

the Border Bulletin

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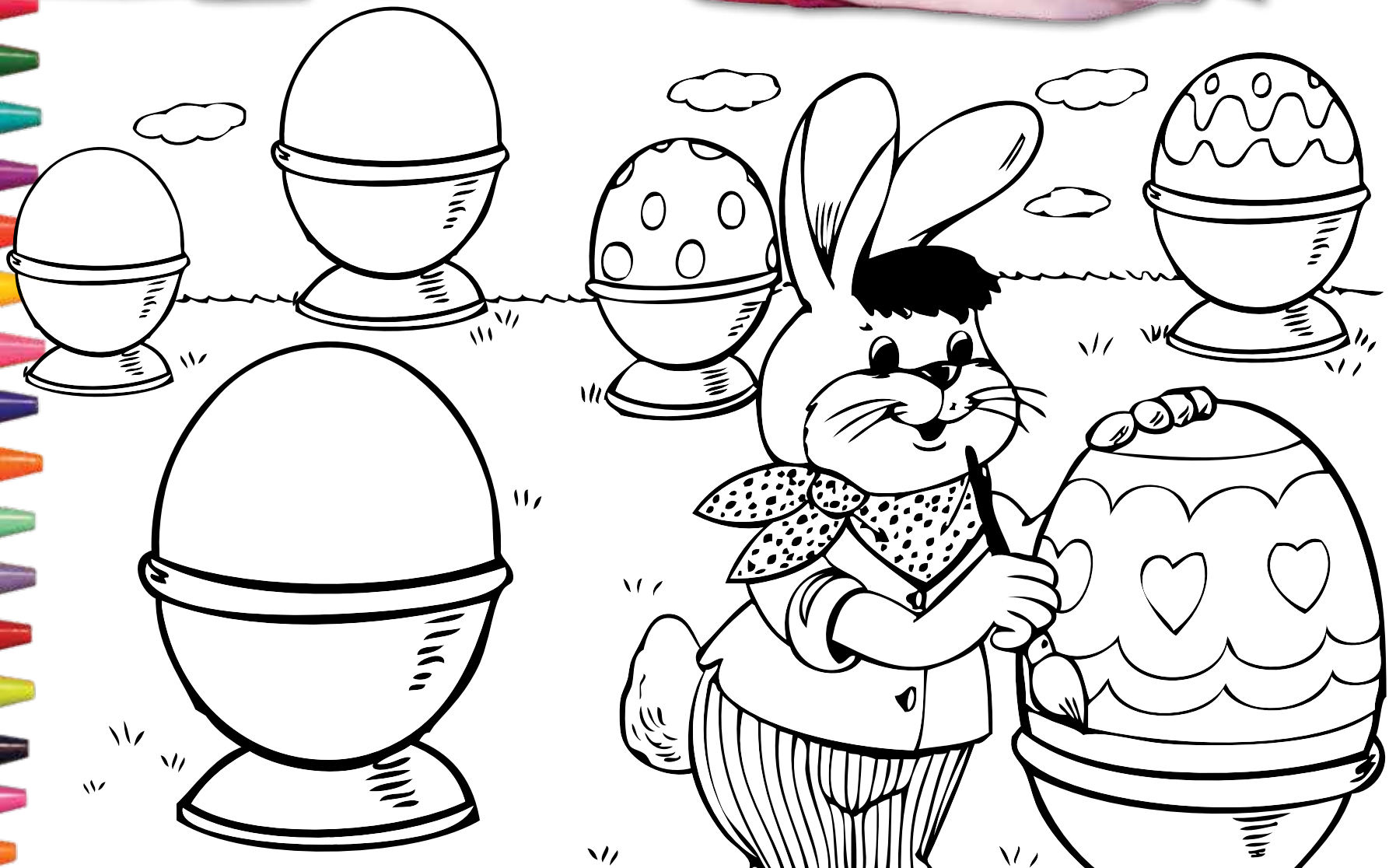
February 24, 2011

MARCH IS NATIONAL YOUTH ART MONTH

FREE




Photo by
Juhan Sonin




Contents: **Community Calendar**-page 2 ... **Keeping You Posted**-page 3 ... **Local Look**-page 3 ...

Nature Notes-page 4 ... **Health & Wellness**-page 6 ... **Pastor's Window**-page 8 ... **Classifieds**-page 8

 : Look in the paper for more information on this event.

ANNOUNCEMENTS . . .

Next BB Issue: Mar 10. Deadline for Advertising & Stories: Feb 26.

 **On Facebook:** Like the Border Bulletin for events and information between issues.

Bushel Basket Program:  with Master's Hand Farm, sign-up by Feb 28. Weekly basket of fresh vegetables during the growing season. Call 715-545-2115 for more info.

CONOVER . . .


Conover Lions Club-Kids


Fisheree: Denton Lake-Club 45, Mar 13, 12-3pm. Ages pre-school-14.


Conover Transfer Station: Wed, Sat, and Sun, 9am-3pm.

LAND O' LAKES . . .

Noodle Water Aerobics: Gateway Lodge, every Mon & Wed, Feb 21-Apr 8, 5:30-6:30pm.

15th Annual Kids Ice Fishing Jamboree:  on Lac Vieux Desert, Sun, Feb 27, 9am-3pm. Call Karen for more info 715-547-3434.

Blue Star Mothers Program:  VFW Post 8400 Land O' Lakes, Feb 27, 2pm.

Stateline VFW Post 8400-Annual Turkey Shoot & Raffle:  Club 45, Mar 5, 12-dusk.

St. Albert Church Fish Fry: St. Albert Church in Land O' Lakes, Mar 11, 5pm. All you can eat \$10. Children 5-10 \$5, under 5 free. Monies raised will go to St. Mary's Haiti Project and be matched, up to \$750 by Catholic Order of Forester's Agent, Dave Schmitz.

Art Exhibit-What Will Kids Imagine Next:  Lola, Mar 11-25,

Wed-Sat, 10am-4pm. Artist reception, Mar 12, 1-4pm. All invited. **For further information:** go to lolaartswi.com or call Wendy at 715-493-5361 to register.

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

Northland Pines School District Board of Education Meeting: NPHS Large Group Instruction Room, 4th Mon, 6pm.

Over-the-Hill Bowling: T&M Lanes, Tue & Fri, 1pm, 'til April 15.

Northwoods Singers Rehearsals Ride Share: meet at Headwaters State Bank parking lot, 5:30pm. Rehearsals at First Congregational UCC in ER, meets Tue, 6:30pm.

Headwaters Food Pantry: mtg, LOL Senior Center, 3rd Tue, 1pm.

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

Kid's Story Hour: LOL Library, meets Wed 10-11am. Stories, games, crafts, treats, and more.

Drop Stitch Group: knit & crochet group, LOL library, Wed, 1-3pm.

Headwaters Food Pantry Pick-up: LOL Senior Center, 1st & 3rd Wed, 9am-12pm.

Home-School Book Club: LOL Library, 1st & 3rd Wed, 1pm. Youth ages 9 & up. Call 715-547-6006

Wilderness Lakes Trails: LOL Chamber of Commerce Building, 4th Wed, 5pm. Public welcome.

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

New-U Club: Headwaters Bank, Thu, 8:45-10am.

Airport Commission: Land O' Lakes Airport, 2nd Thu, 5:30pm. landolakesairport@hotmail.com

LOL Chamber Meeting: 3rd Thu, 8am. Public welcome.

Open Mike Night: 1938 North, every other Friday starting Jan 28, 7-8:30pm.

Frosty Club: LOL Town Hall, 1st Sat, 9am, Oct-Apr.

LOL Collection Site: Tue 8am-3pm, Thu 12-5pm, Sat 8am-4pm.

PHELPS . . .
Phelps Snowmobile Club Spaghetti Feed: Holiday Lodge, Mar 5, 4-8pm. Adults \$8, Kids \$4.

Phelps Senior Outings:
Rhinelanders - Movie, shopping, lunch at Chinese Buffet, Mar 8, bus leaves at 9am. Cost \$5.
Iron River - Shopping, Mar 17, bus leaves at 9am. Cost \$5.
Antigo - Shopping, Mar 24, bus leaves at 9am. Cost \$7.
For trip reservations call Sharon Peterson at (715)477-1611.

Phelps Town Board Meeting: 2nd Monday, 7pm.

Phelps Women's Club Meeting: 3rd Mon, 1pm. Call Sharon at 715-545-4008 for location of meeting.

Phelps Senior Center Meeting: 4th Mon, 1 pm. Call (715)545-3983 for lunch reservation 24 hours prior to the meeting.

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

Story Hour: Phelps Library, 2nd Friday each month, 12:15pm.

Phelps Public Library: Mon, Tue, Thu, Fri - 10am-4pm; Wed - 2-6 pm; Sat - 10am-12pm.

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

WATERSMEET . . .
OTTAWA VISITOR CENTER:
The Planet Earth Series-Fresh Water: Feb 26, 2pm.
Caves: Mar 5, 2pm.

Sew What Group: Watersmeet Baptist Church, Tue, 10am-9pm.

Watersmeet Township Board of Education Meeting: 3rd Mon, 7pm. Unless otherwise noted.

Invasive Species Control Coalition of Watersmeet (ISC-CW): Forest Service Headquarters in Watersmeet, 3rd Tue, 9am.


Watersmeet Dump: Mon, Tues, Thu, Fri, Sat - 8am-4pm.

BEYOND THE BORDER . . .
NORTH LAKELAND DISCOVERY CENTER PROGRAMS:
Understanding Black Bears: Mercer Library, Mar 2, 12-1pm, Bring sack lunch, snacks provided.
Bayfield Ice Caves Trip: Meet at the Center, Feb 26, 8am-5pm. Pre-register by Feb 19. \$50.
For further info & registering: www.discoverycenter.net or 877-543-2085. The Discovery Center is located in Manitowish Waters on


Hwy W, 1.2 miles NE of Hwy 51.

ADVANCED HEALTH PROGRAMS:
What Makes Your Spine Special: Tue, Mar 1, 12:30-1:30pm. Dr. Kelly.
High Blood Pressure: Tue, Mar 1, 6:30-7:30pm. Ashley Stetler.
Nutrition for Dummies: Wed, Mar 2, 6:30-7:30pm. Ashley Stetler.
Why Not Be Well: Tue, Mar 8, noon-1pm. Dr. Kelly.
For further info & registering: Natural Health Improvement Center 715-362-2300.

Klondike Days: Eagle River, Mar 5-6, 9am-4pm.

Journeys Marathon: Eagle River, May 14, 8am. 

Northland Pines Music Boosters Meeting: NPHS band room, 2nd Thu, 6pm. All interested in promoting music education welcome. Contact Brandon Bautz 715-479-4473x0802 or bbautz@npsd.k12.wi.us for more info.



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ON THE COVER – It's a coloring contest!

Enter to win the chance of having your artwork on the cover of the Easter issue, April 21st. Use whatever type of dry media you'd like – crayon, colored pencil, chalk, etc. Use your imagination to design your own patterns on the blank eggs. Judging will be based on uniqueness and creativity. You have all of National Youth Art Month to work on it since the deadline isn't until April 2nd. Cut out your finished art, complete this form, and mail to or drop off at the Border Bulletin, 6074 Hwy 45, Land O' Lakes, WI 54540. Most of all, have fun!

Artist's Name: _____

Phone Number: _____ **Grade:** _____

Signature: _____

Parent or guardian signature needed for permission to print artwork.

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Thinking Spring? Who can blame us with the weather we had last week! Wasn't it just a couple issues ago we were freezing in -20 degree temperatures? Well, much like the weather this time of year, the articles in this issue range from spring to winter-like. Whichever way the wind blows today... go with it. -BB

What will Kids Imagine Next?

Youth Art Month (March) will be celebrated with the 2nd Annual "What will Kids Imagine Next?" Art Exhibit. This show will feature the work of the Land O' Lakes elementary School students and area Home Schooled students. The theme for this years exhibit will be "fruit & vegetables". This should make for another very colorful exhibit. Just what we all need in the month of March!

The art exhibit will be open on Friday, March 11 and run through Friday, March 25. LOLA will host an artist reception on Saturday, March 12 from 1:00 pm - 4:00 pm. Children, parents, grandparents and friends are all invited.

This year's exhibit will be held in the new LOLA Center for the Arts building, located at 4262 Cty B, downtown Land O' Lakes. Hours for the exhibit will be Wednesday-Saturday, 10:00am-4:00pm.

Also for Youth Art Month, LOLA's resident artist Wendy Powalysz will again do an art project with the children of the area. This year, deconstructing books will be our goal. The kids will work at the library and create sculpture out of discontinued books. Recycling at its best!



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A Local Look...

information submitted by Deb Crawford

Summer Vegetables "Buy" the Bushel is a great concept taking root in our community. More widely known as Community Supported Agriculture (CSA), the idea began in the early 1960's in Germany, Switzerland, and Japan because of concerns about food safety and urbanization of agricultural land. CSA programs consist of a farming operation where the grower and consumer share the risks and benefits of organic grown food produce. The idea was brought to North America in 1984. Twenty five years later there were close to 13,000 CSA farms in the US alone.

The Master's Hand Farm, located in Phelps, WI is this type of farm. "Our farm produces food as God intended, all natural, without the use of any chemical fertilizers, herbicides or pesticides," states Tom Mareth, co-owner with his wife, Susan Mareth. The Mareth's plant their summer vegetable crops based on their customer's pre-ordered needs. The two of them have been developing their pre-ordered seasonal bushel program over the past few years and have made modifications such as succession planting to stagger and spread out a crop's availability. The

vegetables are picked, bush-eled, and ready for pick up on Saturday mornings at the farm. Each week the basket varies depending upon what is ready for consumption, but there is always a nice variety.

Most of the Mareth's customers are word of mouth from other satisfied customers. If interested you better act quickly because February 28th is the deadline for the 2011 summer season sign-up. "This allows us to plan our seed orders and planting layout," says Tom. He continues, "If, however, someone comes to us later than the deadline of Feb. 28th, we'll still try to work with them to accommodate their joining the program."

This "Buy" the Bushel program is not only healthy but convenient to boot. You don't even need to think about what to get each week, just pick up your basket and eat till your stomach's content! Enrolling in the program get's you a basket every week for the duration of the 10-week regular growing season. The price for enrolling in the program is \$300.00 for a full-bushel or \$180.00 for a half-bushel. After the 10 week pre-ordered season, if there are still sufficient veggies being produced, additional weeks can become available on a weekly basis.

For more info about the program or other farm products, please call Tom or Susan Mareth at (715) 545-2115.

Keeping You Posted

By Cathy Grady, LOL Postmaster

Did you know that the Post Office Department had motor tricycles for City Carriers? In 1911, the Department began to experiment with motor tricycles to collect mail without carriers having to dismount. The motor tricycles were equipped with a box with a hinged top or side so the carrier could transfer mail into it from a drop-bottom street collection box while seated on his machine. The Department found that a carrier on a motor tricycle could do the work

of three carriers on foot or two carriers using a horse and cart. Some officials predicted that motorcycles would be used in many larger cities where the weather and condition of the streets would permit their efficient operation, but there is no known record showing these contracts were issued.

Remember to keep those mailboxes cleared out for the carriers. This is the time of year when it is nice to have a P.O. Box, which does not require any shoveling.



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LO'L Kids Fishing Jamboree!

Every February for the past 15 years, the Land O' Lakes Kids Fishing Jamboree has been an event looked forward to. This year the event will take place Sunday, February 27, from 9:00am to 3:00pm. The official location of the event will be at the Lac Vieux Desert West Shore Boat Landing. All kids 18 years of age or younger are encouraged to participate. Bait will be provided for the fishes, food and prizes for the participants. As an added incentive there is no entrance fee! It is requested that no dogs or alcohol be brought to the event. If you would like more information please call Karen (of the Tackle Box) at 715-479-8064.

February 27th is also International **Polar Bear Day**



Turkey Shoot and Raffle

Stateline VFW Post 8400 of Land O' Lakes is pleased to announce that on March 5th they will hold their Annual Turkey Shoot and Raffle. The location will be at Club 45 in Conover with shooting to begin at noon and go until dusk. As always, women shooters are welcome to participate.

This has always been an eventful day as competing shooters display their marksmanship using ONLY open sights. There will be prizes, raffles and good food to be enjoyed by all throughout the day. Your participation will benefit all VFW projects. For more information call Commander Robert Wuytack at 906-544-2468.

Photo Contest Announcement

The Phelps Chamber of Commerce is in the process of creating new spring/summer banners to replace the snowmen banners that welcome visitors to their community. To facilitate this process, the chamber will be holding a photo contest open to all residents of Phelps, both adults and children. The Board of Directors will select first, second and third place winners of the contest. The first place winner's photo will be displayed on the street pole banners throughout the downtown area from spring until mid-summer. In addition, the first place winner will receive a \$25 Chamber gift certificate that can be used at participating local businesses. The second place winner will receive a \$15 gift certificate and the third place winner will receive a \$10 gift certificate.

Photos must be of a spring or summer outdoor scene (lakes, woods, etc. - no people, please). They must be submitted electronically via email to the Chamber office at phelps_chamber@gmail.com. The photo submissions must be in jpeg format and be between 100 and 360 dpi. The Chamber encourages everyone to submit photos and be a part of this community project. If you have any questions, please call the Chamber office at 715-545-3800. Deadline for submission of photos is March 15, 2011. Good luck to all you photographers!!

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Thoughts While Sitting on a Stump

Nature Notes by Peter Dring

"Sure wish spring would get here." "Can't wait for spring to come." These are phrases you will hear people say from February on through March. Sometimes I think, the only good thing about February is that it's a short month. People declare that spring has arrived in many ways. For some, it may be the first time one does not hear the furnace go on at night or the first time in months we have had the urge to get our fishing gear out or the first warm rain that turns brown grass to green. For others it might be hearing the local birds' new spring calls, which are entirely different from their winter calls. The first robin after a shower. The first picnic of the year. When sap begins to run in the maple trees. Losing the license to sit around the woodstove or fireplace and do nothing. Even not having snow to shovel.

Planting seeds too early, knowing full well they won't sprout any sooner. The fresh earthy smells sensed by your

nose. (Try it! Stand out in your back yard, close your eyes and take a deep breath through your nose). Young goslings walking in a straight line behind their mother or turtles up on the roadside laying eggs.

Taking a walk in the country on a warm spring day can be very meaningful, I know some city folk are timid about the country. I often am uneasy in the city. The very things we fear most are frequently those with which we should be acquainted.

If I was making my first visit to the open fields and woods of the country, I might be apprehensive. There are animals such as mice, raccoons, deer, bears, wolves, toads, snakes, and insects. There are smells from the damp forest and the sounds of owls, frogs, and crickets in the evening. However, these things should be as much a part of us as the telephone, and the local newspaper. Possibly we have just not taken the time to get acquainted.

Take a walk in the country.

Maybe the first few times will take some getting use to. However, if you persist; I am sure you will feel refreshed, at ease, and relaxed.

In a forest on a clear summer night, one can sometimes hear a sound like soft rain falling. But the light drumming on leaves is not caused by raindrops; it is the sound of caterpillar droppings tumbling down through the canopy. Human ears cannot pick up the noises caterpillars make when they feed - the tiny gnashings of caterpillar jaws, the scratchings of caterpillar feet over leaves.

When I am in the forest and imagine such things, I also imagine other sounds, a chorus of *p-tuis!* and groans, as disgusted caterpillars spit out foul-tasting leaves that they've chewed a minute too long. For trees have weapons against the caterpillar, poisonous or unpalatable food additives, indigestible structural materials, and poor nutrient packages. The forest is a tough place for an animal to find a meal. The clearest evidence of this is the small amount of living biomass consumed by forest animals every year.

Do yourself a favor. There are miles of hiking trails in your state and national forests. There are waterfalls and other natural and historic things to see. Enjoy it.

"To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter...to be thrilled by the stars at night; to be elated over a birds nest or a wildflower in spring - these are some of the rewards of the simple life."

— John Burroughs

15TH ANNUAL LAND O' LAKES KIDS FISHING JAMBOREE

Sunday, February 27

9:00 am to 3:00 pm

Lac Vieux Desert West Shore Boat Landing

For children 18 & under

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Radar Run Results

The Phelps Chamber of Commerce held its 4th Annual Radar Run on Saturday, Feb. 5th, on North Twin Lake. Many racers and fans enjoyed the beautiful winter day. The results are as follows:

CLASS	1ST PLACE	2ND PLACE
STOCK 400:	Dean Urbanek	Jason Jensen
500:	Chad Kriewaldt	Danyelle Leavitt
600:	Linda Monson	Jerry Anderson
700:	Jeremiah Chimel	Kyle Gruetzmacher
800:	Chad Kriewaldt	Dale Granger
900:	Jarod Gutesha	
1000:	Jacob Sieg	Dean Urbanek
IMPROVED 700:	Brenda Borchardt	Greg Byrns
800:	Wingnut Racing	Ken Borchardt
800+:	Darryld Borchardt	Jeff Bodendorfer, Jr.
OPEN MOD 600:	Wingnut Racing	
800+:	Rich Pickles	
VINTAGE CLASS	Mike Musial	Ben Musial
YOUTH CLASS	Mike Booth	Jacob Sieg
BIKINI RUN	Brittany Graham	Linda Monson



Photo submitted by Victor Verdev.

Ahh... Frolicking in Winter

Conover Lions Club held its 52nd annual Winter Frolic Sunday Feb. 13th at the town park. Children of all ages competed in downhill sledding events and medals were awarded to those traveling the longest distances. Next month the Lions club is holding their **Annual Kids Fisheree** on Sunday, March 13th, from noon to 3:00pm at Denton Lake. For more information call 715-479-8064.

Blue Star Mothers

The Veterans of Foreign Wars Post 8400 in Land O' Lakes would very much like your presence at their Blue Star Mothers gathering. The invitation is for February 27th, 2:00 pm, at the VFW located at 4493 County Rd B.

The Blue Star Mothers program was started in WWII to honor those mothers that had active sons and daughters serving in any branch of service of the United States of America. Please call Commander Robert Wuytack at 906-544-2468 with any further inquiries.

UP FOR A CHALLENGE?

The Eagle River Area Chamber of Commerce and Visitors Center is very excited to announce the 15th Annual Journeys Marathon - slated for May 14, 2011. Now is the perfect time to be training and signing up to participate. Over 150 runners are already entered.

For more information about this event and to register, please contact the Eagle River Area Chamber of Commerce and Visitors Center at (800) 359-6315 or visit the Official Web Site of Journeys Marathon: www.journeysmarathon.org

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Breathe Yourself Skinny

Health & Wellness by Dr. Ida Allen-Bergman

Seriously? Is that really possible? Let me put it to you this way, if all you did was breathing exercises to enhance your metabolism, your weight loss goals would escape you. However, adding these exercises to a clean diet and exercise program will tremendously increase your results.

Breathwork itself constitutes many different forms of breathing alterations. Fast inhale/exhale (hyperventilation), when used during a meditative but conscious state is one example. This can be done with movement as well, such as with Tai Chi and Qigong. There are supposedly many psychological and physical benefits to different breathing exercises. Our purpose today is skyrocketing that metabolism, so let's get started.

1. Learn your breath: Take a deep breath in-yes, right now, do it. Observe what just happened. Did your chest rise and rib cage expand? If so, you are not breathing properly, and probably have been breathing improperly for most of your life. This is a body stress type of breathing. Try again. Take a nice long deep breath and allow your abdomen to expand. This is also known as belly breathing. When your lungs inflate, they push

down on your breathing muscle (diaphragm). This push on your abdominal organs causes them to be compressed and expand your belly. Complete a few slow, long breaths making sure your belly expands and contracts with each one. Now we are warmed up.

2. Rapid breathing: For this exercise it is best to learn it sitting down so that you are stable. If you are not used to breathing this way, the rush of oxygen to your brain may cause you to feel faint or dizzy. Go at your own pace and take proper precautions. Start by panting, just like a dog basically, but continuing to use your proper breathing techniques from above. Do not use short breaths that do not expand your lungs, deeper panting is better. Complete 30-60 seconds of this, paying attention to your body. If you need to stop sooner, that's ok.

3. Deep breathing: This part of the cycle is similar to the warm up, but the breaths need to be as deep as possible. Start by inhaling through your nose with the belly breathing. Breathe in as deeply as you can for a count of 5. Then slowly exhale at the same pace for a nice slow, controlled count of 5, making sure to eliminate all the air in your lungs. Complete exhalation. Now breathe back in for 5, and back out. Do this part of the cycle for 5-10 total breaths. I personally love to use this part on a walk or run. I typically breathe in and out for 2 counts each while exercising. This is the simplest way to burn even more fat and calories during a normal workout.

4. Retained breathing: Maximum metabolizing benefits start here. Take a deep breath in as in 3 above, but this time hold your breath. Start by holding it for 3 seconds and then exhaling and holding for 3 seconds. Increase to hold for 30 seconds

on the inhale and 10 seconds on the exhale. Remember the proper belly breathing technique. And again, listen to your body. Breathe when you need to breathe! Repeat the hold 5-10 times. The more the better.

Most people only use about 1/3 of their lung capacity. Because of that, we have poor oxygen exchange in our blood. With the chronically low oxygen exchange, it is hard for cells to efficiently get the nutrients they need. It is also harder to properly detoxify the carbon dioxide. This causes increased appetite, brain fog, difficulty concentrating, and trouble sleeping. Completing this 4 step cycle daily will not only give you a noticeably clearer head with ease of memory, but will jumpstart your metabolism and boost your

energy. The whole cycle will only take you around 5 minutes, and once you get good at it, you can multitask during the whole thing. Do this at the very least 3 times per week for at least a month (everyday will get you the gold star award!), and you have my personal guarantee that you will notice the above changes! Stick this article by your bed, on your fridge, or next to your bathroom mirror and you won't forget. Your body is going to LOVE you!

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A Community That Rises and Meets Their Challenges

Major damage to the Headwaters Food Pantry floor was discovered requiring much work. Contractors Dan Otterpool and Mark Haynes donated many hours of labor replacing all the joists, support beams and subflooring. Northern Carpet laid the finished flooring. And finally, thanks to a fantastic job by the painting crew, the Food Pantry is once again spruced up and ready for action. Great work getting this much appreciated community service organization back on track.



Pictured left to right: Marcia Gunderson, Barb Agney, Karen Tobin, and Nancy Senechalle. Not pictured are Karen Sattler and Cheryl Mort who also helped in the task of painting the kitchen, dining room and hall during the one day window before the damaged floor was replaced.



To help celebrate the 100th day of school, the students and staff of the Land O' Lakes Elementary School held a food drive with a goal of collecting 100 items for the Headwaters Food Pantry. Students in Mrs. Benecke's Kindergarten class practiced their math skills by counting the donations to see how much was collected. We are happy to announce that they beat their goal, collecting 133 food items - nice job everyone! Pictured above are representatives from 4K-Grade 5 with the bounty of donations.

Historical Society Seeks Your Help

The Land O' Lakes Historical Society is trying to find information on, photos of, newspaper clippings about, and any other memorabilia pertaining to the Donaldson School - one of the first schools in the area.

The Donaldson School was a one-room schoolhouse located west of Land O' Lakes on what is now the town collection site road near the Bear Trap Inn. The school operated during the town of Donaldson's heyday at the turn of the century through the early 1920's. The town itself, associated with the Mason Donaldson Lumber Mill, flourished for only a short period of time late in the boom of the lumber industry. When the mill burned, it was not rebuilt, so Donaldson residents along with some buildings were transported east just a few miles to the growing town of State Line, which eventually became Land O' Lakes.

The steps of the old school are still visible, and the Historical Society, in conjunction with the Land O' Lakes Planning and Beautification Committee, would like the school to be retained in our collective history. They are working to: discover the history of this town-owned site; construct a Land O' Lakes Northern Waters Museum exhibit featuring the Donaldson School and early days of education in the Land O' Lakes area; and plan ways to attractively mark the Donaldson School site.

Anyone having information on the Donaldson school and anyone interested in working on the project may contact Barbara Nehring at (715) 547-3333 or tradingpostint@gmail.com

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THE NIMROD

February 25 - Friday

- High School Boys basketball game in Baraga at 4:45/6:20pm. Bus leaves at 2:50pm.

March 1 - Tuesday

- High School Boys basketball game at home with Ontonagon at 4:45/6:20pm.

March 3 - Thursday

- High School Boys basketball game in Wakefield at 5:00/6:30pm. Bus leaves at 3:40pm.

March 7 - Monday

- High School Boys basketball District Tournament in Ontonagon at 5:00pm (CST). Nimrods play the Ontonagon Gladiators at this time.

To place a Classified ad please e-mail info@borderbulletin.com or call 715-547-3745. The cost is \$6.75 for 25 words. Add a picture for \$5 more. To be paid prior to publishing date.

Area Sales

TRASH & TREASURE Ongoing Indoor Rummage Sale – Consignment Shop. Saturdays 9am-1pm or by appt. 2274 Hwy 17, Downtown Phelps. Antiques, furniture, appliances, etc. #032411

Free Stuff

GIVING SOMETHING AWAY? Place an ad here for no charge for the first issue it's published in.

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ACCOUNTING MANAGER - Full time. Degree in Accounting or Business. Quickbooks experience. Bookkeeping responsibility - Budgeting, Cash Flow, Financial Statements. \$12-15/hour. 715-477-8888 or email resume: apstaffing@nnext.net.

LOOKING FOR PART-TIME cleaning person for local resort for the summer season. Great opportunity for high school or college student. Call 906-358-4380.

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Wanted

ART - The Three Lakes Center for the Arts is having a Previously Viewed Art Auction/Fund Raiser on June 18th at The Gallery in Three Lakes. We are looking for donations of wall art, pottery and antiques that you may no longer have an appreciation for. "One person's junk is another person's treasure. For more information or to make a donation call The Gallery at 715-546-2299.

... The End

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Temptation is not Sin

From the Pastor's Window by Pastor Skip Pullen

Recently, I was having a really bad day. Do you ever get one of those? In particular, I had to go several rounds with a company who had sold me a product and then wouldn't stand behind it. All kinds of thoughts flooded my head on ways to get back at them. Through it all, Scripture verses kept coming to mind, such as, "Repay no one evil for evil. Have regard for good things in the sight of all men." Not exactly what my flesh wanted to hear, but I resisted.

This got me thinking. Are there people who go through a bout of temptation like this and think they have sinned? Do they end up discouraged and defeated or feeling sinful? Do we understand that temptation is not sin, nor is an evil thought a sign of our being sinful. Let's not forget that even the Lord Jesus Christ was tempted. He had to think about those temptations that the devil fired at Him. I think we'd have to call those things that the devil wanted Him to do - EVIL. (Yes, I believe there's a literal devil, even though he doesn't want us to believe he exists. What a great propaganda campaign he has spread!) Yet Jesus overcame them by adhering to the Word of God. The fact that He was tempted shows that great temptation can come to the most righteous of us, and we know Christ was without any sin.

James 1:14-15 says, "But

each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin when it is full-grown, brings forth death." From these verses, we can see that we never outgrow temptation. It is what we do with the temptation when it comes that determines whether it becomes sin or not. Thus, we can see the importance of memorizing Scripture and hiding it in our hearts. When we know and choose to do what God has said, we are okay. Temptation always precedes sin, but to be tempted is not sin.

Are you overcome with condemnation? Could it be that the devil is lying to you about being sinful and never getting it right, even though you are resisting? Remember the Holy Spirit convicts us of sin, but the devil likes to condemn us. Know that our Lord is there with you in that temptation. He's been through it. He'll give you the strength to do what it says in James 4:7 "Therefore submit to God. Resist the devil and he will flee from you." Don't be discouraged in well doing. If you do stumble, confess it and move on with the Lord.

Know I'm praying for you.

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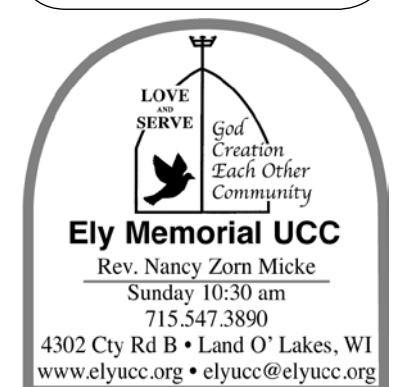


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