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SCIENCE & SUSTAINABILITY • Syrup Sustainability

by Kasey Gondek



Kasey has a Bachelor's in Environmental Studies & Master's in Biology and works part of the year in Land O' Lakes.

If you enjoy maple syrup on your waffles, in your fudge, or over ice cream, this is an exciting time of year! No one knows the exact origins of maple syruping, but regional Anishinabek oral traditions indicate that Indigenous people recognized maple sap as a source of energy and nutrition long before European colonizers arrived.

If you've ever wondered about the sustainability of maple syrup, I have good and bad news. It is a great sustainable option in the Northwoods: maple trees provide habitat for animals, remove carbon from the atmosphere, and filter air and water. Being a local product, maple syrup reduces carbon emissions from shipping sweeteners such as cane sugar or agave syrup. Producing maple syrup also does not require tilling, pesticides, irrigation, or fertilizers.

To understand the bad news about the industry's sustainability, first we need to understand a bit about the ecology of the trees involved. The species most commonly tapped for syrup-making are the sugar maple, black maple, and red maple. These species are preferred because their sap contains 2-5% sugar content.

Not only are these maple species adapted to cooler climates, but sap collection depends on particular weather patterns. When daytime temperatures climb above freezing in the spring, signaling that the dormant winter period is over, sap moves up from the roots. As temperatures cool below freezing again at night, the sap moves back down to protect the tree's tissues from damage. This back-and-forth is

what allows sap collection, but the season only lasts 2-3 weeks, ending when temperatures warm and sap stops moving or the syrup's flavor is affected by bud formation.

Climate change threatens maple syrup production with warming temperatures, disrupted freeze/thaw cycles, and more unpredictable temperatures. All of these factors are likely to change sap movement and shift collection timing to earlier in the season. John Jackl, of Whataview Farms in Phelps, acknowledges this shift but remains positive, saying "This weather shift isn't a death knoll for the maple industry, but an indication that we need to adapt to changing conditions." According to a 2019 study in *Forest Ecology and Management*^{*}, sugar content may also be reduced, which would require more sap to be collected to produce the same amount of syrup (the ratio is currently about 40 gallons of sap to achieve 1 quart of syrup). These challenges will also stress trees, making it more unlikely for them to survive to the size recommended before tapping and ultimately push the species' ranges farther north, reducing the abundance of mature maples in the Northwoods.

So, how can maple syrup producers and connoisseurs help keep the industry sustainable for as long as possible?

Most importantly, we must keep forests healthy. The healthier a forest and its trees are, the more resistant they are to climate variability, pests, pollution, and other stressors. As Jackl says, "We depend almost solely on the health of our sugar maple trees." To help ensure healthy forests, you can:

1. Plant trees! Plant maples in places they will thrive for the next 80-100 years and plant other tree species along with them. This could also help "insulate" maples from warmer temperatures that end the season early because densely wooded areas

can be several degrees cooler than out in the open.

2. Protect trees from diseases and pests by not moving cut wood more than 5 miles from the source. This not only protects maples from illness and invaders, but protects other commercially relevant species that maples are used to replace. The incursion of emerald ash borer had decimated ash tree populations, and sugar maples are often looked to as a replacement.

3. When buying products made of wood, ensure that they come from sustainably managed forests. Maple is especially sought for baseball bats, musical instruments, guns, and flooring, but it is important to manage all species for whole-forest health and resilience.

4. Tell local politicians that you oppose developments that would harm forests.

5. Follow industry guidelines for tapping limits and tree health, and avoid using herbicides to clear ground growth around the trees. As a consumer, support producers who follow these best practices.

Together, we can help maintain this delicious centuries-old tradition for generations to come!

**JM Rapp et al. (2019) Finding the sweet spot: Shifting optimal climate for maple syrup production in North America.*

Kasey Gondek earned a Bachelor's in Environmental Studies & Master's in Biology from UW Oshkosh. She works in the natural resources & science field here in the Northwoods, along with her husband. They enjoy hiking with their dogs, fishing, kayaking, local food, and good beer! Follow Kasey on Instagram @kaseyleilani for her adventure pictures.



Photos by Laura Andersen

The photos above show the process of harvesting maple syrup. Phelps residents began by collecting sap from the maple trees, boiling the sap, and canning the finish product of maple syrup.

Sell or Buy Art at This Year's Artarama

For the 49th year, *Artarama Riverwalk Art Show and Sale* will take place rain or shine on Saturday, July 17th, from 9:00am-3:00pm, at Riverside Park in Eagle River. Since its small beginnings in 1972, the show has grown tremendously in size and reputation. It attracts thousands of visitors who come in anticipation to purchase unique treasures for their homes or to purchase as gifts for loved ones. Each spring, the *Artarama* committee members jury the applications, carefully screening through each one to bring attendees variety, quality, and several new artists each year. "The talent we see when jurying the applications is unbelievable," stated Barb Zyhowski, longtime committee volunteer. "Just when we think we've seen everything, an artist comes up with a new twist on a medium," she added.

The six-member volunteer committee works diligently from January on to make the show happen. "Putting this show on takes monumental organizational skills besides being interested in promoting the arts in the Northwoods," according to co-chair, Karen Kubacki. Kubacki promises, "This show has always been great fun and this year will be no exception. We have some incredible artists attending. Of course, there are several of your old favorites returning, but plenty of new talent will wow this year's crowd as well."

"Several spaces are still available to sell your art, so we are extending our deadline to fill out an application to be juried," stated Lori Hahn, co-chair. To be included in *Artarama*, please download an application found at www.artarama-er.com.



Photo by Border Bulletin

Keep the Birds Singing



by Carol Mason-Sherrill

Warmer temperatures and longer days encourage us to start looking forward to all the wonderful delights of spring with ephemerals emerging through the last patches of snow, frog choruses, and migrating birds returning with all their glorious songs and color. Thoughts turn to garden and yard cleanup, and getting those dirty, streaked windows washed sparkly clean in order to have a beautiful view of the lakes and woodlands surround-

ing us. Unfortunately, those clean reflective windows are deadly to over a billion birds annually. That awful thud of a bird striking a window at full force results in a dead bird or if only temporarily stunned, it might recover enough to fly off and die later due to brain injuries or internal bleeding. Our beautiful glass windows and views are indiscriminate killers of small songbirds to large birds such as hawks.

According to Cornell Lab there

are two main types of window collisions: daytime and nighttime. In daylight, birds crash into windows because they see reflections of vegetation or see through the glass to potted plants or vegetation on the other side. Windows often reflect the trees, blue sky, and clouds confusing the birds into thinking they are just flying through the landscape. At night, nocturnal migrants (including most songbirds) crash because they fly into lighted windows. Some of these nighttime collisions are due to chance, but much more often the nocturnal migrants are lured to their deaths by the lights. For reasons not entirely understood, lights divert

nocturnal migrants from their original path, especially in low-ceiling or foggy conditions.

While waiting at a recent doctor appointment, I noticed a wall of windows brandishing the telltale feathers and smears of bird strikes. I was informed that the birds (mostly evening grosbeaks) were attracted to the fruit of a tree right outside the windows. The birds, eating the fruit that had been fermenting on the tree all winter, became loopy and disoriented and flew into the windows. The tree planted too close to the building and windows, without mitigating the reflection of the sky and clouds, was a perfect

combination for the birds to be confused and fly into the glass.

There are many strategies and products available that we can all do as humane homeowners to prevent these needless bird deaths. We need birds for all of their gifts they give us from songs for our souls to insect predators to plant propagators. Simple efforts from turning out unnecessary night lights to planting trees farther away from our homes and placing bird feeders either closer to your home or farther away too. Of course, this will not affect migrating birds that see your reflective windows as sky. Having full screens on the outside of your windows is a great strategy, as there is no reflection. Other ideas are placing decals and window stickers on the outside, netting, transparent film, and even tempura paint designs, or shutters. ABC Birdtape, Acopian Bird Savers, and Collid-escape are products found on the internet that can help save birds.

In an effort to help birds, well-meaning people put out pet hair, string, and yarn for nest building. While it seems these are good ideas, they actually harm birds. Any kind of hair incorporated into a nest can attract predators from the odor. Strings and yarn can often entangle the adult parent birds but also the fledglings. Birds have been building nests without our help for a long time using natural things they find from lichens, grasses, mosses, twigs, spider webs, and even their own feathers.

As we look forward to spring and the return of migrating birds, welcome them with a healthy homecoming free from hazards that harm these treasured friends.

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BORDER HAPPENINGS

ANNOUNCEMENTS • • •

Please double check all events, many are cancelled or postponed due to COVID-19 safety concerns. Stay healthy.

★ Featured in this issue.

Administrative Professionals Day: Apr 21.

International Earth Day: Apr 22.

National Arbor Day: Apr 30.

CONOVER • • •

Blood Drive: Community Center, Apr 27, 1:30-5pm.

Conover Clerk's Office Hours: Mon-Thurs 9am-2pm. Events at www.townofconover.com/calendar.

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

Conover Chamber Hours: Conover Center, Tues-Thurs 9am-2pm. www.conover.org.

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

Town Board Meetings: Conover Center, 2nd Thurs, 6pm.

LAND O' LAKES • • •

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

LUOTO'S FITNESS CLASSES:

HIIT Full-Body: M/W/F 9:30am.

Women Staying Strong: Tu/Th 9:30am.

Foam Rolling & Stretch Class: Wed 8:30am/Sat 10:30am.

Perfect Mix: Sat 9am.

Personal Training or Massage Therapy: By appointment.

Gym Access Hours: Mon-Sat 24 hours. Sun 6am-4pm.

LOLA PROGRAMS:

Violin/Viola Lessons: Mondays after school. Call for appts.

Watercolor Wednesdays: 10am-2pm.

**All classes at LOLA Center unless noted. Visit website or call 715-547-3950 for details.

LIBRARY:

Open: M-F, 10am-1pm. Sat 9am-12pm. Limited 10 people w/masks. Curbside pickup: M/T/TH/F 10am-3pm; W 10am-5pm.

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

Headwaters Food Pantry Pick-up: Olympic 76 St, 1st & 3rd Wed, 8:30-11:30am. 715-547-6060.

Planning & Beautification Meeting: Town Hall, 2nd Wed, 10am.

Town Board Meetings: Town Hall, 2nd Wed, 6pm.

Friends of VFW Post 8400 Meetings: VFW Hall, last Wed, 2pm.

American Legion Post 464 Meetings: 2nd Thurs, 6pm.

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

LOL Chamber Office Hours: Mon-Fri 9am-2pm.

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

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

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

PHELPS • • •

Maple Syrup Fest: Phelps Chamber building, Apr 10. Live music, Northern Exposure, 6pm. ★

LIBRARY:

Curbside pickup M/Tu/F 10am-2pm. For more info www.phelpspubliclibrary.org or call 715-545-2887.

Phelps Women's Club Meeting: Congregational Church, Mon 1pm. Call 715-617-0308 for date.

Phelps Chamber Meeting: Accelerator Bldg, 2nd Tues, 6:30pm.

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

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

Phelps Historical Museum: By appointment only. Call 715-545-3012.

Phelps Chamber Office Hours: M/Tu/Th/Fr 9am-3pm.

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

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

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

WATERSMEET • • •

A.A. Meeting: Spiritual Center; Tues/Thur/Sat 7pm. (All Open Topic) Call 906-366-0067 for more info.

Town Board of Education Meeting: 3rd Mon, 6:30pm.

ISCCW Meetings: Forest Service District Office, 3rd Tues, 10am.

American Legion Post 417: Community Center, last Thurs, 3pm.

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

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 • • •

EAGLE RIVER •

SOAR Very Young Composers Concert: NPHS auditorium, Apr 12, 6:45pm.

Silver Blades Ice Show: ERIA, Apr 13-14, 1pm.

LIBRARY:

Book Club: 1pm.

-The Broken Window: Apr 8.

-Bubble In The Sun: Apr 12.

Curbside pickup available.

Online Storytime: Wed 10am.

Vilas Cty Master Gardeners Mtg:

Incubator-Hwy 70 Business Park, 2nd Thurs, 6pm. Speaker at 7pm.

MINOCQUA •

Get Your K's On: 5K/10K, Minocqua Park, Apr 29.

PRESQUE ISLE •

LIBRARY:

Curbside pick up available. Call 715-686-7613 or email sknaack@presqueisle.wislib.org.

RHINELANDER •

Ruby's Pantry: Rhinelander National Guard Armory, 3rd Tues, 4pm.

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Next issue: April 22, 2021
Submissions by: April 10, 2021

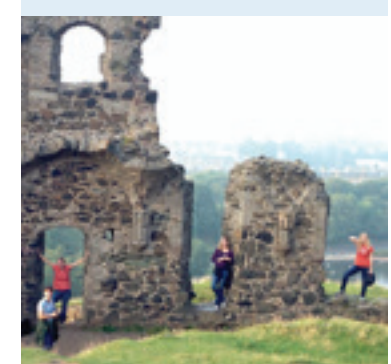
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Build your own dreams,
or someone else will hire
you to build theirs.

—Farrah Gray

Don't watch the clock;
do what it does.
Keep going!

—Sam Levenson

HEALTH & WELLNESS • Healthy Vacation Tips

by Dr. Doug Tansor



Dr. Doug specializes in full family and pet chiropractic services at Up North Wellness Center in Land O' Lakes.

Everytime I come back from a getaway, I realize how important it is to take breaks in life. Whether it's a week-long vacation, a quick week-end escape, or even just taking time for yourself on a daily and weekly basis. Taking breaks are critical for your health — physically, mentally, emotionally, and spiritually. Good rest and relaxation allows you to decrease stress, increase happiness, and come back recharged ready to tackle your day-to-day activities.

Unfortunately, a lot of times when we travel (myself included), it can be way too easy to let our healthy habits slip, which can counteract some of the amazing health benefits of taking a vacation in the first place! So, here are four quick tips to help you stay healthy while traveling:

1. Be Conscious of Your Nutrition

Nutrition is something that can have one of the highest levels of impact on your health, including when you're on vacation. Now don't get me wrong, I still have vacation meals when I'm traveling, I'm a huge foodie. While eating is one of the things I give myself the most leeway with on vacation, I am still aware of the foods I'm eating. Here are some easy guidelines:

- Have some greens and/or veggies with as many meals as possible.

- Don't overdo carbs every meal.
- Limit the amount of desserts, not eating it at every meal, or having small amounts most of the time.
- Try not to have too much alcohol and limit drinks that are sugary.

These guidelines don't make me feel limited or restricted, because I know I feel much better than when I have no discipline whatsoever. If there are some days or meals where I want to go all out and have a ton of carbs, a ton of dessert, or don't really feel like veggies — then I do it. I don't beat myself up over it. I acknowledge that it's a vacation meal, and I'm okay with that.

All those suggestions might seem like a lot to keep track of or think about, but even starting with baby steps can make a huge difference!

2. Drink Enough Water

It's so important to stay well-hydrated with plenty of water! This might seem basic, but it's easy to forget about when you're out of your normal routine. Neglecting your water intake can affect your energy levels, digestion, mood, and even cause headaches — none of which allow you to fully enjoy your trip. A good goal is half your body weight in ounces of water each day.

3. Do Something Active

I used to hardly ever exercise on vacations. I thought, "It's vacation, I should be able to just completely relax and do nothing." I've realized that working out on vacation actually makes me feel better and enjoy my trip more. Getting some light exercise will help you stay energized and boost happy hormones, not to mention help offset some of the va-

cation meals you're bound to have. You can do a pool workout, play tennis, walk or run outside, or go to a workout room.

4. Get Plenty of Rest & Relaxation

One of the main reasons you're probably going on vacation is to relax, right? Make sure you're not sabotaging your relaxation efforts by trying to pack too much action into one trip. Engage in relaxing activities every day, whether it's reading a book for fun, basking in the sunshine, getting a massage, or watching the sunset.

Allow yourself to detach from all the tasks on your to-do list and responsibilities waiting for you back home. Work on being fully present in the moment! And don't skimp on sleep! This way you'll be able to come home well-rested and recharged.

Your action step for today is this: Plan your next vacation! It doesn't have to be extravagant or expensive or a week-long trip. It can be as simple as taking a day-trip or a relaxing stay-cation. Just decide where you're going and when, put it on your calendar, get excited for it, and stick to it!

Dr. Doug has owned and operated a family practice since 2014 specializing in full family chiropractic care, as well as treating high caliber athletes such as NHL, NFL, and UFC competitors. Dr. Doug also is certified in animal chiropractic and loves working with senior pets (dogs, cats, and horses). Doug's family has had a home in Land O' Lakes since the early 50's and he has grown up spending many summers in the Northwoods of Wisconsin.

Phelps Middle School Basketball Season Wraps Up



Photos by Sharon Gifford

The Phelps Knights Boys Basketball team consisted of (L-R) Front: Robert Wenberg, Mason Andersen, and Noah Spink. Back: Bradynn Meistad, Logan Doppke, Eragon Wenberg, Skyler Schotz, and Coach Jason Pertile.



Girls Knights Basketball players (L-R) Front: Addison Szuta, Raelee Steeno, Kami Robbins, Haylee Schwaiger, and Coach Tammy Tschida. Back: Volunteer Assistant Coach Taliea Doppke, Alivia Jones, Aerowynn Marchant, Keira Riihimaki, and Briana Crow. Missing from the picture is manager Serenity Robbins.

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From the PASTOR'S WINDOW • by Pastor Frank Puffer, Jr.



Frank Puffer, Jr. is the pastor of The Land O' Lakes Bible Church. He is a graduate of Contenders Discipleship Initiative (CDI).

Cowardice to Courageous; Christ has Risen Indeed!

There is much evidence for the literal resurrection of Jesus Christ. However, I believe there is one that is often overlooked; the transformation of the lives of those who believe Jesus was raised from the dead, accompanied specifically by the courage to declare that Gospel no matter the cost. Please bear with me here. The night that Jesus was betrayed by Judas and arrested, his disciples abandoned him as he said they would (Matthew 26:31,56, Mark 14:27,50, John 16:31,32). Now, you might remember Peter took exception to this. Peter answered Jesus, "Though they all fall away because of you, I will never fall away." (Matthew 26:33) He thought he was ready to suffer for Jesus and die if necessary. Peter said to him, "Lord, I am ready to go with you both to prison and to death." (Luke 22:33, John 13:37) Peter thought he knew himself better than Jesus knew him. Jesus tells Peter that he has overestimated his affections for him. He replies, "Truly, I tell you, this very night, before the rooster crows, you will deny me three times." (Matthew 26:34). Just as Jesus had told him, so Peter does, denying that

he knew Jesus before the next morning (Matthew 26:69-75). Peter's cowardice was revealed and his heart exposed. Often, we talk a big game until we are tried, right? Immediately after Jesus' resurrection, we find that all of the disciples remained in hiding for fear of the Jews. (John 20:19) They were cowardly.

However, 50 days later, the picture is far different. The disciples, having stayed in Jerusalem per Jesus' command and promise (Acts 1:4), receive the Holy Spirit and boldly declare the mighty works of God. (Acts 2:1-13). Who is the one who speaks to the crowd with a new found boldness and gives clarity to what is happening but Peter. Three thousand souls were added to the one hundred and twenty by the preaching of the Word of God (Acts 2:14-41). What had happened? Jesus had been raised from the dead, that's what! He had promised that He would send to them the Holy Spirit in His place, so they may be witnesses of Him. "But you will receive power when the Holy Spirit has come upon you, and you

will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth." (Acts 1:8) Prior to His death, Jesus consoled his disciples by saying, "Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the helper will not come to you. But if I go, I will send him to you." (John 16:7). That these men testified of Christ with such boldness is clear evidence that Jesus had indeed died, was raised to the Father and just as he had promised, He sent to those once cowardly and powerless people His Spirit to accomplish His work on earth, to go and make disciples of all nations. Most of Jesus' disciples would suffer for the Gospel and die for testifying of His resurrection, which gives us assurance that Jesus has been raised from the dead, indwells and influences His people by His Spirit, and inspires the coward to be strong and very courageous for the sake of the Gospel.. *The Lord be with you, Pastor Frank Puffer. You may contact Pastor Frank at 715-547-3183 or Pastorpuffer@gmail.com.*

LOLA's New Board Member

LOLA welcomes Aron Houdini as their newest board member. Houdini is an accomplished magician, escape artist, and a distant nephew of Harry Houdini. Performing since he was a child, Aron has achieved twelve Escape Artist World Championships and three Entertainer of the Year awards. He continues to perform professional stage acts and teaches magic through a program called Project Magic, which uses magic tricks as a form of rehabilitation. "I joined LOLA to become more involved in the community and help bring exciting events to the area. I look forward to being a part of an already amazing established organization," says Aron Houdini.

Houdini relocated to Land O' Lakes in 2017. He was born in Chicago and grew up in Lake Cumberland, Kentucky. He served in the United States Army Military Police School at Fort McClellan in Alabama and graduated from the University of Louisville with a B.A. in Political Science and with a Master's degree. Houdini's hobbies typically include adrenaline or adventure related activities. For more information on LOLA Arts Board of Directors, visit lolaartswi.com or call 715-547-3950.



Aron Houdini with his son Amadeus.

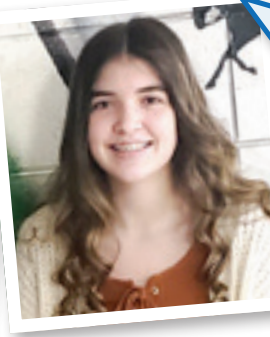
Photo provided by LOLA

Phelps School's Students of the Month for April Dustin Kangas (10th Grade) & Aerowynn Marchant (8th Grade)

"Dustin is polite, hard working, and finishes assignments on time."
-Mr. Justice



"Aerowynn is a leader and strives to be academically successful."
-Mr. Grafwallner



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NATURAL CONNECTIONS • The Lessons of a Northwoods Spring

by Emily Stone



Naturalist & Education Director Emily Stone holds Natural History & Geology Degrees from Northland College. Works & writes in Northern WI.

"I still fear that the cold will return. I am still full of uncertainties." When Toni Alioto wrote that line, she was imagining a whimsical conversation between Spring and Winter as they negotiated the vacillating weather patterns common in a Northwoods March. It's the same fickle weather I've been writing about lately in the context of wood frogs and fat bikes. She crafted this line as part of an assignment for "Writing the Environmental Essay," a class I'm teaching in a condensed and totally virtual format for Northland College this semester.

Toni assured me during class discussion that her personification of spring was focused purely on the weather. But with her mention of fear and uncertainties, my mind jumped straight to the pandemic.

By the time you read this, all Museum staff members will have received both shots of the vaccine. Many of you already know—or are anticipating—the incredible sense of relief this protection brings. A weight is being lifted from our shoulders. As I watch the bright sun and gentle rains release the landscape from a burden of heavy, restrictive snow, I can't help but compare this stage of the pandemic to this moment in spring.

With the snowdrifts shrinking back into the shadows, the Museum staff are letting tentative hopes and plans emerge. We've set a date for when the Museum will open to the public for the first time in months. We're dreaming up ideas for summer programs. I'm giddy at the thought of tramping around the woods with other humans there to share my joy and amplify each other's curiosity.

And yet, we all know that winter could return at any moment. Late spring blizzards have left ice in the corners in our collective memory. Previous surges of the virus, and the lives and livelihoods they ended, have left pain in our collective heart. While some news looks hopeful, the meteorologists and the Centers for Disease Control (CDC) both pepper their sunny forecasts with that cautionary "unless..."

So, with hope and fear doing battle in my chest, I made a few clicks and watched Toni's essay fade from my screen. That warm rain I mentioned had just tapered off, and I wanted to see what nature could teach me about life emerging into a tenuous spring.

The twig of a serviceberry bush caught my eye first. Tiny, wrinkled leaves were bursting forth from the pointed clasp of burgundy-colored bud scales. I worried for a second, tugging my jacket closer at an unexpected gust, and thinking that the leaves were emerging from their protective isolation too soon. Looking closer, though, I found a thick weave of white hairs. Surely this cottony coat will protect the serviceberry from a

freezing swing back to winter, just like our masks protect us as we emerge into uncertainty.

Next, I looked down. On the shady cut bank of my driveway, the lush patterns of moss rest on the high, angled slope like artwork displayed on an easel. The contrast of their vibrant green leaves with the dark browns of decay pulled me closer, and closer, until my knees were wet and my camera invaded their Lilliputian personal space.

Even at close range, the moss looked unfazed by winter.

There are several secrets to moss's resiliency. Most visible, perhaps, is their tendency to lie low. Mosses find a good place and stay there. They don't need to flit about like butterflies—braving air filled with dangers like freezing temps and hungry mouths—in order to find food or companionship. When the snow comes and seals them in, the mosses take full advantage of the protection it provides from cold, dry air.

Mosses are not immune to the challenges of a long winter (or drought) of dormancy, but they do know how to prepare. As their leaves dry, cell membranes shrink like a vacuum-sealed freezer bag. Essential functions shut down. And, with amazing "forethought," the mosses synthesize and store away the enzymes of cell repair that will manage the damage of desiccation. And how would these mosses fare during that late spring blizzard? Their willingness to stay small and their stockpile of specialized chemicals will bring them through unscathed.



Above: Serviceberry shrubs protect their early emerging leaves from cold snaps with thick fuzz.

Moss has many adaptations to help it survive long Northwoods winters.

It's not hard to see the parallels between moss in winter and humans in lockdown. We stayed put and tried to get cozy. We made hard decisions about what functions could and could not be shut down. And we also created and replenished the stores of medicines that help prevent and repair damage. Even as we enjoy the current freedom from the heavy snow, those tools will need to remain at hand.

I took a deep breath. Going outside hadn't resolved all uncertainties, but it did loosen the knot of worry in my chest. Nature itself is a tool we can use to stay healthy and happy. While the weather may do a wild dance on its way

toward summer, it can also remind us that being prepared for the unexpected, whether that means having fuzzy buds, laying low, bringing an extra jacket, or continuing to wear a mask, is something a Northwoods spring has already taught us all to do.

You can discover much more about Emily Stone and her point of view through *Natural Connections* online at cablemuseumnaturalconnections.blogspot.com. For more than 50 years, the Cable Natural History Museum has served to connect you to the Northwoods. The Museum is closed, but our *Mysteries of the Night* exhibit is available online. Connect with us on Facebook, Instagram, YouTube, and cablemuseum.org to keep track of our latest adventures in learning.

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THE TIPSY HOUSEWIFE • Hearty BLT Salad

by Chef April Lee



April Lee is a Chef, Social Media Influencer, & Food Blogger from Chicago and part time in Watersmeet.

Spring has arrived! Well...sort of. While we are all enjoying this mixed bag of weather, I personally find it hard to meal plan. The days I plan for cold weather with a cozy comfort food, it ends up being warm, and the days I plan for warm weather, it ends up being cold. I have come to find that the best kinds of recipes for this time a year are for hearty salads. The veggies keep it light, and the addition of more hearty things like homemade croutons, savory bacon, and rich cheeses elevate it to comfort food status. This knife and fork BLT salad is a huge favorite of mine. I make it with an ice box dressing, but use any dressing you prefer.

Ingredients:

- 1 lb of bacon
- 1 cup of diced tomato
- 4-6 cups of lettuce
- 1 small white onion, sliced thin
- 1 box of bread dumplings or 10 slices of sourdough

- 4 tablespoons of butter
- 2 tablespoons of brown sugar
- 1 teaspoon of chili powder
- 1 teaspoon of black pepper
- McCormick Perfect Pinch Salad Supreme Seasoning
- Dried parsley
- Salad dressing of your choice

Instructions:

1. Use two cookie sheets with a baking cooling rack placed on top. Spread bacon on the racks and sprinkle with brown sugar, chili powder, and black pepper.
2. Place bacon in a 350 degree oven and bake for 25 minutes, or until it's the desired level of crispiness.
3. While the bacon is baking, melt the butter and brush both sides of your bread dumplings or sourdough slices. Season with McCormick seasoning. Place on a cookie sheet and put in the oven to toast while the bacon cooks.
4. While the bread toasts and bacon cooks, prepare the salad by tossing the lettuce, tomato, and onions together and season lightly with some McCormick seasoning and dried parsley.
5. When bacon is crispy and bread is toasty, remove from the oven. The bacon shouldn't be greasy,



Photo provided by April Lee

as the fat should have dripped off through the rack. I use the bacon when it is slightly warm, but not hot. Chop bacon and toasted bread into bite sized pieces.

6. Add bacon and bread to the salad mixture, then drizzle dressing.
7. Do not add the bread or dressing until you are ready to serve.

The ice box dressing I use is from Chef Art Smith, google it for the recipe. It's made with shallots, mayo, mustard, and buttermilk.

I would also love for all of you to join me at this year's *Maple Syrup Fest* in Phelps. I will be doing a live cooking demo at 11:00am on Saturday, April 10th. See you there!

April Lee is a Chef, Social Media Influencer, & Food Blogger from Chicago that spends lots of time in Watersmeet. Check out her blog at thetipsyhousewife.org or follow her on Instagram @ [thetipsyhousewife](https://www.instagram.com/thetipsyhousewife) for recipes.

Phelps Maple Syrup Fest



The Phelps 10th annual *Maple Syrup Fest* is returning Saturday, April 10th, from 10:00am-3:00pm at the Phelps Chamber of Commerce on Highway 17. This year's event will have many fun activities for the whole family. The ever popular *Sugar Bush Tours* will be returning with self guided tours through local sugar bushes. Stop by the Phelps Chamber of Commerce before heading out to the tours to pick up your tour map and tour punch card. When you visit all four sugar bushes, you will be entered into a raffle basket drawing. At the chamber, take part in children's activities, maple taffy on the snow, and tree tapping. Don't forget to stop by the *Maple Café Bake Sale* for delicious maple treats! This year's event will also include two *Maple Syrup Classes*, as well as a *Beekeeping Class*. During the event, stop by the information table in the Phelps Chamber of Commerce office area to sign up. The Topsy Housewife will also be on hand for a *Cooking Demo* using maple syrup.

- 10:00am: *Beekeeping 101* with Don Crass-Crazy Joe's Natural Products
- 11:00am: *Cooking Demonstration* with The Topsy Housewife
- 1:00pm: *Maple Syrup Beginner 101* with Theresa Baroun-Maple Sweet Dairy and WMPSA
- 2:00pm: *Maple Syrup Flavors and Grading* with Theresa Baroun

For more information on *Maple Syrup Fest* and activities throughout the day, contact the Phelps Chamber of Commerce at 715-545-3800 or visit our website at www.phelpswi.us.

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LOOKING FOR TEMPORARY help for garden center and greenhouse. Activities include retail sales, plant care, and on site planting. 40 hours/wk. May 1st-July 1st. Also looking for full time landscape laborers. Northscape Design, Inc. 715-490-1298 or 715-490-3960.#042221

THE TOWN OF LAND O' LAKES is accepting applications for employment for a seasonal part-time Park Grounds and Maintenance position. The duties related to this position will be maintenance of town facilities, grounds, and the bike trail. The position will be 20 hours per week from May 1, 2021 until October 31, 2021 with a wage of \$15 per hour. Applications are available at the Town Clerk's office, 4331 County Road B, Land O' Lakes WI 54540 or on the town website townoflandolakes.com. Applications will be accepted until 3pm on April 14th. The Town of Land O' Lakes is an Equal Opportunity Employer

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The Eagle River Area Chamber of Commerce and Visitors Center invites you to display your "Northwoods" themed and other handmade arts and crafts for sale. Booths are still available for the *Memorial Day Arts and Craft Show*-May 29th, *Burger Bash*-July 10th, *Paul Bunyan Fest*-August 18th, and *Labor Day Arts and Craft Show*-September 5th. These events are held rain or shine in downtown Eagle River from 10:00am-4:00pm and expect over 2,000 people to attend each show. For more information on how to participate in the *Memorial Day, Burger Bash, Paul Bunyan Fest*, and/or *Labor Day Arts and Crafts Shows*, please call Events Coordinator Michelle Williams at 715-479-6400, 1-800-359-6315, email events@eagleriver.org, or visit www.eagleriver.org/featured/eagle-river-craft-shows/.

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TULIP'S TRAVELS

Where in the world is Tulip?



The city Tulip traveled to in 2014 has many famous sights to see. However, that particular year this sight was covered in a sea of handmade red ceramic poppies each representing a soldier that died in WWI from this country.



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Through August 26th, Tulip will share an image from one of her journeys. Identify and submit the image location within five days from the issue date, along with your name and address, to tulip@borderbulletin.com or by calling 715-547-3745 for your chance to win one ticket for the LOL Public Art 50/50 raffle.

Tulip's location in the March 25th issue was Greyfriars Bobby, Edinburgh, Scotland, UK
March 25th Winner: Bob Vogt



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