



Pictured with the cameraman are Robbie Andersen of Hillside Resort (kneeling) with his son Mason, and local fishing guide Matt Ebert.

LAND O' LAKES ...starring in *Discover Wisconsin*

Land O' Lakes will be the star of an episode of *Discover Wisconsin* to be aired on Channel 9 WAOW TV on Saturday, April 7 at 6:30 p.m. Be sure to tune in to see your town, friends, events and more on ABC TV.

If you would like an early look, join us at the Gateway Lodge on Monday, April 2 at 7 p.m. for the Premier Party Show. Refreshments will be served, there is no charge, and everyone is invited.

This *Discover Wisconsin* project is a joint effort of the Town of Land O' Lakes, the Land O' Lakes Chamber of Commerce, and numerous other sponsors to promote Land O' Lakes and the Northwoods of Wisconsin.

(excerpt from www.discoverwisconsin.com) – in this episode of Discover Wisconsin we're finding serenity at the top of this state and meeting a few new friends along the way. We'll take you on a journey to Land O'Lakes and show off the many diners, shops, lodges and activities you can enjoy, along with the gorgeous scenery in the true Northwoods of Wisconsin. From fishing on the clearest water in Wisconsin or boating on any of their forty lakes during the summer, to snowmobiling and sled dog races in the winter, we're positive that you'll find an enjoyable experience that can be shared with the whole family in Land O'Lakes.

Youth Conservation Corps Needs Applicants—Ottawa NF

The Ottawa National Forest is looking for applicants for this summer's Youth Conservation Corp (YCC) program. This program is designed to accomplish needed conservation work on public lands, provide gainful employment for young men and women, and help them develop an understanding and appreciation of the Nation's natural environment and heritage.



To participate in the program the applicant must be a young man or woman between 15 through 18 years of age, and a citizen of the United States, it's Territories, or possessions. Applicant must be a resident of a county within the State of Michigan.

Seven (7) positions will be located at the Ontonagon Ranger District in Ontonagon, Michigan. The rate of pay will begin at \$7.40 per hour. The employment period will be from June 4, 2012 through July 27, 2012. Potential enrollees should apply through their school guidance counselor prior to April 6, 2012. Enrollees must provide own transportation to the duty station and no housing will be provided.

Applicants will be selected on a random basis, using a 50% male and 50% female ration, without regard to social economic, racial, or ethnic background. Applicants will be notified of selection or non-selection.

For further information on the overall program, please contact Nancy Miskovich at the Ottawa National Forest Supervisor's Office in Ironwood, (906) 932-1330 ext. 310.

2012 Kids' Ice Fishing Jamboree a Success!

The 16th annual Land O' Lakes Kids' Ice Fishing Jamboree was another fun day for all those that attended. Sunday, February 26th was a windy day out on Lac Vieux Desert, but the warmer temperatures made up for it. With over 110 kids attending, there was a lot of food consumed, fish to be measured, and smiles and giggles shared. And all those prizes given away at the end is always

an exciting time. Thanks to the many people that donated items, money, food, time and talents - this event is still offered FREE. As some of you may not know, a portion of the money donations goes towards funding a \$500 scholarship to a senior at NPHS.

Last year's recipient was Samantha Bybee of Land O' Lakes.

Special prizes given—

- Most fish—Noah Simonis

- Largest Panfish—11 1/2" crappie - Devin Beiber (he also had the smallest fish - 3 1/2" bluegill)
 - Largest Northern, a tie at 25 1/2" —Cody Kangas & Halie Rosheisen
 - Steve Koskelin Memorial Package—Cody Buell
 - Grand Prize—Forest Caron
- Be sure to mark your calendars for the last Sunday in Feb 2013!



Left to right: Devin Beiber, Cody Kangas, Cody Buell, Halie Rosheisen, Sawyer Caron, Forest Caron, and Noah Simonis.

Snow White - March 22 & 24



The NPMS Drama Company will present a light-hearted version of the classic "Snow White" on March 21st, 22nd, and 24th, in the high school auditorium. The play will be presented on Wednesday, March 21st, at 9:00 a.m. for all elementary students throughout the district and again at 1:00 p.m. for all middle school students. There will be two public performances at 7:00 p.m. on Thursday, March 22nd and a matinee at 2:00 p.m. Saturday, March 24th. The cost will be \$3.00 for adults and students are free.

The entire cast and crew are composed of forty-two eighth grade students. In addition to acting, students work as set and prop designers, painters, student directors, light and sound technicians, prompters, costume coordinators, stage crew, and publicity directors. The creation of the stage sets and props is also done in conjunction with the 8th grade art classes.



Lead characters are played by Samantha Hytry as Princess Snow White, Hannah Eibner as her evil step-mother the Queen, Connor Cox as Prince Robert, and Maddie Blaedow as the Enchanted Vixen. Sophia Svetnicka and Tara Vanden Boom play the queen in her assorted disguises, while Mikala Rubo is the Palace Cat and Annora Alfonzo plays the Walking Talking Magic Mirror. The seven crazy dwarfs keep the action flowing, as the other characters inhabit the enchanted forest and the palace of the queen.



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Standing Up for Rural Wisconsin

CornerStone Custom Builders Inc. and Northland Pines High School Building Trades Partnership was one of nine projects to receive the "Standing Up for Rural Wisconsin Schools, Libraries, and Communities" award recognized by State Superintendent Tony Evers on March 12th in Madison.

"These projects support the foundation of their rural communities and help students find a place and purpose in their lives," Evers said.

Glenn Schiffmann - owner of CornerStone Custom Builders Inc., and Mike Richie - District Administrator for Northland Pines accepted the award at the ceremony held at the State Capitol.

"It was essential for us to keep this program for our students and community. We believed in it and so did the owners (and former graduates of the program) from CornerStone Custom Builders. By joining together, the Building Trades program has grown into a vital resource for our students and a rewarding experience for many local contractors. This program prepares and produces future builders, trade professionals, and business owners which are a few of the more prominent careers in our area." stated Richie.

Help End Hunger in America

Headwaters Food Pantry in Land O' Lakes hunger challenge! For the 15th consecutive year, the Feinstein Foundation (www.feinsteinfoundation.org), will divide \$1 million among hunger fighting agencies nationwide using donations made during the month of March and April as a guide to how much of the pie they will share. The more donations made from March 1st to April 30th- the more Feinstein challenge money we will get! Founded in 1991, the Feinstein Foundation is dedicated to the alleviation of hunger, the importance of community service in education and the values of caring, compassion and brotherhood. Monetary donations as well as non-perishable food contributions will count towards our totals for the month of March and April.

Donations to the Headwaters Food Pantry can be sent to: PO Box 561 Land O' Lakes, WI 54540. Non perishable food contributions can be dropped off at the Land O Lakes Chamber, Jensen Aikins Hardware in Conover, Forest Lake Country Store, Headwaters State Bank, The Village Market and the Library in Land O' Lakes. The volunteers at the food pantry thank you for your generosity. The food pantry is open the first and third Wednesday of each month from 9AM-11:30AM, stop in to see your community at work!

LOL Easter Egg Hunt - April 7

The Town of Land O' Lakes would like to invite all kids 5th grade and under-local and visiting-to our Easter celebration.

Come on over to the Land O' Lakes Elementary School on Saturday, April 7th at 10:00am. The egg hunt will begin at 10:30 and the Kids R' Us Kiddie Korral will be available for the little tykes.

Games and crafts will follow. The egg hunt will be held outdoors so dress for the weather and don't forget your basket!



Watersmeet Meeting Change

Please take notice that the regular March meeting of the Watersmeet Township Board of Education will take place on: Monday, March 26, at 6:30pm CST. The meeting will be held at Watersmeet School Media Center at N4720 Hwy 45, Watersmeet, Michigan. More information at 906-358-4504.

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BORDER HAPPENINGS

★ **Featured in this issue.**

CONOVER • • •

Humane Society Wine Tasting Benefit: Lanny's, Apr 22, 2-4:30pm.

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 • • •

Discover Wisconsin: ★ Premier Party, Gateway Lodge, Apr 2, 7pm.

LOL TV Show, Apr 7, 6:30pm.

Easter Egg Hunt: LOL Elementary School; Apr 7, 10am.

Fish Fry: St. Albert's, Apr 13, 5-7pm

LOLA Art Center Classes: Watercolor Wednesday: Every Wed. in Mar, 10-4pm.

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

Headwaters Food Pantry: mtg: 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.

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

LIBRARY PROGRAMS:

Pre-School Story Time: every Wed, 10-11am, until May. Stories, games, crafts, treats, and more.

Basic Computer Classes: every Thurs, 1pm.

One on One Computer Help: every Fri, 1-3pm.

Hours: M, T, TH, F: 10am-4pm, W: 10am-7pm, Sat: 10am-1pm.

Lenten Schedule - Bible Study: Hope Lutheran Church, Wed. for Lent, 4 pm & Worship service at 5pm. Sunday schedule remains the same.

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 12-4, Sat 8-4.

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

PHELPS • • •

Twin Lakes Bible Church-Easter Schedule:
Palm Sunday Apr 1, Sunday School 8:45am, Worship 10am.
Easter Sunday Apr 8, Sunrise Service 7:30am, Worship 10am.
Awana Grand Prix: Apr 11, 5:30pm.

Phelps School Referendum: Vote Apr 3!

Phelps Chamber Maple Tour: Mar 24. Starts @ Sunrise Lodge.

Phelps 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.

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

Phelps Senior Center Meeting: Senior Meeting Jan 30, 1pm at senior center. 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 by appt. only. 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 • • •

Live Music: LVD Casino, Mar 24, 8pm, Borderline.

Board of Education Meeting: Watersmeet School Media Center, Mar 26, 6:30pm CDT.

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.

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 • • Easter Cache Hunt: BJ Winter Park, Apr 7, 10:30am.

EAGLE RIVER • • Life Talks: 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 & has a speaker.

RHINELANDER • • ADVANCED HEALTH PROGRAMS: Question & Answer Session: Mar 22, 6-7pm, Ashley Stelter
Webinar-Nutrition for Smarties: Mar 27, 6-7pm, Ashley Stelter.
Perscription Medications-Side Effects vs. Chiropractic, Apr 3, 1-2pm. Dr. Brian Hansen.
Info: Natural Health Improvement Center in Rhineland, 715-362-2300, advancedhealth@charter.net www.advancedhealthnhic.com



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Next issue: April 5, 2012
Submissions by: March 24, 2012

NATURE NOTES The Eastern Chipmunk *by Peter Dring*



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

It was last Monday, March 15, that one of my favorite wild-life "friends" here at Lories condos made his first appearance of the year, the Eastern Chipmunk *Tamias striatus*. Past phenological records that I keep on a daily basis tell me that they are still active in some years on November 8. This tells me that my "chippie" friend may have been in his un-

derground burrow for around four months and nine days.

What amazed me was his trust in me, as though he remembered the many times last year when he fearlessly ate sunflower seeds from my hand. This little guy's domain includes the slanting stone retaining wall in the front of our home. This little mammal appears to know every nook and cranny between the large rocks that are piled loosely adjacent to the wall. It is upon one of the flat pieces of dolomite that I sprinkle a few handfuls of sunflower seeds each morning, and it's only after he has transported every last one of them to his underground pantry that he accepts those from my hand.

Even though he has been missing from the scene for over four months, experts tell us that these solitary animals are not true hibernators. They will be awake in their dens on many winter days. Their food cache, containing dried cherries, blueberries, gooseberries, acorns, maple seeds, sunflower seeds, wheat, corn or oats is very near to them. In fact they may be sleeping on top of their plentiful food supply. Even though I've never seen them do so, I've heard that it is not uncommon for chipmunks to momentarily leave their winter quarters and come up to have a "drink" of snow. This is the time, extending into early April, when the males will be searching for a mate. The gestation period is 31 days with the litter of two to seven being born between mid-April and early May.

How well I remember the sum-



mer, while living at the Red School House Nature Center in Willow Springs, IL, watching a mother and her two young, about half her size, as they literally vacuum-cleaned the ground beneath the bird feeders in search of sunflower seeds. The immature animals were inseparable. Seldom were they more than a foot from each other. They moved very slowly and methodically, that is until they sensed the least bit of danger. Usually the female was the first to respond to anything suspicious, such as me tapping on the window. A surprisingly loud, shrill, whistled "CHEEK" would be given that signaled "all tails straight up into the air and dash for the bottom of the woodpile!"


The dirt would fly from their flailing feet, leaving me with the feeling that not only had they disappeared in a flash, but they had also SLAMMED the door behind them! I'm continually amazed that they could reach the opening beneath the woodpile, stacked in piles to dry, scampering at full speed and stop in such a short distance - like 12 inches - thereby avoiding a fractured skull or worse! There are many times during the summer when I hear a monotonous "churk—churk—churk," and think I am hearing a cuckoo lurking in the shadows of the nearby woods. A second look throws light on the mysterious singer. A chipmunk, ideally camouflaged and sitting perfectly still, blends well with the woodpile on which it is sitting. Its notes of concern are called over and over, like a broken record. I have yet to see one of these pert animals off guard or very far from safety. They have always appeared to be in complete command of the situation at hand. Stone walls and rock piles on the edges of woods have been my favorite places to look for them while out hiking. Even though they do not have the climbing ability of squirrels, I once saw a chipmunk at least 30 feet off the ground in a sugar maple tree. I suspect it was in search of seeds that September day.

Even though fruits, nuts, seeds, insects and cultivated grains make

up most of their diet, friends of mine who raised many bulb flowers, such as lilies, tulips, hyacinths and daffodils, had a considerable amount of them dug up and eaten by these impetuous little squirts. Not having the heart to kill them, my friends bought several live traps and baited them with peanuts in the shell. Apparently those delicacies were pure ambrosia to the chipmunks who didn't appear to be too concerned over being captured as they proceeded to cram as many peanuts, shells and all, into their generous-sized cheek pouches. How grotesque those flippant little scamps were, their heads appearing to be twice their normal size!

By the end of summer my friends had trapped and taken away from their five-acre wooded lot to distant new homes more than 75 saucy, well-fed chipmunks. I suspect, in that nature abhors vacuums, that new chippies immediately moved in to replace their trapped and transported brethren. In retrospect, I feel that my friends would have been better off by discontinuing growing flowers from bulbs.

We don't know of a more personal and welcome sign of Spring than the appearance of these handsome, trusting little mammals. Welcome back "chippies!" Their scientific name means "One who lays away stores" - it fits perfectly.



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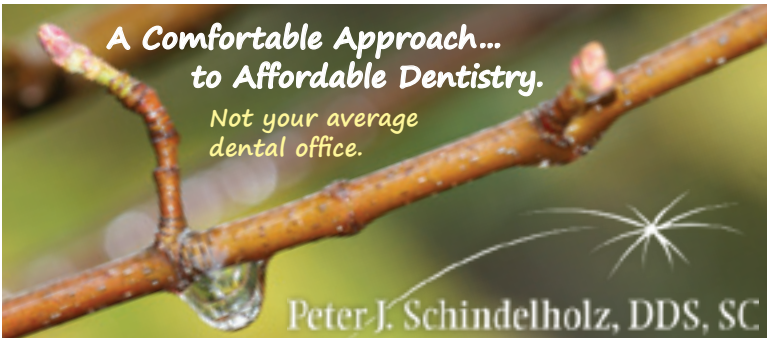
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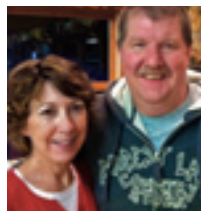
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PALATE PLEASERS Randy Sprecher-Brewing Icon by Kris & Mark Gostisha



Kris and Mark Gostisha, of the Forest Lake Country Store, share their passion for the gourmet and the unique.

Randy Sprecher learned his craft at the Pabst Brewing Company in downtown Milwaukee. He learned the skill of making good beer but yearned to push the envelope and wanted to "craft" beer. In 1985 he officially became an original pioneer of what is now called the Craft Beer Industry.

The first Sprecher brewery was located in the Walkers Point area of Milwaukee. Randy opened up with a skeleton crew and a monster desire. In ten short years he outgrew this facility and moved to Glendale, on the north side of Milwaukee. This large facility has allowed Sprecher Brewing to

fill the demand for their quality beers.

The best known Sprecher beers are **Special Amber**, **Pub Ale** and **Black Bavarian**. These are easy to find and show off Randy's great brewing skill. If you want to try something truly unique, search out some of Sprecher's more obscure products; **Irish Stout**, an ebony colored stout with flavors of bittersweet chocolate and coffee; **Abbey Triple**, a Belgian Triple Ale; **IPA2**, stronger and hoppier than traditional IPA beers; or **Pipers Scotch Ale**, which has a smoky aroma and caramel and lightly toasted malt flavor. Like any good brewer their seasonal beers make great exclamation points thru the year, and Sprecher Brewing is no slouch in this department. Spring brings **Mai Bock**, in the heat of summer you can enjoy Sprecher **Summer Pils**, and of course **Oc-**

toberfest in fall. In the cold and snow look for **Winter Brew**. All of these beers continue to be brewed with the European influence that Randy learned in his youth.

As the company grew, so did the staff. An addition to the Sprecher Brewing management brought in Jeff Hamilton as President of the company. Jeff's passion for the beer industry matched that of Randy Sprecher. The combined talent has taken the Sprecher brand and turned it into a vaunted leader in the brewing industry. Jeff has been instrumental in making Sprecher a national brand and to keep the company contemporary.

As American tastes have changed so has Sprecher Brewing. While the Sprecher branded products continue with their European overtones, Randy and Jeff have built the Chameleon Brewing brand to address the unique trends in American style beers. Look for an American influence on **Hop on Top**, an IPA; **Fireside** nut brown ale; **Ryediculous**, a rye beer; and **Witty**, a Belgian White.

The tag team of Sprecher and Hamilton has taken the Sprecher brand to collateral products including gourmet soda, boutique chips, BBQ sauces, caramel corn and so much more. One of the unique trends inspired by great craft beers is to pair the beers with unique food items. If you want to try some unique beer parings here are a couple recommendations from Jeff Hamilton:

Sprecher IPA2 pairs well with Sartori Sarvecchio Asiago, Carr Valley Gran Canaria or fresh mozzarella. Try Hefe Weiss with a gruyere, Sartori Bellavitano, or Carr Valley Menage. Irish Stout goes great with Havarti or Gouda. Generation Porter with Camembert or Dolcina Gorgonzola

Inexpensive beers worry if they have a born on date. With any quality beer there is no need to worry about how long you have kept it. Jeff Hamilton stated that

if kept at a moderately cool temperature, say 55 degrees, good beer will keep for 5 years or more. If you have a dry, unheated, basement location you can cellar a quality craft beer and not worry about it being bad.

If you are in the Milwaukee area, make the time for a tour of Sprecher Brewing. Their website offers the address and times of tours. The address is www.sprecherbrewery.com. You are sure to enjoy the tour and bound to learn something about a leader in the craft beer industry!

Bon appétit!

Whole Grains for Health

Did you know that half of your grain intake each day should come from whole grains? The U.S. Dietary Guidelines for Americans has long recommended making whole grains a significant portion of your diet.

"If you are one of the millions of Americans who fall far short of that goal, there are quick and easy ways to eat more whole grains on a daily basis," says Susan Nitzke, Cooperative Extension specialist and Professor Emerita at the University of Wisconsin-Madison.

The first step is to know a few basic terms. A whole grain food is made from the whole kernel of the wheat berry or other grain. That means the outer bran, the oily germ and the starchy endosperm are all present. In contrast, a refined grain uses only the endosperm part of the grain seed or kernel.

Nitzke says there are lots of nutritious and delicious whole grain choices in breakfast cereals. She suggests reading cereal labels and choosing cereals with a whole grain as the first item in the ingredients list. Most whole grain ingredients have the word "whole" in the name, like "whole wheat" or "whole-grain corn." Oatmeal and rolled oats are also whole grains.

When you are buying bread for sandwiches or toast, try different whole grain varieties. "Get your family members involved

continued back cover>>

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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.

As we get closer and closer to our celebration of the Resurrection of Christ, our thoughts no doubt turn to our Lord's trial, to the cross of Calvary, and to His resurrection that first day of the week. We may even think about the time that Jesus spent with His disciples in the Garden of Gethsemane or even in the Up-

per Room. Do we think about what our Lord taught following that final meal?

The Apostle John, one of Jesus' closest disciples, shares Jesus' teaching on the Vine and the Branches and the importance of abiding in Him. Jesus says, "Abide in Me and I in you." (John 15:4). He goes on to tell His followers then and now, "As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing." (John 15:4-5).

We live in a very self-absorbed culture. Most often everything revolves around how things will benefit us. Much of what calls itself Christian living can, in fact, be self-enhancement and not Kingdom work. This abiding in Christ is not just some mystical thing, it is very practical. The vine gives its life so the branch may have life and in turn may bear fruit. Similarly, we can't bear fruit on our own. Just as the branch must abide in the vine, so must a believer abide in Christ. If we are going to do anything of eternal worth, it must be a result of the life of Jesus Christ in us.

Further on in John 15, Jesus tells us to abide in His love. (John 15:9) Well, how do we do this? John 15:10 says, "If you keep My commandments, you will abide in My love." This keeping His commands isn't just knowing and agreeing with them morally. It is keeping them in our daily lives. All of God's commands boil down to loving God with our all and loving others as ourselves.

Why do you and I do what we do? Is it a result of abiding in

the love of Christ? Is it His love working its way out and through our lives? Or is it just part of the program? Jesus said, "By this all men will know that you are My disciples, if you have love for one another." (John 13:35). So often we can act as if people will know we are Christ's and abiding in Him by all the programs and activities we are involved in. I have found that programs and activity may prop up our sagging egos and make us think we are abiding in Christ. It is also easier to be busy than to love people. The truth be known, it is difficult to love others. It exhausts us as we give our lives to produce fruit for the Kingdom. This is why we must be abiding in Jesus, being in an intimate continual relationship with Him, so His love can be made manifest in us and through us. We can't do it on our own. Just as Jesus abides in the Father and He poured out His life as a ransom for many; so can we, as we draw our life from and abide in Christ.

The world may do programs better than we can. The world may do music better than we can. May it never be said that the world loves better than we do. More than anything, our fellow believers want us to love them and to love one another. More than anything, the world needs to see a church of Christians that loves one another. We can only do this as we abide in Jesus, and we abide in Jesus as we abide in His love. Jesus spoke these words shortly before His arrest, "This is My commandment, that you love one another as I have loved you." (John 15:12) Let's abide in Jesus by abiding in His love.

Know I'm praying for you.

KEEPING YOU POSTED

from Cathy Grady, Land O' Lakes Postmaster

On Saturday March 24th we can sell the "Cherry Blossom Centennial" stamps. In 2012 the U.S. Postal Service commemorates the centennial of the gift of more than 3,000 cherry blossom trees from the city of Tokyo to




the city of Washington DC. Two stamps picture cherry trees in full bloom around the Tidal Basin. In one stamp the trees arch over two girls dressed in bright kimonos and a family on a stroll with the Washington Monument in the background. On the second stamp, the Jefferson Memorial forms the backdrop for tourists taking in the sights under a canopy of pink blooms.

Did you know that *thousands* of letter carriers are bitten each year by dogs? These bites can cause death as well as serious crippling injuries, and are never funny to either the Postal service or the carrier involved. Less serious animal attacks, however, have been recorded by one carrier who was bitten by a goose and by another who landed in the hospital after being bitten by a bantam rooster. As usual, however, a Texan carrier probably holds a record for the "tallest" animal story, after claiming he was chased from a house five times by a bunny rabbit a child received for Easter.

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IN 'DA WOODS Springing Ahead *by Melanie B. Fullman, USFS*



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.

The other day I went for a walk in the woods. My primary objective was actually transportation – I needed to get from Point A to Point B and decided to walk, taking a woods route instead of the road. A second objective was to check on the progress of Spring (it's here!?). And thirdly, I thought it might provide material for this column (tough job but somebody's gotta do it!).

MAMMAL MARCHING

The weather sequence last week worked perfectly for finding and studying tracks. Warm days and freezing nighttime temperatures created a crusty snow that enabled many species of wildlife to walk on top. But without a subsequent and timely light dusting of fresh snow, the firm old snow/ice wouldn't have provided much in

the way of tracks.

The first track that surprised me was that of a squirrel. Unmistakable side-by-side front feet distinguish their tracks from those of rabbits, which hop with one front foot in front of the other. But each set of these squirrel tracks were 2-2½' apart! According to District Biologist Brian Bogaczyk, a squirrel "on a mission" CAN bound that far. The ones I saw dodged between shrubbery to get from one group of trees to another. I guess when you're small and brown against a backdrop of white snow, the bigger the leap, the quicker you get to back to safety.

There were also several mouse tracks and something about the same size but more rounded. Mouse footprints are very small and the telltale indicator is, well, their tail – a faint drag mark between their footsteps. Football – shaped voles don't have long tails and their wider bodies make their tracks appear more squat. It was interesting to see that both species mostly went from the base of one

tree to another. Being on the diet of just about everything else in the woods, I doubt they lingered atop the snow even as long as the squirrels.

These tracks didn't reveal any immediate struggles of life and death – no drop of blood or patch of fur in the snow (that came a few days later, when I saw, and could smell, more skunk fur than a skunk should lose...). As I walked, though, I thought about the fact that our search for food and safety is pretty much limited to driving to the grocery store. Blissfully, most of us will never know what it's like to risk our lives just to eat our next meal. I suppose mice don't spend a lot of time contemplating the wider universe but I feel fortunate that I don't fear every twig snapping in the forest.

BIRD PARADE

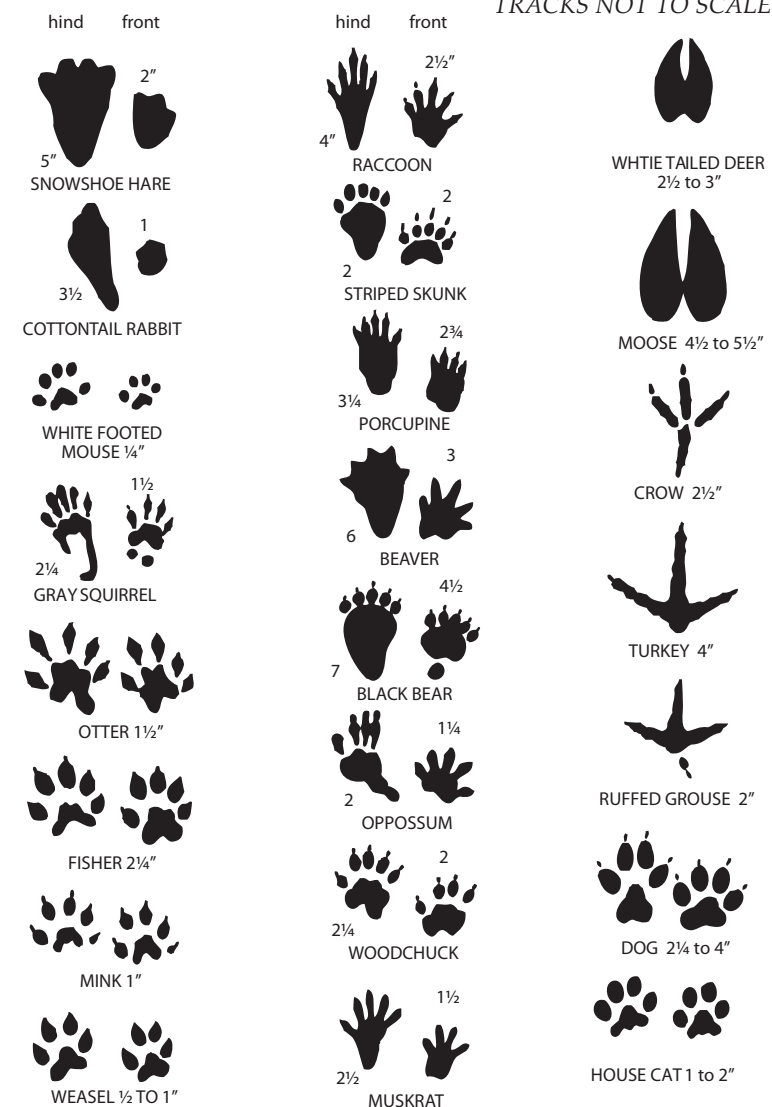
In addition to these mammal tracks, I also noticed two different types of bird tracks. The first ones were 1-2" long, 3 toes, and quite agile – they had wandered around everyone! There was either a herd of them or just a few very active ones. Crows? Ravens? Rounding a small bend, the track makers took offense at my arrival, calling me a few bad names and talking flight. Two crows. Two very busy crows.

The next set of bird tracks was MUCH larger. These birds had also spent a great deal of time on the ground, walking in the woods and across small openings. There wasn't any specific evidence of eating but they had certainly spent much of the morning here. Each bird foot was about the size of my fist. And their movements seemed deliberate. Whereas the crows seemed to have been having a party, these tracks were purposeful movement from one place to another.

Ravens? Turkeys? Biologist Bogaczyk says turkeys. The best indicator is that the tracks are consistent. Turkeys have firm feet; ravens have wigglier toes, which leave tracks with varying toe placement. Finding turkey tracks was a nifty surprise.

OTHER SIGNS OF SPRING

Last weekend, the Spouse and I also saw raccoons, heard mourning doves murmuring sweet nothings to one another, and saw willow trees in full yellow-stemmed anticipation of consistently warmer weather. Cluster flies are already abundant, too, making a



barn. Gross.

A moth even appeared in the headlights as I was driving home the other night. Easily the first one of the season. Unfortunately, I think I either smacked it with the vehicle or ran it over. Not much of a spring (life) for that one; sorry, little moth.

We've also noticed how quickly the snow is melting around any-

thing dark colored – tree trunks, rocks, and similar. Now if I could just figure-out how to tell, across an expanse of completely uniform appearing snow, where it is firmly packed/will support my weight and where I will fall through to my knees!

Here's wishing you some time to take a walk in the woods – you'll be glad you did.

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OUTSIDE Crappies on Ice *by Matt Ebert*

Now that the game fishing season is closed until May 5 it's time to focus on some upcoming outstanding panfishing. One of my favorite species to target this time of year is the crappie and even though they can be easily caught any time during the winter, few will argue that late-ice conditions may be the best.

This time of year the crappies move into shallower water where there is cover, such as weeds, that is holding forage for the crappie to feed on. Low light conditions also greatly improve the bite so make sure you are out early mornings or as the sun is setting. To target these fish all you really need is a light action jig rod spooled with 2-4 pound test line. Tie on a small hook with a splitshot sinker and bait it with a crappie minnow and start fishing over the tops of weeds. Don't be afraid to drill many holes so you can jump around looking for active fish. Ice conditions change rapidly so use extreme caution when venturing out this time of year.

Good luck fishing and don't forget to renew your fishing license which expires at the end of March.

Matt Ebert Guide Service 715-891-3927.



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Whole Grains

continued from page 5 >>

in a taste test of a few different brands and pick the brands you will want to buy most often," says Nitzke. She recommends doing this for all the grain products that frequently appear on your shopping list, such as tortillas, bagels, English muffins, pasta, noodles or crackers.

For a healthy whole-grain snack, popcorn fits the bill, especially if it's made with little or no added salt and butter.

According to Nitzke, it is easy to be fooled by words that sound like they might be whole grain items on an ingredient label or product name. She says "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not whole grain products. She also points out that bread and other grain products may look brown due to molasses or food colors, so it is better to use the ingredient list rather than color as a guide when choosing whole grain foods.

For more information on eating whole grains, contact Teresa Arnold, your local University of Wisconsin-Extension Nutrition educator, at <http://vilascounty.uwex.edu>, check out the "Families, Food and Fitness" national extension website (<http://www.extension.org/pages/58571/substitute-whole-grains-for-refined>), or visit the "Choose MyPlate" website <http://www.choosemyplate.gov/food-groups/grains-tips.html>

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