to enjoy this wonderful annual event and celebrate this milestone anniversary. Come show your support for the youth in the Eagle River Area. For more information on this year's Silver Blades Ice Show or the Eagle River Figure Skating Club, please contact Amanda Mattke at 715-617-4519.

Lando Center Youth Summer Camps

In July 2017 Lando Center is offering 2 youth camps, Camp Ribbit for ages 6-9 and Camp Call of the Wild for ages 10-12. Both camps will include exercise, outdoor activities with time for a creative edge. The cost includes a camp t-shirt. Camp Ribbit runs July 10th-14th, 9:00am-12:00pm. The camp will be based out of Lando Center with excursions within walking distance. The campers will be guaranteed frog experts by the last day of camp. Camp Call of the Wild runs July 24th-28th, 10:00am-3:00pm. Each day after some exercise (Martial Arts, Yoga, or Boot Camp) the campers will be outside learning outdoor survival skills (shelter building, water filtering, fire building, what to put in an essentials kit, nature journaling, hiking, tracking), then playing games, being creative and becoming knowledge masters of the wolf. Campers will also make Pine Needle tea, a great source of vitamin C. Registration and payment deadline for both camps is June 15th. Space is limited so early registration is recommended. For further details about camp contact or come into Lando Center.

For April classes, Lando Center continues to offer Yoga, Kickboxing, Boot Camp, Senior Fit, Perfect Mix, Strong Women, and Kids Martial Arts. Lando Center always offers personal training, massage, and a hot sauna. Contact Lando Center at 715-547-6333, landocenter.com, Facebook, or visit us at 4258 County Rd. B in Land O' Lakes.

Summer Teacher Workshops

Trees For Tomorrow, an accredited natural resources specialty school in Eagle River, is accepting applications for their "Intro to Field Investigations" summer teacher workshop geared toward 4th-8th grade educators interested in developing skills and strategies to encourage students to get outside and explore as part of their classroom learning. This four-day workshop at the Trees For Tomorrow's campus will introduce the benefits of outdoor learning through science-based field investigations. Two date options are available on June 26th-29th or July 17th-20th. "There are so many benefits to taking students outside and connecting them to the natural world," said Mary Beth Factor, Trees For Tomorrow educator and program coordinator. "You can't beat the benefits of improved problem-solving, social and cognitive skills, plus an increase in academic performance.

Studies have even shown that students who struggle with ADD have experienced marked decreases in symptoms with exposure to the outdoors." Participants will learn skills and gain knowledge in forestry, wildlife, and natural resources management. Subjects include navigating using a compass and GPS, and identifying tree species, and wildlife signs, then connecting these skills to data collection and analysis methods. The workshops are aligned to Next Generation Science Standards (NGSS) and Wisconsin's Model Academic Standards for Science, and are designed to take place in any environment. "The goal of our workshop is to overcome the time and conceptual barriers that educators face by providing the tools necessary to create a meaningful learning experience," said Factor. "We want every participant to leave with a product they created, whether in the form of a lesson or

unit, and feel confident about implementing it into their classroom. Trees For Tomorrow will continue to provide support after the workshop." The workshop cost is \$180 and includes four days of instruction, materials, resources, lodging, linens, and homemade meals. Undergraduate and graduate credits are offered through the University of Wisconsin-Stevens Point. In addition, there is an opportunity for a \$50 stipend for projects implemented into the classroom. Participation is limited to 20 educators for each workshop. The 2017 four-day teacher workshops are underwritten, in part, by the generous support of the Sustainable Forestry Initiative (SFI). Information and registration information can be found online at www.treesfortomorrow.com/programs/adults. For further inquiries, please contact Mary Beth Factor at 715-479-6456 or at marybeth@treesfortomorrow.com.



Photo by Diane Anderson

St. Albert's Catholic Church
FISH FRY BUFFET
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Friday, April 7, 5-7pm



See the article on this page for more information....

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OUTSIDE • Fishing Report

by Colin Crawford

Better ice fishing?

Better fishing during late ice will soon get here I promise. Days are getting longer, the sun rays more intense, which means nicer weather for being out fishing. I bet you, like myself, are looking forward to the day when you get out to your favorite spot and your holes from yesterday are still open. That's a good sign that fish will get moving now. Open holes like this, let in water that is sitting on the ice and with that comes a renewed surge of oxygen getting into the water. Driving on the lakes with trucks will get less safe at this time and a lighter atv will be the vehicle of choice. You just need to keep eyes on the ice conditions be-

cause eventually even your body weight will become too much.

Bluegills: Jigging seems to be the best way to find these fish in weeds using small jigs tipped with waxies, spikes or tipped with plastic.

Perch: Jigging and tip-downs are a great way to find perch on weed edges and muddy bottoms feeding on minnows and bugs, match the bait to the area for success.

Crappie: Tip-downs are a great way to bring these to the top of your hole. Small fathead minnows are the bait of choice.

Happy fishing! Colin Crawford's Guide Service, crawfordfishing@gmail.com or call 715-891-2715. Website is www.crawfordfishing.com or you can also find Phelps Outdoors on Facebook.



Photo by Colin Crawford



On Saturday March 11th members of the Land O' Lakes Fire & EMS and Watersmeet Fire Department gathered for training on ice water rescue in the frigid waters of Black Oak Lake, just west of Land O' Lakes. Proper training can reduce the dangers of ice rescues, along with proper equipment, technique and awareness.



Photos by Waco McCarty

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Kick-Off Rally



At the Northwoods Relay for Life Kick-off Rally, held at Eagle Waters, Northland Pines SOAR School proudly accepted several awards. First, team member Abigail Franke received an award for being one of the top individual fundraisers in the

2016 Relay for Life. Next, a bronze level award for team fundraising for 2016 Relay for Life for raising over \$2,600. Finally, a first place award for recruiting team members for the 2017 Relay for Life. The Relay for Life will be held at the Northland Pines High School track on Friday, June 16th.



Photo by Ashley Krusick

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