



Introducing...

PALATE PLEASERS

by Kris & Mark Gostisha

Kris and Mark Gostisha have owned the Forest Lake Country Store, in Land O' Lakes, since June 2005. What started as a convenience store and coffee shop has blossomed into a boutique restaurant and a unique wine/beer/cheese shop. Customers are surprised at the selection of fine wines, hard to find beers, and artisan cheeses available at the store. Complimenting the wine, beer, and cheese you will find hull-less popcorn, English teas, unusual grain products, and many more gastronomic delights.

Kris and Mark will be sharing their food and beverage knowledge in a new column—exclusively for the Border Bulletin—called, simply, *Palate Pleasers*. The first three articles will explore the basics of craft beer, boutique wines, and artisan cheese. In the future *Palate Pleasers* will explore individual wines, beer and cheese makers, unusual grains, and recipes for your own events. The Forest Lake Country Store is located seven miles west of Land O' Lakes on County Road B, and you can call 715-547-8222 for more information or to speak with the authors.



Think you Know Cheese?

PALATE PLEASERS Artisan Cheese *by Kris & Mark Gostisha*

In this inaugural Palate Pleasers we will explore the Artisan Cheese industry.

What exactly is Artisan Cheese? Artisan Cheese is, in general, a specialty cheese. Specialty cheese has unique qualities including an exotic origin. Cow's milk is the prominent milk used for standard

cheese production in Wisconsin. For Artisan Cheese, cow's milk is also used, but it is not unusual to see the use of sheep's or goat's milk in production—or even blends of cow's, sheep's and/or goat's milk.

There are other things that set Artisan Cheese apart. Special pro-

cessing; handcrafting, traditional techniques, or even on-farm production are some of the elements that create unique cheeses. Artisan Cheese is produced in small batches, primarily by hand, often using ancient production and aging techniques. Due to the small batches, traditional techniques, and quality hand-picked ingredients, the end result is very delectable.

Artisan Cheese production in Wisconsin represents over 16% of the total cheese production in the state! In Wisconsin alone there are over 600 varieties of Artisan Cheese produced by over 125 cheese makers. This production growth mirrors the consumption growth in the country. Once people find the unique flavors available in quality Artisan Cheeses, they rarely return to eating the mass produced cheeses.

Cheese consumption in the United States is up to 33 pounds

per person per year! This is double what cheese consumption was just 30 years ago. As points of reference, Greece leads the world in cheese consumption at 72 pounds per capita and France is second at 53 pounds per capita. Competition is big among Wisconsin Artisan cheese makers. Local competitions—at events like county fairs—and state, national, even international competitions are held to showcase and evaluate Artisan Cheese. If you see a blue ribbon on an Artisan Cheese you can rest assured it is a quality product.

Here are some tips for cheese enjoyment. Keep the cheese in your refrigerator between 34 and 38 degrees F. Contact with air is not good for cheese—air dries cheese and creates flavor degradation. Hard cheese, like Cheddar, Parmesan or Asiago should be wrapped tightly in plastic wrap, or put into Ziplock bags with the air squeezed out. Soft cheese like

blue, Gorgonzola or Mascarpone is best stored in airtight plastic containers. Remember cheese will very easily pick up the flavors of items around them. If they are not stored correctly the product flavor will change in storage!

A great on-line resource for Artisan Cheese makers, recipes, pairings, and more is available from the Wisconsin Milk Marketing Board. Their website address is www.eatwisconsincheese.com Check them out for more information on Artisan Cheese.

In future Palate Pleasers we will explore craft beers and boutique wines. Once the individual topics are outlined Palate Pleasers will start to explore individual producers and more. We hope that you enjoy the column and we appreciate any feedback.

Bon appétit



Wheels of fine artisan cheese aging in a traditional cheese cave.

Vilas Cty Register of Deeds Reaches Milestone - 500,000

The Vilas County Register of Deeds office officially recorded its 500,000 document on December 22, 2011 celebrating with a certificate for the record-setting event. "Vilas became a county on April 12, 1893. Since that time to the beginning of my first term in office on January 4, 1999, there were 346,520 documents recorded" says Joan Hansen, Vilas County Register of Deeds. "It only took a little under 13 years to record the balance of 153,480 documents! This is an indication of how attractive Vilas County has become for people to live in and vacation." Recorded documents are not limited to real estate documents such as deeds and mortgages and may include lien documents, judgments, business registrations, leases and more.

Kim Schaffer of Northwoods Title & Closing, LLC submitted the 500,000 document. The Register of Deeds office staff presented them with a certificate to honor the occasion.

Keep the Sled Doggies on Course

Three Bear Sled Dog Races, held in Land O' Lakes, is in need of Christmas trees again this year. You can drop them off at the Land O' Lakes Fire Barn.



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Michelle M. Sparks

Family Fun Day at NPHS - 1/28

The December Family Fun Day was a huge success! This January Family Fun Day will be even better as they will be able to teach snowshoeing and XC skiing because of the beautiful snow!

Please mark your calendars for this great event put together by the NPHS Phy. Ed. Dept. Activities will include: basketball, batting cages, volleyball, xc skiing, snowshoeing, and access to the climbing wall. This event is open to the general public and there is no admission fee. Join us Saturday, January 28 from 1-4pm in the Northland Pines High School Fieldhouse.

Babysitting will be available for parents who would like to try out the climbing wall. For more info contact Wendy at wlamond@npsd.k12.wi.us or 715-479-6479 x4312.

Land O' Lakes Artful Activities

At LOLA, January 13th from 1 p.m. until 3:30 p.m., there will be a Scrapbooking Support Group. Meet with Mary Sethness for help getting those photo album projects completed. The art room is yours for the afternoon. Come and create! Free of charge.

Thursday, January 12 is Negative Space Drawing, taught by one of LOLA's resident artists Shirley Battin. This class follows the Oct. 25 class on Right Brain Drawing. Class is offered from 10 a.m. until 12 p.m. at LOLA Center for the Arts. Join Shirley for Negative Space Drawing and learn to see shapes of space. This will change your way of looking at things in the future. This class is for all levels of drawing experience. The fee is \$20 for adults and \$10 for children over 12. To register, call Wendy at: 715-493-5361. For a supply list, check out LOLA's website: lolaartswi.com.

Don't forget Watercolor Wednesdays! Every Wednesday in January, February and March from 10 a.m. until 4 p.m. Come and paint, play, create and have a cup of coffee! Bring your paints and your artistic spirit to work in a safe and encouraging environment. An artist will be on hand to give hints, tips and help with the sticky bits. No fee will be charged, but donations are appreciated.

Undefeated 7th Grade B-Ballers



Front row: Cameron Wait, Davey Mendham, Noah Weber, Scott Young, Blake Modjewski, Ryan Houle. Second Row: John Thornton-Weyrauch, Mike Rosinsky, Jack Misina, Noah Christensen, Landon Lax, Hunter Koehler. Back row: Coaches Phil Mendham, Rick Lax. Not pictured are Josh Sealander and Jake Martinez

The Northland Pines 7th grade boys basketball team recently completed an undefeated regular season in the Lakeland Basketball League. The boys will be entering tournament play Jan. 14 in Ashland, WI. Coach Rick Lax said, "They are a great bunch of kids who have worked really hard this season and play very well together. We are looking forward to playing the tournament schedule to see how we match up against much bigger schools such as Duluth and Stevens Point."

The Northland Pines Basketball Association runs youth programs for over 150 Northland Pines district students from kindergarten thru 8th grade. For more information call 715-891-1830.

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BORDER HAPPENINGS

★ Featured in this issue.

CONOVER ••••

Sno-Buddies Trail Lunch: Energy Mart, Jan 21, 11am-2pm. To benefit Scott Scholarship Fund.

Lions Blood Drive: Conover Community Center, Jan 24.

Sno-Buddies Benefit Chili Cook-Off: Buck Shots-ER, Jan 28, 3-6pm.

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:★
Negative Space Drawing: Jan 12, 10am-12pm. Fee.

Scrapbooking Support Group: Jan 13, 1-3:30pm.

Watercolor Wednesday: Every Wed. in Jan, Feb & Mar, 10-4pm.

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.

LIBRARY PROGRAMS:
Movie-The Help: Jan 13, 1pm.
Pre-School Story Time: LOL Library, every Wed, 10-11am, until May. Stories, games, crafts, treats, and more.
Hours: M, T, TH, F: 10am-4pm, W: 10am-7pm, Sat: 10am-1pm.

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.

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

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

Airport Commission: Land O' Lakes Airport, 2nd Thu, 5:30pm. 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 ••••

26th Annual Great Northern Ice Fishing Tournament: West Shore Landing, Jan 28, 8am-4pm.

LIBRARY PROGRAMS:
Movie: 2nd Wed., 2pm.
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 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 ••••

LVD Casino~Live Music:
Thunder Country: Jan 14, 8pm-12am. Variety.

Flight: Jan 21, 8pm-12am. Eagle Tribute.

Borderline: Jan 28, 8pm-12am. Variety.

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.

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.

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

EAGLE RIVER ••••
Classic Vintage Snowmobile-Weekend: ER Deby Track, Jan 13-15.

Amsoil World Championship Snowmobile Derby: ER Derby Track, Jan 19-22.

Tea Party with the Duchess: Northwoods Child Museum, Jan 28, 11am-1pm.

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 ••••
NORTH LAKELAND DISCOVERY CENTER PROGRAMS:
Nibbles-n-Knowledge-Mending orphaned & injured wildlife: Jan 12, 5-7pm. Fee
Free Friday Adventure: Jan 13, 10-11am. Free.

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Waterfalls in Winter Tour: Jan 14, 10am-3pm. Fee.
Please register by calling 877-543-2085 or online www.DiscoveryCenter.net.

MERCER ••••

Candlelight Ski: Jan 28, 6-9pm. Call 715-686-7208 for more info.★

PRESQUE ISLE ••••

Weaver Mary Burns Exhibition: P.I. Library, Jan 16-Jan31.★

RHINELANDER ••••

ADVANCED HEALTH PROGRAMS:

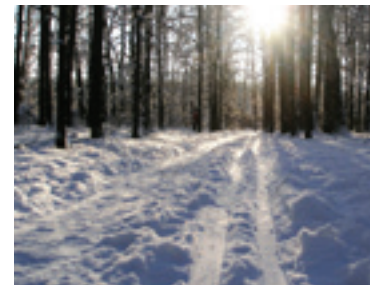
Soon To Be Mothers-Sess.1: Jan 12, 6:30-7:30pm. Ashley Stelter.

Healthy Snacks for Kids: Jan 20, 9:30-11am. Ashley Stelter.

Nutrition for Smarties: Jan 24, 6:30-7:30pm. Ashley Stelter.

Soon to be Mothers-Sess.2: Jan 26, 6:30-7:30pm. Ashley Stelter.

Info: Natural Health Improvement Center 715-362-2300, email advancedhealth@charter.net or go to www.advancedhealthnhic.com.



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Submissions by: January 14, 2012

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NATURE NOTES Murder on Christmas Morning

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.



Northern Shrike, *Lanius excubitor*.

On Christmas morning Dec. 25, 2007, I had just recorded the NOAA (National Oceanic and Atmospheric Administration) weather information, put out some seed for the birds and my wife Carolyn and I were sitting down for breakfast. Our breakfast table is set so we are able to observe the comings and goings of the variety of birds that use our feeders. We noted the usual Chickadees, Red Breasted Nuthatches, White Breasted Nuthatches, Downy and Hairy Woodpeckers, our single, lonely Brown Creeper, a few Redpolls, several Pine Grosbeaks, an unusual visitor, a Red Bellied Woodpecker and the awesome Pileated Woodpecker, that comes in for suet.

All of a sudden from around the corner of the house we saw a gray, white and black blur flying straight for the feeders. It was a Northern Shrike, AKA the butcher bird. The birds scattered and the shrike picked out a White Breasted Nuthatch as its next meal. The nuthatch headed for the trees and brush, fleeing for its life, the shrike hot on its tail.

Then at about the same time we see a male Pine Grosbeak coming straight for the picture window, and he hits with a resounding

'thump'. The shrike senses something or hears the 'thump' and in a blur of motion, turns 180 degrees in the air forgetting all about the nuthatch, and in a flash is on the stunned grosbeak, lying helpless on the ground, and with a quick bite with its powerful beak, the shrike severs the spinal cord of the pine grosbeak.



A Northern Shrike with a captured Pine Grosbeak in the author's yard.

The shrike has, shall we say, 'normal' bird feet not the powerful talons of the hawks or owls. It is not able to grab its prey and carry it away, neither can it hold its meal while it consumes it, it must impale or wedge the prey on a thorn,

barbed wire fencing or some other sharp object.

We had nothing in our yard the shrike could use and we watched, while it dragged the hapless grosbeak across the snow and to the wood edge, holding on to it with its beak. The shrike dragged its meal about 50 feet along a shoveled path, up a twelve inch edge, and along the top of the snow pack. There it found a branch, partially buried in the snow and it wedged the grosbeak in a small forked branch at ground level and proceeded to devour it. When it was done there was not much left except a pile of feathers blowing about in the wind.

The book is closed,
The year is done,
The pages full
Of tasks begun.
A little joy, A little care,
Along with dreams,
Are written there.
This new day brings
Another year,
Renewing hope,
Dispelling fear.
And we may find
Before the end,
A deep content,
Another friend.

Happy New Year

Candlelight Ski

Join fellow skiers at Mecca Ski Trails, Mercer, WI, Saturday January 28 from 6-9 pm

You can cross-country SKI or SNOWSHOE to our heated shelter for Chili, Popcorn, Cookies, Apple Cider, and a roaring fire.

Mecca Ski Trails is one mile north of Mercer, head west on County FF, turn south (left) on East Popko Circle Rd. and continue to Joe's Shack Rd., turn left to the Little Turtle parking area. Ice candles will mark the turns.

No charge for the festivities, but donations are always welcome for trail maintenance.

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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.

Recently, I have seen much attention being given to bullying. There are ads on TV with high profile stars speaking against it. There are laws that are being passed; and it is being addressed in our schools. Our local school district has done a good job in this area and has been ahead of the curve in this regard. For many years, they have been teaching the children about bullying and all its components. The children draw posters showing the many types of bullying. Knowing that the kids had been so steeped about bullying, when I saw a young person bullying another child several times, I told the child to stop being a bully. I was amazed when the child replied, "I'm not a bully." I'm not really surprised because bullying is just a sub-category of a much deeper problem—sin. When it comes to sin or being a sinner, it seems it is generally viewed as something the other person does or is, not oneself.

When we think of sin, we can begin to think only of the truly heinous acts, such as murder, adultery, child abuse, etc.; and miss the subtle sins, such as envy, anger, and pride that condemn us just as much as the blatant ones. We can miss what is truly going on in our hearts and what God is seeing. The reality is that we all are sinners. Romans 3:10-12 says, "There is none righteous, no, not one; There is none who understands; There is none who seeks after God. They have all turned aside; they have together become unprofitable; there is none who does good, no, not one." (Romans 3:10-12 NKJV).

Throughout the book of Proverbs, God's people are warned of using diverse weights and measures. Probably the greatest place we do this is in weighing others sins differently than our own. Spiritually speaking, we can have blind spots. Jesus said, "Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or

how can you say to your brother, 'Let me take the speck out of your eye,' when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye." (Matthew 7:1-5 ESV). When Christ tells us to judge not, He isn't forbidding judgment, but is making us aware that we need to be careful of making snap judgments, for we may be guilty of the same type of sin or even worse. Pride is probably one of the worst of sins, for it often blinds us to its own presence and even the presence of other subtle sins. Jesus told a parable of a Pharisee and a tax collector (see Luke 18:9-14). In this parable, the Pharisee's boasted of how he fasted and prayed and gave his offerings and wasn't like the tax collector. His prayer was prideful. Now the tax collector wouldn't even look up to heaven, but beat his chest in contrition and simply prayed, "God, be merciful to me the sinner." Jesus said the tax collector went home justified and not

the religious Pharisee. Jesus told this parable because there were people who thought they were so good and looked down on others in contempt.

How easy it is for us to think more highly of ourselves than we ought to think. We don't take long looks at our hearts and judge ourselves with sober a judgment. How about you? Do you look down at others and boast to yourself of your goodness? Pride is a seductive and subtle sin. It crops up so easily in the fertile soil of our hearts. We can think we are so much better than the other person, or we have this or that understanding; and though we may not show it outwardly, we can have a superior attitude inside. Ask the Lord to show you if you have any blind spots to sin. If you see them, confess them, and ask His help to weed them out.

Know I'm praying for you.

KEEPING YOU POSTED *by the USPS*

Last week we started selling the "New Mexico Statehood" commemorative stamp. With this stamp the Postal Service commemorates the 100 anniversary of New Mexico statehood. The "Land of Enchantment" became the 47th state to join the Union in 1912.



The stamp art came from an existing oil painting by New Mexico artist Doug West. The painting entitled "Sanctuary II," shows a landscape in northwestern New Mexico located in the Rio Puerco drainage between Cabezone Peak and Mount Taylor. These "Forever" stamps currently sell for 44 cents each but after January 22nd, they will sell for 45 cents each.

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OUTSIDE Ice Fishing in Full Swing

by Brian Blettner

The 2011/2012 ice-fishing season started out to be an early one this year. Many bold anglers were sneaking out on an inch or two of ice before Thanksgiving on a few shallower lakes, while deep, clear lakes were still getting boat traffic.

What makes us risk life and limb and throw all common sense right out the window this time of the year? Yep, you guessed it, early-ice walleyes! There is honestly no other time of the year that these "goodies" are so shallow and yet vulnerable to be caught, and in good numbers to boot. Once that lake crusts over for the first time, the walleyes strap on the feed bag and go on quite a binge to fatten up for the long winter under the ice.

It's the same concept for fall muskie fishing. The dropping water temps really trigger predatory fish into feeding while the feeding is good. Walleyes can be caught this time of the year anywhere from two feet of water, down to the deepest parts of any lake. No matter where you are though, good structure and cover are still a must to find. Start the day out on the deeper side of a green weed edge in about 13 to 15 feet of water and then slowly move up on top of the weeds, closer to shore as the night progresses. Walleyes will feed on the inside edges of weed beds and on top of extensive sand, rock or weed flats with the lack of ice above their heads, even in as little as two to three feet of water. It really is a very hot time of the year to be out chasing our sometimes elusive "eyes".

As early December rolled around, we found very spooky and unstable ice conditions all over the Northwoods. Lakes varied from 2 inches of shaky ice to 6 inches on some shallower bodies that froze up earlier. Walleyes and panfish were on the menu and most anglers did quite well. As the month progressed and the big lakes started to see more pressure,

the fish started to become a little more educated. This is where jumping from spot to spot to get away from the crowds worked well, or even better yet, jumping onto smaller lakes that finally held enough safe ice. Tip-ups with either medium shiners or suckers were the norm for wall-eyes and pike, but when the eyes started to become a little more finicky, down-sizing to fatheads worked quite well. Some anglers even surprised their fellow fishing buddies by jigging up some nice eyes onto the ice with jigging raps and spoons when the tip-up bite became a bit slow. Sometimes the difference between having a slow day and having a great day on the ice is having a little something we like to call "ambition".

The turn of 2012 has given us everything we need to launch the ice-fishing season into high gear. Frigid nights and little snow throughout December gave us the perfect ingredients to make great ice this year. Four-wheelers and snowmobiles are safe on almost all waters with 10 inches of ice, being an average. As of this time, a few brave souls have ventured out with vehicles on Lac View Desert and South Twin, but I personally would still hold back on that for at least another week or two. To be safe, not until we start to see 12-16 inches of solid ice would I finally consider driving vehicles on the ice. Very chilly conditions are making ice every day and night though, and with little snow, driving to our local hotspots is right around the corner. Just keep an ear and eye out for where vehicles are driving and I'll do the same here on my end. Good luck, stay safe, and be respectful of other sportsmen and women out there!

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HEALTH & WELLNESS Weight Loss *Dr. Ida Allen Bergman, DC*



You've heard me speak of the importance of setting goals. The only issue to understand now is how to get yourself

motivated enough to set them and continue to achieve them! What better time than the start of the new year. The motivation behind your goals, in my opinion, is the most important factor in determining how successful you are at achieving them. It is the driving force that keeps us on our path when we reach stumbling blocks and failures. These little bumps in the road are inevitable. It's how we handle them and use our motivating factors that separates those of us that succeed from those that give up.

Motivation levels will also change each day depending upon how you feel or how you experience certain situations. Weight loss motivation can sometimes be particularly challenging because although you may understand that weight loss, to be permanent, is a slow process, in this fast paced world we all want that ideal size NOW. Since the number one new year's resolution has a fitness or weight loss connotation, we will focus our attention on that today.

There is actually a reason why most people start a new diet plan with very high motivation, but have difficulty maintaining it once they reach a plateau. Not one person has ever become suc-

cessful without first falling short at some level. You may even consider this failing. It's time to learn how to fail forward. In other words, when you fall short of a goal or even fail, learn that lesson life threw at you and get up and move forward. It's when you learn from your shortcomings that you win!

Once your goals are set, you must sit down and figure out exactly WHY you have these goals. This is your motivation. I have patients that will tell me they need to lose weight for their children. They want to be healthy for their kids, setting a good example. There are actually many different types of motivation for weight loss. Discovering your type will allow you added success. Some are motivated by plotting graphs and keeping track of weight loss by comparing the results to previous numbers. Use weight and measurements of arms, legs and core as well as measurements of your exercise and strength training to meet this type of your goal oriented motivation. Others are

more motivated by relationships. You may find that programs that incorporate meetings and group motivational times will suit your needs better. If learning oriented motivation is more your style you may find that your motivation increases after you've done your research in understanding what weight loss can do for your life and body at a cellular level. Whatever your motivation, the point is to find it and USE it!

The strength of your weight loss motivation will help to determine how successful you are in your weight loss efforts (or any other goal for that matter). If you can first determine what really motivates you, your success rate goes up exponentially. You also need to state for yourself what your life will be like if you DO NOT reach these goals. Every time the road gets difficult, refocus on these motivating factors. Concentrating on what life is like with your goals met, and what it is like without them met. Remembering this, go easy on yourself and start fresh the next day.

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IN 'DA WOODS Snowshoes *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.

A SHORT HISTORY

Snowshoes have been around for thousands of years, probably originating in Asia about 6,000 years ago. Evidence suggests the inventors were the ancestors of the Inuits and other Native Americans that migrated from Asia to North America. As they moved across varying ecosystems, they redesigned and improved their snowshoes. In Scandinavia, snowshoes became so long and narrow, they were eventually...skis!

It is thought that the idea for snowshoes came from watching wildlife. Some animals, like snowshoe hares and bobcats, travel easily in deep snow on oversize feet. The first human snowshoes were bent branches with rawhide lacing. Using ash, birch, willow, and spruce, North American Indians perfected 4 distinct styles: Ojibwa, Michigan, Alaskan, and Bear Paw.

DIFFERENT SHOES FOR DIFFERENT USES

The canoe-like shape of the Ojibwa snowshoe was made for the varied terrain in the northern US (Maine to Minnesota). With a point at both ends, these shoes could be worn in dense woods and across open water, and if necessary, enabled walking backwards.

A similar design, the long-tailed but relatively wide Michigan snowshoe, looks like a huge tennis racquet. While the long tail made turning around difficult, it allowed wearers to easily carry heavy loads.

By contrast, the Alaskan, or Yukon, snowshoe is long (46"+) and narrow – ideal for the wide, open spaces of Alaska's interior. An up-turned toe aided in breaking trail for sled dogs in deep powder.

Finally, the oval-shaped Bear Paw was perhaps the most versatile and eventually, the design for most modern snowshoes. It is short and wide, making it easy to move through forested terrain where maneuverability is critical. Lacking a tail, Bear Paw snowshoes are also easy to turn around.

THE LATEST FASHION

While wooden snowshoes were easy and cheap to make by hand, they tended to lack decent traction on ice and steep slopes. The rela-

tively wide stance also required a straddle walk that could leave the wearer with tired hips after just a few miles of steady walking. In the 1970s, snowshoe manufacturers began using aluminum and neoprene, instead of wood and rawhide. Today's models, made with aluminum, polypropylene, and quick adjust bindings are even lighter but just as durable. Whether recreational interest caused this change or resulted from it, snowshoe use quickly went from employment and survival to fun and adventure.

Snowshoeing's boom also followed the growth of running, cycling, triathlons, and Nordic skiing in the 1980s. By 2000, 3% of all Americans over the age of 15 were snowshoeing. Nowadays, races, golf, baseball, and just about any other sport can, and is, played on snowshoes. Of course, professional users still include foresters, biologists, trappers, mountaineers, and the military.

While most modern snowshoes are either 8" X 25" or 9 X 30", potential buyers should visit retailers in their area to discuss regional models that will best meet their needs. And unlike other winter sports typically dominated by men, women comprise half the snowshoe market so unique models exist for each gender. Additional equipment, such as poles, can help when walking up or down hills or pulling gear. Under most weather conditions, a layer of synthetic polypropylene or bipolar underwear (top and bottom) along with a suitable outer wind

barrier is all that is needed for up to a 6-hour outing. An additional layer of fleece or wool, carried in a backpack, is nice for stops along the way.



THAT NEW YEAR'S RESOLUTION...

Snowshoeing is as easy as walking, easy on the body, and easy on the wallet. Another advantage is that any snow covered area with public access is a potential and probably free adventure. With deep snow and frozen lakes, snowshoers are also able to reach areas that are impossible to visit in other seasons. Plus, the slow speed of snowshoeing does not seem to startle wildlife in the same way as faster sports, making quality wildlife viewing an added benefit.

Lucky for us, local interest in and opportunities for snowshoeing are on the rise. Last year, a few folks started gathering on Wednesday nights for short hikes in the Ironwood area. By mid-winter, weekly attendance regularly exceeded 100 and sometimes, 150 enthusiasts of all skill and experience levels.

This season's hikes, organized by the Hobby Wheel's Eric Fitting, offer a chance to visit 10 exciting places. Each is followed by an optional after-hike 'social' sponsored by an area business. All hikes are FREE and open to the public; for more information, contact Eric at 906-932-3332.

Remaining 2012 Schedule:

- Jan. 18: Gogebic Country Club; socialize later at Elk & Hound
- Jan. 25: Schamburg County Park (Hwy. 51 S); warm-up/cool down at Skylawn Supper Club
- Feb. 1: Powderhorn Mt.; Caribou Lodge
- Feb. 8: Meet at Rigoni's for hike and to hang-out
- Feb. 15: Manny's
- Feb. 22: Bessemer – location to be determined, but after-hike at the VFW
- Feb. 29 (Leap Day): meet at the Michigan Welcome Center on US 2; gather later at Maplewood. Don't miss this once every 4 year opportunity!
- Mar. 7: meet at and return to Alpen Inn on Powderhorn Mt.
- Mar. 14: FINAL hike and potluck at Wolverine Ski area; meet at the warming hut.

Snowshoeing—great exercise, great fun. I'm hoping to make most of these, and to see YOU!

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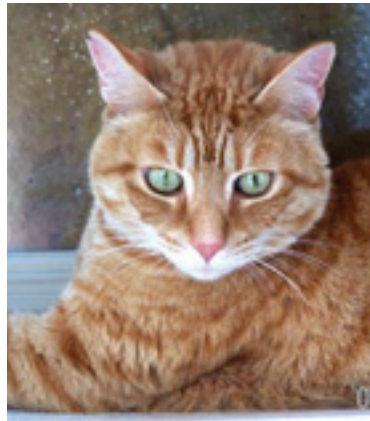
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