

**Wanderings
from the
Woods
& Water**
by Jay
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was so jacked up, he had a hard time going to sleep. He talked and talked and talked and talked about going duck hunting.

He jumped out of bed on opening day of duck season and got ready by himself. He was ready before I was. He was dressed in all his warm clothes. Even with all of his warm clothes, I ASSUMED it would be a quick hunt for Jake because of the cold.

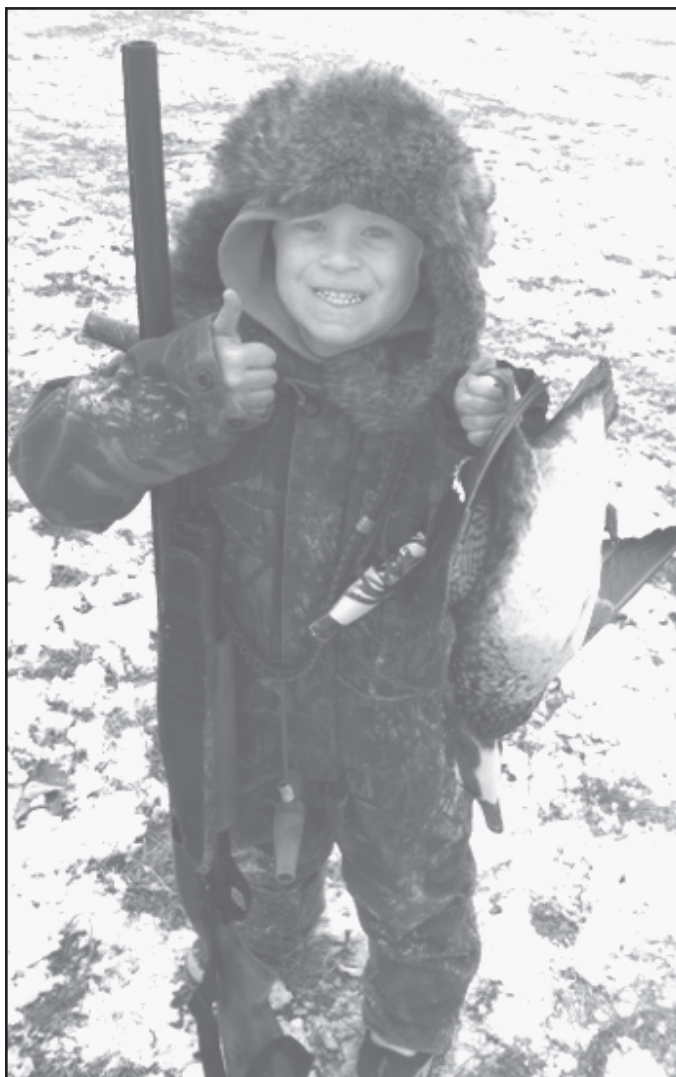
We got set up on a creek where some ducks had been using. It was pretty dang cold sitting next to the creek waiting on daylight. Jake never said a word about being cold. We had a few ducks come in and my friend Keith and I let the shotguns bark. We killed a couple. Jake never said a word about being cold, but he sure let me have it for not letting him shoot. He was MAD! He just doesn't understand the gun weighs more than he does. After he got done fussing at me, he decided to do the retrieving. He ended up

finding a duck we lost under some tall grass. When it was time to leave for some turkey dinner, I was cold tired and ready to go. Jake on the other hand was begging to stay longer!!!

Jake pretty much spent the holiday break right beside me. He woke up early to go coyote hunting. He put some miles on his boots checking traps with me. Where I went, Jake was following my lead. I might have created a little hunting monster, but that is okay by me! I might be able to kill more critters if Jake wasn't attached at my hip. I wouldn't trade a wall full of world record deer for the time spent with Jake!

I think God speaks to us daily; we just have to listen. I will leave you with what God told me! You should want with ever fiber in your body to spend time with the Father! You need to follow the Father's lead!

Until next week, get out and enjoy God's creation!



Jake Bicknell the hunting monster!

The Little Monster I Created

If you read my column on a regular basis then you probably have read a story or two about my son Jake! Jake is a 6-year-old hunting monster. My wife tells me I created the monster!

Jake has the ability to know the second I wake up of the morning, no matter how early. I get up for work and I am met by Jake who asks, are you going to work or hunting. When I tell him, work, he goes directly back to sleep. If I say hunting, then it is guaranteed, I will

have one angry 6-year-old if he is not going.

The night before Thanksgiving, Jake got wind I was going duck hunting the next morning. He asked if he could go and I said, no, it's going to be 16 degrees. Immediately he started crying and fussing! Jake said, dad I have shot zero stuff this year! After some more fussing and crying, I gave in and told him he could go.

I told him it was going to be super cold and we would have to get up super early. He

Have a Holiday Heart-to-Heart: Look At Your Family's Past To Prevent Type 2 Diabetes In Your Future

By Griffin P. Rodgers, M.D., M.A.C.P., Director, National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health; adapted by Bobby Gray, RN, BS, Kentucky Tobacco Prevention and Control Program.

The holidays are known as a time for family gatherings, catching up with relatives, and sometimes even the occasional family conflict. Like drama at the holiday dinner table, in many ways your health is influenced by your family—for better or for worse. This year, why not start a conversation that benefits everyone? Gather your family health history.

Why It's Important

Family history of disease is an important part of understanding your risk for developing a number of serious diseases, including type 2 diabetes. Diabetes is a serious disease that, if left untreated, can

lead to serious health problems including blindness, loss of limb, kidney failure, heart disease, and early death. In fact, most people with type 2 diabetes have a family member—such as a mother, father, brother, or sister—with the disease.

The National Diabetes Education Program (NDEP) encourages all families to gather their family health history this holiday season and help prevent or delay type 2 diabetes in future generations.

By knowing your family health history, sharing it with your health care team, and taking important steps—such as maintaining a healthy weight or losing a small amount of weight if you are overweight, making healthy food choices, and being physically active—you can prevent or delay type 2 diabetes (as well as other serious diseases) and help ensure that you will be enjoying holiday fam-

ily gatherings for years to come.

Four Questions You Should Ask

The answers to these key questions could help you prevent type 2 diabetes in your future.

Does anyone in the family have type 2 diabetes? Who has type 2 diabetes?

Has anyone in the family been told they might get diabetes?

Has anyone in the family been told they need to lower their weight or increase their physical activity to prevent type 2 diabetes?

Did your mother get diabetes when she was pregnant? This condition is also known as gestational diabetes.

If the answer to any of these is yes, or you have a mother, father, brother, or sister with type 2 diabetes, you may be at an increased risk for developing type 2 diabetes. Talk to your doctor and visit www.YourDiabetesInfo.org to learn more

about managing your risk and preventing or delaying type 2 diabetes.

Your History Affects Your Child's Future

While you're gathering your family's history, you need to take your own into consideration as well.

Gestational diabetes is a type of diabetes that occurs during pregnancy and affects about 2 to 10 percent of pregnancies. If you had gestational diabetes when you were pregnant, you and your child have a lifelong risk for getting diabetes.

Women with a history of gestational diabetes have a 35 to 60 percent chance of developing diabetes in the next 10 to 20 years after delivery.

The children of pregnancies where the mother had gestational diabetes are also at increased risk for obesity and type 2 diabetes.

Women who have had gestational diabetes should be tested for diabetes six to 12 weeks after their baby is born, and at least every three years after that. Mothers should let their child's doctor know that they had gestational diabetes.

Women with a history of gestational diabetes can lower their risk for developing diabetes by making an effort to reach and maintain a healthy weight, making healthy food choices, and being active for at least 30 minutes, 5 days a week. Keeping a healthy lifestyle helps mother and child lower their risk for getting diabetes in the future.

For a free tip sheet on gestational diabetes, including steps to reduce the risk of developing diabetes, call the National Diabetes Education Program (NDEP) at 1-888-693-NDEP (1-888-693-6337), TTY: 1-866-569-1162 or visit its website at www.YourDiabetesInfo.org.

Stickeler's Puzzle

STICKELERS [sic]

by Terry Stickels

Six of the seven numbers share a common factor that the seventh number does not. Which is the odd one out?

26027 72114 61161

66113 26027

23562 92157

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Stickeler's Answer on Page 12

Birding BITS BY Cindy Brook

The Humble Tree

Holiday trees don't have to cost a lot to decorate. Decide on a theme, and go to your favorite craft store to find the items you need. Bird-related items are very easy to find. Having a tree filled with lights in your home can be very peaceful. Enjoy!

E-mail: birdingbits@flrr.com
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