outside • fishing report

by colin crawford

the opener is upon us... just later.

It drives me stir crazy when the game fish season opener is the 6th. With that said, we will be in some transition times for various species. Northern pike and perch will be done spawning and walleyes, for the most part, will be in post spawn, although you might find a few still spawning, but that isn’t the norm. The opener is the 6th of May for Wisconsin and Michigan border lakes. The opening day for Michigan is the 15th, which is nice because that is the opener for Muskies on border lakes for us in Wisconsin.

northern: should have the feed bag on being rested up from the spawn. Pitching jig and minnows around new weeds should be spot on for these water wolves.

walleye: these fish for the most part will be done spawning, but pitching 1/8th oz. jigs tipped with fathead minnows in the shallows should get results, along with slip bobbers just over and around new growing weeds.

happy fishing! selective harvest is the way to go. 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.

fishing openers

wi-May 6 • MI May 15
Phelps Chamber Seeks Nominations for 4th of July Parade

Preparations are under way for the annual Phelps Independence Day Celebration that will be held from 3:00pm-11:00pm on Sunday, July 2nd. The festivities will kick off with a parade through downtown, led by the grand marshal, followed by food and drinks, live music, kids activities, and more. The Phelps Chamber of Commerce is currently seeking nominations for this year’s Parade Marshal. Nominations should include the name of the name of the nominee and their contact information, as well as why you believe they should be this year’s Parade Marshal. Send to the Chamber Office via email at Chamber.Office@PhelpsWL.us, called in to 715-545-3800 or mailed to P.O. Box 217, Phelps, WI, 54554.

The Chamber is also accepting suggestions for the 2017 parade theme. The theme for 2016 was "Wisconsin Proud". Any local business, organization, or individual is welcome to create a float for the parade. Those that are interested should contact the chamber office at 715-545-3800, stop by, or find the parade sign up form on the our website at www.PhelpsWL.us.

ORV Rider Recognition Day

The state Senate recently adopted a resolution to establish June 10, 2017 as ORV Rider Recognition Day in Michigan. “The Senate recognizes the importance of off-road recreation to our state, and the large economic impact it has,” said Sen. Tom Casperson, R-Escanaba, who sponsored Senate Resolution 34. “We hope that ORV Rider Recognition Day will help increase awareness for safety, the economic value that motorized sports have on our state and local communities and environmentally friendly practices for ORV riders, as well.” Michigan is often recognized as the trail state, and features 3,700 miles of designated off-road vehicle trails that are used by more than 220,000 licensed riders. Casperson noted that many of the licensed trail users and local trail sponsors also volunteer to maintain the state’s vast trail network. ORV Rider Recognition Day is in conjunction with the Department of Natural Resources’ ORV Free Riding Weekend, which is June 10-11.

Grand Celebration at Lando Center

Lando Center is holding its 2nd Annual Grand Celebration at the Land O’ Lakes Summer Launch on Saturday May 27th, 10:00am-3:00pm. This year’s theme, “A Grand First Year” is a fundraiser for the Alzheimer’s Association, ALZ.org. There will be classes, live music, food, raffles, and more.

Registration continues for Camp Ribbit, ages 6-9, and Camp Call of the Wild, 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. Camp Call of the Wild runs July 24th-28th, 10:00am–3:00pm.

Previous year’s Grand Marshall’s enjoying the crowd during the July 4th parade.
Notice of Annual OIA Meeting

The Annual Meeting of the Ottawa Interpretive Association (OIA) will be held on Thursday, May 11th, at 9:00am at the Ottawa Visitor Center; corner of US Hwy 2 and 45 in Watersmeet. The public is invited to attend. The OIA is a nonprofit corporation founded in 1993 for the purpose of enhancing the educational and interpretive efforts of the Ottawa National Forest. All net profits generated from the OIA administered “Bear’s Den” gift shop at the Visitor Center, contributions and membership fees are used to fund education, interpretive, and cultural projects on the Ottawa National Forest. The goal is to instill in the public a land ethic, a sense of pride, and stewardship toward our public lands.

The OIA board is comprised of volunteer members with varying backgrounds who determine the projects to be funded from grant requests by Ottawa personnel. Since 1993 the OIA has funded over 75 projects on the Ottawa, (worth $385,000.00) including signage at Black River Harbor, the Visitor Center Interpretive Trail, and Alligator Eye, videos and sound systems for the Visitor Center, printing of numerous brochures, summer Thursday evening Visitor Center speakers, refurbishing hiking trails and campgrounds, the Tree of Hope and mounting of animals for display. Lisa Klaus, Public Affairs and Administrative Officer for the Ottawa National Forest and OIA liaison will give a powerpoint presentation about the OIA at 9:00am in the Visitor Center Auditorium, followed by the annual Meeting. Membership information will be available and the “Bear’s Den” gift shop will offer a 10% discount on all purchases to attendees. Coffee and light refreshments will also be provided. On behalf of the OIA Directors and board we encourage you to attend, visit our gift shop, and find out how you can become a member of the OIA in order to help us continue our worthwhile projects for the Ottawa and our community.

LVD Heavy Equipment Services

The Lac Vieux Desert Heavy Equipment Department services tribal members as well as commercial and private individuals. Heavy Equipment Department head Rob Garrison says if you think it, they can do it. “The services we provide include lot clearing, tree trimming and removal, culvert installation, driveway repair and installation, basement digging, demolition, and removal of buildings,” said Garrison. “We are also licensed septic installers in the state of Michigan. Just ask and there is a chance that we can do it,” added Garrison. Garrison wants the community to know that LVD Heavy Equipment offers a wide array of services. Call 906-358-0312 or 715-891-6520 for more information or to schedule a consultation.

BORDER HAPPENINGS

ANNOUNCEMENTS • • •
Fishing Opener-Wi: May 6.
Fishing Opener-Mi: May 15.
Mother’s Day: May 14.

CONOVER • • •
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 Transfer Station Hours:
Wed 1-5pm. Fri & Sun, 8am-1pm. Starting May 1.

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

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

LODGE PROGRAMS:
RV Park Picnic: June 16, 3pm.

LEISURE ACTIVITIES

Pickleball: Conover Center, every Thurs, 5-7pm.
Pick-up: Conover Center, every Sat, 10am-1pm.

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From the PASTOR’S WINDOW

by Pastor Steven Washburn

Easter is not Over...

"...But in fact Christ has been raised from the dead..." 1 Corinthians 15:20.

At Easter, we considered what it means if Jesus Christ had not been raised from the dead. My intent was truly to be encouraging in helping us see how important the resurrection is. Sadly, we often only think about the resurrection around Easter. Let me continue from Easter and prod you to consider what is now and eternally true because Christ has been raised from the dead.

Nothing will ever be the same. The tomb is empty and Jesus is alive! Jesus Christ is the risen reigning ruler, radiant Savior who defeated death and sin and Satan for you and I if we believe. It means that everything has been reversed. The world is turned inside out and upside down to serve Christ’s purposes, and that, that is good news. It means that all we talked about last time is not meaningless, pointless, or to be pitied. It means that all that we do as Christians has meaning purpose and power. What are the consequences of that? Look back on verses 14-19. If Christ has not been raised...Our preaching is in vain. The proclamation of the gospel is the only hope for people to be reconciled with God. Declaring Jesus’ resurrection actually has power and strength, united with the Holy Spirit who would bring people to life through the same power that raised Christ from the dead. It’s not a sham, smoke and mirrors, but proclaiming freeing, liberating, and life-giving truth. It is not flapping our gums about nothing, but proclaiming bold and free the cure to death and sin. Preaching is no longer useless, but powerful. Sharing the gospel with someone has the power to save them from their sins and change their life forever.

Our Faith is not useless. Our faith has a foundation, something real and true. Our faith has stability because it is based on fact and not feeling or what we work up in ourselves for God to be happy with us. Our belief in Jesus Christ as our risen Savior becomes the most significant and wonderful thing about our life. If Christ has been raised our faith is stable, secure and steadfast, come what may.

We are not liars about God. We are telling the truth about God. We are crying out to the world with the only thing in the world that is true enough to change their lives from the inside out in a culture that tries to change themselves from the outside in. We are not handing out advice or cute ideas, we are handing out the unchangeable God and Savior who was bodily, physically, historically and gloriously raised from the dead.

We are no longer in our sins. If we are believers in the Lord’s death and resurrection for you, sin has been defeated. Its reign in our life has ended and we can say no to sin and yes to righteousness. We can live new lives free from the tyranny and bondage from sin. We are assured full forgiveness because of what Jesus has done and assured complete acceptance because through Jesus we stand upright and cleansed before God no matter what our track record says. Sin is conquered.

Those who died in Christ have not perished forever. Just like Jesus they will be resurrected to new life if they believed. Even after death, a glorious reunion awaits you as you take your last breath. If Christ has been raised, you and all those in who have died believing in Christ will be raised as well to sing the praises of God’s work through Jesus Christ throughout all of eternity.

We are not to be pitied above all men. We have not wasted our life. We’ve invested in a life that will come. All the good things you are doing are not in vain, your life is not pointless, your faith is not futile. All of our teaching, preaching, suffering, sacrificing, witnessing, praying, giving, worshiping, and working is not in vain but makes absolute sense and will absolutely be rewarded by our risen Savior.

Consider this, If Christ has not been raised you better get everything in right now because life has no purpose. You better live for today for tomorrow might be the last day you can get everything in. If Christ has been raised, however, you will be resurrected and one of two things will happen to you. You will either be resurrected to live eternally in the welcoming presence of God because you have trusted Christ’s death and resurrection for you. Or you will be resurrected to live eternally in suffering and anguish and hell because you did not believe on Jesus for your salvation. You will face the righteous punishment of God for your sins. He offers you that choice. Because Christ has been raised you have that choice. What will you do with it? If you have trusted Christ as your Savior, will you live as if the resurrection actually happened? Christ has been raised and that still matters after Easter. It changes everything.

In Christ, My Only Hope, Pastor Steven.
THE BEAT • NPHS Student Reporting

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

Girls Track: The team travelled down to Wittenberg-Birnamwood for the Charger Relay Meet on Tuesday, April 11th. Overall, the girls took fourth place with 55.96 points. Amanda Sergent, Kirsten Lindemann, Paige Hickson, and Gabby Herfindahl placed first in the 4x100, second in the 4x400, and third in the Sprint Medley. The team also went to Mosinee and overall, the team took 3rd in the meet with 87 points. Kirsten Sergent, Kirsten Lindemann, and Gabby Herfindahl placed first in the season coming off of an injury and placed third in the 800 M run. Gabby Herfindahl placed first in the 200 M dash.

Boys Track: The team travelled down to Wittenberg-Birnamwood for the Charger Relay Meet on Tuesday, April 11th. Overall, the boys took first place with 114.94 points. In the mile, Matt McGill took first and Mitch Popp took third. In the 110 M hurdles, Lochlan Siegmeier took first. The 4x100 team of Tyler Hunt, Jack Rhode, Aaron Ewert, and Michael Rosinski placed third. The 4x200 team of Jordan Rainer, Preston Jensen, Gunnar Schiffman, and Michael Rosinski placed second. The 4x400 team of Jordan Rainer, Preston Jensen, Gunnar Schiffman, and Michael Rosinski took first. The Distance Medley team and took first place. Nick Justice placed second in shot put. Lochlan Siegmeier placed first and Michael Rosinski placed third in high jump. Jack Hayes placed third in long jump. Scott Young placed first in triple jump. The team also went to Mosinee and overall, the team took 2nd in the meet. In pole vault, Harley Arp placed first and Scott Young placed second. In high jump, Lochlan Siegmeier placed second and Colton Clure placed third. Nick Justice placed second in shot put. Siegmeier also placed third in 110 M hurdles. Matt McGill placed second in the mile. Scott Young placed third in the 300 M hurdles.

Girls Soccer Update: The girls team played the Rhinelander Hodags at home. The Hodags ended up taking the win with a score of 4-1. The boys took their first conference win over the Toma-hawk Hodags on Tuesday, April 18th with a score of 13-2.

Softball Update: Pines hosted the Crandon Cardinals on Friday, April 14th. The Cardinals took the win with a score of 10-17. Tomahawk also took the win over Pines with a score of 3-18 on Tuesday, April 18th.

Baseball Update: Pines hosted the Crandon Cardinals on Friday, April 14th. The Cardinals took the win over the Crandon Cardinals on Friday, April 14th. The Cardinals took the win over the Tosa West Hodags on Tuesday, April 18th with a score of 8-0. Pines ended up taking the win with a score of 2-1. Pines took the first goal of the game after a penalty kick by Lexi Smith. The Hodags scored both of their goals in the last 15 minutes of the game, one scored off of a free kick and the other followed soon after. On Tuesday, April 19th, the team headed down to Newman Catholic and took the win with a score of 4-1.

Golf: In their 1st golf match of the season, NPHS placed 6th out of 9 teams. Pines was lead by Seniors Noah Weber, Captain Jacob Czarapata, Zach Bloom, and Cole Sanborn with Sophomore Matt Molter rounding out Pines varsity squad. Here are their 18-hole scores: Weber 88; Czarapata 94; Bloom 98; Molter 103; Sanborn 106.

Eagle Eye News Staff

Please check our website http://nppeagles.com/ for more videos and articles about spring sports.
On April 20th, in Albuquerque, NM, the U.S. Postal Service issued the Delicioso Forever stamps in 6 designs, in a booklet of 20 stamps. With the release of the new Delicioso Forever stamps, the U.S. Postal Service celebrates the influence of Central and American, Mexican, and Caribbean foods on American cuisine. This booklet of 20 features six dishes - tamales, flan, sancocho, empanadas, chile relleno, and ceviche. The names of the six dishes appear in a festive font above each mouthwatering image. Artist John Parra designed the stamp artwork under the direction of Antonio Alcalá.

 помогающую моему другу

HELP WANTED!

We are looking for people to join our team! All positions are available. Please call or email, katybennyb@msn.com. Be sure to check our website at www.bear-trap-inn.com.

KEEPING YOU POSTED

by Karol Grasse

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The Easter Bunny, adults, and children enjoyed themselves at the Phelps Easter Egg Hunt as pictured here.

The Border Bulletin

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Fun at Phelps Easter Egg Hunt

Over 100 adults and children attended the Phelps Easter Egg Hunt recently. The event was coordinated by Colin Crawford and Rob Andersen. Donations were received from many community businesses and residents, including the potted plants that decorated the bunny stage. Non-perishable food items were collected and donated to Headwaters Food Pantry. Children received prizes from the egg hunt and raffle tickets. All in attendance were treated to a hot dog meal while being entertained by Tom Hickson and his accordion. Leftover hot dogs and candy were donated to the Frederick Place. The Easter Bunny was available for visiting and pictures.

The Land O’ Lakes PTA Fun Night For Funds

Help the Land O’ Lakes PTA raise money for new playground equipment by joining them for a Fun Night at the Forest Lake Country Store on Friday, May 19th from 5:00pm-7:00pm. A portion of sales on pizzas and fish will be donated back to school.

KEEPING YOU POSTED

by Karol Grasse

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The Border Bulletin

Page 6  April 27, 2017
6 Super Foods for More Energy & Vitality

Healthy eating should not be about deprivation. Healthy eating is about feeling great, having abundant energy and stamina, and waking up ready to seize each day. It is about adding foods and some supplements to boost nutrition and energy. Food is our fuel. It’s what runs our engine. If you put a lower octane fuel into a car that requires high-octane fuel it will still run, but not very well. The same is true of our bodies. In past articles, I’ve talked about the core components to healthy eating. The components of healthy eating are: eating clean and organic foods, whole plant-based foods, good quality protein, good fats, and limiting added sugar.

Shopping the perimeter of the grocery store will be a great start at healthy eating. This article will focus on superfoods. These powerhouses can add nutrients and energy to your healthy diet.

**Probiotics:** These are the good bacteria that we need in our gut to keep it working properly, and boost immunity. You can get these from a good quality probiotic supplement, or from fermented foods. Fermented foods have natural probiotics. The three K’s—Kefir, Kombucha, and Kimchi are readily available in stores or you can make your own. If you are purchasing these, read the label for added sugar. When purchasing probiotic supplement look in the refrigerated section as not all supplements are created equal.

**Phytonutrients:** These are found in the pigments of fruits and vegetables. In general, they help boost our cellular health. About 10,000 have been identified thus far. Try to eat the six different colors each day (red, orange, yellow, green, blue-purple, and tan-white).

**Coconut oil:** It is anti-inflammatory, boosts your metabolism, balances hormones, and is antimicrobial. Use this for sautéing, or in lieu of butter or olive oil. It is also an excellent topical treatment for hair, skin and nails.

**Chia Seeds (pictured below):** These little seeds are one of the richest sources of plant-based omega-3 fatty acids, and are an excellent source of fiber and micronutrients. Remember, omega 3 fatty acids make up your brain and nervous system, as well as your cell membranes. Try sprinkling these on salads, Greek yogurt, oatmeal, or over your steamed veggies. A two-tablespoon serving is packed with antioxidants, protein, minerals, healthy fat, and they fill you up.

**Curcumin (pictured above):** This is a powerful anti-inflammatory and anti-oxidant. Curcumin, the active compound in turmeric, and is one of the most powerful spices for your health. It has been called a health superstar, thanks to over 50 healing actions. Curcumin is an antioxidant that binds to heavy metals in the body, fights inflammation from toxins which control pain, and increases the production of enzymes responsible for detoxification. Turmeric can be incorporated into your meals in a myriad of ways. Make a vegetable curry using curry powder and coconut milk, sprinkle turmeric in your salad dressing or on stir-fries, or cook it with your soups, stews, or eggs in the morning. You can also take this in supplement form. As with all supplements, look for the label certification that it has been tested for quality and content.

**Glutamine:** This is a “super” amino acid as it helps to build muscle, supports our immune system and our gastrointestinal health. You can take this in capsule form. I prefer using the powdered form in smoothies. Try adding this for more energy and vitality.

If you are interested in having more energy, feeling great and experiencing less pain, add some or all these super foods to your core healthy diet.

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 715-362-4832 or www.timberlandchiropractic.com or visit us on Facebook.

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**Martha Society Annual Card Party**

The Martha Society of Our Savior Lutheran Church in Eagle River, at 223 Silver Lake Road, will be sponsoring their Annual Card Party coordinated by Donna Liedtke and Lois Parnitzke on Wednesday, May 10th at 12:00pm. The Card Party is open to the community. Registration is $10, which includes a salad luncheon and door prizes, pre-bought tickets are appreciated. For information or tickets call Parnitzke at 715-891-0311 or email oursaviorageriver@gmail.com. Proceeds will be used for missions within the church and community.
LOL Elementary Learns Maple Syrup Process

4K thru 2nd grade students from the Land O’ Lakes Elementary School got to explore a sugarbush on their trip to Windsong Sweetwater Tappers on April 7th. Mrs. Peterson shared a Native American legend about how maple syrup was first discovered by the Iroquois chief, Woksis, and his wife. She also showed us what the sap looks like in the different stages of the maple syrup production process. Students got to taste maple syrup and some maple candy. It was spoon-licking good! During our visit, we were also treated to caramel corn made with maple syrup. Yum! We learned that maple sap is mostly water when it comes out of the trees, so it has to be boiled to turn it into yummy maple syrup. Mr. Peterson explained that it can take anywhere from 28-40 gallons of sap to create one gallon of syrup, depending on the season. Students got to tour the sugarhouse to see firsthand how the Peterson’s boil the sap in an evaporator and discovered that the steam smells sweet when the sap is boiled. Mr. Peterson explained the process of drilling and tapping the trees and showed us how the buckets are then hung from the spile (or tap). We learned that the Peterson’s have over 500 taps this year! Wow! Next, it was off to the woods to help collect sap. Students buddied up and headed out to help empty the hundreds of buckets/bags of sap. We hit the “jackpot” on several trees and had filled our collection pails in no time. Good thing we had several grown ups to help carry those heavy pails! Mr. Peterson used his ATV to follow us around with his collection container that can hold over 120 gallons, which, by the way, we easily filled up twice during our afternoon visit. As a token from the trip, students were given a half-pint jar of maple syrup to take home and enjoy with their family. The PTA funded this fantastic field trip and the students not only took home their maple syrup but amazing memories as well.

Students had a fun time learning about the maple syrup process and being able to taste the sweetness made the field trip memorable.

Library Offers Gardening & Movie

Join us at the Land O’ Lakes Library for Container Vegetable Gardening with Master Gardener, Lois Bates on Wednesday, May 10th at 1:00 pm. Whether you are new to gardening or a veteran, Lois will help you be successful from planting to harvest. She will offer hints and help walk you through the process. Lois will be focusing on container gardening for seniors. She has many hints, tips, and ideas for saving your back and keeping the project simple. She is an experienced container gardener with recommendations to keep away the deer and produce delicious vegetables.

Also join us for movie and popcorn at the library on Thursday, May 18th at 1:00 pm. Showing will be A Dog’s Purpose. A devoted dog (Josh Gad) discovers the meaning of its own existence through the lives of the humans, it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan (Bryce Gheisar). As the boy grows older and comes to a crossroad, the dog once again comes back into his life to remind him of his true self.

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Chamber Welcomes New Director

The Land O’ Lakes Chamber of Commerce Board, is proud to introduce their new Chamber Director: Richelle Curran, a Land O’ Lakes resident, was selected after a series of interviews with many candidates. Curran has a BA in Business Administration, with a focus on Marketing and Management from Virginia Intermont College and an MA in Business Administration Marketing from the Regis University in Denver, Colorado, where she also studied at The Clerks Institute. Her resume includes five years at Vail Valley Medical Center where she was involved in operational management, financial/budget, and training development. Since arriving in Land O’ lakes she has been successful in grant writing for LOLA. Her pastimes include yoga, cycling, and the arts. After she gets acclaimed in her new endeavor, Richelle will be visiting all chamber members to get to know you and your businesses.

Crystal Theatre 2017 Line-Up

The historic Crystal Theatre proudly announces the 2017 “A Gem of a Season” line-up. This series brings eight great live music shows to the stage of the Crystal Theatre from June-October. Each show presents a unique package of music and musicians from ragtime, boogie-woogie, to Up North musical comedy. Kicking off the season, an evening of “up north” folk music is planned with “The Gordon Lightfoot Tribute” Friday, June 16th, 7:00pm. Mackinaw City guitarist Mike Fornes has assembled a band of four backing musicians for a salute to Canadian balladeer Gordon Lightfoot. The group’s work has developed into a stunning theatre show that replicates the Lightfoot concert experience.

The Yellow Room Gang: 5, arrives in Crystal Falls on Sunday, June 25th at 2:00pm. Five of the most respected MI songwriters, Annie Capps, with her husband Rod, Michael Hough & David Tamulevich (Mustard’s Retreat), and Matt Watroba will grace our stage to share their songs and stories of life on the road and their unique songwriting.

The Cactus Blossoms will be bring their infectious blend of rock’n’roll and timeless country to the Crystal Theatre stage on Friday, July 21st at 7:00pm. The Minneapolis-based brother duo, Jack Torrey and Page Burkum, inspired by fellow Minnesotan, Bob Dylan. The duo shines a spotlight on the time-honored traditions of blood harmony, best illustrated by artists such as The Everly Brothers or The Carpenters.

Bob Milne, one of the best ragtime piano players in the world will be on the Crystal Theatre stage, Sunday, August 13th at 2:00pm.

The Doo Wop Daddies, based in Milwaukee, capture the demand for all moms on May 14th

Live Music by HOWARD “GUITAR” LUEDTKE Sat, May 27th at 8pm

Crystal Theatre on Saturday, October 7th at 7:00pm. Turner uses cello, piano and voice to reinvent melodies such as “Pankin’ to the Wood Pile,” “Trollin’ Home to You,” and other Up North tunes. In addition to the Gem concerts Beethoven and Banjos will be back in October, the Missoula Children’s Theatre in July and two locally produced musicals this spring. For additional information, please call 906-875-3208. The Crystal Theatre is located on the hill in Crystal Falls at 304 Superior Avenue.

Happy Birthday May 5 at 9pm Beer!
Members Sought for Forest Service Committee

Officials of the Ottawa National Forest are conducting outreach to fill positions on two federal Resource Advisory Committees (RAC’s). “I am very pleased that the Gogebic and Ontonagon counties have elected to continue with their RAC’s,” stated Linda Jackson, Ottawa National Forest Supervisor. “RACs are a great way for interested community members to engage in public lands dialogue and recommend resource projects funded by the Secure Rural Schools Act.” Resource Advisory Committees are established as a provision of the Secure Rural Schools and Community Self-Determination Act. Resource Advisory Committees are responsible for reviewing and recommending projects for implementation under Title II of the Secure Rural Schools Act. By law, the four-year term, fifteen-member committee is composed of a wide representation of National Forest interests. Recommended projects must be broad community-based support with objectives that may include, but are not limited to: road, trail, and infrastructure maintenance or obliteration; soil productivity improvements; improvements in forest ecosystem health; watershed restoration and maintenance; restoration, maintenance, and improvement of wildlife and fish habitat; control of noxious and exotic weeds; hazardous fuels reduction; and reintroduction of native species. Projects must be on public land, but can occur on private land if it can be demonstrated that there is a benefit to public land resources. If you are interested in serving as a member of the Gogebic or Ontonagon RAC, contact Lisa Klaus at 906-932-1330, ext. 328, for the appropriate forms. Applicants must complete the Advisory Committee or Research and Promotion Background Information Form (AD-755) and return to the Ottawa National Forest no later than July 1st. If you have any questions about the RAC’s, Secure Rural School legislation, or previous projects that were approved, please call Lisa at the number listed above.

Local Counties Community Health Improvement Plan

Becoming the healthiest nation is this year’s theme for National Public Health Week! There could not be a better time to announce the completion of the Forest, Oneida, and Vilas County Health Improvement Plan! “This multi-county plan is a collaboration among health departments, community members, health care partners, local elected officials, tribal health partners, and other government agencies,” said Gina Egan, Health Officer, Vilas County Public Health Department. “Local health departments and hospitals are required to complete a local health assessment and because there are many agencies that serve all three counties, it made sense to collaborate on one health improvement plan.” The top three priority health issues identified in the Community Health Assessment were the following: Chronic Disease, Alcohol and Other Drug Abuse, and Mental Health. The Community Health Improvement Plan includes goals, along with suggested strategies to improve those health issues. The intent of the plan is to provide an outline for the many coalitions that are already working to improve the health of our residents and to foster new partnerships. “Health is not something we get at a doctor’s office, it starts in our homes, schools and workplaces, and playgrounds and parks”, stated Egan. “The strategies in the plan provide examples of programs that have been shown to be effective. However, it also stresses that we need to improve our physical and social environment and implement policies to make healthy behaviors the easy choice.” The next steps are to share this plan with the community and work with existing coalitions to implement the strategies and measure success toward the goals. A copy of the Community Health Improvement Plan can be found on Vilas County Public Health Department’s website http://www.vilaspublichealth.com/index.php?page=community-health-plan, along with each county’s website. It is our hope that community members will read through the plan and find some way to incorporate these strategies into your work, home, and your lifestyle. If you are interested in participating in a workgroup or any activities related to improving the health of all residents, please call Vilas County Public Health Department at 715-479-3656.

May Classes At LOLA

May brings Beginning Basket Weaving-Rustic Muffin Basket, Introduction to Western Hand Papermaking, and our Arty Party to LOLA. Learn the basics of basket weaving with artist Dianne Mockler on May 20th from 10:00am-3:00pm. Cost of $45, must be at least 15 years old and register by May 13th. Students will need to bring a plastic dish washing tub or bucket, an old towel, and a bagged lunch. Dianne Mockler began weaving in 1996 and enjoys working with a variety of materials and is especially interested in baskets with a northwoods theme and using natural materials native to the region, such as birch bark, willow, pine needles, and antlers. No experience needed for the next class, Western Hand Papermaking with artist Debra Ketchum-Jirick. Learn the basics of the fine art of hand papermaking. Students will learn basics of how to prepare pulp and fibers, pull a sheet, couching, and drying to create a sheet of paper using Western sheet forming techniques. Participants leave with several sheets of their own handmade paper and the knowledge needed beginning paper-making at home. Class will take place on May 23rd from 10:00am-1:00pm. Cost is $45 and included all the materials. Students are advised to “dress for a fun mess.”

Arty Party! Did you ever just want to try watercolors, play with clay, or find out what the heck alcohol inks are? Join LOLA on May 27th from 10:00am-2:00pm to do just that. This is the time for you to get your hands dirty and try things out. LOLA’s Arty Party crew is ready to help you with a variety of art materials and other surprises to get your creative side jump started. Drop into this free event open to all. All events take place at LOLA. Parking is available behind the LOLA building.

Art & Craft Booths Available

The tourism season is fast approaching the Northwoods of Wisconsin. Before we know it thousands of visitors will be in our area and will be looking for the chance to browse through an exceptional array of crafters at our upcoming craft shows. The Eagle River Area Chamber of Commerce and Visitors Center would like to invite you to be a part of one or all of these opportunities to display your “Northwoods” themed and other handmade arts and crafts for sale and provide our visitors a one-of-a-kind shopping experience. These events are held rain or shine. We are expecting over 3,000 people attend to attend our downtown events and over 45,000 people to attend Cranberry Fest. For more information on how to participate in the Memorial Day Show (May 27), Paul Bunyan Fest (Aug 16), Labor Day Show (Sept 3), or Cranberry Fest Arts and Crafts Shows (Oct 7 & 8), please call Natalie Spiess, Events Coordinator at 715-479-6400 or 800-359-6315, email natalie@eagleriver.com, or visit www.eagleriver.com and click on events.
Spring Butterflies by Emily Stone

NATURAL CONNeCTIONS • Spring Butterflies by Emily Stone

Sunshine warmed our backs and a cool breeze filtered through bike helmets as we turned onto the pavement for a ride around the lake. Before we could get up a head of steam, Drew called back, “Did you see that butterfly?” In a flash my bike was on the shoulder, my phone was out with the camera turned on, and I was running back to where he pointed.

I crept forward, struggling to discern the mottled brown underwings of a butterfly from the leaf litter. I must have gotten too close, because suddenly, in a flash of orange, white, and black, the butterfly rose and flitted erratically around a tree. My eyes darted along its wild flight path, and focused hard on the tree. My phone was out with the flash my bike was on the shoulder. “Did you see that butterfly?” In a head of steam, Drew called back, “Yes! It was gorgeous!” I crept forward, struggling to discern the mottled brown underwings. This happens for all the species who overwinter in the north, regardless of whether migrants from the south. The butterfly’s wings melted by the snowplow.

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Red Admiral butterflies are often spotted in early spring. They may overwinter nearby as adults, or they may migrate back from their winter home. 

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As the autumn days shorten, antennifreeze chemicals start building up in their body fluids. This happens for all the species who overwinter in the north, regardless of whether they chill as an egg, larva, pupa, or adult. Glycerol prevents ice crystals from growing and rupturing cells, even at temperatures well below freezing. So the adults that our Red Admirals fly back and forth from south Texas. Over the summer, Red Admirals have two generations. The summer brood is large and showy, with brighter colors, and a coming-of-age in July. These butterflies produce a smaller, drabber, winter form, although flighted, is not reproductively mature. They have a metabolism that allows them to pack away fat stores for migration and/or hibernation.

They’d better have some fat left in reserve when they arrive up north in April! I’ve seen flowers blooming, but only if you expand your image of a flower to include cattails, the miniscule petals on hazelnut bushes, and a few other tiny tree flowers. Early butterflies do not arrive to a beautiful buffet. As anyone with a sugarbush knows, though, sweet liquid is plentiful if you know where to look. Conveniently, Mourning Cloaks may actually prefer tree sap to nectar. With early the snowmelt, I’ve been road biking a lot. It’s been easy to go fast while the forests are still quiet and gray. If this butterfly (and the loons, cranes, ducks, and frogs) are any indication, though, my rides are about to encounter many more distractions!

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NOW HIRING YEAR-ROUND part-time kitchen staff including servers, cooks, bussers, and dishwashers. Please apply at the Gateway Lodge. 715-547-3321.

The Red Man in Land O’ Lakes is looking for summer help. We are opening May 17th and will be open until the first week in October. It’s a great opportunity to make some extra money over the summer. We are looking for both full and part time employees. All positions are available including cooks, servers, dishwashers, serving assistants, bartenders, hosts and cleaners. If you are hard working, dedicated, energetic and willing to learn, we would love to have you work with us. Please call Mark at 808-298-4403 or stop by and fill out an application.

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SUMMER HELP WANTED: Cleaning/Housekeeping team. Saturdays only with season end BONUS! Perfect part-time summer job! Afterglow Resort - Phelps. 715-545-2560. #052717

THE TOWN OF LAND O’ LAKES is seeking part-time help for parks and maintenance. 30 hours per week and must have a valid driver’s license. No weekends. Equal opportunity employer. Stop by the town hall Monday-Thursday, 9am-3pm, for an application or call 715-547-3255 for more info. #052517

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