

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

PET OF THE WEEK

Hi, my name is “Duke.” I am one of the most loveable pups you will ever meet. I love to play with kids and other dogs. I think cats are kind of strange, so I just leave them alone. My favorite toy where I am at is called a Kong. I just chew and chew and it. I know my basic commands and I can talk. I recently got my fingernails cut and it wasn’t that bad. There are many misconceptions about my breed, but if you do your research, you will find that we are some of the most gentle and loyal dogs you will ever meet. We have gotten a bad reputation from people who have done bad and terrible things to some dogs of the same breed as me. We are just like every other dog — we love to hog



CONTRIBUTED PHOTO

the bed and snuggle. If you are ready to spend your time with a sweet, loveable boy with a wonderful smile — drop by and visit with me. Did I mention that I love hugs, too? — Sincerely, *Duke*

For more information, visit the website at www.borderlandhumanesociety.org or call 218-324-2313 or 283-9276.
(Note: No Canadian adoptions on this breed).

CAREGIVERS’ CORNER

Helping a family member caregiver

A question and answer column for family caregivers
Q. My good friend has been a caregiver for her husband for quite some time. Even though she says she is doing okay and doesn’t need help, I am concerned about her. I would like to help out but am not sure how to go about it without seeming “pushy.” Any suggestions?
A. As a good friend, it is important for you to let your friend know that you are concerned and want to help. It is not unusual for caregivers to tell others that they can handle things and do not want to be a bother. It can also be difficult for them to ask for help. However,

when help “shows up,” the caregiver is almost always willing to accept it. Being persistent and empathizing with her and the situation is not being “pushy.” It is showing her that you care about her. Tell her, or give her a list, of specific things that you want to do for her. Do not ask her to call you. Instead, tell her you will keep in touch with her. Routinely call her or stop by. Ask your friend how she is doing, not just how her husband is doing. Take your friend out for lunch or offer to stay with her husband so she can get out and do something she enjoys doing. Offer to shop for groceries, do some errands or even do a load of laundry

now and then. Sending a card or flowers on holidays, birthdays and anniversaries shows you care. Simple, random acts of kindness are very meaningful for all involved. You are to be commended for asking for suggestions. Continue to be the good friend that you are. **If you have any questions or need help you may contact the Koochiching Caregiver Consultant, Leslee Loop, at Koochiching Aging Options, 1000 Fifth St., International Falls, MN 56649; 218-283-7030 or 800-950-4630; KoochichingAgingOptions@gmail.com; or visit www.KoochichingAgingOptions.org.**

Library preparing for March

Whew! It’s almost March. I am very ready for warmer weather, but also wonder where the first two months of the year went. We have been particularly busy here at the library hosting the exhibit “Discover Tech: Engineers Make a World of Difference.” If you haven’t seen the exhibit yet, then now is the time. The exhibit will only be here for two more weeks. It will be packed up and shipped off to another library on Friday, March 14.

We’ll begin the month of March with Board Game Saturday on March 1 at 10 a.m. Join us for several hours of board games. The library has a large collection of board games for players of all ages and abilities. Come play an old favorite, or learn a new game. Play with a family member or make a new friend. Storytime continues throughout the month of March on Thursday mornings at 10:30 a.m. March themes include the alphabet, metamorphosis (and stories about frogs and caterpillars), farms and spring. Storytime is about 30 minutes of stories, rhymes and song and is appropriate for children not yet of school age. Stay after storytime



Diane
ADAMS

@ YOUR LIBRARY

for about 30 minutes of playtime with a variety of toys designed to help young children develop science skills. Crafty Tuesday from 3 to 7:30 p.m. each week allows kids and parents to come and create. Make Tuesday your library day and spend time exploring art (and sometimes science), discover a movie to watch as a family, find a new book or two to take home and enjoy over the coming week. Pictures and Pens continues at the library and we want photographers and writers to participate in this fun program of pairing a writing with a photograph. The story deadline is Monday, March 10. Any and all writers are encouraged to submit a piece of writing less than 1,000 words to the library. The photograph deadline is

Monday, March 31. Check our blog ifallslibrary.blogspot.com after March 3 for the month’s story we need illustrated. The Friends of the Library monthly book sale will be Saturday, March 15, from 11 a.m. to 2 p.m. There are lots of great books to build your home library or the library of a child in your life. All sales are by donation with proceeds helping the Friends of the Library support library programming. The Great Decisions, foreign policy discussion group meets the second Tuesday of each month from 4 to 5:30 p.m. to discuss a topic of importance to our country. Join the group for a short presentation on the month’s topic followed by discussion of the issue. This is a great opportunity to learn, listen and grow together as a community. The March 11 meeting’s topic of discussion is Myanmar and the unprecedented democratic reforms made by the government. What challenges does it still need to overcome to fully join the international community and what role can it play in Southeast Asia? Teen Tech week is coming March 10-15. Stay tuned for details next week!

JUST A CLICK AWAY 
www.ifalljournal.com



City Drug Bridal Registry

Lucy Nevanen & Ladd Corrin
June 21, 2014

Stephanie Norton & Austin Lockhart
July 19, 2014

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MESOTHELIOMA LUNG CANCER

If you or a loved one have been diagnosed with Mesothelioma, Lung Cancer or any other asbestos related disease contact us for a confidential review of your rights. There are strict time limits in which to bring these claims. Shermoen & Jaksa, PLLP has been representing Minnesota asbestos victims for over 20 years. We are one of only two Minnesota law firms that regularly litigate asbestos cases.

Shermoen & Jaksa, PLLP Law Office
345 6th Avenue
Int’l Falls, MN 56649
(218) 283-4494
1-866-283-4494 Toll Free



BREAKFAST MENU:
PRICE: ELEM: \$1.50 SEC. \$1.60
ADULT: \$2.00

Daily offering is:

- Milk
- Juice
- Fruit

And a choice of one of the following:

- Yogurt/Nutrigrain Bar
- Cereal/Nutrigrain/Toast
- Entree:

3rd: Quick Blueberry Bubble Bread, Sliced Peaches

4th: Biscuit Breakfast Sandwich, Rosy Applesauce

5th: Excellent Egg Taco w/Salsa, Yogurt Cup, Pineapple Chunks

6th: Aloha Muffin Square, Cereal & Grapes

7th: Star Spangled Pancakes, Sausage

10th: Bagel with Toppings, Fresh Orange

11th: Breakfast Pita w/Salsa, Hash Browns, Kiwi

12th: Cereal Bar, String Cheese, Citrus Fruit Cup

13th: French Toast Strips, Strawberries & Bananas

14th: Western Omelet Quesadilla w/Salsa, Potato Rounds, Fresh Pear

17th: Scrumptious Coffecake, Sunrise Smoothie, Graham Crackers

18th: Biscuit & Gravy, Apricots

19th: Oatmeal Breakfast Round, Banana

20th: Waffles w/Syrup, Sausage Links, Mandarin Oranges

21st: Breakfast Sundae, Raisins

24th: Breakfast Cheese Pizza, Fresh Mixed Fruit Cup

25th: Breakfast Bake w/Tomato Salsa, Toast, Fruit

26th: Pumpkin Chocolate Chip Muffin, Cereal, Orange

27th: Pancake on a Stick w/Syrup, Tri-Tater


28th: Quick Blueberry Bubble Bread, Sliced Peaches

31st: Biscuit Breakfast Sandwich, Rosy Applesauce


Offer-vs-Serve is designed to decrease plate waste and reduce food cost while maintain nutritional integrity of the lunch. Students are offered five required food items: meat/meat alternate, milk, grains/breads, fruits, vegetables. Students are required to select three of the five items with one of the items being either the fruit or vegetable component.

For more information or assistance, please call Sue Karsnia, Food Service Director
Phone: 218-283-2571


ISD 361—March 2014 LUNCH MENU

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|---|---|
| 3 Hamburger on a Bun Lettuce & Tomato Sweet Potato Fries Fruit Cocktail Rice Krispy Bar Fruit Choice Milk | 4 Chicken Nuggets Mashed Potatoes / Gravy Fresh Broccoli Wheat Roll & Jelly (6-12) Strawberries / Bananas Fruit Choice Milk | 5 Chili Corn Chips Celery & Cucumbers Cinnamon Roll Orange Smiles Fruit Choice Milk | 6 Baked Ham Two Potato Mash Green Beans Angel Biscuit & Jelly Fresh Kiwi Fruit Choice Milk | 7 Macaroni & Cheese Meat Balls Seasoned Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges Fruit Choice Milk |
| 10 Hot Ham & Cheese On a Bun Potato Wedges Fresh Broccoli Fresh Banana Chocolate Chip Cookie | 11 Pepperoni Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/Marinara Sauce Fresh Bananas Fruit Choice Milk | 12 Taco Burger on Bun Lettuce & Tomato Refried Beans Black Bean & Corn Salsa w/ Tortilla Chips Sliced Peas Fruit Choice Milk | 13 Italian Pasta Bake Green pepper Strips & Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Brownie Fruit Choice Milk | 14 Turkey Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly (6-12) Orange Wedges Fruit Choice Milk |
| 17 Beef & Cheese Burrito Romaine & Tomato Mexican Corn Salsa & Tortilla Chips Apple Wedges Fruit Choice | 18 Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries Fruit Choice Milk | 19 BBQ Beef on a Bun Sweet Potato Puffs Baked Beans Orange Smiles Oatmeal Cookie Fruit Choice Milk | 20 Turkey & Cheese Hoagie w/Lettuce & tomato French Fries Sliced Peaches Graham Snacks (9-12) Fruit Choice Milk | 21 Country Style Beef Pattie Mashed Potatoes/Gravy Steamed Broccoli Wheat Roll & Jelly (6-12) Banana Fruit Choice Milk |
| 24 Taco Soup Tortilla Chips Fresh Broccoli Sliced pears Snickerdoodle Fruit Choice Milk | 25 Corn Dog Garden Salad Seasoned Peas Apple Wedges Fruit Choice Milk | 26 Beef & Noodles Mashed Potatoes Fresh Baby Carrots Blueberry Oat Muffin Pineapple Tidbits Fruit Choice Milk | 27 Chicken Quesadilla Salsa & Tortilla Chips Refried Beans OrangeWedges Fruit Choice Milk | 28 Cowboy Cavatini Tossed Salad w/Romaine Green Beans Wheat Roll & Jelly Fresh Banana Fruit Choice Milk |
| 31 Mandarin Orange Chicken Breadstick Tossed Salad w/Romaine Steamed Carrots Rice Fresh Strawberries Fruit Choice Milk | Lunch Prices Elementary \$2.00 Secondary \$2.10 Reduced \$4.00 Adult \$3.50 |  | | |

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Littlefork, MN 56653
218-278-4200

601 4th Street
Int'l Falls, MN 56649
218-283-2009

Rainy Lake Medical Center welcomes Jay Knaak, MD

Medical Doctor,
Rainy Lake Rural Health Clinic

A familiar face in RLMC’s Emergency Department, Dr. Knaak can now be seen in a clinical setting as your primary care provider at the new Rainy Lake Rural Health Clinic.

His background includes:

- Board Certified Family Practice
- Emergency Medicine

Rainy Lake Rural Health Clinic:
Monday - Friday • 8:00 am - 4:30 pm

Accepting anyone in need of a primary care provider. Same day appointments may be available.

To schedule an appointment, call 218-283-5503.

