

Contributed photo. The "Book House" located next to the Forest Lodge Library that is looking for a new home to make room for the expansion of the library.

Forest Lodge Library's "Book House" seeks a new home as library prepares for expansion

By Melissa Rabska

The Forest Lodge Library Board of Trustees is accepting offers this spring for the sale and removal of the "Book House", located next to the library on County Road M in Cable, WI. This is a great opportunity to repurpose this building and make way for the Forest Lodge Library expansion.

With removal of the structure an-

ticipated for later this summer, the Book House will be open for a limited time to clean out the current

books inhabiting the residence. The Book House will be open Saturdays starting May 25th through July 6th being its final day open to the public. There will also be some other select days the Book House

will be open around the 4th of July Holiday weekend.

The removal of the Book House is the first step in moving forward with the library expansion. The Katie Flowers Endowment, a 501(c)3 nonprofit and the fundraising arm of the library, has secured over \$1

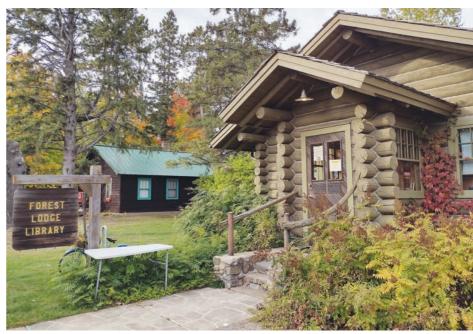
million in donations, pledges, and foundation grants needed for the

\$1.6 million project.

After a successful end of the

year appeal, the public has continued to show its support by helping the capital campaign cross over and successfully raise 50% of the project costs. From the generosity and support of the community, the library is positioned to begin moving forward on its next chapter. Currently, the Katie Flowers Endowment is actively fundraising, and donations and pledges are being accepted with naming opportunities still available. Every donation—no matter the size—makes a difference to this project. Grants are also being applied for to support the project. Funds that still need to be raised for the project to break ground in 2025 are just under

"We know that the community is behind this project, and we now are working on closing the gap," said Mary Jean Fenske, Katie Flowers Endowment President. "This summer we are launching a public capital campaign filled with fundraising activities and events for children, families, and library lovers of all ages. We are also ending the summer with our first ever



Contributed photo. The current Forest Lodge Library that will be undergoing an expansion projected for 2025 once funding is raised and ready to go.

Rhythm and Books Music Fest."

The expansion will retain the current log cabin library and will extend onto the current Book House site. The expansion will create a welcoming hub of information, technology, and programs to draw in community members and visitors to the Cable area. Amenities that will be added to the library include meeting rooms, workspaces, and dedicated areas for children, youth, and adults. The new design will bring the library into full compliance with the Americans with Disabilities Act (ADA) to better serve all patrons and a new adjacent municipal parking area will improve safety and access for evOffers for the Book House will be accepted by the Town of Cable Clerk/Treasurer until 3:30 PM on April 19th. Full information about the building structure and other offer information can be found at the Town of Cable's website (https://townofcable.com/).

For more information about the Forest Lodge Library Expansion Project, Amanda Westlund, Forest Lodge Library Director, at awestlund@cable.wislib.org or (715)-798-3189. Information can also be found at forestlodgelibrary.org/library-expansion-project/.



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Submitted article and photos

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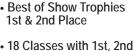
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The Nature Corner

Article & photo by Richard Becker

To say the least, this has been a rather interesting winter and spring. Our feeders have been busy, but not with the normal winter visitors. We still have our local birds, such as the chickadees, nuthatches, and woodpeckers. This year we have had a flock of goldfinches that spent most of the winter with us. Our latest visitors are the pine siskins. Hang-

ing out with the siskins was a lone visitor that I will share with you

If you just happen to glance at your feeder, you may think that you are seeing some goldfinches have stopped to eat. The goldfinch has similar markings as this week's bird, but with a closer look you will see the main difference.

This month's bird is a member of the finch family. The male has a bright red crown with black coloring around it's eyes and beak. It's wings and tail are a black-ish brown with broad white bands on the wings. His lower back is lightly streaked while the upper back has more pronounced dark streaking. Their rumps, cheeks, and breast are red or pink. The female is similar to the male, but has less red coloring. The pine siskin is a bird that may be confused with the female redpoll. A closer look at the siskin, and you will notice they have less red coloring, are more streaked, and have yellow on it's wings.

This irruptive bird is the Common Redpoll. At this time we have only the two showing up, but I figure they may just be the scouts for the main flock. The Common Redpoll breeds in

open coniferous forests and scrubs. They avoid nesting in dense forests. While their winter habitat may include semi-open country, including woodland edges and brushy or weedy fields.

Their diet in the wild may include the seeds of various plants, such as catkins, buds of alders and willows, and some insects. The insect part of their diet usually happens during the nesting season.

The nest location is a well hidden spot in dense shrubs, within a few

feet of the ground. They may also choose to nest in grass clumps or under brush piles. The nest is an open cup of fine twigs, grass, moss, lined with feathers, plant down, or animal hair. The nest construction probably falls on the female.

The female lays 4-5 pale bluegreen eggs, with purplish to reddish brown spots located at the large end of the egg. The female does all of the incubation chores while being fed by the male. The young hatch after about 10-11 days and are cared for mainly by the female. The male may help if the female was lucky enough to find the right mate. About 12 days after hatching

the young leave the nest. A couple of interesting tidbits about the common Red poll: They have a throat pouch that allows them to temporarily store seeds. This allows them to fill their pouches and then fly to a more protected and warmer place to finish eating. This is a great benefit to a bird that lives in a cold environment. Another survival technique that they use during extreme cold, they burrow into the snow to keep warm. The burrows may be a foot long and up to four inches under the snow.

This will be my last article for a while, as I have several things in my life that need to be taken care of. Please continue to enjoy nature and take the time to "take a child's hand".

Wearing their red cap....Repolls wait daybreak for seed....I don't disappoint....C. Becker

As always, any questions or sightings, Rich Becker PO Box 365 Mellen or Richfstop@gmail.com



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Photo from https://www.lighthousefriends.com/light.asp?ID=261. The lighthouse keep-

Celebrating the venerable Ashland Lighthouse and Breakwater

Compiled by Ashland Native Jerry Rousseau

The venerable Ashland Lighthouse and Breakwater have stood guard and provided safe passage for ships on Chequamegon Bay for well over a century.

The following information and photographs about these two icons that are a valuable part of Ashland's history are taken from the following website.

https://www.lighthousefriends.

com/light.asp?ID=261

"Situated on the southern side of Chequamegon Bay, the City of Ashland was incorporated in 1887. Several docks and piers were built along the shore at Ashland to support the export of brownstone, lumber, and iron ore, an important

part of the city's economy.

Between 1889 and 1893, a mileand-a-half-long breakwater was constructed northeast of the harbor at Ashland as a protection for ships during northeast storms. To strengthen the breakwater, built of piles capped with a concrete slab, riprap was placed along its length between 1903 and 1909 to form a rubble mound breakwater. A fixed lens lantern was established on a new pierhead crib off the western end of the breakwater on July 1,

Three hundred and fifty tons of rock were placed atop the pierhead to hasten its settling, and by the spring of 1913, it had settled 3.16

feet, with only 0.01 foot of settling in the last six months. With the pierhead having reached a fixed position, the rocks were removed, and a concrete cap was poured on top of it.

After Congress appropriated \$25,000 on October 22, 1913, construction commenced on a reinforced concrete lighthouse atop the pierhead in 1914 and continued until weather conditions forced the work to be stopped for the winter. Work resumed the following year, and the tower's fourth-order, Sautter, Lemonier & Cie Fresnel lens was placed in operation on October 15, 1915..."

"...A five-room, frame keeper's dwelling was built was placed nearby atop a

cribwork on a submarine site.

Commercial power was run to a control station at the boathouse where it was transformed from 2,200 volts to 220 volts and 110 volts. An armored submarine cabled led from the control station to the eastern end of the breakwater and then followed the breakwater to the lighthouse.

A common sign flasher in the control station produced the light's flashing characteristic of two seconds of light followed by a one-second eclipse. An electric siren fog signal was located in the tower's watch room, from where a galvanized sheet metal trumpet protruded to concentrate the sound. The fog signal produced a four-second blast in every twenty seconds.

The total cost for the lighthouse came to \$24,943.80.

James H. Bergan served as the first keeper of Ashland Breakwater Lighthouse, but his service was cut short when he passed away of a heart attack on September 23,

Bottom Line News & Views

on shore within view of the Photo from https://www.lighthousefriends.com/light. lighthouse, and a boathouse asp?ID=261. Ashland breakwater lighthouse.

1922. His wife and family minded the light until Roger Campbell, the replacement keeper, was transferred to the station.

On September 29, 1924, Keeper Campbell rescued the occupants of the disabled motorboat U 297, which had stalled in the bay in a northeast storm and had partly filled with water.

In 1925, the lighthouse was out of commission for a period due to damage to the submarine cable. A large amount of new cable was laid, and the light resumed operation on June 15 of that year.

Frank Mersy was transferred to Ashland Breakwater Lighthouse in 1925, and in November of the following year, he rowed out to service the light and got marooned at the tower when a sudden storm blew up. Since the keeper lived onshore, the lighthouse was not provisioned for lengthy stays. After three days, supplies ran out at the

Continued on page 25

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In League

By Linda Jorgenson, Board Member

We Need Fair Taxes

Dislike of taxes is something we can all agree on.

But we also love our roads, police and EMS, public schools, water treatment facilities, aging and disability services, libraries, and the list continues. So, we begrudgingly pay our taxes.

We would all feel better if everyone was paying their fair share! In fact, polling tells us that 70% of people want fairer tax policy. Even some of the super-rich are calling for governments to tax them: in January 2022, over 100 millionaires signed a letter calling for higher taxes on themselves.

The richest people in America are provided tax loopholes, even hiding their wealth in off shore accounts, enabling them to pay a lower tax rate than our schoolteachers and law enforcement personnel. ProPublica found the true federal tax rate paid by the 25 richest Americans to be 3.4%, while the median American household earning \$70,000 annually paid 14% in federal taxes. Amazon's Jeff Bezos had a true tax rate of only 1%. There were several years in which Bezos, Elon Musk, Michael Bloomberg, and George Soros paid no federal income taxes, yet their companies completely rely on our transportation infrastructure.

What does all this tax evasion by the rich mean for us:

• It reduces revenue for our public goods. School districts across Wisconsin have referendums to raise revenue to maintain their schools. Elderly services, supported living services for disabled, and childcare services are shrinking and closing. Tuition at our public universities is becoming unaffordable.

stead of the promise it would pay for itself, the total cost of the 2017 Tax Cuts and Jobs Act law has been estimated to be \$1.9 trillion over ten years by the Congressional Budget Office in 2018, not including the cost of interest payments on the debt from the resulting larger deficits. Further studies show that most of the tax cuts went to the wealthy and very little job growth was a result.

• It translates into big money putting its thumb on our democratic process. Money buys influence. "Dark money" flows freely from very wealthy people and their PACs to elected representatives to make sure their favored legislation gets passed. It has also permeated our judicial system as Supreme Court judges have been offered lavish trips before legal business comes before the high court.(A 2021 Pro-Publica report found that just one last-minute provision to the 2017 tax bill demanded by Senator Ron Johnson (R-WI) for so-called "pass-through corporations" benefited a handful of the wealthiest people in the nation.

We are not powerless to Ultra rich tax evasion. Part 2 in the May "In League" column will look at solu-

The League of Women Voters of Ashland & Bayfield Counties is a 501(c)(3) nonprofit, nonpartisan political organization whose main objective is to promote political responsibility through the informed and active participation of all in government at all levels, especially locally. The League also works to influence public policy through education and advocacy. Learn more and get involved locally at lwvabcwi.org.

Lighthouse cont. from page 24

tower, and Mercy was forced to attempt the two-mile crossing in his

As he neared shore, large patches of heavy ice blocked his way. Luckily, some men noticed his predicament and strapped on their skis to see if they could help. The men cautiously made their way across the ice to a point where they could throw a rope to Keeper Mersy, and with a towline in place, the men pulled the boat to safety.

As Keeper Mersy retired that night in his own bed, he must have given thanks for the kindness and mercy he was shown that day. Earl Seseman, the last keeper of

the light, replaced Mersy in 1947 and served until the light was automated in 1962.

The Fresnel lens was removed from the lantern room and replaced by a modern optic in 1980. The keeper's dwelling and boathouse associated with Ashland Breakwater Lighthouse remain standing along the shore just east of the AmericInn in Ashland.

On May 15, 2012, Ashland Breakwater Lighthouse was made available under the National Historic Lighthouse Preservation Act of 2000 to eligible federal, state, and local agencies, non-profit corporations, educational agencies, and community development organizations to be used for educational, recreational, cultural, or historic preservation purposes. Interested



Photo from https://www.lighthousefriends. com/light.asp?ID=261. The lighthouse keeper's dwelling.

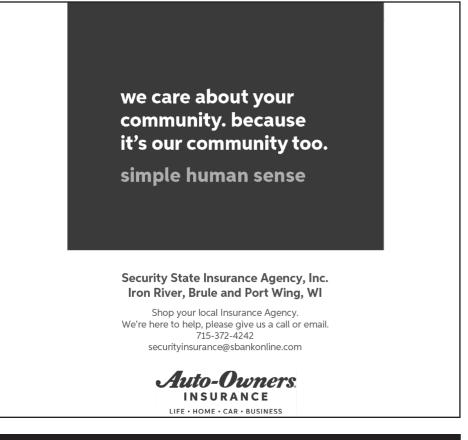
entities were given two months to submit a letter of interest expressing their desire to submit an application for ownership.

In 2014, a measure in the 2015 National Defense Authorization Act transferred Ashland Breakwater Lighthouse to the National Park Service. The breakwater lighthouse thus became the ninth lighthouse included in Apostle Islands National Lakeshore.

A celebration marking the lighthouse's centennial and the transfer of ownership of the lighthouse was held on July 11, 2015.

Head Lighthouse Keepers: James H. Bergan (1915 – 1922), Mrs. James H. Bergan (1922), Roger W. Campbell (1922 – 1925), Frank H. Mersy (1925 - 1947), Earl Seseman (1947 – 1962)."



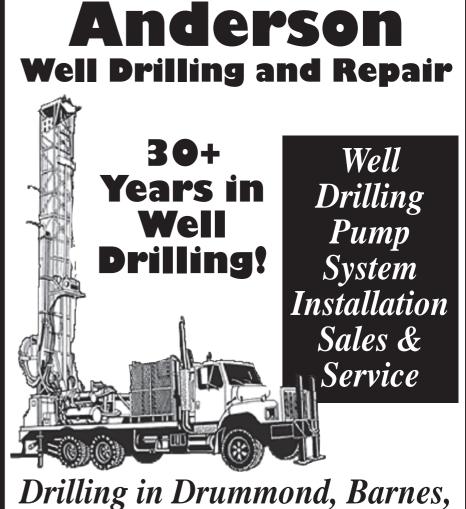




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The Pet Corner

Jackie Swanson,

Certified Veterinary Technician

There is a new animal rescue in

Yes.... There is a new animal rescue in town. Davey's Cat Pit Stop INC was started locally by Hannah Swanson of Cable. Hannah grew up in the Veterinary field as a child and continues to shine in her place of employment. In the fall of 2023 Hannah decided more needs to be done to curb overpopulation of cats and dogs and help TNR the feral cats also. Hannah helps farmers and locals with feral barn cats. On her own time she will humanely catch them in a live trap, transport them to her Veterinarian and have them spayed or neutered. The feral cats have an ear tip cut so it can be seen from a distance that they are altered. The cat receives appropriate vaccines, dewormer and flea and tick products applied. Once they have healed from their surgeries they are returned to their place of origin. Kittens are caught and handled and domesticated before being altered and placed as well. Davey's Cat Pit Stop is a non-profit, donations and kind locals help fund food, supplies and Veterinary costs. All food (except donations) and transport is done out of her own pocket. Along with feral cats Hannah will take in owner surrender kittens and adult cats.

On occasion puppies and dogs are in Davey's Cat Pit Stop but they are in foster at different locations. The puppies and dogs are not adopted out until they are spayed or neutered, up to date on all preventative medications, dewormed and appropriate vaccines done. Socializing is done with the wonderful foster families we have. Our foster families take time to care for the young pups and dogs in their care. We could not do it without you all.

Thank you to all the fosters. Thank you to everyone who donates to help cover costs and donate supplies. Thank you to Dr Sammi Pumala of NorthStar Veterinary Clinic for all your help and support in this rescue. We have a great community here helping the animals that need rescue.

Contact Hannah on her facebook Davey's Cat Pit Stop or text or call 715-209-5926

Jackie Swanson, CVT



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The perfect hiking stick

Article by Marty Swank

I had been collecting future hiking sticks during various hikes in the woods for a few years. The prospective poles stood upright in a corner of the garage waiting for a discretionary decision and enough

goal was checking the readiness of removed the old fashion way! this most western part of the Porcupine Lake Wilderness before the trail's increased seasonal usage. Because this hike was only a pre-

liminary walk through, I decided to take only a pair of loppers and a small hand saw and not the usual long handle axe and larger hand saws. The loppers and small saw are in scabbards on a belt so this left both hands free and would provide a wonderful opportunity to bring a hiking pole with me in case of slippery snow/ice.

I picked out a wooden branch 52" long, 4" in diameter on the large end, and 2 3/4" in diameter on the small end. I had already previously stripped the bark off a few years ago and the stick was very dry, light, and seemed almost petrified. This branch would have been discarded by someone looking for a straight hiking stick, but at the time, I thought it added a lot of character. There would be a few knots and cracks to fill in with wood filler before finishing with spar varnish, but this pole would be the choice for today.

What a day it proved to be! It would warm up to a toasty 67 degrees with plenty of sunshine and truly little wind. This was amazing weather for northern Wisconsin and the little bit of snow that had fallen so far this winter had all melted except for some ice covered by insulating layers of leaves on the trail.

The hiking stick ended up being the perfect match for the tasks of this day and likely an incredibly useful tool for future trail maintenance. Primary tasks for spring cleanup on a hiking trail are the removal of downed trees and branches from the ravages of winter. The usual method for removing branches is to bend over, pick up the branch and then throw it off the trail. This is great exercise, but at 73 years old?!!! Shortly after start-



Bottom Line News & Views

ambition to finish off the desired The most western section of the Porcupine Lake Wilderness has a section of huge pine Tuesday March 12th arrived with trees that missed the major logging era. Most a last-minute plan for a hike on a of these large pines have some dead branches and heavy live branches that can end up on section of the North Country Na- the trail after winter or a strong windstorm. tional Scenic Trail (NCT) in the Obviously these branches were too large to Chequamegon National Forest. My remove with the hiking stick and had to be

ing the trail maintenance, I found that I could place the narrow end of the hiking stick easily under the offending branch and flip the branch out past the four-foot-wide corridor of the NCT. Wow, I could do this all in one quick, smooth action. As I progressed, I became more adept at branch removal with this method, and I am sure I could hear the branches quaking as I approached with the hiking stick. I could already visualize putting spar varnish and a leather loop for hanging up this great multitask tool. Did I mention that the hiking stick also helped to keep me from falling on

hidden ice a few times? Once I reached my planned turnaround point, I started the hike back to the car and enjoyed the natural scenery that I had been too busy to notice on the way out. As I looked around at one point, I suddenly noticed that I was hiking above a deep long ravine on a high ridge. I had been at this location countless times doing trail maintenance before but never when the trees were completely bare and under such sunny blue crystal-clear skies. It was like you could see for miles and the trees on the top of the ridge seemed to be touching the heavens. As I absorbed the beauty of what I was admiring a name popped into my head - "Skyline Ridge." The name fits and I will call this section of NCT by this name when I hike through it on future events. I also will think of this day and the natural beauty found when I used this hiking stick for the first time. Taking the time to observe the beauty around us can be so surprisingly

life changing. Note: Marty and his wife Vickie have been trail adopters for this section of trail in the Porcupine Lake Wilderness since 2005 and continue to be members of the Chequamegon Chapter of the North Coun-

try Trail Association.



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Don't be surprised when economic data and public perception fail to align

By Tom Still

The two-horse race for the presidency may not satisfy people who wished for different candidates atop the Republican and Democratic tickets, but it has at least focused the debate on how well the American economy is – or isn't – performing.

When former President Donald Trump used his Truth Social platform last week to ask, "Are you better off than you were four years ago?" the public reply he got from President Joe Biden was a resounding yes – and not just because people were dying by the thousands at the start of the COVID pandemic in March 2020.

Biden and the White House pointed to falling inflation, strong public markets, low unemployment and a U.S. economy that is outperforming most of the free world, from the European Union to Japan.

Statistics support that view, but it doesn't necessarily resonate with consumers who are still smarting from 7% inflation, \$5 per gallon gasoline and soaring grocery bills ... all in recent memory.

Here are some economic indicators that will likely remain front and center between now and November:

- · Inflation has cooled to an annual rate of 3.2%, down from high of 7% in 2021 and 6.5% in 2022. It remains to be seen if the Federal Reserve goal of 2% is hit by late this year; even 2.5% may be a
- · Still worried about inflation, leaders of the Fed kept core interest rates unchanged late this month but signaled they will make three, quarter-point rate cuts by the end of the year.
- gage have dipped a bit under 7% for a U.S. average, down from 7.8% even six months ago, but still

not low enough to stimulate more housing stock turnover. Mortgage rates were generally at 3% as late as 2021.

- Unemployment in February ticked slightly higher to 3.9%, but remained roughly where it averaged in 2022 and 2023. It peaked at nearly 15% in 2020 during COVID before falling throughout 2021.
- The Dow Jones Industrial Average tumbled during COVID but has climbed steadily since, flirting with the 39,000 mark of late compared with 28,400 in February 2020.
- The International Monetary Fund forecast 2.1% growth in the U.S. economy for 2024, well over twice the growth predicted for Germany, the United Kingdom and Japan, for

That robust U.S. growth is coming with a steep price because federal debt as a share of the U.S. economy continues to soar. The non-partisan Congressional Budget Office predicts the debt will be 107% of the gross domestic product in 2029 and keep rising well into mid-century.

That's a source of unease for many economists and other observers, who believe government stimulus spending must be curtailed quickly. Spending cuts are hard to do, however, in an aging society with rising Social Security and Medicare payments and a defense budget grappling with uncertain times.

Layer in concerns such as insurance companies pulling back on property coverage, a sense that quality health care is harder to find er-related disasters, crime and immigration patterns. Immigration has historically been a net plus for the U.S. economy and states such as Wisconsin but is not widely viewed as such today.

It could be much worse. In 1980, inflation was 14% and unemployment hit 7% in an election year when Ronald Reagan defeated Jimmy Carter. The Great Recession that peaked in 2010 saw unemployment hit 9.63% and remain high for several years. If the experts are correct, the worst that will happen yet in 2024 is a "soft landing," not a hard economic crash.

Don't be surprised, however, if the gap between economic data sets and public perception remains palpable. In Wisconsin this fall, that gap could be part of the swingstate equation.

Still is president of the Wisconsin Technology Council. He can be reached at

tstill@wisconsintechnologycouncil.com.



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Health Tips

April is Stress Awareness Month

Stress is a "strain" or "pressure" you feel when faced with a situation that is new, unpleasant, or threatening. It can be good or bad, but too constant of either can cause physical or mental distress. Some conditions that stress contributes to are muscle tension, especially neck and back, upset stomach or heartburn, lower immunity to colds and flus, migraine or tension headaches, sleep disorders, high blood pressure, heart disease and strokes.

What can you do??????

- Get outside for fresh air and nature's delights.
- Be physically active-move every hour or less.
- Organize and balance work and home life
- Think positive-keep problems in perspective
- Share troubling problems with a friend
- Be grateful for all the good in life
- Break big jobs into smaller ones to see progress
- Limit screen time & engage in hobbies
- Help someone in need
- Take several slow deep breaths
- Eat 3 wholesome meals & drink lots of water
- Worry less, trust more- pray or meditate
- Don't smoke or drink alcohol
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"Many Trails to Take" Art Exhibit at Drummond Public Library

Submitted article

The public is invited to view "Many Trails to Take," a solo art exhibit featuring 19 pastel paintings and one pen & ink drawing by Diana Randolph, which is currently at Drummond Public Library & Historical Museum. The artist will give a talk and demonstration on Wednesday, May 15th at 5 p.m., followed by refreshments. The library is located at 14990 Superior Street in Drummond. The show may be viewed through May 21st. The library hours are Tuesday through Friday, 10 a.m. to 5 p.m., and Saturday, 10 a.m. to 2 p.m.

Randolph, who writes and paints in Drummond, received her B.A. art degree from Northland College, and then studied with master pastelist/author Albert Handell in several workshops. For this exhibit she gathered works of art with the theme of trails, paths, and roads, created from 1991 to 2023, inspired by her own photos of places she visited and scenes from her own yard. "I love to create works of art inspired by the natural world through the different seasons," said Randolph. "My goal is to explore the patterns of color and rhythm of landscapes, the way shapes and textures flow."

Pastels are pigment in stick form, held together with a little bit of binder, gum tragacanth. Pastel



Photo by Kelly Randolph. Diana Randolph proudly holding one of her many paintings.

paintings are created by layering strokes of pigment on abrasive pastel paper. The tooth or ridges of the paper grasps the color. "I don't blend the pigment with my fingers. Instead I let each stroke remain visible, reflecting light like a prism for a vibrant effect. My pen and ink drawing in the show was created using pointillism/stippling, which are dots made with a finetipped drawing pen." Randolph's note cards and poetry book, Beacons of the Earth & Sky, paintings and poetry inspired by the natural world, are also available during the show. A percent of the sales will go to Drummond Public Library.

For more information, please phone the library at 715-739-6290 or visit www.drummondwilibrary.



The Mayberry Guru Ken Anderson

The Benefits of Laughter

Did you know that one study suggests healthy children may laugh as much as 400 times per day, but adults tend to laugh only 15 times daily? Other studies have found that adults do laugh a little more than that. This is according to Elizabeth Scott, Ph.D. Dr. Scott is a renowned psychologist and author of 8 Keys to Stress Management.

People who know me will say that I definitely laugh more than 15 times daily. I believe that laughter can help a person feel better and improve one's overall disposition. Whenever I am in a group with a lot of laughter and positivity, I go away feeling better.

A great source of laughter for me is watching The Andy Griffith Show. The writers of this classic TV show were masters in writing comedy. They were not only able to cast the perfect actors for the roles they were to portray, but the writers were able to create dialog and storylines that took comedy to another level, especially with the role of Barney Fife. If I am in a foul mood or not feeling well physically, watching a few episodes of The Andy Griffith Show always makes me feel better.

According to HelpGuide.org laughter boosts the immune system. A good, hearty laugh relieves physical tension and stress, relaxing your muscles for up to 45 minutes. Laughter also triggers the release of endorphins, the body's

natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain. And best of all, laughter can help burn calories.

Bottom Line News & Views

Another essential part of laughter is the ability to laugh at oneself. I realized this when I was teaching young children. Children are very adept at laughing at others when something goes wrong. Feelings are hurt very quickly in children. I recall numerous times when a student would come to me crying because someone laughed at them. I often advise the student to try laughing with others when it happens again. I told them it wouldn't be easy, and more frequently than not, the child would come back to me and say, "Mr. Anderson, I laughed too, and they stopped." Of course, this only works for some situations. I know I have had to laugh at myself countless times over my lifetime.

According to Don Knott's daughter, Karen, when Knotts was in the hospital during the last days of his life, he did not want people to be sad, so he did what he did best – he made everyone laugh. In an interview on Larry King Live, Karen revealed that her father once made her laugh so hard she had to leave the room. Don Knott's humor and antics on TV were not an act. They truly represented who he was. And I thank him for making me laugh so much for 63 years.

the may be rry guru@gmail.com

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When Nature Doesn't Call

By Lori Cannon, RN

Spring break is upon us, and many are preparing to fly off to enjoy a week on the beach, skiing in the mountains, or maybe something more exotic. Seasoned travelers know the importance of preparing for things like jet lag and staying hydrated on long flights or car trips, but one of the most universal complaints about travel is also one of the least discussed. It might be embarrassing, but as the kids book says, everybody poops—and when you're traveling, normal bathroom routines can go right out the window. While poop-related issues are extremely common while on vacation, they don't have to be a part of your travel experience. We'll break down common reasons for these issues and give you some tips on keeping things regular during your vacation.

Constipation is a super common experience for travelers. Your daily routine is upended and you're in a new environment where you may not feel as comfortable as you do at home. Add in changes in activity levels, larger meals or different foods, and decreased fluid intake and you have the ideal conditions for getting backed up. How can you avoid this?

1. Stay active! This doesn't mean you need to abandon your fantasy of lying on the beach for a week while being provided a steady supply of beverages and sunscreen. Just fit in a brisk walk for at least a half hour every day. Exercise sends blood to the muscles of your intestines and helps keep everything moving efficiently.

2. Drink plenty of non-alcoholic fluids. It's easy to forget this when you're traveling, especially if you're suddenly in a warm, sunny climate, but staying hydrated is

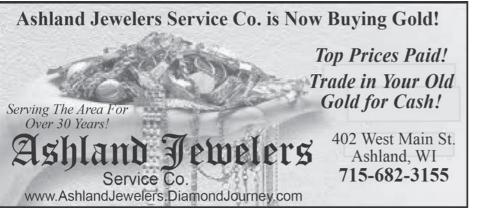
a key part of normal digestion. It's especially important to pair hydra-

3. Fiber. This helps move waste through the intestines by adding bulk and form to the stool. If your diet is not normally high in fiber, take this opportunity to increase your intake. Add fiber into your diet gradually to avoid gas and bloating. Fruits, vegetables and whole grains are all great sources

Other common gut issues while traveling include diarrhea, gas and heartburn. Try to prioritize sleep and rest while traveling for better gut health, and avoid overeating, which is a common cause of heartburn. Always follow local recommendations on drinking water (including ice) and food safety; it can be fun to be more adventurous with vour diet while on vacation, but do it wisely so you can see more sights than your hotel bathroom. Wash your hands thoroughly and frequently. If you do find yourself with a case of diarrhea, it's especially important to rest and drink plenty of fluids to avoid dehydration. If diarrhea is bloody and/or you have a fever, seek medical attention.

Lori Cannon is a Registered Nurse at Clinical Quality Improvement Manager at NorthLakes Community Clinic.

Your vacation doesn't have to be thrown off by digestive issues. With a little planning and thought, the biggest GI problem you'll face while traveling is a poorly timed seagull dropping or a never-ending stream of poop jokes from your







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Ashland Students to participate in 51st Annual Skills USA Wisconsin State Conference

Students from Ashland High School will be participating in the 51st annual SkillsUSA Wisconsin State Leadership and Skills Conference to be held in Madison, Wis. on Tues., April 9 - Wed., April 10, 2024, at the Alliant Energy Center in Madison (see attached release). In addition, competitive events will also be held at Madison Area Technical College on April 10.

The students will be part of the more than 1,500 middle, high school, and college/post-secondary students, over 200 teachers, and more than 300 industry volunteers working in more than 80 competitions. Often comprising a few team members, students will work against the clock and each other, proving their expertise in competitions in a wide array of skill sets.

Helping each student excel and

be a solution to shrinking the skills gap, SkillsUSA is a national nonprofit organization serving teachers and high school and college students who are preparing for careers in trade, technical, and skilled service occupations. SkillsUSA Wisconsin, with more than 2,300 members in over 140 chapters, is a partnership of students, teachers, and industry representatives working together to ensure America has a skilled workforce. The diverse talent pipeline covers 120 trades, technical, and skilled service occupations, the majority science, technology, engineering, and mathematics (STEM) related.



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Thoughts From A Treestand Joseph R. Lange

April is a Good Month

I have finally found time, now that the heavy blanket of snow is finally receding, to do some preplanning for the short warming time ahead. In Wisconsin, one must not blink or

we will miss it. Spring things, every outdoorsman

has them to do and if you don't get on it, you will lose valuable time and rush things, making mistakes. First order of business is to restock the basement with wood for next fall. It is always a job hauling it from the big wood shed but I am blessed with a wife who can stack it as fast I can toss it down. Looking at the supply now sitting neatly in the corner I am happy to know that even if I would somehow pass on during the summer, the wife would be warm another winter. When you get to be an old man, you worry about things like that.

Pulling off the tarp on the boat I see a mouse has gnawed a small corner of the old 85 Johnson motor. Not a lot mind you but a sign that they evaded the feral cats that were patrolling the woodshed where I had pulled it. All in all, it looks good. Whether I can get the old girl started remains to be seen as the temps just are not up there enough to try. I see my trickle chargers are

all glowing green so the trolling motor and battery for the Johnson made it through I would think. I had put two new tires on the trailer and fixed the right taillight so a quick inspection of the rods stored is the only thing remaining. They say the two best times for a boat owner is the day you buy it and the day you sell it. Looking back on all it took to title it and get it ready, I am closer to the later. If I need to put a new motor on it, closer still. 1985 Johnson Outboards are like 1972 mountain men. It's always a crap shoot if either will start. Or how long they will run.

Moving about the 7 acres of brown landscape I see the trees have taken a beating with many limbs broken and strewn about. A good time to try my little electric chainsaw and I am quite impressed in its ability to make them into little fire pit size. I start the first fire of the year and enjoy the warmth it is giving me in the still cool spring morning. Still a few more spots to patrol and the spring winds will most certainly add to the task but at least it is started.

Glancing over at the small pond I see the water levels are down. The spring rains should fill it and I am looking forward to the two mallards that come every spring. Perhaps this year they will stay. The two river otters as well.

I walk past the garden and see the remnants of last fall. Only the strawberries appear to have life. You wouldn't think a guy could kill an asparagus grow but I see that was indeed possible. The rhubarb remains defiant however. People used to eat a lot of the stuff we grew but as they passed, the younger generations do not know anything about the plant. Maybe this year will be its last. The plans for the garden are still in their infancy, many things change before the final layout when you are a hobbyist such as the wife and I.

The fence we put around it to keep the deer out has made it through the winter. Good thing the wife was the builder of that one. My background is devoid of carpentry skills, unless you count the little plank tree stand that still supports me on occasion.

I see the turkeys have made it back. We counted 65 in the field and one Jake. I'm hoping some toms show up in the next couple of weeks, so does that Jake I would imagine. It will be a bit before the flocks disperse. It has been another tough winter on these birds but by the looks of them, spring has come just in time.

Scanning the field I don't see any obvious signs of dropped antlers. That would be too easy. One needs to hunt them in the recesses of the woodlot. Good thing they are not in the field given the cost of a tractor tire repair and the downtime from "finding" one that way.

The spring bird feeders need to be cleaned, taken from the dusty machine shed and hung. The arrivals will be hungry, best not be a day late or they will move on.

Opening the machine shed I see lots of work ahead.

The old lawn tractor may well be on its last legs. Hitting that huge rock in the tall grass didn't help. After the mower deck was about knocked off, perhaps God is telling me it's time to get one of those fancy zero turns. The two push behinds will need new blades as well. I need to haul the wood splitter out to the woodshed and get it going as well as they first loads of unseasoned oak will need to be split and stacked. "Will that rototiller start?", I wonder. Given the fact that it is only used for about 2 hours a year, it may need to be encouraged by a shot of starter fluid.

Bottom Line News & Views

You can never have enough starter fluid I have found.

The snow blowers need to be moved from one side of the shed to the other. Only used the new one once. The old one I just had serviced and of course, the first time I used it, the belt must have came off as it just sat there like a bullheaded mule refusing to move. I dragged it back to the shed and there it stays still. Perhaps when the new zero turn is delivered, I will have them haul it away and get it fixed.

Glancing at the garden tools I see many need sharpening and generally cleaned up. A chore I should have done last fall but then, bowhunting started. How I ended up with so many of them is anyone's

I open the door to the small side of the shed and the ATV needs to be washed. Putting a plow on it saved me many a backache and is the main reason the snow blowers were only used once. I will have the dealer pick it up and service it as I do every spring.

I see my deer blind made it through with very little visits from the mice. Having those feral cats stopping every night certainly has paid dividends in that area. With turkey season fast approaching, I will need to get that blind out. Checking my tag I see I start the 28th. Lots to do to get ready, maybe some of this equipment stuff, like last fall, will have to wait.

The tree stands are lined up as well. Thankfully I cleaned them

Continued on page 31



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Sexual Assault Awareness Month

By Christa Grande

April marks Sexual Assault Awareness Month, a time dedicated to shedding light on a pervasive issue that affects individuals worldwide. Throughout the years, the sexual assault movement has made significant strides in providing support and empowerment to survivors. This has undoubtedly fostered an environment where victims feel encouraged to come forward and seek justice however there is still much more work to do.

The advocacy efforts undertaken by New Day Advocacy Center, and other organizations alike, play a crucial role in supporting survivors and addressing the systemic issues that enable sexual assault to persist. By offering a safe space for survivors to share their experiences, access resources, and receive counseling, advocacy organizations provide a lifeline for those in

Sexual Assault Awareness Month serves as a platform to educate communities, challenge harmful beliefs, and promote consent and respect. Some of these harmful beliefs are:

 Victim-blaming: This belief suggests that the victim of sexual assault is somehow responsible for the assault due to their behavior, appearance, or actions. It shifts the blame from the perpetrator to the survivor, reinforcing harmful stereotypes and discouraging victims from coming forward.

 Rape myths: These are false beliefs or stereotypes about rape and sexual assault that minimize the seriousness of the crime or blame the victim. Examples include the notion that "real" rape only occurs between strangers in dark alleys or that if the victim didn't physically resist or scream for help, it wasn't

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truly rape.

- Gender stereotypes: Traditional gender roles and stereotypes can contribute to a culture that perpetuates sexual violence. For instance, the belief that men are naturally aggressive or dominant, while women are passive or submissive, can normalize behaviors that lead to sexual coercion or assault.
- Silence and shame: Many survivors of sexual assault feel ashamed or afraid to speak out due to societal pressures and stigma. Believing that discussing or reporting sexual assault will bring shame upon oneself or one's family can prevent survivors from seeking help or jus-
- Minimization of consent: Some individuals may hold beliefs that consent is not necessary in certain situations, or that non-verbal cues are sufficient indicators of consent. This can lead to misunderstandings and ultimately to sexual assault when clear, enthusiastic consent is not obtained.

The responsibility for sexual assault lies solely on those perpetrating it. No individual should ever endure the trauma of sexual violence. Furthermore, the burden of preventing it rests on society as a whole. Through increased awareness and education, we can dismantle the stigma surrounding sexual assault and create a culture where survivors are met with empathy and support rather than judgment and skepticism.

Survivors have options. Choosing to report is only one of them. Connecting to advocacy can help survivors in a variety of ways; understanding their options within reporting, receiving medical care, receiving support services, safety planning, empowerment and guidance, just to name a few. Survivors do not have to go through this

As we observe Sexual Assault Awareness Month, let us reaffirm our commitment to standing in solidarity with survivors. Together, we can work towards creating a society where every individual feels safe, respected, and empowered to live free from the threat of sexual



Thoughts cont. from page 30

all up when I took them down and little work is needed now save for another close look at them to see if they are still sound enough to hold my winter weight. I like to get them out early and actually it is a rite of spring for me.

The local sportsmen's banquets are in full force this time of year. Never had much luck but two weeks ago I won a custom built AR15, a night vision binocular and a regular 10x42 binocular and a mountain man coyote hat. As well as a tow strap and bottle of maple syrup so confidence is high for the Fur-Fin- and Feather dinner. Winning the AR was nice, putting a five hundred dollar scope on it and

actually finding 5.56 rounds and what I had to pay to get them, not so much. But a win is a win I reck-

Scanning the yard, the wife has picked out locations for 10 trees. Each spring we try to plant 5 or more. Given our stage of life, we plant them for who comes after us. Appears we will need new windows as well and glancing up at the roof, may a shingle or two.

April is a good month. A time when you take a count of how the winter has worn on you. How it has impacted everything you own, everything you hope to do or accomplish in the fleeting months ahead.

I stand with the warming sun on my face and think of my brotherin-law, who did not make it through the winter. Two days older than I, it gives me pause. I think of my younger brother who also, did not see spring. 62 years and retired a month. Yes, I ponder on it all under the warming of the sun.

I see the wife come from the house and fill the feeders and I smile. I have been blessed with a partner that helps me with all of this that I have mentioned. Without her I believe that someone else would be living here, and I perhaps would be where none of this is a part of an old man's life.

Yes, April is a good month.

Dick Lange, Colby, WI Avid hunting enthusiast promoting our youths' hunting





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Song for the Wild Warren Nelson's musical tribute to Sigurd Olson

Plays at Harbor Table April 28th Submitted article

Song For The Wild is a concert of songs and readings celebrating the writings of the great 20th century conservationist Sigurd Olson. Singer/ songwriter Warren Nelson put Olson's words to music after researching Olson's life. Nelson says "Sigurd's writings are so lyrical. They sing on the page. Those of us who believe in the importance of protecting wilderness and wild places are grateful for Sigurd's long struggle for long-term protection. He was the principal savior of the Boundary Waters Canoe Area Wilderness."

Olson published nine books in his lifetime. He attended Northland College in Ashland from 1916-1918, graduating from U-W Madison in 1920. He guided canoe trips during the 1920s out of Ely, Minnesota while teaching at Ely Junior College. He became Dean of the college in 1936 until resigning in 1947 to write full time.

Nelson says "One of my favorite songs in the show is entitled This Is Home."

"The greatest achievement of our flight to the moon

Is the picture of the Earth, a living green blue planet

Whirling in the dark endless void



of space.

This is home this is home this is

Great Lakes Visitor Center in the

The show features the stellar talinee at The Harbor Table are \$20

Song for the Wild debuted at the

fall of 2016 and was well received. It has also played at the Park Center in Hayward and the West Theatre in Duluth The Harbor View Event Center and The Ironwood Theatre. The second half of the show features a canoe full of Nelson's original environmental songs.

ents of Ed Willett, Jack Gunderson, Randy Sabien, Rowan Nelson-Ferris, Otis McLennon and Warren. Tickets for the April 28 3 pm mat-

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This dynamic trio will explain what an ephemeral pond is, why they are so important in our North Woods, and teach us about the abundant frogs, toads, reptiles and other wildlife that rely on these ponds.

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May 15th June 12th

July 10th

August 14th

September 18th

October 16th

November 13th

Sixteenth Page

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Spruce up for spring at Copper Falls State

Volunteers welcome Submitted article and photo

Celebrate May flowers and lend a hand at Copper Falls State Park on Saturday, May 4th. Join the fun at "Work, Play, Earth Day" to help kick off the visitor season, giving everyone a chance to do their part. Volunteers of all ages and abilities can help, assisting park staff with the task of their choice. Sign up to choose from light painting, raking, windfall Falls State Park. pickup, tree planting, or

cleaning the historic structures at the park. Park admission is waived on Saturday for all workers and everyone attending will receive a bare root native shrub of their choice to plant at home. Volunteers are requested to meet

at the historic picnic area pavilion at 9:00 a.m. to sign up for the activity of their choice rain or shine. Helpers are automatically entered to win a free overnight stay at AmericInn's Splashland waterpark in Ashland. The day includes free lunch provided by the Friends of Copper Falls State Park followed by the drawing for the overnight Splashland stay. Those interested in helping with "Work, Play, Earth Day" should dress for weather and bring work gloves or an optional rake. No pets please.

After noon, check out the power and beauty of nature along the historic Doughboys' Trail where the waterfalls along the Bad River and Tyler Forks inspire timeless memories. Alternatively, take in the peace and solitude along Loon Lake's shores to view migrating waterfowl.

To kick off summer, Copper Falls' concessions will open on Friday, May 10 and will be open weekends until Memorial Day. Af-



maintenance work such as Help Spruce Up the Park with the Friends of Copper

ter Memorial Day they will be open from 10:00-5:30 throughout summer offering Copper Falls apparel, camping memorabilia, books, and tasty treats. Look for more events as spring turns to summer including weekly and/or monthly music, nature study, birding, or history and geology hikes. This summer, visitors can look forward to a beautiful new reservable pavilion for receptions, family gatherings, or other private events. To help fund the completion of the park's new pavilion follow this link to contribute: https://sites.google.com/ friendsofcopperfallssp.org/focfsp/ fundraising/pavilion. Contact park staff directly for details on avail-

ability and reservation information. Wisconsin DNR and the Friends of Copper Falls State Park thanks you for your interest and continued support. For more information check out the Friends of Copper Falls State Park's website at https:// sites.google.com/friendsofcopperfallssp.org/focfsp/ or their Facebook page at https://www.facebook.com/friendsofcopperfalls. Most state park event listings can also be found on DNR's website at https://dnr.wisconsin.gov/events. For further information contact the park office at (715) 274-5123.

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The Water Column

Diane Daulton

This morning I needed a contemplative walk to let nature's inspiration help collect my thoughts. As my canine companion trotted happily atop the scant snow, my tentative steps were tempered with the prospect of discombobulated coffee as the snow's flimsy crust either supported my footsteps...or didn't. The uncertainty of Northland College's deadline for some 12 million dollars just days away weighed heavily on my mind. It was a grey chill day. As I write, the sun has still not come out and I notice a winter storm warning on my computer screen. I thought, how different it would feel if the sun were out, robins busily probing soppy soil, meltwaters rushing through the headwater swales of my land, precursors of marsh marigolds and

blue flag iris. Some folks might wonder what this digression has to do with water. Well, I might never have visited Wisconsin or experienced Lake Superior were it not for Northland. I like to think that people who are passionate about Northland are also passionate about the overall health of our watershed and Lake Superior. Subsequent careers and partnerships, like milkweed seeds, find their way around the region, spreading and thriving centered around water, wildlife, fish, eco-tourism, local food, sustainability, solar, and unnumbered other spin-offs incuding the arts. For many, our environmental roots help to shape the vibrant communities we know and love. As David Saetre stated in a recent post on Northland's website, "Some call it the 'spirit of Northland'." He continued, "There's something about Northland that grabs your heart and won't let go. A part of its soul is its capacity for risk, for visionary thinking to meet difficult times." I believe it's also about the diversity and creativity of the people who live here and the omnipresent cha-

risma of the Big Lake. Historically Northland has been a leader in innovation. Just one year after that first Earth Day in 1970, Northland was the first college in the nation to add environmental studies to their curriculum and make the environment part of their mission. In the fall of 1971, North-

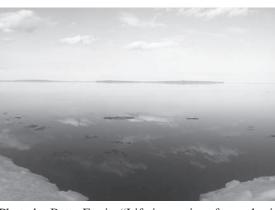
land held a two-day conference, inviting Senator Gaylord Nelson (founder of Earth Day) and Sigurd F. Olson (former Northland student, author, and iconic wilderness advocate) to speak. That conference was credited as the "instrument of origin" for the Sigurd Olson Environmental Institute (SOEI) whose mission is centered around experiencing and protecting wildness and wonder in northern woods and waters for future generations.

LoonWatch was an early project of the SOEI and proud to be among Wisconsin's longest running successful citizen science efforts. Around that time Tom Klein's book Loon Magic made a big splash, inspiring people to fall in love with Sigurd Olson's symbol of wilderness, the Common Loon. Loon-Watch's first step was to engage people in conservation of their beloved Common Loons. Their staff of one, over the years, developed a network of enthusiastic volunteers, with the charming appellation "Loon Rangers". Today, citizens and student interns are still helping engage in loon education and protection. LoonWatch also formed early partnerships to develop affiliates in other states and provinces where loons spent time through the North American Loon Fund. These partnerships helped support study on loon migration patterns and behaviors, evolving with technology: first using leg bands and observational studies, then satellite telemetry, PIT tags, and live cams. These tools have helped biologists learn much about loons from their lake preferences to migration pathways, as well as impacts of lead and other toxics, invasive species and their role in mass loon die-offs, and perhaps impending threats such as wake boats or continued habitat loss. In 2022, LoonWatch celebrated its 50th anniversary.

Both Northland College and their projects such as LoonWatch have faced funding difficulties. Founded in 1892, as the North Wisconsin Academy, the new institution's first close call was just one year later when the Panic of 1893 had them scrambling to pay bills. Later dubbed Northland College, financial disasters threatened again, nearly closing the school in 1898 and 1978. LoonWatch, just one of the college's programs, has also had to adapt and share resources throughout its existence, relying on the loon rangers, partners, and grants for successful outcomes. Now, as the college finds itself on the precipice once again, these difficult times have inspired a new adaptation strategy dubbed truenorthland.org/.

For me, and I suspect many others, overcoming adversity has recently been put in greater context. The documentary film entitled, "Bad River", produced by award-winning filmmaker Mary Mazzio serves as inspiration to those faced with overwhelming challenges. The film chronicles heartbreaking and decades-long stories recalled by Bad River Tribal members fighting for their land, their sovereignty, their beliefs, and their waters. Poignant and eloquent, the testimonials speak to the heart, as they revisit the prejudices of the past where children were relocated to military style schools, reminiscent of recent reports of Ukraine's child abductions. The film is honest in defining the difficult path the people of Bad River have faced, but its underlying messages are those of hope and resilience and staying power. The images I took home formed a portrait of a people whose connections to the land far outweighed the challenges they have overcome or those

they continue to face. One of many challenges depicted in the film is the ongoing battle over how to resolve the transport of oil, described in the film's trailer as a "David and Goliath" dilemma. As an advocate for the protection of the Bad River watershed and Lake Superior, I wholeheartedly agree with Tribal concerns about an aging oil pipeline, the "oxbow" crossing, or even the new alternative route that spans hundreds more waterway and wetland crossings yet is still located within the Bad River watershed. Today, the question remains unanswered - how will either alternative protect the place given to the Ojibwe people and the water that is their life in perpetuity. The film is more than just a story of adversity, but captures the beauty of the Bad River, its people, its wild rice, and Lake Superior. Perhaps most importantly it invites viewers



"True Northland" aimed at a sustainable model for the zons, with one no sooner completed than another future. Learn more at https:// looms ahead." Sigurd F. Olson

to take in the stark beauty of our area, appreciate and learn from other cultures, and celebrate resilience and devotion to a place that speaks to the hearts of all people. To learn about the film and where it is showing, visit https://badriverfilm.com/.

As Earth Day approaches let's not forget the lessons of the past or let politics blur our vision for the future. We may all be on the precipice, as climate change ushers in new challenges for the next generation. My hope is that our communities can learn from the Ojibwe way of thinking about the future: it is a gift from our ancestors to hold precious for the next seven generations, so that future generations may all celebrate the beauty we

have enjoyed in song and spirit. Sigurd Olson wrote, "If we can move into an open horizon where we can live in our modern world with ancient dreams that have always stirred us, then our work will have been done." I remain hopeful that whatever happens at Northland, our communities will find a path forward looking to the resilience of spirit embedded in our Ojibwe neighbors as an example to follow. Community support for Northland College has been overwhelming and innovative plans to help reinvent Northland have kept social media buzzing. Hopefully Northland's water-related programs like LoonWatch and the Mary Griggs Burke Center for Freshwater Innovation will continue to engage people and partners in watershed protection. Tomorrow is another day and perhaps the sun will come out to favor robins and let our spirits soar.

Diane is an independent author, naturalist/educator and lake and stream advocate. She can be reached at dianaenplaya@gmail.com.

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Lynne Wehrheim See You Next Year!

On behalf of the Cable Area Food Shelf and The BRICK Ministries, we thank the following donors for their continuous generous support in helping to make the 10th Annual Empty Bowl a huge success! We also would like to thank the many

community members who came out for this event.

Erik Anderson **Judith Benedict** Kari Bjork Tim Bjork Joanne Cleary Pastor Ken Cluck Terry Dahmen Mary D'Andrea Carol Elliker Tony Erba Tina Garner **David Hanks Judy Hanks** Katie Hanks Tom Hanks Diane Jameson Kathleen Lorenz Ray Lorenz Roman Lucyk Joan Meeteer Kerri Nelson

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Robert Kelly Tree Service donates time and equipment to Mt. Ashwabay

Submitted article and photo

Once the ground froze, Robert Kelly Tree Care volunteered their time and equipment to remove this 100' Sugar Maple from over the top of the Sugar bush cabin at Mt. Ashwabay ski area.

Mt. Ashwabay plans to restore this structure for educational programs and special events. Robert Kelly Tree Care was honored to help their friends and neighbors with this special project.

Mt. Ashwabay is a family-oriented, community-based organization that hosts a variety of outdoor activities for all ages and abilities. Volunteers are vital to the organization for future projects.



George's Goats for Grammas Run/Walk 2024

Submitted article

George's Goats is a run/walk that was started to help George Voss, a quadriplegic, reach his goal. George heard that mothers in Zambia were dying of AIDS. Grandmothers were trying to take care of their grandchildren without the necessary means. George heard that a goat for milk would really help these grandmas provide for their grandkids. George asked everyone that visited him in the nursing home to give \$25 so he could buy a goat. He had a goal of purchasing 1000 goats. With George's Goats for Grammas run/walk's help he raised enough money for 2000 goats.

Join us in Cable, Wisconsin next to the firehouse for George's Goats run/walk, 10AM, Saturday, April 27th. We have a 5-mile run, a 5km run or walk, and a 2km walk. Our racecourse has some road, some rail grade, and a little trail. After the race we go across the street to the River's Eatery for our awards and drawings (good stuff).





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Extraordinarily Ordinary Beth Probst

Morbid or Motivational?

This month I turned 46. While some celebrate another glorious trip around the sun, my thoughts tend to be a bit more morbid. This annual date is bittersweet for me. A date filled with reflection both backwards and forwards with the end always being the same - our time here is limited. A more finitude approach to this celebration.

I often credit losing my mom at 18 as a wake-up call to how precious life is, but that far from stopped me to squandering much of my 20s away living my best life alternating between boyfriends, bars, school, and work chasing any and all extrinsic rewards. Things changed when I walked away from my career at just 27 to start over in northern Wisconsin as a PR hack. I distinctly remember sitting in the hot tub at the Ashland Super 8 alone on my birthday knowing something in me had changed. At the time, I thought it was the transition of journalist to public relations – from the light side to the dark side.

Nearly twenty-years later, I now understand I had things backwards. I was in fact leaving behind a pursuit of extrinsic motivators to instead look inward. For me, that meant moving to rural Wisconsin and working a predictable schedule. To having time for the first time since my mom died, to pause and process the person I was becoming and why it no longer served me.

I'm still processing. But, that's the great thing about evolving as a human. Each day is an opportunity to redefine our goal posts – our milestone markers that'll ultimately tell the story of our lives. What better way to celebrate our birth, then by playing out the story to the end. Morbid or motivational? It is

Our culture embraces Puritan

Pride – this idea of do more, be more, set more goals, optimize, produce, produce, produce. This environment combined with our inherent desire to connect drives out the people pleaser, even in those of us who don't like people. It is a dangerous combination that at 46, I'm finally starting to understand. Sure, I still check myself regu-

larly and ponder what comes next. To define what goal am I striving for and how to get there. But this is followed with a different sort of checking myself. The one that starts with what matters and how do I optimize contentment. How do I schedule what I once thought was selfish – things like downtime and pedicures and leisurely lunches and morning reading first.

The latter of these questions are worth exploring any day, but certainly on one's birthday. The day the Universe said, you get one precious life and it starts today.

For those who don't know me, I have a bit of an obsession with Dwayne "The Rock" Johnson. Not the wrestler, actor, or entrepreneur but rather his motivational moments where he reminds us nobody is showing up for us. One day or day one he often says, while acknowledging he certainly didn't create that sentiment but rather just

Again, morbid or motivational? We all know how our story ends. Death and taxes, right. Why not make it count, on whatever scorecard matters to you, at whatever pace brings you joy.

If you are interested in reading more random articles, check out *my website, https://bethprobst.* com/ where you can sign up for my *newsletter* and read more of my ramblings about rural living.

Contact us anytime!

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Submitted photo. Four of the many volunteers during this year's Empty Bowl.

Empty Bowl builds community

Article by Liz Seefeldt

The Cable Area Food Shelf's 10th Annual Empty Bowl, held on Saturday, March 23, brought the community together to support the pantry's essential work to provide basic human services in southern Bayfield County. Fifteen restaurants, caterers, and retailers together with guests gathered at the Cable Community Centre for an evening of food and fun, demonstrating just how giving our community is.

Volunteers from the area's four churches - Cable United Church of Christ, Living Hope Community Church, St. Ann Catholic Church, and Trinity Lutheran Chapel bring all the details together to create a fantastic event and raise funds for the local pantry. They start in the summer by scouring rummage sales for bowls of all kinds. Everyone who comes for soup leaves with a new bowl for their collection. Friday in the Gazebo musicians Ron Gran, Kay Rowe, and Renee Young share their own style of folk tunes to entertain the crowd. The event was also supported by Thrivent Financial as an Action Team Event.

The tables at the Cable Community Center were full all evening long, and there were plenty of soups to suit every palate. But even better – this event brings together the entire community to support a truly worthwhile cause. The BRICK's Board is thankful for the Cable Area Food Shelf volunteers for hosting the event. Most of all, The BRICK's leadership is grateful for the community's outpouring to help serve food-insecure community members with "compassion, love and respect."

Thank you to all the donors, volunteers, and attendees who helped make the Empty Bowl a success!

The Cable Area Food Shelf has been providing free, nutritious food for food-insecure residents of southern Bayfield County since 2011. Volunteers from the four local churches staff the pantry on a monthly rotation, and collaborate to provide high quality food and customer service to program participants. The pantry is open the second Thursday of the month, 11:00 a.m. to 6:00 p.m. and is located at 13380 Spruce St. in the lower level

under-resourced residents of Ashland and Bayfield counties through the Food Shelf Program at its four pantries in Ashland, Cable, Mellen, and Cornucopia. The BRICK also serves the community through its

of the Professional Building.

The BRICK Ministries serves

Benevolence Program by offering financial assistance and referrals for overdue bills with a focus of helping people stay in their homes. For information on receiving assistance, making a donation, or volunteer opportunities, contact The BRICK at 715-682-7425, officemanager@thebrickministries.org, or visit www.thebrickministries.com.

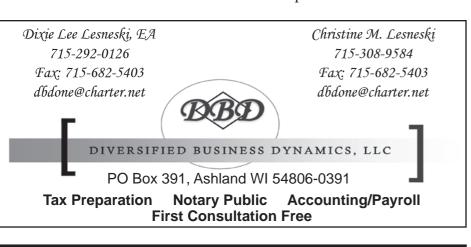
Submitted photos. Pictured on left one volunteer serving some delicous chicken wild rice soup.

musicians Ron Gran, Kay Rowe, and Renee Young performed during the event.





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Aurora used the profits she made from her jewelry and decided to purchase gift cards to donate to some local cancer patients receiving treatments. The total she had donated was worth \$100.00

"She is amazing," said Mrnak. "The patients were very grateful for the gift cards."

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Submitted photo. Dancers from the ASOD with their awards from the CRU Dance Competition held in Minneapolis.

Celebrating local talent

Ashland School of Dance shines in recent competitions Article by Stacy Miller, ASOD

In the dance community of Minneapolis, Duluth and Superior, talented local dancers from Ashland School of Dance have once again proven themselves on stage. Over the past month, more than 50 dedicated dancers from the Ashland School of Dance have graced multiple competitions, receiving praise and recognition.

At the CRU Dance Competition held in Minneapolis from March 1-3, Ashland School of Dance showcased its excellence with participation of over 20 dancers. All groups secured spots within the top 10 standings. Notably, the Senior Company Jazz/Funk group achieved a remarkable 2nd place out of 54 entrants for their performance, earning the distinction for "Most Entertaining." The talents of Hope Swanson and Paetyn Casper were recognized with invitations to join the esteemed Heart and Soul Dance Company Convention at Disney. Numerous solo and duet performances also earned top 10 placements, with dancers Abby Kastern, Emma Meller, Rylee Ovaska, Ashley Leciejewski, Emily Kopnick, Mary Schick, and Annalee Spencer showcasing exceptional artistry and receiving special

awards.

At the recent Ultimate Talent Connection's Spring Fling Competition in Superior on March 9-10, Ashland School of Dance once again soared to new heights as over 50 dancers competed between group, solo & duet dances. Two Sr Company group performances

stood out as the highest scoring dances of the entire event, while one of these groups attained the high platinum award, a recognition given for exceptional excellence, with only one given throughout the entire event. Additionally, the mini competition team, comprised of dancers aged 6-9, made their remarkable debut, securing a Judge's Choice award. And three outstanding dancers from ASOD—Abby Kastern, Brooke Taddy, and Grace Swanson—were awarded with special pageant awards, recognizing them as the highest scorers from the entire weekend in their respective age categories.

Most recently, over 30 talented dancers from ASOD attended the Starz Dance Competition in Duluth, MN held from March 22 - 24. Their performances were nothing short of outstanding, as each dancer secured impressive high gold and platinum placements. With several of our dancers achieving top 5 rankings. And another standout moment was the Sr Company's captivating performance of 'Let Me Follow,' which claimed the first place overall for the weekend and another Sr Company dance placing in the top 5. Dancers conclude their competition season with events in Superior on April 12-14 and May

3-5.
The countdown begins, for their 14th Annual Spring Dance Recital on Saturday, April 20 at Northwestern High School. The recital has over 200 exceptionally talented individuals, from the youngest







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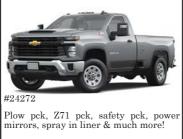


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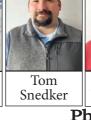














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