

THE FLASH

Volume 52, Issue 1

Making Strides Breast Cancer Walk

By: Lydia Albrect

Breast cancer is one of the leading causes of death in the US. Some of those deaths are of our loved ones. When I was young, my grandma, Annette Albrect, died of breast cancer. Heather Hallstein also died of breast cancer a few years ago. Since then, doctors have been learning new ways in which to treat this cancer. Making Strides is a 2-5 mile walk in

which you help raise awareness and fight to end breast cancer. There is no fee. If you participate, you will help the well-being of thousands of people. So come and join us as we walk to fight breast cancer!

When: Saturday, October 24, 2009

Where: Downtown Eau Claire

Time: Registration 7:30 am, Start 8:30 am



"So come and join us as we walk to fight breast cancer!"

SPECIAL POINTS OF INTEREST:

- Making Strides Breast Cancer Walk
- Book Club
- Fun Times with Yan Yi
- Getting to know the Freshman
- Senior Spotlights
- Rachel's Ridiculous Recipes

A BOOK CLUB

By: Prof Lau

It seems to me that the number of students who read for enjoyment has diminished over the years. Perhaps it is just "business" in general that prevents such pursuits, or it may be that more modern forms of entertainment are preferred.

It has been a goal of mine over the past few years to do something to combat this abandonment of books. The idea of a book club is rather simple. I envision

meeting once a month or so having everyone agree to read the same book to be discussed at the next meeting. This discussion would last for approximately half of the time allotted. The other half would be spent by members sharing other books they have found interesting.

At our initial meeting we could talk about some specifics that will help make this idea work. When would be the best time to meet? How will we choose what book to

read? How much time should we allow for reading? How can we obtain copies for all? Should snacks be part of our meetings? :)

If you are interested in joining the 1st book club ever begun at ILC, show up for an informational meeting on Sunday, October 25th, at 6:30 pm in the Lounge. All are invited to bring their ideas. If you are interested, but can't make the meeting see Prof. Lau.

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Fun Times During This Summer

By: Yan Yi He



Hi there. My name is Yan Yi He (the pronunciation of my last name is not the way we pronounce the English word). I am from China. I am a senior this year. I went back home this past summer. Do you know how long it will take me to fly back home? Well, almost 24 hours. I went from Minneapolis to Chicago, from Chicago to Los Angeles. I met this Korean guy in Los Angeles. In fact, I thought he was Chinese. I asked him where to get my new ticket for the next flight. He helped me with my ticket, and we waited for almost 6 hours for the airplane to come. I think it's kind of cool when you talk to someone from somewhere else. This conversation makes me feel so international. I think it's the same with our life. If you get bored some time, just go on a nice little trip, talk to someone you don't know. You don't need to remember them or connect with them when you get back from the trip. You may never see them again. It's not important, just enjoy the feelings. After I said bye to him in Korea, I waited at Seoul Airport and finally got back home. I landed at Beijing Capital Airport. It was a long trip.

My dad and I went to Tibet this summer. That was great! In one's lifetime, he or she should be in there once. The people who live in Tibet have the same religious background. They all believe in Huang Jiao. We could see lots of people use their own way to worship their gods. Have you ever seen a picture of Potala Palace? I went there, too. It seems not that high, but it is difficult to conquer. You would face some breathing problems. The very weird thing is in Tibet you need to pay lots of money in order to get into the public bathroom. It's about 25 cents. And in Tibet, if some children or widows ask you to give them something, that means you need to give them food or money. They don't really care how much you are going to give them. At least something. They have 5 types of funerals. They think the highest one is the one that you put the dead person upon a high hill and a special person cuts the dead person into pieces. When he is done he lets eagles eat the corpse. If the dead person's body can't be eaten or the eagle didn't eat all of them, that means the person who is dead can't go to heaven. I heard this from the guide. Actually no one can watch the whole thing except the dead person's relatives. I feel like this place is full of mystery. People call it the last holy place of western China. I also have some pictures I'd like to share, if you're interested.

I also went to a Tai Chi school for about a week. I used to be a summer student in that school. I started in 2007. I would go and live in the dorm for about a month. My coach is only 16. It was very hard at the beginning. Once you get started, it feels easier than it used to be. Like this time, I only needed them to correct some of my movement.

Hey, guess what? My friend and I watched Twilight in China. I think it's kind of cool. Facebook was being weird when I was home. It was still working in June, but it didn't work the rest of my holiday. That means I couldn't talk to everybody here. I promised Carl to send postcards to some of my classmates, but that didn't really work very well. I sent all of them to school the day before I left. So they saw me first and then my postcard. Sorry about that, guys!

The last thing I feel sorry about is that I was late for school for about one week. My passport should have been done before the 24th, but because they moved the embassy, there is only one post office that they can use for their daily work. And since the 22nd and 23rd was a weekend, they didn't work on that day. So I couldn't make it on time. I feel bad about it. Sorry!

One day, Jo Ohlmann asked me what sports I was playing in here during a volleyball game. I told her that I didn't play any of them. Some other people asked me this question before. Ok, the thing is, I am not good at those sports, but it doesn't mean we don't have sports in China. We had Ping-Pong, Kong fu, gymnastics (not the one that Mel played, it's a different kind. It's more like Yoga), 800-meter run and so on. I think we are not as good as you guys when you are playing volleyball or basketball. Most of the schools in China don't have softball. Sometimes I would feel bad that I can't be involved in any sports anymore. That's ok. I always enjoy the game!

I think we have lots of new students in our school this year. I'd like to say welcome and enjoy your life in Immanuel!

The last thing I want to say is: "Thanks a million for helping me correct my Flash article, Prof. Gullerud!"

DO YOU KNOW THE FRESHMAN?

Curtis James Sandeen

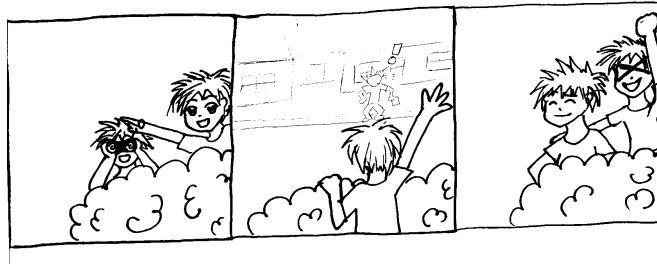
Curtis is the oldest of two children. He has a sister Caitlyn who is in 6th grade. His mom used to teach in the CLC in Watertown, SD, and that is where Curtis was born. She now works for a government contractor processing Medicare claims. His dad is in the ND National Guard and is currently deployed to Kosovo. Curtis has always liked sports since he was a little kid. He played soccer, football, and baseball in grade school, but his favorite was baseball and still is. His favorite position is catcher. His favorite channel is ESPN. He also likes to play computer games and Play Station games. In the summer he likes to go fishing with his dad. He plays the violin. (That one people might not know, since he didn't bring his violin to ILC.)

Both of Curtis' grandpas are CLC pastors. (one is retired)Pastor James Sandeen and Pastor John H. Johannes.

Two of his aunts are Jessica Lau and Karen Johannes.

September Cartoons

This is just a sample of some cartoons that will be coming to the FLASH this year. Stay tuned for more drawings from Liz Richardson!



Nathan Benjamin Rodebaugh

Nathan and his twin brother, Noah, were born on October 24, 1994, in Wichita, KS. Noah went to heaven on October 25. Nathan stayed in the hospital for 3 more months. When Nate finally got to come home with mom and dad, he spent all his time trying to keep up with his older brothers, Josh and Sam.

Nathan's favorite things to do are playing sports, watching sports, talking sports, and anything to do with really good, spicy food. Onions and homemade salsa have been his favorites since he was a toddler and his favorite restaurant is Jalapeno Loco. He really likes going to school at Immanuel, but misses trying out new recipes in the kitchen, if they turn out...we won't mention the Mystery Dinner garlic bread or Sam's birthday torte.

Hannah Evelyn Hulke

Hannah loved to sing the liturgy during church services. She also treated us to a lot of dance shows. She likes to draw and paint and write creative stories. Hannah was born with an extra bone in each of her thumbs. She had thumb surgery to correct that when she was 18 months old.

She has one older brother who's in Iraq right now, a married sister, and a soon-to-be married sister.



Paige Alexis Louderman

Paige was born May 5th, 1995, in Berwyn Illinois. She is the baby of the family with sister Courtney and brothers Chad and Tyler. When she was young she thought that she should be able to do everything her siblings could do and was always one or two steps behind one of them and could usually get one of them to give her what she wanted. She has always been our social butterfly and can bring a smile to anyone's face!!!

Johanna Marie Ohlmann

My name is Johanna Marie Ohlmann, I was born Oct.14th, 1994, in Valentine, NE, and I am the youngest of five children. I attended Grace Lutheran School for K-8th grade, where I was the only student in my class. My favorite thing to do when I was little was to play "tea party," at Grandma's house, or play Uno, Phase 10, or SkipBo with anyone that would play with me. I enjoy playing basketball and softball. I love to bake (I make a mean batch of scotcheroos), I became an aunt/godmother in August, and of course I love anything that is Nebraska Cornhusker related. Go Big Red!



Megan Chloe Wirth

"Megan was born in Kalamazoo, MI, on February 4th, 1995. She was sooooo cute that we got compliments all of the time about her 'big brown eyes.' When she was little she loved to dance and take care of her baby dolls. Her family consists of mom, dad and younger sister Madelyn. She also has a cat named Sassy and a dog named Doggie who she sneaks into the house when she's not supposed to! Megan is a very caring young lady who can make us laugh anytime."

Lack of Stimulation

By: Samantha Sterner

This year, we have been truly blessed by God with the new Academic Center. There are many positive things that this new building has brought about. It has been a huge improvement having all of our classes, except for Choir, in one building. The building smells nice and the bathrooms are always clean. The tiled floor gives the building a fancy look compared to the old, and worn out, carpeting in our previous buildings. The library is also in the new building and has a very classy style and provides a calming atmosphere. But there is one negative thing that comes to my mind: The new rule of chewing gum.

A new rule has been added to the handbook this year, to help maintain a clean building. This new rule is that chewing gum is not allowed in the Academic Center, due to chewed remnants found in the classrooms at the end of last year. The point of enforcing this new rule is very sensible: To keep the building clean. I think that it is a very smart thing. However, many students, including myself, find that chewing gum is very essential for our education. For some, it helps us stay awake in class when we had a late night the day before. For others, it is how we stay focused and alert in class. So, I did a little research and found quite a few articles about how gum actually does stimulate the brain.



Some tests were done and in these tests students were divided into three groups. One group chewed gum, one pretended to chew gum, and one did nothing at all while the teacher taught the lesson. The people who chewed gum scored higher. Increased heart rate means that more oxygen is being pumped into the brain. Then more brainpower and alertness are produced. Chewing gum also helps stimulate the brain because the action of chewing triggers the making of insulin. Insulin is a big part of how we remember things.

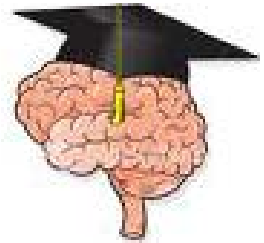
I know the Profs are trying to keep the building in the best condition possible, but what about our brains and our grades? Are they being kept in the best condition possible? Maybe the Profs could run their own tests, and allow gum next quarter and see if our attentiveness and our grades improve? And by writing this article, I am not trying to tear the Profs down or show disrespect in any way. I am just expressing concerns and speaking on behalf of many of the students. Studies say that everyone has their own way of learning. Some are visual learners while others are auditory learners. For some (actually most) of the students, the need to chew gum is a big part of how we learn.

For more information you can check out these websites:

http://www.brainhealthandpuzzles.com/chewing_gum_stimulates_the_brain.html

<http://www.bellybytes.com/articles/chewinggum.shtml>

<http://www.bbc.co.uk/2/hi/health/1870763.stm>



**CHEWING
GUM IS
GOOD
FOR
YOU!**

The Big man behind the desk

By: Hannah Tiefel

So, I know how all of you are probably wondering about the new library and the man behind the desk. Well, I got to sit down and talk with him about, well, really anything. He's a lot of fun and you should take some time to talk with him. Mr. Aaron John Gullerud is the man behind the scenes keeping all those books in order.

Question: How are you adjusting to the new building?

Answer: That's kind of like when they asked orphan Annie what she thought of Daddy Warbucks' mansion and she sang, "I Think I'm Gonna like it Here."

Q: You probably get this a lot but.. How did you first hear of the job?

A: I was flying over Russia on business when satellite picked up the story on CNN. Or maybe my mom said, "We're moving, you should apply." Yeah, one of those two.

Q:Any reading recommendations for students?

A: Develop your hobbies by reading about them (for fun!) and because God will one day show you how those skills will be a benefit to yourself and others in ways you couldn't have imagined. Also, keep an open mind to classroom reading assignments, because it may be the last exposure you get to that type of literature.

Q:What is the best part of your job?

A: Starting the day with chapel, and helping or being helped by fellow Christians. So, if you have a question or ever need someone to talk to about anything, you know where to find me.

Q:Pet Peeve of students in the library?

A: None that come to mind. But I will use this opportunity to say that you all have my permission to address me as "Aaron" instead of "Mr. Gullerud." We both know the respect is mutual.

Q: How's Mrs. Librarian?

A: Doing great. Shannon is just as nice as the day I married her. Of course, my duties at home don't require me to follow her around the house "shushing" her, so that may have something to do with her still liking me.

Q: What is your favorite book?

A: Trick question, right? Prof. Schaller's chapels on Philippians have reminded me that this is one of the better "self help" books around. It is a very positive book that simplifies what we tend to complicate.

Continued on Page 7

...continued... The man behind the desk

Q:Favorite Sports team?

A: Unless they too turn into glory seeking, money hungry prima donnas, I'll be rooting for the Lancers. But you just might catch me at the 49er/Vikings game this month getting heckled.

Q:Do you and your wife read a lot? ...If so, anything in particular?

A: I especially like reading to learn a new skill or for personal research. My wife is trying to get me to "loosen up" and read more fiction. She is plowing through the "Twilight" series. We're presently both reading books on psychology-- me by choice, and her for her final year of nursing at UWEC.

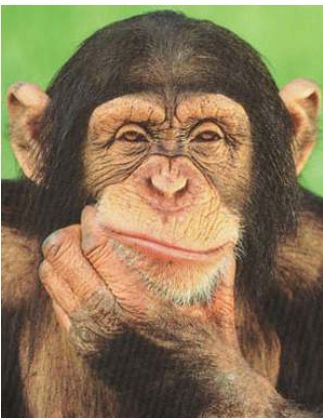
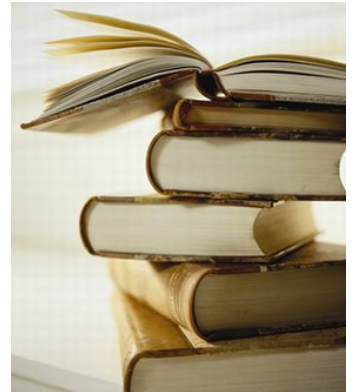
Q:What did you want to be when you grew up?

A: An aerial crop duster, or just about anything involving flying planes. Eventually I realized there were a lot of things I wanted to learn about, so God couldn't have given me a better job.

Q: Any plans for the library?

A: To learn cool new things and pass them on to you. A website is in the works to help us all do online research. Other than that, I am at the service of the students and teachers, so let's hear your ideas!

So Stop by the Library and Check it out!



Saying of the Month

By: Paige Louderman

“Cracks in the sidewalk are only reminders that you are never too strong to fall apart.”

Senior Spotlights

Luke Schaser

By: Tim Schaser

Tim: So Luke, where were you born?

Luke: San Francisco, California.

T: Favorite band?

L: Disturbed

T: Favorite song?

L: As of now, *Fuzzy Blue Lights*, by Owl City

T: Favorite movie?

L: Fight Club

T: Favorite prof at ILC

L: Prof Lau

T: Favorite class of all time?

L: PE

T: Favorite meal at ILC?

L: Chicken Cordon Bleu

T: Alright, so most of us have seen your hairstyle, the "fo-hawk." What's your secret?

L: It's a two step process: You take some hair gel, shape the 'fo-hawk', and then you use hairspray to hold it in shape.

T: What are some of your most cherished memories at ILC?

L: Perkins run with Baker and Christopher, "loud discussions" with (Andy) Roehl, and all of my memories with Christopher.

T: Do you think sports up at ILC will be affected at all when you're gone next year?

L: Of course, because I'm the only one who is willing to goof off in varsity basketball practice, and I'm the only one who hits homers in baseball.

T: Okay, do you have any words of wisdom to share?

L: A little bit of overconfidence never hurt anybody

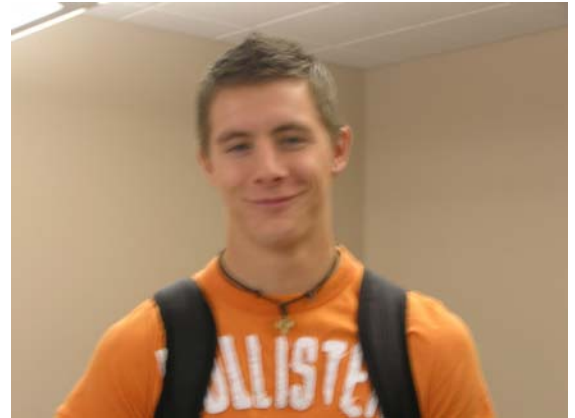
T: Nice, what is one of your favorite childhood memories?

L: Winning State [swimming] Champion in the 50 meter butterfly. It proved that I was the best in the state at something.

T: What is one thing about you that most people wouldn't know?

L: I like to write

L: Let me ask you a question, Tim. Since I don't live near to anyone from school, how would you say I act at home in Madison?



T: Well, I would say you are less prideful because of the lack of people you have to impress.

T: Describe Luke

Christopher Voit: A good friend who can do anything if he puts his mind to it.

T: Where do you see Luke in 10 years?

Chris: Family with kids sportin' the fo-hawk

T: Where would you see Luke in 20 years?

Kurt Koenig: Luke becomes the new Dean of Students, walking up and down the halls of Immanuel, telling kids to pull their pants up.

Luke: If you have any questions, comments, or concerns about this article, please contact me at 608-276-4748

The Triumph of Mr. Slinky.

In 1992 a baby girl was born. Well, actually, I am sure that many babies were born, but none of those girls concern us. The one we are talking about is a very special girl. She was special in many ways. For one, she had two middle names. Well, I guess I forgot to even tell you her name. She was Naomi Paulina Augusta Bernthal. I know what you are thinking, "What a mouth full," right? Well, she was.

This girl grew up with 3 older siblings and three younger siblings, but out of all of these she was closest to her cat whose name was Mr. Slinky. Her brother, Gideon, was too old to hang out with his little sister, and her sister, Rachel, was too busy hanging out with guys to care. Even though she and her sister Hannah were very close, Hannah had to go away for school. So Naomi, or Cheeseburger, which she will be referred to as from now on, spent most of her days with the cat in the small city of Fond du Lac. So Cheeseburger and Mr. Slinky went out into the backyard one day to play. Over time, Cheeseburger and Mr. Slinky started to accumulate many fond memories in the backyard, but that would soon be overshadowed by the fondest memory of all, which we will now elaborate on:

There was once a dog named Happy who lived in the neighborhood. Happy was a wiener-dog. The thing about Happy was that he was longing to have a good pal. One day while he was out strolling around, he saw our dear Miss Cheeseburger and her dear cat, Mr. Slinky. He decided to go in and try to get a bite of Cheeseburger's McDouble. So, Happy walked up jauntily behind her. Then with a move which was surprisingly quick for a dog as fat as Happy, he grabbed the McDouble from her hands. She was then overcome with grief and sat down and started to cry. However, Mr. Slinky remembered all the times that Cheeseburger had fed him and the hours she spent petting him. He saw his chance to do something kind for her and gathering up all his courage and remembering everything she had ever done for him, he pounced. He got a good hold

right on the back of the dog's head and wouldn't let go until the dog had died. The cat then devoured the dog, not letting anything remain. Cheeseburger and her cat were closer than they had ever been.

However, the next year she finished grade school and she moved here to Eau Claire to go to high school. She had to leave her cat behind (who later got hit by a car). This is one of the many stories that makes Cheeseburger's life so interesting.



Living Country Style

By: Samantha Sterner

Samantha Sterner: Where and when were you born?

Brianne Heinze: Mankato, MN, on May 14, 1992. I was raised on a farm, then moved to Eau Claire, WI in 1999

SS: You are known for ripping your jeans. If you don't mind sharing, exactly how many pairs do you have in your closet?

BH: 7 ripped jeans out of 11 pairs.

SS: What are some after school activities you do?

BH: Volleyball, Managing (Boy's basketball and baseball), Lance Committee, Activities Committee, Robotics, and FLASH.

SS: What are your plans for after high school?

BH: Go to CVTC in Eau Claire for something in the medical field.

SS: Favorite high school memory?

BH: The TVBS trip to California this past summer!

SS: Favorite Movie?

BH: 17 Again or 8 Seconds

SS: Where do you see Bri in 10 years?

Gretchen Eichstadt: I think she'll be married to some country guy, have several kids, a Chevy truck, and is a super nice and successful nurse. She might also end up being on the show "Nanny 911" because she really knows how to handle bratty kids.

Carl Reim: She'll be married to a nice but rough guy living in a country house with 3 very well behaved kids.

Emily Tester: I can see Bri being married to a country boy and having 3 or 4 kids. They'll be super well behaved, but terrified of her because of her punishments. . . But otherwise, they'll love her because she is super nice.

Amy Roehl: I am definitely picturing her married with like 10 kids, living in the country with her truck and her four-wheelers. She'll definitely be the soccer mom with a trendy edge making sandwiches for the kids' games, buying Gatorade, and staying on top of it all! And, of course, we'll still be tight.

Naomi Bernthal: Bri will be the Chevy truck driving, just out of nursing school mom, who keeps her 8 kids, cat, dog and 2 bunny rabbits all in order. She'll be married to a rugged bodied cowboy on their awesome farm. Also, on Fridays she and the family will pile into the truck, and after the kids' soccer games, they'll all go to Sonic for Slushies. And on Saturdays our families will get together for a friendly game of tractor surfing.

Samantha Sterner: Bri will be married to a rowdy Cowboy who is the star of the town's Rodeo. She will have 3 kids named Jake, Jenny, and Jordan, who will be driving tractors by the time they are 5 years old. Or she will be a nurse married to some gentleman. She will have 3 adorable kids with perfect manners. She will live in a fancy beach house in California and will have a pet guard dolphin.

On a more personal note: One thing that I have learned from Bri, which really stands out, is that I have learned to appreciate the "country" style of life. And that includes tractors, loud trucks, bonfires, country music, and rodeos. A lot of people classify these types of people as rednecks or hicks. But look at her, she's no redneck.



SS: Do you have any advice for people?

BH: If you respect others, you will get respect back

Rachel's Ridiculous Recipes

By: Rachel Mackensen

This year I will be doing a column specifically for recipes. I will put in a few recipes each issue. However, if you have any favorite recipes or suggestions you would like to share, I can put them in! So to start us off: My favorite drink, both energizing and yummy!

Berry Banana Smoothie

3 tbl. Yogurt

1 small banana, peeled, cut up, and frozen

¼ c. fresh or frozen berries

1 c. orange juice

Directions:

In blender combine frozen banana, berries, orange juice, and yogurt. Blend till smooth. Pour and enjoy!



Chocolate Dipped Snacks

½ cup HERSHEY'S Milk Chocolate Chips

½ cup HERSHEY'S Semi- Sweet Chocolate Chips

1 tablespoon vegetable shortening (do not use butter, margarine, spread, or oil)

Cookies, dried apricots, miniature pretzels or potato chips

Cover tray with wax paper

Place chocolate chips and shortening in small microwave-safe bowl. Microwave at HIGH 1 minute; stir. If necessary, microwave at HIGH an additional 15 seconds at a time, stirring after each heating until chips are melted and mixture is smooth when stirred. Cool slightly.

Dip 2/3 of each snack or fruit into chocolate mixture. Shake gently to remove excess chocolate.

Place on prepared tray. Refrigerate, uncovered, about 30 minutes or until coating is firm. Store in airtight container in cool, dry place.

Enjoy!

Makes about ½ cup coating.

Editorial

Hey guys- Christina and Mel here, and we are the new editors, and we're super psyched for this year's FLASH staff! We had such a huge turnout at our first meeting, and you're more than welcome to join! We hope you had a great summer, and that this year is full of fun. So we're looking forward to this whole "being in charge" thing! It's liberating. To all you newbie's (and veterans) - we're real proud of you for hanging in there for a WHOLE month! It's real tough getting into the groove of things, but the first is the hardest. Just a tidbit of our wisdom for you- GET YOURSELF OUT THERE! It's a blast getting involved in new things- you interact with different people, have new experiences, and possibly discover some hidden talents? We're really excited to see you around! Your friendly FLASH editors, Mel and Christina



Credits:

Lydia Albrecht Yan Yi He Liz Richardson Sam Sterner
Hannah Tiefel Paige Louderman Tim Schaser Jesse Ude
Rachel Mackensen

Editors: Melanie Hallstein Christina Hein

Staff Advisor: Prof Lau

Photographer: Jesse Ude

Special thanks to: Lydia Albrecht for typing pretty much everything

Wesley Franson for typing out the rest

The Parents of the Freshman featured in this issue-thanks guys!

Bri Heinze for doing all of the layout-you rock!