

# LIFESTYLES

SHARE YOUR STORY  
The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.  
Call the Journal at 285-7411

## ENGAGEMENT



CONTRIBUTED PHOTO

## TRAVIS COCHRAN AND SHAWNA BOLSTAD

Shawna Jo Bolstad, International Falls, and Travis Jon Cochran, Newcastle, Wyo., announce their engagement and forthcoming marriage. The bride-to-be is the daughter of Gerald and Patti Bolstad, International Falls. The groom-elect is the son of Allen and Mary Cochran and the late Janet Cochran, Wheatland, Wyo. Shawna is a 2003 graduate of Falls High School and a 2009 graduate of Bismarck State College, Fargo, N.D. She is a paramedic for the City of International Falls Fire/Rescue/EMS, International Falls, and plans to

affiliate with an EMS group in Wyoming or South Dakota. Travis is a 2003 graduate of Wheatland High School, a 2007 graduate of the University of Wyoming and in 2010 received a doctorate degree in physical therapy from the University of North Dakota. He is a supervising physical therapist for North Platte Physical Therapy, Newcastle. A Saturday, Sept. 20, 2014, wedding ceremony at St. Thomas Aquinas Church, International Falls, is planned by the couple. They will reside in Newcastle following their wedding.

## MEMORIAM

In memory of **Joan S. Olson**, who died Aug. 13, 2012.  
**Fondly remembered by family - Husband Kermit and kids Barry, Connie, Brian, Cathy, Carla, Cindy, Brad, Bernard, Colleen, Brent and Carolyn**

## BIRTHS

Bobbi Jo Niemi and Kenneth Mathews, International Falls, announce the arrival of their son, Shayne Allen Mathews, 7 pounds, 20 inches long, born Wednesday, Aug. 6, 2014, at Rainy Lake Medical Center hospital campus.

Siblings are Shaylee Krzoska and Keegan Peterson.  
Maternal grandmother is Jill Rognerud.  
Paternal grandparents are Michelle Mathews and Donald Ridgeway.

# Library still bustling with events

Hope you have read this summer. Friday, Aug. 15, is the deadline for teens and adults to turn in bookmarks for books read this summer for the prize drawing.

Join us tonight from 5 to 7 p.m. at Active Streets. Discover a storywalk and the final Stories in the Park at 6 p.m. on the grass near the picnic shelter at the Eighth Avenue green space. Then join us Thursday morning in the library at 10:30 for the movie “Dumbo.”

Looking for an end of summer read or two? “The Sleepwalker’s Guide to Dancing” by Mira Jacob is such a terrific title. This is a debut novel moving from India in the 1970s to suburban New Mexico in the 1980s to Seattle during the dot.com boom. Amina must deal with the ghosts past haunting the family to help her father. Which of our families don’t have ghosts and past events haunting us.



Diane  
ADAMS  
@ YOUR LIBRARY

A second debut novel is “Bird Box” by Josh Malerman. The story opens with Malorie trembling at the sink thinking. Thinking about the past four years and the horror she and her children have lived through already. She wonders if they are ready for the journey ahead. This is horror fiction at its best, providing the reader with just enough description to let the imagination run amok.

If you enjoyed Robert Ludlum’s Bourne books,

then be sure to check out the continuing story as told by Eric Van Lustbader. Mr. Van Lustbader has continued the thrilling story of Jason Bourne, enigma. The newest title in this series is “The Bourne Ascendancy.” This is the 12th Bourne novel and the eighth by Eric Van Lustbader. Jason is faced with the impossible mission of impersonating a high level government minister at a political summit meeting in Qatar.

I love back stories to my favorite books and sometimes imagine them. Such is the case with Sarah Jio in “Goodnight June.” The author beautifully imagines how the classic children’s picture book “Goodnight Moon” by Margaret Wise Brown came to be.

Next week we have two tremendous concerts at the library! Tuesday, Aug. 19, at 1 p.m., come hear jazz guitarist Briand

Morrison play, share and answer questions. Then on Thursday, Aug. 21, at 3 p.m., the Duluth Superior Symphony Orchestra Music to You duo of Nixon Bustos on Bass and Melanie Sever on Flute will explore the culture and history of Latin America through music. Both should be wonderful opportunities to hear and learn great music.

The Friends of the Library will be having two book sales in August. The first will be on Thursday, Aug. 21, from 3 to 5 p.m., and the second on Friday, Aug. 22, from 1 to 3 p.m. Come to the concert on Thursday then pick up some end of summer beach reads, or find a book or two for the children in your life to encourage them to read before they head back to school. All sales by donation with proceeds benefiting the Friends of the Library support of library programming.

## PET OF THE WEEK

Hi, my name is “Alex.” I am one of the easiest going fellas you will ever meet. As you can see, I am kind of a lounge lizard at times, but I am also very playful. I love to be held and I love it when my people friends flip me on my back and rub my tummy. I love to play with toys and let me tell you, I love that stuff they call “cat nip.” It sure changes a kitty’s perspec-

tive on life, if only for a brief time. Anywho ...I am looking for a forever home where I will be loved and spoiled. If you think you are the one for me, please let me know. — Sincerely, Alex

For more information, visit the website at [www.borderlandhumanesociety.org](http://www.borderlandhumanesociety.org) or call 218-324-2313 or 283-9276.



# Minnesota Zoo starts camp for autistic teens

APPLE VALLEY, Minn. (AP) — The Minnesota Zoo is offering a new summer camp program for teenagers with autism.

The St. Louis Pioneer Press reports (<http://bit.ly/1sMztF5>) the state-funded zoo partnered with the Autism Society of Minnesota to create the week-long camp. It’s one of 87 zoo programs offered during the summer.

The camp gives autistic teens a behind-the-scenes look at the zoo. They learn

about animals’ environments and various zoo jobs by exploring enclosures and interacting with zookeepers.

An education and training specialist for the society says the camp gives teens a chance to practice social skills in a public setting. She says the camp drew students from across Minnesota and as far as Sweden.

About 4,000 people participate in zoo programs each summer.



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FRIDAY & SATURDAY  
DINNER FEATURE

Shrimp Newburg

*Broiled Shrimp over wild rice with a touch of wine & brandy in a cream sauce.*

*Choice of salad.*



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KOOCHICHING COUNTY  
**Household & Business  
Hazardous Waste  
Collection Day**  
**Wednesday, August 20 • Noon - 6 p.m.**  
At the Recycling/Transfer Facility



**BUSINESSES MUST PRE-REGISTER call: 218 - 726 - 1602**

**Safely dispose of household hazardous waste at no charge.**

ACCEPTABLE HOME WASTE	NON ACCEPTABLE HOME WASTE
<ul style="list-style-type: none"><li>• Paint (all types) • Home &amp; Garden pesticides</li><li>• Button &amp; Rechargeable Batteries</li><li>• Thinners, Solvents, Flammables</li><li>• Fluorescent Tubes • Household Cleaners</li><li>• Adhesives, Hobby Supplies</li></ul>	<ul style="list-style-type: none"><li>• Tires • Alkaline Batteries</li><li>• Empty Containers • Propane Tanks</li><li>• Bullets/Explosives</li><li>• TV's/Computers/Electronics</li><li>• Appliances/Microwave</li></ul>



**No products accepted before noon.**  
Sponsored by the Western Lake Superior Sanitary District and the Minnesota Pollution Control Agency in partnership with Koochiching County.  
For more information call the Environmental Services Dept. 283-1157.

**Do you have one of the following health insurance providers?**

**Blue Cross Blue Shield of Minnesota  
Medica • HealthPartners® • Preferred One  
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*If your answer is yes, you may be eligible for a fitness rewards program that pays you back for working out or a free membership if you are eligible for either the SilverSneakers or Silver & Fit programs.*

**Bring your insurance card into Stride during staffed hours (8am-6pm M-F) to find out which option is available for you!**

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Ask us for details!



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