



Photos from...

Land O' Lakes Santa Weekend 2012



From the
Border Bulletin

MERRY Christmas



This picture of winter exhilaration submitted graciously by Stefan Anderson, Head of School, at the Conserve School.

Christmas Art Contest

For the second year in a row, Land O' Lakes dentist, Pete "Painless" Schindelholz, sponsored a Christmas Art Contest at the Land O' Lakes Elementary school. Organized by art teacher Amanda Acklam, kids from grades 3rd, 4th and 5th were invited to submit a holiday painting or drawing. From these entries, one winner would be selected whose artwork would be featured on Dr. Schindelholz's office Christmas card. "This year's contest was unbelievably difficult as most of the entries were just fantastic," said Schindelholz. The 2012 winner was Sofia Lane from the 4th grade. Sofia won a "take home" art supply kit and the school received a check from Dr. Schindelholz for art supplies benefitting all of the students.



Attending the check presentation for the Christmas Art Contest at the Land O' Lakes Elementary School are from left, Scott Foster, principal, Dentist Pete "Painless" Schindelholz who sponsored the contest, Amanda Acklam-art teacher and contest organizer and up front is this year's winner-Sofia Lane from the 4th grade.

Northwoods Singers Holiday Concert, December 16

The Northwoods Singers have added several area instrumentalists to their holiday concert ensemble. The Singers and the Northwoods Youth Choir will present "Season of Wonder" Sunday, Dec. 16, at 4 pm at First Congregational United Church of Christ in Eagle River. Playing violin will be Emilie Robbins of Eagle River. Norma Yaeger, also of Eagle River, will play the xylophone, and Sue Omdahl, of Iron River, will play tambourine and drum. Primary piano accompanists are Linda Brainard and Kim Johnson.

This will be Robbins second appearance with the groups. Norma Yaeger is a Singer and conducts parts rehearsals for the Singers. Linda Brainard has played for the Singers for many years and Kim Johnson has accompanied the Youth Choir for several seasons.

The concert is free and goodwill offerings will be gratefully accepted. This is the second of two holiday concerts presented by the groups. The first was held in Iron River, Mi on Thursday, Dec. 6. This was the first time the groups had appeared in Michigan. Director for both concerts is Dr. Pamalyn Lee, of Land O' Lakes.

For more information, to donate to the Northwoods Singers, or to join for the 2013 concert season, please contact Barbara Nehring at (715) 547-3525, or email tradingpostint@gmail.com.

Phelps Public Library Screening *Hope Springs*

On Wednesday, December 12th at 2pm Phelps Public Library will be showing the movie *Hope Springs*, rated PG-13 and starring Meryl Streep and Tommy Lee Jones. Free admission, popcorn and coffee. All are welcome.

Kay and Arnold are a middle-aged couple whose marriage has declined until they are now sleeping in separate rooms and barely interact in any meaningful loving way. Finally, Kay has had enough and finds a book by Dr. Feld which inspires her to sign them up for the Doctor's intense week long marriage counseling session. Although Arnold sees nothing wrong with their 30 year long marriage, he reluctantly agrees to go on the expensive excursion. What follows is an insightful experience as Dr. Feld manages to help the couple understand how they have emotionally drifted apart and what they can do to reignite their passion. Even with the Doctor's advice, Kay and Arnold find that renewing their marriage's fire is a daunting challenge for them both.




Boulder Junction's (Between the Holidays) Winter Celebration

Winter enthusiasts are invited to attend Boulder Junction's (Between the Holidays) Winter Celebration on Saturday, December 29, 2012, 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.




The Conover Lions Club recently donated \$500 to the Warm The Children program. Left to right: Treasurer-Maynard Bedish, Coordinator of the Warm The Children program-Sharina Adams, and member-Rich Ruffalo.


The Northwoods Singers
 and the
Northwoods Youth Choir
 under the direction of
Dr. Pamalyn Lee

Linda Brainard, Kim Johnson, piano
present

Season of Wonder



4 pm December 16, 2012
First Congregational United Church of Christ
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Bark!
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Christmas
is coming...



-Lacey

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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 as an added attraction for the youngsters.

The public is welcomed and encouraged to attend this special event on Saturday, December 29. For more information, please contact the Boulder Junction Chamber of Commerce at 715-385-2400.



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BORDER HAPPENINGS

ANNOUNCEMENTS • • •

Winter Break-Northland Pines: Dec 24-Jan 10, 2013. No School.

CONOVER • • •

AWANA's Meetings: every Wed (Sept-Apr), 6-7:30pm. More info call Ann Smits 715-479-7742.

Youth Group Faith Unlimited: Conover Evangelical Free Church, every Wed, 6:30-8pm.

Conover Transfer Station: Sat, Sun, & Wed 9am-3pm. Closed Tues & Thurs.

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

LAND O' LAKES • • •

Snowmobile Club Benefit Breakfast: Sunrise Lodge, Dec 15 & 16, 7:30-11am.

Snowmobile Safety Course: LOL Town Hall, Dec 27 & 28, 9am-4pm.

NEW YEAR'S EVE PARTIES:

- Bent's Camp. Live music by Slab.
- Gateway Lodge. Live Music by Borderline.
- Big Rob's Loose Moose. Music by Bill Wilkinson.

LOLA ART CENTER PROGRAMS:

Watercolor Wednesdays: every Wed, 10am-3pm. Contact Wendy 715-493-5361 or 715-547-3950 for more info.

LIBRARY PROGRAMS:

Kids Program: every Wed, 10am.
Computer Training: Thurs, 1pm.
One-on-One Computer Train: Fri. Hours: M, T, TH, F 10am-4pm; W 10am-6pm; Sat 10am-1pm.

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

Yoga Classes: Town Hall, weekly: Mon 5:30-6:45pm (All levels); Tue 8:30-9:45am (Begin/Foundation); Thur 8:30-10am (Inter/Continue). 715-547-3480.

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

Headwaters Food Pantry:
Meeting: Olympic 76 St, 3rd Tue in Mar, Jun, Sept & Dec, 12:30pm.
Food Pantry Pick-up: Olympic 76 St, 1st & 3rd Wed, 8:30-11:30am.

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

Frosty Snowmobile Club: LOL Town Hall, 1st Wed, 6pm. Oct-Apr.

Headwaters Ecumenical Lunch Program: Ely Church, 1st & 3rd Wed, 10:30am-12:30pm.

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: Watch your weight with friends. Hope Lutheran, Thu, 8:45-10am. More info 906-544-2554.

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

Veterans Helping Veterans Outreach Group: LOL Bible Church, 2nd Thurs, 6pm.

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

Over-the-Hill Bowling: T&M Lanes, every Fri, 1 pm, Oct 12- April 12.

LOL Transfer Station: Tue 8-3; Thurs 12-6; Sat 8-4.

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

PHELPS • • •

LIBRARY PROGRAMS:
Movie-Hope Springs: Dec 12, 2pm. Free, popcorn, coffee.
Phelps Library Story Hour: 2nd Fri every month, 12:15pm.
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.

Christmas Program-Tis the Season: School, Dec 18, 6:30pm.

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

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

Phelps Senior Center Meeting: last Mon, 1pm. Call (715) 545-3983 for lunch res. 24 hours prior to mtg.

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

Phelps Historical Museum: Hwy 17 Dwn tw. Until spring open by app't only. Call Pauleyn Nystrom 545-3012 or Jan Petrick 545-2545.

Phelps Transfer Station: Sat 9am-2pm.

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

WATERSMEET • • •

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 Meeting: Spiritual Center on Transfer Station Rd., Tues 7pm (Open Topic) and Fri 2pm (Closed Step).

Weight Watchers Mtg: School, Consumer Ed. Rm, every Wed, weigh-in 4:30pm, meeting 5pm.

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.

BEYOND THE BORDER • • •

BOULDER JUNCTION •
6th Annual Winter (Between the Holidays) Celebration: BJ Winter Park, Dec 29, 4-6:30pm.

EAGLE RIVER •

Mindfulness Meditation: every Wed, 7-8:30 pm. Walking meditation, every Mon, 9-10 am. Upstairs

in back of Peace Center, ER. All levels of experience welcome.

Northwoods Singers & Youth Choir Concert: First Congregational United Church of Christ-ER; Dec 16, 4pm

Christmas Cantata-Sing Noel: Our Savior Lutheran, Dec 16, 7:30 & 10am service.

Holiday on Ice: ERIA, Dec 16, 7-10pm.

Vilas Cty Master Gardener's Mtg: Prince of Peace Church, 2nd Thurs, 7pm. Public invited, has a speaker.

PRESQUE ISLE •

Breakfast Buffet: PI Pub, Dec 27, 8:30-11:30am. 715-686-2522. Trail benefit.

>>> SPREAD 'DA WORD

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Submissions by: December 15, 2012

NATURE NOTES • Poinsettia, The Christmas Plant *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.

Christmas is a day of family gatherings. Each home, has its own traditional customs. Some of us cherish those that were peculiar to the place of our birth or from whence our forefathers came. Many of us also have adopted customs, such as decorating with holly and mistletoe, that stem from ancient pagan ceremonies and festivals but have lost their original significance. There are many myths and legends about the origins of our yuletide customs. In our country most families have a Christmas tree, a custom that was introduced from Germany by Hessian troops in the British army during the Revolutionary War. It is found in northern Europe and Britain but it is unusual in Italy, Spain and Latin America. There,

the symbol of Christmas is not an evergreen tree but a miniature stable and manger where Christ was born. In France it is called a crèche, in Italy a presepio and in Spain and Latin America the nacimiento. This beautiful custom was said, to have started by Saint Francis of Assisi in 1224 AD using real animals and people. In Mexico people come to decorate the nacimiento with flowers especially the poinsettia and as the legend goes; "In the old town of Cuernavaco about 47 miles south of Mexico city a small child was sad because she had no flowers to take to the manger of the Nativity. As she wept an angel appeared and said "Lovely child, weep no more. Go pick a weed from the roadside, bring it to the altar and wait". The child did as she was commanded and when she placed the weed before the altar, it was transformed into a beautiful plant bearing a whorl of scarlet flowers at the top. That is why the poinsettia is prized above all others at Christmas".

The poinsettia is named after

Joel Poinsett of South Carolina, appointed ambassador to Mexico in 1825 who brought the plant back to our country. Actually what you admire is not a flower but a whorl of modified leaves surrounding a cluster of small greenish flowers, too small to be noticeable. It belongs to a family of commercially important plants, the Spurges, including about 4,000 species of herbs, shrubs and trees. Most of them have milky juice and many are poisonous and acrid. They include the rubber tree, the manioc or cassava, from which tapioca is made, the castor bean and croton plant which produces oils that are powerful purges.

Poinsettia Phobia however continues to dampen the Holiday Spirit, fifty percent of Americans still believe poinsettias are toxic. If the Ghost of Christmas Present were to look into our living rooms today, he'd find that we're more afraid of poinsettia poisoning than of finding coal in our stockings (if you know about this you're really old). According to a recent national poll, half of Americans mistakenly believe that poinsettias are toxic. "It's a testament to the persistence of myths," says Paul Bachman, "Poinsettias simply are not toxic. That was proven 28 years ago in scientific tests and we should set the record straight." In fact, no other consumer plant has been as widely tested as the poinsettia. Scientists have measured the effects of ingesting unusually high doses of all parts of the plant (including the leaves, stems and sap) and found the plant to be non-toxic.

According to POISINDEX, the information resource used by the majority of U.S. poison control centers, a 50-pound child would have to eat more than 1.25 pounds of poinsettia bracts (500 to 600 leaves) to exceed the experimental doses that found no toxicity.

That's not to say you should eat one, though. Like other non-food items, if ingested, the poinsettia may cause some stomach discomfort – but nothing more.

Despite sound evidence to the contrary, the poinsettia phobia continues. A recent poll of 1,000 Americans commissioned by SAF found that 50 percent of those polled said they believed poinsettias are toxic if eaten. Only 16 percent correctly know that they are not. Another 34 percent said they don't know. Some respondents were more misinformed than others. The myth is widespread, but

some population segments are even more likely than others to be believers.

Women out-believe men by a wide margin – 57 percent of women said they believe poinsettias to be toxic, compared to 42 percent of men. Americans aged 25 to 49 are also more likely to suffer poinsettia phobia than those aged 50 and over. Geography also seems to play a role. Americans living in the Northeast believe the myth in higher numbers (57 percent) than those living in the west (44 percent).

Americans aren't getting this misinformation from science journals, where is it coming from? Among people who believe that poinsettias are toxic, 43 percent said they learned it by "word of mouth." Not far behind was the media, cited by 37 percent.

Poinsettias pass the test. The original source of this myth? Hearsay. For nearly eight decades, this rumor has continued to circulate because of one unfounded story in 1919: that an Army officer's two-year-old child allegedly died

after eating a poinsettia leaf. While never proved by medical or scientific fact, and later determined to be hearsay, the story has taken a life of its own. But the defenders of the poinsettia have pulled out all the scientific stops to allay public fears.

Researchers established that lab animals exhibited no adverse effects – no mortality, no symptoms of toxicity and no changes in dietary intake or general behavior patterns – when given even unusually large amounts of different poinsettia parts. Despite its continued circulation, the myth of the poinsettia is gradually losing steam. "It may just have to run its course," says Bachman. "But we do want people to know that there's absolutely no reason to miss out on this favorite holiday plant. Spread the word."

Did you hear about the family who owned an English pointer and an Irish setter? The dogs get together at Christmas time and have pointsetters.

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Nicolet College's Early Childhood Education Program Sees Enrollment Surge



Nicolet College's Early Childhood Education program has enjoyed an enrollment boom in recent years thanks, in part, to greater opportunity for students to earn a bachelor's degree and a desire by child care providers to have a higher skilled workforce.

That's according to Diana Rickert, Early Childhood Education instructor at Nicolet, who recently gave a presentation to the Nicolet College Board of Trustees about program developments. "Students like what Nicolet has to offer," Rickert said. "They see the benefits of attending Nicolet on a number of fronts and that's what's driving the enrollment increase." Currently, 52 students are in the program and that number is expected to nudge higher in coming weeks as new applicants work their way through the enrollment process in order to begin classes at the start of Spring Semester in January.

One of the biggest drivers of this trend is the close partnership Nicolet has developed with the University of Wisconsin-Stevens Point. Thanks to a credit transfer agreement between the two institutions, students can complete roughly the first two years of their bachelor's degree at Nicolet and then transfer to UW-Stevens Point to earn their bachelor's degree.

"Students are realizing that they can save thousands of dollars by starting at Nicolet," she said. "That's because of Nicolet's affordable tuition and because they can live at home, which means they don't have to pay room and board. Combined, this results in a very significant cost savings." With bachelor's degree in hand, graduates are then eligible to receive their Wisconsin teaching license and teach pre-kindergarten through third grade in a public school system.

An added advantage is the increased level of hands-on, practical experience students get in the associate degree program. Nicolet's Early Childhood Education program has an advisory committee made up of teaching professionals that offers guidance for program development. "When they look at resumes to fill teaching positions, I've heard time and again that applicants who first earn an associate degree rise to the top of the pile," Rickert said. "The added level of hands-on teaching experience they get with an associate degree on top of what they get with a bachelor's degree is highly valued by school districts."

Another factor contributing to the enrollment increase is the state of Wisconsin's YoungStar program. Launched in 2011, YoungStar ranks licensed child care providers on a scale of one to five, with five being the best rating. The Wisconsin Department of Children and Families then make the ratings public to help parents make child care decisions. "More than a third of the possible points a program can earn are based upon the educational qualifications of the staff," Rickert said. "Because of this, we are seeing more people who are currently working in child care enrolling in Nicolet classes. They are learning additional skills that ultimately benefit the children they teach and care for and also help their employer receive a higher YoungStar rating."

In recent years Nicolet has also added a high degree of flexibility to the program, offering classes in the evening, on weekends, over an interactive television network, in an accelerated format, and on-site in the Lac du Flambeau tribal community. "Everybody's life situation is different," Rickert explained. "By expanding the options students have to take classes, we're making it easier for students to fit college into what are already busy lives."

Over the past several years Nicolet's Early Childhood Education program has had a 100 percent job placement rate for graduates seeking employment.



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THE TACKLE BOX

Merry Christmas
from **SEEDY ANTIQUES**
Land O' Lakes

Thank you!
to all my friends and clients that helped my guide service, lodging and ice shack rentals prosper.
Colin Crawford
PHELPS OUTDOORS

We wish you a **Merry Christmas** and the best in the New Year!
from **LAND O' LAKES RECREATION CO.**

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GOOD LUCK in the future.
MARCIA & DAVID GUNDERSON

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God's blessings to you
this Christmas season and in the new year.
From Karen at **THE TACKLE BOX**



The Land O' Lakes VFW Post 8400 donated to the LOL Elementary School ten copies of the book "Lincoln's Last Days" the Shocking Assassination That Changed America Forever. Commander Bob Wuytack presented Principal Scott Foster with the books at the school's Veterans Day Program.

Breakfast to Support Local Snowmobile Clubs

Sunrise Lodge is hosting an all-u-can eat breakfast to benefit local snowmobile clubs on Saturday, Dec. 15 and Sunday, Dec. 16 from 7:30 AM to 11:00 AM. You can come either or both days and 100% of the proceeds will be donated to the snowmobile club of your choice - Phelps Snowmobile Club, Land O' Lakes Frosty Club, Conover Sno-Buddies, or the UP Thunder Riders of Watersmeet.

All monies raised will go directly to trail maintenance and grooming. Cost is \$10.00 for adults and \$5.00 for kids under 10.

Breakfast includes All U Can eat waffles, french toast, pancakes, eggs, bacon, ham, sausage, homemade bakers surprise and more of your favorite breakfast foods. Tickets will be sold at the door. Sunrise Lodge is located on the west shore of Lac Vieux Desert midway between Phelps and Land O' Lakes just off snowmobile trail #6. For more info call Phil Mendham at 547-3684.

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The Earthscapes stamp was the last of the regular (Non-holiday) stamps to be issued from the U.S. Postal Service's 2012 Stamp Program on October 1, 2012. This stamp celebrates the beauty and diversity of America's natural, agricultural, and urban landscapes as seen from above with fifteen different images taken from aircraft and satellite just breathtaking views of the land we from above and call us to con-

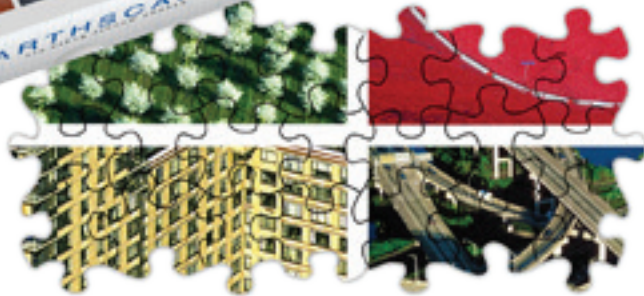
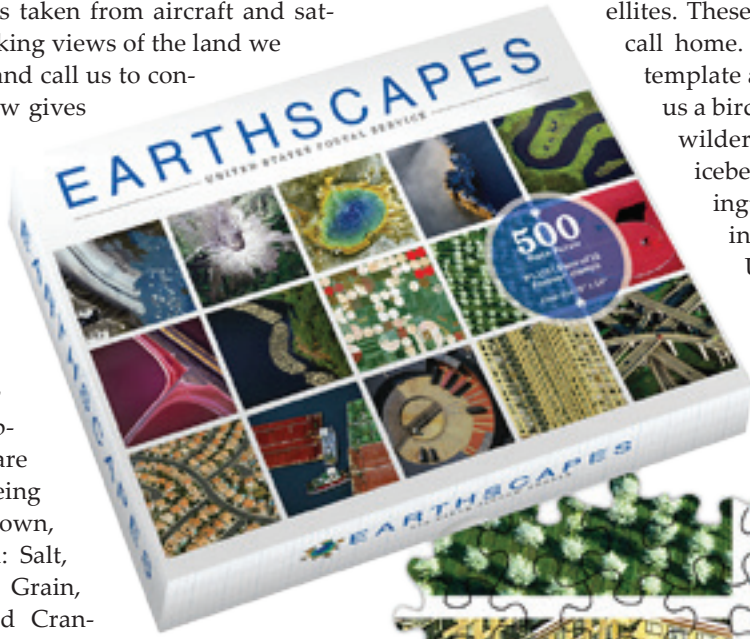
The top row gives stunning views of Washington's Puget Sound, the Grand Canyon, and the natural beauty of the Great Smoky Mountains National Park, and the industrial looking pattern of white spots on a green background turns out to be blossoming cherry trees in an aerial photo taken in Door County, WI.

The center row gives an appearance of abstract art but actually are products being gathered, grown, or harvested: Salt, Timber, Grain, Cherries, and Cranberries. The industrial looking pattern of white spots on a green background turns out to be blossoming cherry trees in an aerial photo taken in Door County, WI.

In the bottom row, urban life takes center stage. From neat subdivisions in the Nevada desert to a seashell formation of steam locomotives on a railroad roundhouse in Scranton, PA and a corkscrew highway in Miami, FL. It's our familiar world, shrunken into miniature and seen with the new eyes that a fresh perspective can bring.

The Earthscapes stamps are sold in a pane of 15 First Class stamps for \$6.75 and are available at your local Post Office. Or better yet, the Postal Service has produced a great gift the entire family can enjoy... At just \$17.95, there's a puzzle version that comes with a sheet of the stamps.

The stamps are now available at usps.com/shop, by calling 800-STAMP24, and also at larger Post Offices in major metropolitan areas.



These images offer more than call home. They show us America template a much bigger picture.

us a bird's eye view of America's wilderness with Alaskan glaciers, a volcanic crater in Oregon, Geothermal in Yellowstone National Park, Utah's Monument Valley, the early morning fog, land marsh. Such natural beauty our land possesses. The top row gives an appearance of abstract art

IN 'DA WOODS • Heron Rescue

by Melanie B. Fullman, USFS



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

A few months ago, a Forest Service colleague and I were driving back from the woods on South Boundary Road, adjacent to Porcupine State Park, when we noticed a great blue heron standing on the road's shoulder along a stretch bordered by long guard rails on both sides. It appeared the heron was "trapped", unable to escape in either direction and clearly confused.

This is really odd, since herons are birds that a) wouldn't normally be ON a road, and b) should just fly away. It didn't appear the bird had been struck, since it was upright and mobile, although not quickly. I've worked around birds of various species and sizes before, but never a heron. Leaving it there would surely seal its fate, since other drivers might not slow and if it was disabled, it would either be hit or starve or die of thirst (it was a very hot day).

So I grabbed my gloves and with the help of my partner, Art, corralled it between us, the guard rail, and the truck. I swooped in and grabbed the heron. It squawked and struggled a bit; the toughest part was keeping control of its head. What I didn't know, but became quickly aware, is that herons attack land-based predators

by stabbing their long beaks at the enemy's head, and eyes if they can manage it. I held the bird at arm's length, wishing those were longer but suffering only a few pesky jabs at my elbows (rather like being pinched with pliers). Art tried to find something handy to put over the heron's head (which tends to calm most captured animals). The only thing readily available was his ball cap. Note: heron heads are not particularly well suited for ball cap wearing.

Nevertheless, we got the heron somewhat under control. "Now what?!" he asks. We were about 3 miles east of the Presque Isle River Bridge. Excellent heron habitat: away from traffic, sufficient water and food. Art opened the passenger door and I wrangled the leggy, long-necked, ball-cap wearing bird inside. The heron appeared to be young, probably this year's offspring. There was no blood, no missing feathers, the wings seemed to be intact, the leg bones were fine. It did seem a bit thin - a full grown heron only weighs 5-6 pounds, however - and we noticed it might be blind in one of its own eyes (perhaps the result of sibling rivalry).

As we drove towards the river, I briefly contemplated what would happen if I lost control of the bird and we wound-up with a heron flapping around in the truck? Slightly tighter grip!

At the bridge, the only other vehicle belonged to a motorcyclist who had stopped to admire the

continued on page 10 >>

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Ottawa Forest Employees Provide Hurricane Sandy Relief Support

Ironwood, MI. – On October 29, 2012, Hurricane Sandy slammed into the east coast causing damage that is estimated at over \$63 billion. In her wake, Sandy left people homeless, cities without power, and 131 casualties in the United States alone. While you may not often think of the Forest Service and hurricanes in the same vein, the USDA Forest Service deployed multiple Incident Command Teams throughout 12 eastern states to the east coast immediately following Hurricane Sandy. A total of 41 crews with over 1,100 federal emergency support personnel were committed to the recovery effort. Locally, seven (7) employees from the Ottawa National Forest joined with employees from the Huron-Manistee National Forest (lower northern Michigan), the Chequamegon-Nicolet National Forest (northern Wisconsin), and the Bureau of Indian Affairs to support recovery efforts. Ottawa employees were Lillian Palmer, Matt Wodja, Lauren Romstad, Tom Strietzel, Scott Pearson, Roger Powell and Joshua Lopac.

Below is a reporting of this work from Joshua Lopac:

We departed the Ottawa on Thursday, November 1st and returned on November 12th. After two days of travel we went to work in Prospect Park (Brooklyn, NY), to cut and remove trees that had fallen due to the high winds, where it was estimated that 250 trees came down during the storm, and some being as old as the park (1860).



We worked there for 5 days cutting trees and dragging brush out of the woods to be chipped. We were thanked endlessly in the park for being there to clear trees from their recreational walkways. The park staff grew fond of us and we grew fond of them. The crew really enjoyed working in the park as it was the closest thing to what we do on a day to day basis. It was repeated by many that we couldn't believe how Fredrick Olmstead (designer of Prospect Park and Central Park) could foresee the need for a place to recreate in New York so long ago. The park allows for use of walkers, runners, bicycles, horses, and dog runs as well as ball fields and play grounds. The park also has a 60 acre lake and a 90 acre Long Meadow and the country's first urban Audubon Center.

On our last day at the park, a Nor'easter came through and dropped a few inches of snow and a lot of wind. After our time at Prospect Park, we were sent to

work on Long Beach on Long Island, NY at a receiving and distribution center. We were housed in a volunteer fire department. Arriving on Long Beach was an "eye opener" for many of us. The destruction was evident in the massive piles of household goods piled up and down every street. At the receiving and distribution center we helped unload vehicles that arrived with donations of food, clothing, cleaning supplies, bottled water, diapers and other miscellaneous items. Once the items came in, we would sort them into piles and from there, the items would be distributed to those displaced or affected by Hurricane Sandy. On the first day we were there, we took 700-800 people through the doors to receive assistance.

We all returned with mixed emotions. While we were glad to be back home, we knew that there were still many people in need of help. We saw the New Freedom Tower which was being built by ground zero and it was one of those "goose bump" moments. Seeing how people come together and help each other when in need was something that I will never forget. Our crew ranged from those with over 50 such details under their belt, to those that were on their first detail.

The National Incident Management Organizations (NIMO) and the Incident Command System (ICS) are designed to provide emergency support and resources in response to natural and/or national disasters. Forest Service employees have responded to not only wildland fires across the country, but Hurricane Katrina, Challenger Space Shuttle, 9/11 and other incidents. The ICS and NIMO systems are an important part of the Forest Service and have helped define the agency as a whole. The Ottawa National Forest is proud to provide support whenever and wherever needed.

Additional information regarding the Forest Service and our many programs are available on line at: <http://www.fs.usda.gov/ottawa>.

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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.

Well, the Christmas season is upon us, and it is time once again for a reminder of what this season is all about. It isn't about tinsel and trinkets. It isn't about presents or parties. Let me say this, there is nothing wrong with these; but it is easy to let them overtake the true purpose of what Christians are celebrating: the coming of Jesus Christ the Son of God to be the Savior of all who would trust on Him.

There is a story about a well to do couple who had long awaited a child. After many years, they finally were able to give birth and a healthy baby arrived on the scene. To celebrate, the couple contacted all their friends and loved ones to attend a special

event to present the baby. Soon guests arrived. So many arrived to celebrate the blessed event, coats and hats had to be piled on the bed in the spare room. The time came for everyone to see the child, but he was nowhere to be found! Soon one of the family recalled having placed the baby on the bed in the spare room to nap after being changed. The child's mother frantically rushed into the room and sure enough under the numerous layers, there was the sleeping child.

I share this story because it is so easy to lose the true meaning of the season under all the other trappings people have placed on this time of year. We also can get so focused on the Baby, we miss why He came.

John 3:16 says, *For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.* People often say that it is so nice that God loves us, but they miss this idea of perishing.

Jesus came to give everlasting life to the perishing. Further on in John 3 we read, *"For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. He who believes in Him is not condemned; but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God. And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil."* (John 3:17-19.) In our world today, even among Christians, we have a tendency to water down our sinfulness. We often refer to others as non-Christian, non-believers, or even lost; but this doesn't truly convey the state of these people in the eyes of God as John does in these verses. They are condemned to perish apart from God, due to the guilt of their sin. These may be our neighbors, our friends, our loved ones. The Bible tells us that there is no one righteous; we are all sinners and deserve to be punished for breaking God's law. God in His grace and mercy has provided a way of escape, apart from the law and our good works (which fall short and are usually tainted by our sin) through His Son, Jesus Christ. Not because He was born in a manger, but because He took the punishment for sin on a cross. He came to die to save those who were condemned and facing eternal punishment in hell. He provided a way that would satisfy God's justice and provide pardon for all who would trust on Him. The atoning work of Christ is sufficient to pay for every sin, but will only save those who call upon the Lord in faith for their salvation. People who fail to trust

in Jesus are condemned to die.

Have you trusted in Christ as your Lord and Savior from your sin? If you haven't, you can right now, by praying to the LORD, admitting you are a sinner condemned, and believing that Jesus died to take your punishment. He rose again to give you a new life in Him. This could be your best Christmas ever! Let me encourage you to celebrate this season by sharing His matchless gift with those around you, so they may be moved from being condemned to knowing Christ's pardon.

Know I'm praying for you.

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Dec 23 – Morning worship 10am ; No evening service.
Dec 24 – Christmas Eve 6-7pm.
Christmas Day – No services.
Dec 30 – Morning worship 10am; No evening service.

HOPE LUTHERAN CHURCH
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HEALTH & WELLNESS

Unleash Your Inner Warrior *by Dr. Jerod Bergman, DC*

If you take a look back into history, the most athletic, focused, driven, clear minded, forward thinking, long living people were the ancient Aztec and Incan warriors, the Shaolin Monks, and the Japanese Samurai's. The reason this is so interesting is because despite the fact that they were all from different parts of the earth, they shared some very interesting basic principles. In my opinion, if we too can get back to these common basic principles, we can also delight in great health, longevity, clear thinking, and fit physiques. Here are the top 5 principles to start to implement right away:

1. Eating chia seeds before battle. Okay in this day and age, we average people are probably not marching into full-on battle, but some of you will agree with me when I say that there are day to day occurrences that would at least classify as intense conflict. Their main use for chia was to bring about vigor, strength and endurance. This superfood can grow up to two inches per day and is packed full of EVERYTHING. I consider it the multivitamin of the food world. Try for 1 T per day (I personally take 2 T or more). You can throw it in a smoothie, on salads, use it as your cereal in the morning, or as a part of a trail mix.

2. Quinoa was used the night before battle or heavy work. Because of the perfect ratio of protein to carbohydrate and good fat, this food was considered a sacred staple believed to give them 'special' power to overcome opponents. Soak these seeds overnight until they grow little tails (a sure sign that it is full of life), then eat it just like breakfast oatmeal (heated or not), or add it to some chopped onion, garlic, and any other veggie plus great spices such as turmeric or curry for added benefit.

3. Reishi Mushroom was used religiously in tea or extract form. The Shaolin Monks attribute the fact that they never lost a battle to their 'Mushroom of Immortality'. Reishi is said to give the body 'CHI' which is the inner life force energy from where power is drawn. It was used to enhance focus, speed, and strength. I prefer the Reishi extract and will put some in my morning super shake or just take it plain from the dropper. You can also make a tea from dehydrated and sliced Reishi. I recently found out how to hunt this amazing mushroom. You will find it in old and/or dead hardwoods such as Hemlock or Maple. It is certainly elusive, but once you spot it, it becomes easier to find each time.

4. Seaweed such as kelp, kombu, and nori were consumed regularly by those close to the sea. High in available mineral

content, the ancient warriors also claimed that these sea vegetables gave them 'levity' (the opposite of gravity). This levity kept their joints open with full range of motion, gave them supple skin, plumped up their muscles, provided long lasting energy, and kept the reproductive department in full force - if you know what I mean.

5. Fermented foods were probably the largest part of all of their diet with Kombucha topping the chart. We see Kombucha being used as far back as the Shin Dynasty at 218 BC. Kombucha is fermented tea. This superfood tea could be taken wherever they went and would not go bad. It was used to help balance digestion and pull good nutrients into the cells. Because the abdomen area was revered as the area of their body vitality, they worked at making sure they maintained the proper bacteria, acidity level, and enzymes by consuming Kombucha and other fermented foods. We make our own Kombucha and drink it daily. You can also purchase it at your local health food store but look for low sugar content.

If you're interested in unleashing your inner warrior, it can be as easy as starting with one of these 5 superfoods. We are here to answer your questions as well. Find us at www.EducatingWellness.com.

Hitchcock's "The 39 Steps"

By Barbara Wilkinson

Perfectly characterized. . . Perfectly costumed. . . Perfectly timed. . . Perfectly hilarious!! This was the Winwood Production's 21st Century farce from Alfred Hitchcock's 1935 film "The 39 Steps". Sponsored by the Headwaters Council for the Performing Arts (HCPA) on Friday, November 9, this enormously popular theatrical comedy beguiled the audience from the first moment. Under the clever direction of Kevin Bigger, the four characters kept the rapid pace throughout and performed 104 parts, seeming like a cast of thousands.

Dan Fenaughty, who plays the handsome hero Richard Hannay, shows his agility and precision in performing the farcical. As a "gentleman," Hannay represents a whole tradition of gentlemanly but macho heroes. Not a word is spoken, but the audience knows exactly what is happening. Fenaughty keeps the swift pace and precision timing flowing with the other three members of the cast who play all the other characters with comic ease. The actions of the "good guys" are controlled by an elaborate master strategy that the convoluted plot's inept policemen cannot match. Indeed, the speedy costume changes morph the actors into portraying several roles simultaneously so that they seem to confuse themselves. They are exceedingly humorous, with many of their funniest scenes taken from the Hitchcock movie.

One of the most important parts of theater performance is the art of "instant illusion-making," and these actors easily convey the play's message through that artifice and lead the audience through a maze of imaginative interludes to carry it to its conclusion. Larissa Klinger plays not only the ill-fated Annabella, but also Pamela, an unwary train-traveler, and Margaret, a farmer's daughter—all romantic-interests—with kaleidoscopic abilities and lots of effective built-in sex appeal. Nicholas Wilder and Tobias Shaw personify the other 100 characters, their rapid changes and physical antics are worth the price of admission. They extend their comical limits as far as possible when they transform themselves into other characters or reposition furniture into different landscapes. Although they sometimes show inflated exasperation, it is undoubtedly in the script. They certainly appear to be having a terrific time!

The audience is enjoying itself immensely. Without doubt, "The 39 Steps" uses the fewest resources to the greatest effect. With its limited cast and set, this production is an enjoyable ticket to escapism. The swift costume changes and the ability of the actors to play multiple characters at once bring constant laughter. No matter whether they take a plane, train or automobile, the audience feels compelled to hold on to its collective seats because the actors' movements seem so real.

This was one of the most hilarious presentations that has been sponsored by the HCPA, and one that beautifully shows the talents of these fine performers.



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IN "DA WOODS
continued from page 7 >>

river scenery. You can imagine his expression when I emerged with the heron, which was still, more or less, wearing Art's cap. As we set off down the North Country Trail (thanks to the Ni-Miikanaake Chapter members that fixed those steps!), the bird decided it had had enough. Heron necks are extremely flexible, which meant it was able to turn its head around and look directly at me. I got the impression it didn't want to be friends, so Art took to distracting it by offering his arm as heron bait. That worked as we made our way a short distance upriver.

When I set it down at the bank, it reshuffled itself from the rude handling and cautiously began heron-ing its way along the river. Herons have that deliberate, lightly stepping walk, with those long leg, toes, and head moving in unison. It kept an eye on us, literally, but otherwise seemed OK.

GREATEST OF HERONS

Great blue herons are the largest of the North American herons. Head, chest, and wing plumes give

them a somewhat shaggy, bluish-gray appearance. Specialized chest feathers continually grow and fray, so herons comb this "powder down" with a fringed claw on their middle toe, using the down like a washcloth to remove fish slime and other oils from their feathers as they preen.

Great blue herons are similarly easy to identify in flight – they curl their neck into a tight "S" shape, making them easy to tell from swans and cranes, which hold their necks straight out. Great blues also extend their legs far behind. With broad, rounded wing, they cruise with slow, deep wing beats.

Feeding is normally done by standing motionless scanning for prey or wading belly deep. And while they may move slowly, they can strike like lightning...as I discovered. Great blue herons eat nearly anything: fish, amphibians, reptiles, small mammals, insects, and other birds. Small prey is grabbed in their strong mandibles while larger fish are impaled on the dagger-like bill, then gulped down. They hunt day and night, thanks to a high number of photo-

receptors in their eyes that improve night vision.

Great blues live in both saltwater and freshwater habitats, from open coasts, marshes, sloughs, riverbanks, and lakes to backyard goldfish ponds. Diseased or damaged fish are captured far more often than healthy speedy ones, so fishermen really need not worry about any 'competition'. Herons also forage in grasslands and farm fields for rodents. Herons in the northeastern US and southern Canada have benefited greatly from the recovery of beaver populations, which have created a patchwork of swamps and meadows well-suited to foraging and nesting.

NEST IN TREES?!

Despite their tall, somewhat gangly stature, herons nest in tall trees (you truly have to see this to believe it!) in very large colonies or "heronries". Most colonies are within 2-4 miles of feeding areas, usually in isolated swamps or on islands, and near lakes and ponds bordered by forests. Males collect the nesting material, gathering sticks from the ground or from other unguarded or abandoned nests. He then presents them to the female, who weaves a platform and saucer-shaped nest cup, lining it with pine needles, moss, reeds, dry grass, or small twigs. Nest building can take from 3 days to 2 weeks and the finished product can range from a simple platform measuring 20 inches across to an elaborate structure used for multiple years, perhaps 4 feet across and 3.5 feet deep. Great blue herons will sometimes even nest on duck blinds, channel markers, or artificial nest platforms.

Typical colonies contain hundreds of nests, with multiple nests per tree, all of which are at least 100 feet off the ground. If you are lucky enough to find an active colony, look for elaborate courtship and pair-bonding displays that include



a ritualized greeting, stick transfers, and a nest relief ceremony in which the birds erect their plumes and "clapper" their bill tips. Pairs are mostly monogamous during a season, but choose new partners each year.

GOOD LUCK, BUDDY

As we drove back to the office, Art and I discussed "our" heron's chances. We think it may have confused the shimmery black pavement for water and landed hard. Young birds are more apt to make that mistake, and hopefully, only once. Having just one eye is a huge disadvantage, since two are needed

for the depth perception that is critical for spearing fish. At least it would be able to drink, find shade, and maybe some slacker frogs, mice, or other suitable foods. If not, well, the Presque Isle is a beautiful, peaceful place with other critters that need to live too.


Hope to see YOU in the woods; ball caps optional!

**While everyone's favorite In 'Da Woods girl is no longer in our neck of the woods, her entertaining articles will be for as long as possible. We hope you continue enjoying her adventures.*

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Phelps Christmas Program

The Phelps School will present a Christmas program "Tis the Season" under the direction of music teacher, Kim Johnson on Tuesday, December 18, at 6:30 pm in the small gym. The evening's performances will include two hand chime choirs, the sixth grade band, senior band, and choir. Senior Katlynn Rosendahl, Junior Jackie Samuelson, and second grader Amy Schaez will provide solo pieces. Several school teachers will be lending their kazoo talents as well. The Elementary Department will round out the evening with their musical, "Christmas at the O.K. Corral." The program is open to the public and there is no admission charge.

Christmas Cantata

The Our Savior Lutheran 2012 Christmas Cantata, "Sing Noel!" under the direction of Steve Kolling is scheduled for Sunday, December 16 at the 7:30 am service and the 10 am service. The adult choir, jubellation choir, children's choir, and guests the Woodland Strings will be performing. The performances are open to the public. Our Savior Lutheran Church is located at 223 Silver Lake Road in Eagle River.



Hold on to that Holiday Spirit!



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