

A must see! Santa Claus and his reindeer alight through Peter Schindelholz's woods, Land O' Lakes, WI.



## LOL Elementary Third Graders Give Children a Happier Holiday

The third graders in Mrs. Spiess' class at the Land O' Lakes Elementary School recently collected money to purchase presents for children for the holiday season.

The names were picked off of the Giving Tree at the local Pamida store in Eagle River. They collected \$82.00 as a class!

The money was then used to vote on and purchase the presents for children.

Standing, left to right: Maddie Indermuehle, Mrs. Spiess, Alex Heck, Walker Hook, and Madelyn Pusich. Seated, left to right: Devin Abelt, Billy Garrison, Sofia and Kate Thomas



## Snowflake Ice Rink - Land O' Lakes is Now Open for Skaters!



## Pizza Party for PTA Fundraisers



Students and staff at Land O' Lakes Elementary were treated to a pizza party after the hard work and effort they put into the recent PTA fundraiser.

4 K students were the top sellers for the fundraiser, but due to a generous donation from Benson Builders in Land O' Lakes, the entire school was able to enjoy the celebration! Along with the pizza, cookies and a juice box were also included in the donation.

Thank you to Benson Builders and to all who participated!

## Historical Museum Raffle

The Phelps Historical Museum is sponsoring a holiday raffle for a 26" Schwinn Ranger 21 speed mountain bike valued at \$250-\$300. Tickets sell for \$1 each, 6 for \$5, or 15 for \$10 and can be purchased at Phelps businesses, the library and the chamber office. The bike is on display in the window at the museum and will be raffled at the Children's Christmas program at the Phelps School on December 20 at 7 pm. Need not be present to win. Proceeds will benefit the Historical Museum.

## An Afternoon of Song

The Outreach Committee of Ely Memorial Church in Land O' Lakes is again proud to sponsor a vocal concert by Dr. Pamalyn Lee, *An Afternoon of Song*, to be held in the Church Sanctuary on December 18 at 4:00 p.m. Accompanying the talented soprano is pianist Harriet Ribbens. A reception in Fellowship Hall will take place immediately following the performance and a good will offering will be taken.

From her extensive repertoire, Lee has chosen a wide variety of music for the afternoon from serious art songs to lighter selections, such as Christmas Carols. As a young child she began her musical career with her first church solo at the age of five. A native Wisconsinite, she spent most of her growing years in New Lisbon where, at the age of ten, she performed in several ensembles. Lee continued to solo throughout her school years, including operas at the Madison Civic Opera Chorus to which she drove eighty miles one way to perform. She also participated in Wisconsin State competitions every year during her high school days, winning several first place awards.

Please join the Outreach Committee at Ely Church on Highway B for an afternoon of extraordinary music from the north woods own gifted duo. You'll be glad you did!



## VFW Honor Services

Members of V.F.W./ AmVets Post 8400 in Land O' Lakes would like the public and family members who have relatives that have served in the armed forces to know that as they pass on they can receive full military honors at the service. We are always looking for new members to join to continue the honor. Contact VFW Post for more information at 715-547-3314.

## Watersmeet Christmas Program

Watersmeet School will present its Christmas Music Program on Thursday, December 15, at 6:00 p.m. The High School and the Sixth Grade bands will perform, and will include small group specials. Additionally, the Elementary Department will present "The Littlest Reindeer." The program is under the direction of Watersmeet School's music teacher, Kim Johnson.



## CHRISTMAS SERVICES

**St. Albert's Land O' Lakes**  
Dec 24, 6pm Mass  
Dec 25 10am Mass

**Ely Memorial UCC**  
Land O' Lakes  
Dec 24, 4pm  
Dec 25 10am with Phelps UCC.

**Twin Lakes Bible Church-Phelps**  
Dec. 24 6-7pm Worship  
Dec. 25 9:30-11am Worship  
(No Sunday school or evening service)

**St. John's-Phelps**  
Dec 24, 6:30pm  
Dec 25, 8:30am

**St. Mary's Phelps**  
Dec 25,  
8am Mass



Bark!

...I hear  
**Christmas**  
is coming...



-Lacey

all of us at  
**EAGLE RIVER TIRE**  
would like to thank our  
customers for a great year,  
and wish you all a  
Merry Christmas.  
~

## Holiday On Ice

The Eagle River Figure Skating Club presents this year's Holiday On Ice on Sunday evening, December 18, 2011 at 7:00pm at the Eagle River Ice Arena. We invite everyone to come enjoy this holiday skating performance by our area skaters.

Admission is free, but we ask everyone to bring a non-perishable food item for the Vilas Food Pantry. There will also be a wonderful bake sale where you can purchase holiday treats.

For more information about this event please contact Kim Emerson at 715-617-3745.

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December 19th to January 1st...  
including Christmas Eve, Christmas Day,  
New Year's Eve & New Year's Day

•  
**11:00am Lunch**  
**4:30pm Dinner**  
•

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# BORDER HAPPENINGS

★ Featured in this issue.

**ANNOUNCEMENTS •••**  
**Northland Pines School Recess:**  
 Dec 23-Dec 30.

**CONOVER •••**  
**Conover Transfer Station:**  
 Sat, Sun, and Wed only from  
 9am to 3pm.

**Conover Post Office Window:**  
 Mon-Fri, 9am-12:30 & 1:15-4pm,  
 Sat 9-11am.

**LAND O' LAKES •••**  
**LOLA Art Center Classes:**  
**Watercolor Painting-Paper Weaving:**  
 Dec 17, 10am-1pm. Fee★

**Snowmobile Safety Class:** LOL  
 Town Hall, Dec 28 & 29, 9-4.

**New Year's Eve Party:** Bent's  
 Camp, Jan 31. Music at 9pm.★

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

**Headwaters Food Pantry:**  
 mtg, Olympic 76 St, 3rd Tue, 1pm.  
**Food Pantry Pick-up:** Olympic 76  
 St, 1st & 3rd Wed, 8:30-11:30am.

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

**Pre-School Story Time:**  
 LOL Library, every Wed, 10-11am,  
 'til May. Stories, games, crafts,  
 treats, and more.

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

**LOL Planning & Beautification  
 Meeting:** LOL Town Hall, 2nd  
 Wed, 8:30am. Public welcome.

**Wilderness Lakes Trails:** LOL  
 Chamber building, 4th Wed, 5pm.  
 Public welcome.

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

**Frosty Snowmobile Club:**  
 LOL Town Hall, 1st Thurs, 6pm.

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

**Airport Commission:** Land O'  
 Lakes Airport, 2nd Thu, 5:30pm.  
[landolakesairport@hotmail.com](mailto:landolakesairport@hotmail.com)

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

**LOL Collection Site:** Tue 8-3,  
 Thurs 12-5, Sat 8-4.

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

**PHELPS •••**  
**Childrens Christmas Program:**  
 Phelps School, Dec 20, 7pm.★

**LIBRARY PROGRAMS:**  
**Story Hour:** Phelps Library, 2nd Fri  
 12:15pm. Until May.  
**Library Hours:** M, T, TH, F: 10am-  
 4pm, W: 2pm-6pm, Sat: 10am -  
 noon. Check us out at [www.phelps.wislib.org](http://www.phelps.wislib.org)  
 or call 715-545-2887.

**Phelps Town Board Meeting:**  
 2nd Mon, 7pm.

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

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

**Awana:** Twin Lakes Bible Church  
 3245 Hwy 17 Phelps, every Wed,  
 5:30-7pm. Ages 3-high school.  
 715-545-2791.

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

**Phelps Historical Museum:**  
 Hwy 17 Downtown. Open Fri & Sat,  
 10am-2pm. No charge.  
 Call Jan Petrick for more info,  
 715-545-2545.

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

**Phelps Post Office Window:**  
 Mon-Fri, 8:30am-12:45 & 2-4pm;  
 Sat 9-11am.

**WATERSMEET •••**  
**Christmas Music Program:**  
 Watersmeet School, Dec 15, 6 pm.

**Watersmeet Township Board of  
 Education Meeting:** 3rd Mon,  
 6:30pm, unless otherwise noted.

**Northwoods Quilters:** Watersmeet  
 Bible Church, Tue, 10am-9pm.

**Invasive Species Control Coalition  
 of Watersmeet (ISCCW):**  
 Ranger District Headquarters in  
 Watersmeet, 3rd Tues, 9am.

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

**Alcoholics Anonymous Meetings-**  
 Spiritual Center on Transfer Station  
 Road, Tues@7pm Open Topic;  
 Fri@2pm Closed Step; Sat@7pm  
 Open Grapevine (6pm doors open).

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

**BOULDER JUNCTION •••**  
**Boulder Junction Snowmobile  
 Club Brat Fry:** Granary Restaurant,  
 Dec 28, 11am-2pm.

**Boulder Junction  
 Winter Celebration:** Old Hwy K,  
 Dec 29, 4-6:30pm. Chili, bonfire,  
 music, skating, X-C skiing, fire-  
 works, etc.

**EAGLE RIVER •••**  
**Free Sleigh Rides:** Wall Street,  
 1-3pm Saturdays through Jan 1st.

**ERMS Holiday Music Concert:**  
 Dec 15, 7pm.

**ERES Holiday Music Concert:**  
 Dec 16, 1:30pm.

**Figure Skating Club  
 Holiday Performance:**  
 ER Ice Arena, Dec 18, 7pm.

**Life Talks: Companioning the  
 Bereaved:** Olsen Memorial Library-  
 ER, 2nd Tues, 12-1pm. Hosted by  
 Dr. Kate Hospice.

**Vilas Cty Master Gardener's Mtg:**  
 Prince of Peace Church, 2nd Thurs,  
 7pm. Public invited. A speaker  
 covering topics from amending soil,  
 container gardens, bee keeping,  
 growing Zone 3, etc.

**MANITOWISH WATERS •••**  
**Marvel in Mantiowish Waters,** Dec  
 27-31. Sleigh rides, skating, dog  
 sledding, music, etc.

**NORTH LAKELAND DISCOVERY  
 CENTER PROGRAMS: ★**  
**Free Friday Recreation Hike:**  
 Dec 16, 10-11am.

**Christmas Bird Count:** Manitowish  
 Waters Area, Dec 17.

**Saturdays At The Nook-Oh Deer!:**  
 Dec 17, 9am-3pm.

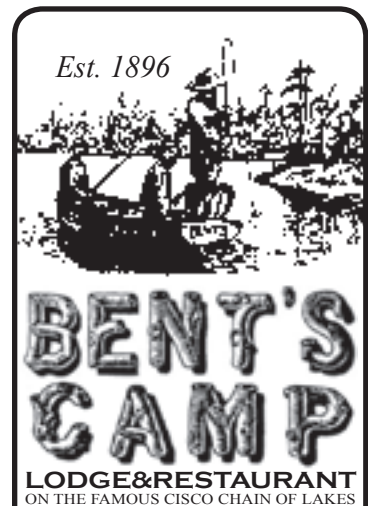
**Snowshoeing Statehouse Lake  
 Trail:** Dec 17, 1-3pm. Fee.

**Research Reviews-History of Local  
 Native Plant Communities:**  
 Dec 20, 3-4pm.

**Cosmic Campfires-Winter  
 Solstice:** Dec 21, 4:30pm-6:30pm.  
 Fee. Please register by calling 877-  
 543-2085 or online [www.Discovery-  
 Center.net](http://www.Discovery-Center.net).

**RHINELANDER •••**  
**ADVANCED HEALTH PROGRAMS:**  
**Professional hCG Rapid Weight Loss**  
 Find out if it's right for you. Dec 19,  
 6:30-8pm, Ashley Stelter.  
**Nutrition for Smarties:** Dec 27,  
 1-2pm, Ashley Stelter.  
**Info:** Natural Health Improve-  
 ment Center 715-362-2300, email  
[advancedhealth@charter.net](mailto:advancedhealth@charter.net) or go to  
[www.advancedhealthnhic.com](http://www.advancedhealthnhic.com).

**WOODRUFF •••**  
**New Year's Eve Celebration:**  
 Downtown Woodruff, Dec 31, 7:30pm  
 fireworks over Snake Lake.



Join us  
**\* NEW YEAR'S EVE \*  
 PARTY**  
 Very special menu  
 featuring filet and lobster  
 tail, bacon wrapped filet,  
 and cornish game.  
 All special menu items  
 include salad bar, sides, &  
 a glass of champagne.  
**LIVE MUSIC** by  
 Red, White & Blues Band  
 9pm-1:30am  
**FREE Midnight Buffet**  
**FREE Champagne Toast**  
 at Midnight  
*Reservations  
 Recommended*  
**NEW**  
**\* BREAKFAST \***  
**7:00-10:30am.**  
 Beginning January 7th  
 we'll serve breakfast every  
 Saturday and Sunday.  
*Lunch and Dinner  
 11am-9pm  
 closed on Tues*  
*Famous*  
**FRIDAY FISH FRY**  
*starts at 5pm*  
*Serving the very best*  
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*Your hosts,  
 Craig & Amy Kusick*

~ In Memoriam ~  
 On November 29, 2011, **Eunice Faye Hughes** passed  
 away at the Howard Young Medical Center. The Hughes  
 family—husband, children (Valerie, Keith and Kent), and 6  
 grandchildren—thank you for your prayers, cards of sympathy,  
 and monetary donations toward pancreatic cancer research. The  
 overwhelming support at the Pioneer Lake Lutheran Church  
 "Celebration of Life" service was a testament to how many lives  
 she touched in a positive way. She is already dearly missed with  
 the hope that someday the dreaded disease of pancreatic cancer  
 will be conquered.  
 Thanks again to so, so many of you for your support in this  
 difficult time. May her spirit of love and compassion carry forth  
 to the Northwood's Community she so dearly loved.

**border BULLETIN**  
 6074 Highway 45  
 Land O' Lakes, WI 54540  
 715-547-3745  
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 Next issue: January 12, 2012  
 Submissions by: December 17, 2011

## Attention Snowmobilers!

Vilas County had set a "target date" of noon on Monday, December 12, 2011 for a county-wide opening of all Vilas County state funded snowmobile trails, conditions permitting. All trail work, inspections and gate openings should have been completed by that time.

The date was set at the November 16 meeting of the Vilas County Snowmobile Alliance and is a cooperative effort between the Alliance, Vilas County Forestry Department, and the Department of Natural Resources Northern Highland American Legion State Forest to enable the trails to be opened in a safe and timely manner after the deer seasons.

Dale Mayo, Snowmobile Program Coordinator, Vilas County Forestry, Recreation & Land Dept. 330 Court Street, Eagle River, WI 54521

NOTE: Use caution as lake trails may not be open due to ice thickness. Also note that some land trails have been rerouted this year. It is recommended to get a new trail map. And as always, please respect others and be safe.

## Headwaters Food Pantry

Please do not forget the efforts of the Headwaters Food Pantry. The volunteer group opens the pantry twice a month to distribute food. Normally 25 or 30 families would pick up food. On Holiday week's participation might jump to 60 families or so coming in for food.

This year has been different. The volunteers are helping 60 families nearly every week and are fearful what the Holiday season may bring. The larger than expected draw is depleting their resources of food. Some of the things they need the most are flour, sugar, cereal and soups. You can deliver it directly to the Pantry on the days they are open or at one of the many drop boxes in Phelps, Conover and Land O' Lakes. There are drop boxes at the LOL Chamber of Commerce, Headwaters Bank in Land O' Lakes, at the bank in Phelps, Jensen-Akins in Conover or at the Forest Lake Country Store. If getting dry goods to one of the drop boxes is difficult for you, donations are another great option.

If you care to make monetary contribution, checks can be mailed to:  
Land O' Lakes Food Pantry  
PO Box 561  
Land O Lakes WI 54540

## Boulder Jct Winter Celebration

Winter enthusiasts of the Lakeland area are invited to attend Boulder Junction's (Between the Holidays) Winter Celebration on Thursday, December 29, 2011, from 4:00-6:30pm, at the Winter Park.

Festivities begin at 4pm with open ice-skating, sledding, bonfire and music by Barb Boston. At 6pm prepare to be dazzled with a fireworks display sponsored by the Town of Boulder Junction. Chili and hot cocoa will be served throughout the event. Weather permitting; wagon rides will also be available.

Located just ¼ mile east of downtown Boulder Junction, on Old Highway K, Boulder Junction's Winter Park facility hosts a regulation sized, fully lighted and maintained ice skating rink. The warming hut and nearby-lighted shelter has electricity and countertops for appliances and serving food, group seating, and a bon fire area to warm your toes. The park's walking, cross-country skiing and snowshoeing trail is 9/10 of a mile in length, is cleared and groomed, and is suitable for beginners, enthusiasts, and outdoor-loving families. A sledding hill is an added attraction for the youngsters.

For more information, please contact the Boulder Junction Chamber of Commerce at 715-385-2400.



## Lakeland Discovery Center...

### FREE FRIDAY RECREATION HIKE

Friday, December 16, 10:00 am – 11:00 am

Join us each Friday for an adventure! Depending on weather it may be a hike, snowshoe or a xc ski. A different trail, distance and adventure each week! Join us in the warming hut afterwards for some hot cocoa, coffee or tea. Call that day for information, or sign up for our Twitter or Facebook updates.

### CHRISTMAS BIRD COUNT - MANITOWISH WATERS AREA

Saturday, December 17

Join the Discovery Center Bird Club in this wonderful citizen science activity focused on monitoring the abundance of our winter resident bird species. Call for details and available times.

### SATURDAYS AT THE NOOK - OH DEER!

Saturday, December 17, 9:00 am – 3:00 pm

Drop in and delve into nature by exploring the monthly featured creature: Deer! Fun activities, interactive displays and take-home projects for all to enjoy. Work at your own pace, drop in anytime. Youth, families with children. Donations welcome.

### SNOWSHOEING STATEHOUSE LAKE TRAIL

Saturday, December 17, 1:00 pm – 3:00 pm

This 1.5 mile Discovery Center trail takes you through woods, bogs and over our pristine Statehouse Lake. Great for families and any level of snowshoeing experience. Bring your own snowshoes or rentals available. Adults, Families, Youth. \$3 Members, \$5 General Public.

### RESEARCH REVIEWS:

#### HISTORY OF LOCAL NATIVE PLANT COMMUNITIES

Tuesday, December 20, 3:00 pm – 4:00 pm

Ever wonder what the area looked like 200 years ago? We'll dig up current and historical information from a variety of sources, learn about the native communities of our area and discuss what the changes might mean for future landscape management. Free, donations welcome. Held at the Discovery Center. Adults.



### COSMIC CAMPFIRES - WINTER SOLSTICE

ADULTS & FAMILIES

Wednesday, December 21, 4:30 pm – 6:30 pm

Let's celebrate the longest night of the year with a campfire and solstice lore. Great for the family! Bring blankets, binoculars and dress warmly. Campfire: Free. Donations welcome. Optional soup, hot drinks, and s'mores. \$7 (\$5 Members)

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**ConserveSchool.org**

A semester-long immersion for high school juniors that deepens their love of nature, reinforces their commitment to conservation, and equips them to take meaningful action as environmental stewards.

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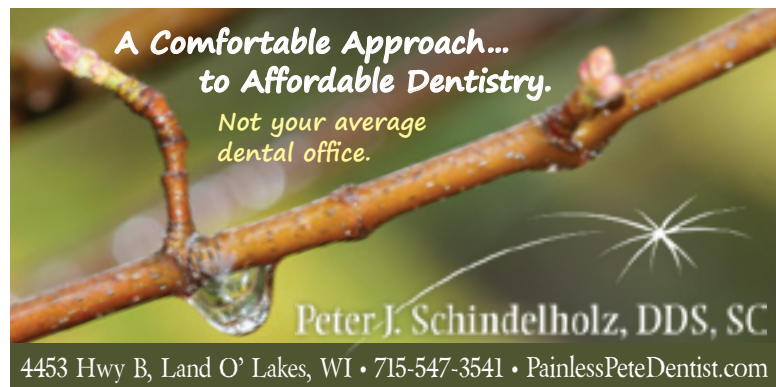
715-479-8732  
[exlcleaning.com](http://exlcleaning.com)

## WikiWOW Modern Ice Fishing

Ice fishing methods have changed drastically over the past 20 years. The name of the game is Mobility for today's modern ice anglers. The days of drilling one hole, waiting and hoping that a fish will swim by, are starting to fade. With light gear, battery-operated sonar units, and fast and powered augers, an angler can conceivably drill and check hundreds of holes in a single day. When the fish stop biting where they are, anglers can move to the next hole, checking it with their sonar first to look for activity, and if there are no fish they will keep moving until fish are found. In addition, schools of fish tend to move around; so a hole may be productive for 10 minutes and then slow down to nothing for an hour before a school returns to that location. This "fish where the fish are" technique and ease of mobility increases the catch rate of any angler, because it minimizes the wait between bites, similar to "trolling" in summer.

Anglers can now use many available maps and surveys to help pinpoint lakes and areas within those lakes that make sense to try for specific fish, noting those locations in latitude and longitude coordinates. They are then able to use a handheld GPS receiver to aim them to those spots, usually with accuracy of less than 20 feet. Ice anglers then drill holes with whichever auger they have, checking the ice thickness for safety as they go. Using sonar, the angler can determine the depth of the water, bottom content, weed and structure cover, and even see if there are fish there. Also, by using sonar, they can place the bait according to where they think the fish are. If they are using "tip-ups" they can carpet the area at different depths and with different presentations (the number allowed being determined by local laws) and see what is the most productive. Modern ice anglers can also use modern reels mounted on shorter (18"-36"/45-90 cm long) fishing rods to actively fish by watching, by using their sonar, where their lure is relative to the fish, and jig accordingly to entice a bite.

Continued on page 10



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Wrapping**



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loyal customers!  
Thank You for your patronage!

Mark & Valerie Hogan  
TJ GRIZZLIES



Merry Christmas and  
Happy New Year to our loyal  
customers—Thank you for  
your patronage.

**MEYER & ASSOCIATES  
INSURANCE AGENCY**





Wishing everyone a joyous  
Holiday and a New Year full of  
health and happiness! Please stop  
in and visit us!

**LAND O' LAKES  
RECREATION CO.**



Have a Blessed Merry Christmas  
and Happy Healthy New Year  
and Thank You to all our valued  
customers.

*from the staff*  
**PINE CONE CAFE'**





**Bill and Dawn Whitney**  
want to wish everyone a  
Joyous holiday season and  
Thank You for all your  
support this past year.




Merry Christmas & Happy New  
Year! Thank you for your  
business. We will be closed 12/24,  
25 & 26 and 1/1 & 2.

**FORSLUND BUILDING SUPPLY  
LAND O' LAKES**


Merry Christmas to all the people  
who support the Headwaters  
Food Pantry-both volunteers  
and donations, we couldn't do it  
without you.

**MARCIA & DAVE GUNDERSON**




Merry Christmas to our active  
military veterans and supporters  
of our community.

*From VFW, AM-VETS  
and Ladies Aux.*  
**POST #8400 LAND O' LAKES**




To all my friends and  
relatives-Merry Christmas and  
Happy New Year!

Love,  
**GENE CHRISIEN**



I need your grace,  
to remind me to find my own.  
Happy New Year Peewee...  
40 more please!

Love,  
**YOUR GIANT**



**BORDER BULLETIN**  
**HOLIDAY GREETINGS**




HAPPY HOLIDAYS!! Thank you  
for your business in 2011!  
**EGGLESTON CUSTOM  
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Wishing you a merry  
and safe holiday season!  
*from*  
**SPENCE HEATING & REPAIR**




A Merry Christmas and a  
Blessed New Year to all our  
Customers and Friends!  
*from*  
**THE PAINT BUCKET**



Christmas Wishes to  
North Twin~Graf's &  
Cory, Sobieck's & Family,  
Petrick's & Family.  
*from*  
**YOUR FRIENDS THE HOCKERS'**


Merry Christmas &  
Happy New Year.  
*from*  
**SEEDY ANTIQUES  
in LAND O' LAKES, WI**



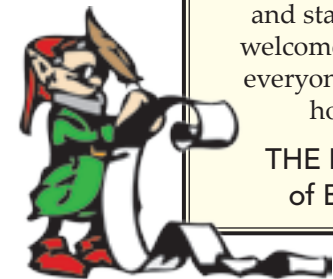

Peter, Thank you for sharing  
this magical place with me.  
Always under the full moon.  
*Your* **RACHAEL**



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## Kid's on Break - What to do?

Winter break from school used to mean a few lazy weeks spent indoors until boredom hit. This holiday season, parents can transform their family's winter break blues into excitement by offering children what they crave - fun and engaging activities that will keep their minds active (and they won't even know it).

As crazy as the holiday season can be, there are simple solutions for families who want to continue to exercise their children's minds and bodies during the winter break and beyond with age-appropriate, fun activities.

*Be a camper.* Seasonal camps, such as summer or winter camps, are specifically designed to offer a balance of fun and continued learning during transitional periods from school. While engaging children in activities they love, seasonal camps provide a simple solution for families who may need to work or simply catch up on holiday shopping and errands.

*Capture holiday memories through reading and writing.* The holidays are a time to capture special memories when families spend more time together. Nothing is better than snuggling up to a great book with your child. Creating a holiday journal is another excellent way to preserve memories while participating in a creative, family-friendly activity. Studies have shown that even younger children enjoy exploring writing and that their scribbles and scrawls have meaning to them. This type of writing is called prewriting and it helps children develop language and literacy skills.

There are simple ways to foster children's creativity and inspire




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# BORDER BULLETIN HOLIDAY GREETINGS

continued from page 6...

them to write during the holidays. Encourage "writing for a reason." Make writing a part of daily life whether writing holiday shopping lists together, writing brief descriptions of holiday pictures or photos, or planning holiday food menus together. Inspire an art book by encouraging your child to draw holiday memories. Then ask your child to describe his or her pictures and help him or her write the story that goes with the pictures.

*Turn holiday chores into holiday cheer.* Believe it or not, it's easy to turn seemingly daunting holiday tasks like cooking, decorating and wrapping gifts into family fun time. Think about creating kid-friendly games and activities out of your seasonal chores so that you can spend quality time together while checking off your to-do list.


For instance, cooking and baking exposes children to measurements, mixing, and the properties of solids and liquids which help them learn about math and science. For example, you could ask your child to measure a cup of flour or show him or her how water and oil separate when in a bowl.

Wrapping packages can be an opportunity to discover and identify different shapes, sizes and patterns, as well as practice eye-hand coordination. For example, ask, "Which package is the biggest?" or "Which box is round in shape and which one is square in shape?" Have your child practice wrapping a gift for someone in the family with a pre-cut piece of wrapping paper.



The holiday season is a perfect opportunity to bond and make memories with loved ones while learning together. Whatever families choose to do this winter break, look for ways to expose your children to a myriad of age-appropriate activities that allow them to imagine, explore, have fun and keep learning while sharing in the holidays.




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**BORDER BULLETIN**  
**HOLIDAY GREETINGS**

# NATURE NOTES Red Fox *by Peter Dring*



Peter Dring is a naturalist, photographer, and was Director of the world renowned Little Red Schoolhouse Nature Center for nearly four decades.

Have you ever seen a red fox walking through our Northwoods or even your yard? Unless you are very lucky or spend a lot of time looking for wildlife, you are just as apt to see a fox on a television nature program than in the wild. That is because a fox is mostly active at night, while wildlife programs may be filmed during the daytime with tame foxes.

When there is snow on the ground, the wild fox leaves its tracks where they can be easily followed by the daytime observer. Since their prey is more difficult to



catch during the winter, they may extend their hunting activities into the daylight hours.

The tracks of the red fox look like those of a small dog except that they are usually all in a straight line. The patterns of tracks left by the two different animals show their contrasting behaviors. A dog that is being walked by its owner and is out for exercise is likely to leave sloppy wandering tracks as it romps and plays in the woods. The fox's trail is much more direct as it is in the business of hunting for food or covering different parts of its territory by the shortest route possible.

Beside the tracks of foxes, one may find their droppings, called scats, along with urine marks. These are odor messages between foxes as are those between dogs. Unlike those of dogs, fox scats usually contain hair or berries and are pointed at the ends. They may be left regularly in a certain area. When the snow is fairly deep, one may also see food caches, which are patches of disturbed snow up to a foot wide where a fox has stored its dinner leftovers. The food caches may be marked with urine spots.

Winter life for a fox is hard work, as it is for any wild carnivore. There is no bowl of dog food wait-

ing for it in a warm house as there is for the fox's domestic cousin. Plant food is limited to occasional crabapples, wild grapes and berries which are mostly gone by the time the snow covers the ground.

An animal that lives on green leaves like the woodchuck or worms like the garter snake, can hibernate during the winter, but not the fox. Mice and rabbits are its chief food and to catch them, the fox must hunt all the time, only sleeping during mid-day. The fox's reputation for slyness and cunning is well earned by its need for survival.

Foxes generally form pairs in mid-December as a prelude to breeding. Their trails may then be seen in pairs, running parallel up to two hundred yards apart or sometimes following in the same prints. In January or February, mating occurs, and then the pair looks for a den to raise their young. Although a fox may dig its own den, he usually enlarges one from the previous year, which may be an old woodchuck burrow. The den opening is usually a hole 10 inches wide and 15 inches high with a mound of earth and sometimes the remains of small mammals scattered around. The den may have more than one entrance. The young are born between mid-February and mid-March and average 4 to 6 per litter.

Like any other wild mammal, a fox has what is called a home range, the area where the individual animal (non-migratory) travels through its life. Home range varies from hundreds of square miles for grizzly bears, wolves and mountain lions to about a couple of hundred square feet for the house mouse. A fox with a mate has a home range of about 1 1/2 square miles, while a solitary fox may wander much farther. Frequently the home ranges of foxes overlap so that dens of different pairs can be close together.

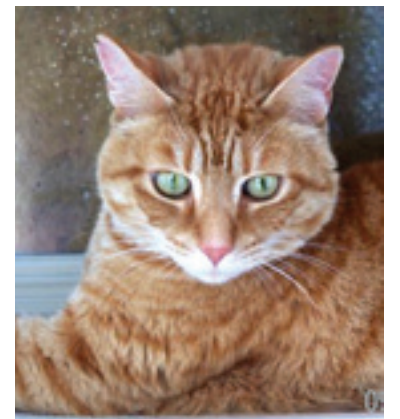


So far we have been talking about the red fox, but the gray fox is also found in the Northwoods, its track is smaller and more delicate than the red fox for the gray fox is little bigger than a house cat. Less common than the red fox, the gray has the habit of climbing into low trees to escape danger.

The red fox is one of the most beautiful and interesting mammals of the Northwoods, yet it still suffers from the prejudice that the public has toward predators. Many people have an attitude instilled in them by children's fairy tales, that nature is divided into 'good' animals like rabbits, squirrels, and deer and 'bad' animals like wolves, foxes, coyotes and bobcats. In my opinion, there is no justification for such a division of animals, especially in our Northwoods. With a shortage of native predators like foxes, the woodchuck, mouse, squirrel populations in some of our areas has greatly increased, threatening our native wildflowers.

So the next time you take a walk in our winter woods, look for a line of dog-like tracks in the snow. If you actually see a fox out hunting its food, consider yourself very lucky, for you will have seen a sight which most people rarely see.

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## From the PASTOR'S WINDOW *by Pastor Skip Pullen*



*Skip Pullen is a pastor with Village Missions, serving two churches in the Upper Peninsula of Michigan—the Watersmeet and Bruce Crossing Bible Churches.*

Back in 1974 in Paris, France, it was reported that four garbage collectors were working their routes when they were picked up by police. They were informed that they were going to have breakfast with the French President and his wife. They were taken directly to the presidential palace, dirty clothes and all, and were treated to a sumptuous breakfast and conversation with heads of state. Upon leaving, each was sent home with a turkey and presents for their families. How do you think you would feel if that happened to you? Maybe you would have been excited, maybe a little intimidated or downright fearful. After all, you weren't exactly dressed to go to such an event. Imagine how it must have been telling their wives and families afterwards. This was,

no doubt, an event that they would recall for the rest of their lives!

In Luke 2, we read, "Now there were in the same country shepherds living out in the fields, keeping watch over their flock by night. And behold, an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were greatly afraid. Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior, who is Christ the Lord. And this will be the sign to you: You will find a Babe wrapped in swaddling clothes, lying in a manger." And suddenly there was with the angel a multitude of the heavenly host praising God and saying: "Glory to God in the highest, And on earth peace, goodwill toward men!" So it was, when the angels had gone away from them into heaven that the shepherds said to one another, "Let us now go to Bethlehem and see this thing that has come to pass, which the Lord has made known to us." (Luke 2:8-15 NKJV).

These shepherds were invited to an event that was a more awesome spectacle – God had become a man. John 1:1-2, 14 says, "In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God... And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth." Not only did they get an invitation to see the Christ, they were treated to an angelic choir. Luke tells us further on in chapter 2 that they were in awe.

I wonder, does Christmas still have the awe in it for us? Are we in awe that God the Father has invited anyone who would believe on His Son, Jesus Christ, for their salvation; to spend eternity in heaven with Him?

There was a story told in *Pulpit Helps* some years ago of two women who were enjoying an elaborate luncheon in a downtown restaurant. When they were asked about the occasion, they replied that they were celebrating the baby's birthday. They were asked, "Where is the baby?" for no child was to be seen. The mother answered, "Oh, you didn't think we'd bring him, did you? Why he knows nothing about it." Many of us can be that way when we celebrate the birth of our Savior. In our rush of observing Christmas with giving gifts, eating, etc., do we really stop to meditate upon the Lord Jesus who should be the center of it all?"

What we are celebrating is the fact that God sent His Son, Jesus, into the world to take the punishment for your sins and my sins against God, that whoever trusts in Him would not die and spend eternity apart from God in hell, but would have the joy of everlasting life in heaven with Him. Have you called upon the Lord to be saved? If not, I urge you to do so. If you have, don't let the celebrations of the season cause you to forget what it is all about. Take time to gather with other believers and rejoice in your Lord and His salvation. Jesus is the reason for Christmas.

*Know I'm praying for you.*

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## KEEPING YOU POSTED *by the USPS*

We can still get those packages delivered in this country before Christmas - using Priority Mail or Express Mail. If you are trying to think of gift items, why not think stamps? Now that all of our stamps are "Forever" stamps, it won't matter how long it takes to use them. Especially with the rates increasing on January 22nd, you can purchase them now at 44 cents and after the 22nd they will still be good for a one ounce letter.

With Christmas falling on a Sunday this year, the Postal Service will be observing the Holiday on the 26th, so we will be closed on that day and open again on the 27th. On Saturday the 24th, we will be open our regular Saturday hours, which means the window will be open from 9:30 until 11:00.

Postal Service customers are receiving bogus emails with subject lines containing the text: "USPS Delivery Failure Notification." The emails claim to be from the Postal Service and contain fraudulent information about an attempted or intercepted package delivery. The emails instruct customers to click on a link to find out when they can expect delivery. Clicking on the link activates a virus, which can steal personal information-such as user names, passwords or financial account information-stored on the computer. Customers should simply delete the message and take no further action unless they choose to report the email as spam by contacting [abuse@usps.gov](mailto:abuse@usps.gov). One tip on spotting bogus emails is when the text from an automated message system states "Click on this link for details."

Did you know that on June 8, 1959, the Navy submarine U.S.S. Barbero fired a guided missile containing 3,000 letters at the Naval Auxiliary Air Station in Mayport, FL? "Before man reaches the moon mail will be delivered within hours from New York to California, to Britain, to India or Australia by guided missile," an official said. History proved differently, but this experiment with missile mail exemplifies the pioneering spirit of the Post Office Department.

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# HEALTH & WELLNESS Seasonal Affective Disorder (SAD) *Dr. Ida Allen Bergman, DC*

*Modern Ice Fishing*  
Continued from page 5



It's that time of year again. The snow is flying, the days are short, grey, and dreary. The alarm goes off and it's so dark and cold you'd much rather turn over and cuddle in for the rest of the day than pry yourself out of that physically and mentally comfortable environment. You may have noticed you have some increased pain. Maybe you'd rather not face the day due to the increased anxiety you have been dealing with. Maybe you're fighting depression and fatigue. Maybe you've been more irritable and less understanding toward your children or spouse. Symptoms of SAD may also consist of morning sickness, overeating, craving sugary foods and/or carbohydrates, weight gain, trouble concentrating, and withdrawal from friends and family. If you have any of these symptoms, you may be starting to wonder what is going on with you. Well I'm here to tell you, it's NOT in your head! It's actually in your entire nervous and skeletal systems. In my opinion, the problem here is four fold. Lets break it down.

glands. D is mainly known for its amazing role in keeping calcium and phosphorus regulated in the body. Without this regulation, the body does not survive. D also has a very important job of taking the calcium that you eat from the food in your stomach and pushing it into your bones where you need it. Understand this, your calcium level is important as far as strong bones and other body processes, however if you can't pull the calcium from your food and push it into your bones, you could take as much calcium as you want and you will STILL have osteoporosis! Have you ever wondered why the US has a higher rate of calcium supplementation than any other



country in the world, but we also have the highest rate of osteoporosis? There are a few other factors here but one main factor is the inability to get that calcium from your bloodstream into your bones. It is also now very clear that D receptors are present in a wide variety of cells, and that this hormone has biologic effects that are much more vast than mineral regulation. Currently, most research on D is being focused toward SAD. Besides depression, osteoporosis, and chronic pain, The Vitamin D Counsel is now showing that if you are deficient in D, you may be at higher risk for 17 types of cancer, heart disease, stroke, high blood pressure, diabetes, muscle wasting/weakness, birth defects, and periodontal disease. Because D is an anti-inflammatory hormone, it even helps with arthritis,

auto-immune disease, irritable bowel and Alzhiemers.

2. Essential Fatty Acids. I have spoken extensively on fish oils in previous articles so I will keep it brief here. Again because of the extreme level of anti-inflammatory effect, these omegas are an essential piece in winning against SAD. They also keep the attachment sites open for other nutrients to be used. To have these effects though, it can't be flax oil (although flax has it's own beneficial effects).

3. No matter what you're taking though as far as supplements does not matter AT ALL if your diet is not on track. You'll basically be flushing those expensive supplements right down the toilet. Why? Because you're unable to absorb them if you don't have the right fundamental nutrients present. To build a house, you must have a solid foundation. Nothing will break down this foundation faster than sugar and processed foods.

4. In my opinion, one of the largest detriments to the nervous system affecting SAD and many other health concerns is the constant bombardment of EMF waves, or more basically, radiation. WiFi is everywhere, cell phones, computers, microwaves, electric/automatic doors, etc. It's practically inescapable. These energy frequencies seriously effect the normal functions of cells. Remember that old commercial with the egg and the frying pan? This is your brain (raw egg), this is your brain on EMF (raw egg on hot pan)! This stuff is seriously scrambling our brain and nervous systems. The reason we are more effected in the winter months in the northern climates is because we are less able to GROUND ourselves. Let me explain. In your house, all of your electrical wires are grounded. Meaning, they are all linked to the actual ground so that they don't cause electrical damage. Understand that the pH of the actual earth is neutral. Naturally we are supposed to be in contact with the

earth in order to keep our cells at a normal or 'grounded' level. Without getting too detailed, all of the EMF or radiation is scrambling our cells and the earth can actually stop this scramble. Isn't nature wonderful?

In an effort to keep it all simple, I personally guard against SAD by using a high quality Cod Liver Oil with D (1 tbsp knocks out 1 and 2 above), I eat plenty of fresh veggies and quality protein and NO sugar or processed products, and I've become a literal tree-hugger. Really, if you can get outside and put your bare hands on some trees, you are able to 'ground' yourself. I also make sure there is nothing plugged in where I sleep at night and use a wind up alarm clock. Now you should have no excuse to be 'SAD' this season. Be sure to speak with your practitioner if you start any supplementation.

Ice fishing can be done at any time of day, and is typically most active around dusk and dawn. Different fish are active at different times of day, so anglers need to fish for them accordingly. There are fishhouses large enough and comfortable enough to spend many days in a row out on the lake, fishing the entire time. One can even fish in one's sleep, by using audible alarms on one's lines to tell when a fish is biting. There are also many lightweight and highly mobile portable shelters that mount on plastic sleds and collapse for transportation. These can vary from small, one-person shelters (commonly and affectionably called "Fish Traps") to large and complex shelters able to fit up to 6 people at once.

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## IN 'DA WOODS 'Tis the Season *by Melanie B. Fullman, US Forest Service*



Melanie Fullman works for the U.S. Forest Service, Ottawa National Forest, Bessemer, MI; and has also been stationed in Alaska, Idaho, and Washington State.

### TIS THE SEASON

...for finding your perfect tree on National Forest lands! While not suggesting you shouldn't buy one from a local business, the following tips, and lessons learned, are for those considering one from 'in the woods':

#### THE PERFECT TREE

The most popular commercial Christmas tree is the Scotch pine, with short, bright green needles that tend to stay on even when the tree gets too dry. Throughout the Midwest, thousands of acres of Scotch pine were planted 1950-1980ish FOR Christmas tree production and to a lesser extent, wood production and windbreaks. Due to the influx of so many Scotch pine plantations so quickly and the intensive labor required to make them successful, many of these outgrew the interest and energy of their landowners.

Today, the wild offspring of these non-native and invasive (?) trees are spreading into the forest, occasionally out-competing some native pines.

For both these reasons – their superior Christmas tree quality and their un-intentioned spread – cutting a Scotch pine off National Forest Lands would be an excellent holiday tree choice. To avoid confusion with native red pine, look for the Scotch pine's unique features: orangy-red bark, irregular trunk, and 1" needles.

Another species to consider is Balsam fir, found in great abun-

dance across the Ottawa, with needles that are 3/4 - 1 1/2" in length, soft (compared to spruce), and that also last a long time. Balsams have a dark-green appearance and retain a pleasant fragrance throughout the season. They also tend to be lighter weight than pines.

For generations, spruce trees have been a popular, albeit somewhat prickly, choice. In addition to a fine, natural shape, sturdy spruce branches are excellent for holding ornaments and have short (1/2 - 3/4"), attractive, bluish-green needles. On the other hand, the needles have a bad aroma when crushed and being rather stiff, tend to be pokey when handled. Among spruce, needle retention is best in white spruce.



#### SORRY CHARLIES

Unless you're looking for a Charlie Brown tree, I recommend avoiding white pine and hemlock. While white pines have good needle retention, the tree has little/no aroma and its flimsy branches aren't much for ornaments.

Hemlock needles fall off VERY soon after harvesting. I know this because we cut one once and dutifully hauled it home. As always, it

spent a night in the garage acclimating to room temperature and sucking up water from a bucket.

When we moved it indoors on Day 2, we noticed it seemed to be losing a few more needles than other trees from previous years. Nevertheless, we decorated it, perhaps a bit more carefully than usual, and poured on more water.

On Day 3, Christmas Eve, we couldn't help but notice that any time the slightest drift of air passed, our little hemlock lost SIGNIFICANT numbers of needles. Even the nearby wag of a dog's tail generated enough breeze to loosen a torrent of quiet tinkling, as needles plummeted onto ornaments, packages, and letters. Adding more water just made the lowest branches more bare. We left a note warning Santa.

By Christmas morning, our tree was about half naked, each package buried in bone-dry needles that no amount of water seemed to thwart. Retrieving gifts resulted in a steady hemlock shower. It was funny and amusing in an odd, sad way. By night, most of the needles were on the floor, with the ornaments and lights clinging to now barren brown branches. In addition to its extremely unappealing visual quality, our holiday hemlock was a serious fire hazard!

On the second day of Christmas, little more than 4 days since it had been cut, the hemlock had to go. No sparkling lights and lingering festivities THAT year. Removing garland and ornaments stripped it, and us, of all remaining dignity. Hoping to not track needles across the entire carpet, we carefully placed tarps along the exit route and gingerly shoved it out the door. Despite our best

efforts, there were no (zero!) needles on the hemlock by the time it reached the snow and several thousand in the living room.

I don't recommend hemlock as a Christmas tree.

#### CHEAP ENTERTAINMENT

If you decide to cut a Christmas tree from National Forest lands, please make sure you purchase a \$5 permit from the US Forest Service in advance. The permits are available at any Ottawa Forest office. There are no restrictions on the number of permits/tags that can be sold to one person but the use must be personal, not commercial. Each tree must be tagged prior to transport. The tree must also be less than 25' tall – in other words, no whacking a 70-footer just to get the 8' top.

National Forest Christmas trees cannot be harvested from Wilderness areas (i.e. Sylvania, McCormick, or Sturgeon Gorge), from Forest Service office sites (duh!), or from developed recreation areas (campgrounds, Black River Harbor, etc.). Stumps should be cut as close to the ground as possible, preferably less than 6". Finally, trees cannot be cut within 100' of a lake or pond.

Be sure to grab a map, pack something hot to drink, and tell someone where you're headed



and what time you'll return. I usually tie bright colored flagging to my hand saws as they like to crawl under the snow when I'm not looking. You might want to have a pair of pruners, too, to cut a few extra branches for a homemade wreath, garland, or centerpiece. Take along a tarp and twine for trussing up your tree, plus a camera for capturing the experience. Snowball fights mandatory/optional.

Hope your holiday season is filled with fun and that you spend some of it in the woods!



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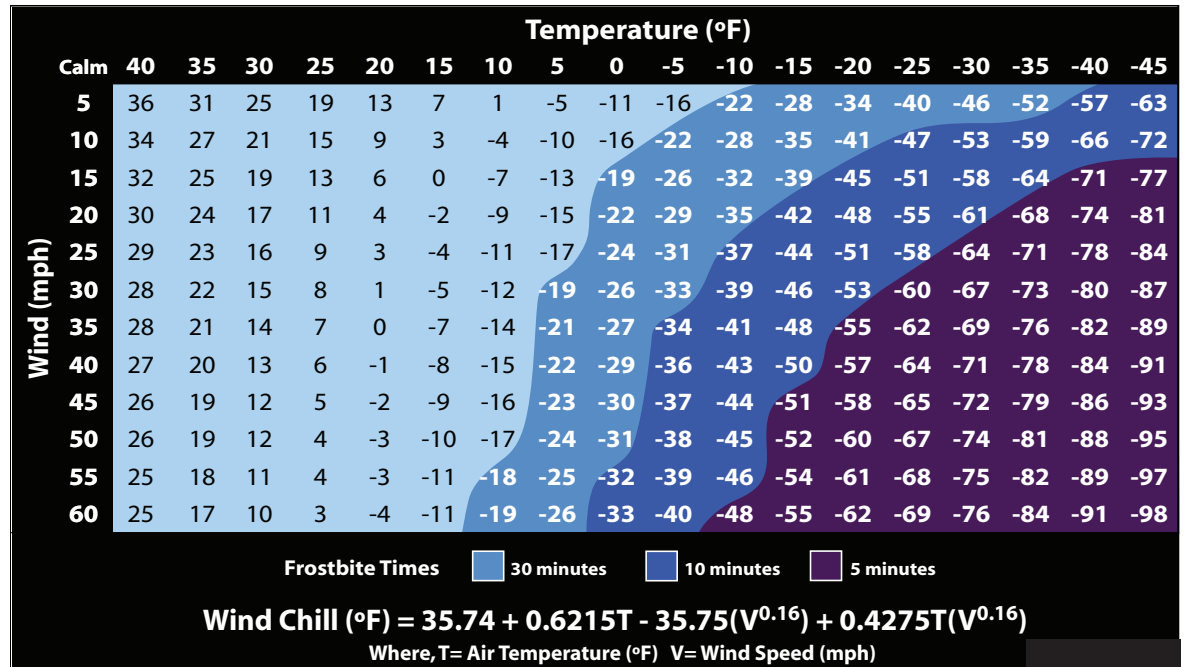
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