

# COMMUNITYNEWS

## Mind/body workshop planned for Friday

BCC REPORT

A mind/body workshop will be offered Friday at Backus Community Center. James Sewell, choreographer and director of the James Sewell Ballet, will lead the workshop. Mind/body workshops teach intentional movements that promote brain and body wellness. Workshops are comprised of two parts. The first uses Body Puzzles to engage the brain-body connection and “wake up” the brain to create new neural pathways

for the flow of information. These movements help anchor learning for young brains and keep mature brains firing at full potential. The second part deals with balance – the same strategies dancers use to avoid falling on stage are applied to anyone seeking more movement security and a lowered risk of falls. The workshop is free and the public is welcome to participate. The one-hour session is from 9 to 10 a.m. Call Backus at 285-7225 to register before Friday.

## BORDERLAND BRIEFS

CHILDBIRTH CLASSES

Rainy Lake Medical Center and Koochiching County Public Health will provide free childbirth classes for all expectant mothers in April. The class will meet April 2, 9, and 16 at the RLMC from 6:30 to 8:30 p.m. To register, call 283-5524.

QUILTERS GUILD

Northern Lights Quilters Guild will meet at 6:30 p.m. Monday at First Lutheran Church. Bring blocks for raffle quilt.

NATIONAL NUTRITION PARTY

Koochiching County Senior Center will host a National Nutrition Party Thursday. Music by Don, Bob, Carol and Jack will be featured from 10:30 a.m. to noon, with lunch served at noon. For reservations by noon Wednesday, call 283-3460.

SKI CLUB

Polar Polers Ski Club will gather for the annual meeting at 6:30 p.m. Monday in the basement meeting room at International Falls Public Library.

RED HATTITUDE KATS

Red Hat Attitude Kats will meet at 11:30 a.m. Monday at Lenard's.

## LOTTERY

<b>Wednesday's Daily 3</b> 0,4,8	<b>Tuesday's Mega Millions</b> 10,14,19,30,73
<b>Wednesday's Northstar Cash</b> 5,10,11,15,30	<b>Mega Ball</b> 14
<b>Wednesday's Gopher 5</b> 4,17,23,28,42	<b>Wednesday's Powerball</b> 11,24,31,40,44
<b>Wednesday's Hot Lotto</b> 1,18,33,42,44	<b>Powerball</b> 27
<b>Hot Ball</b> 15	

## CALENDAR

### TODAY

- Falls School Trap Team pancake breakfast fund raiser, 8:30 a.m.-noon, Elks Lodge.
- Northland Art Society workshop, Crochet for Beginners with Samantha Bohnert, 10 a.m.-3 p.m., Backus Community Center.
- Moose Lodge events – Open, noon; Bingo, 1 p.m.; glazed ham supper, 6 (reservations, 283-3615).
- Guided Snowshoe Hike, 1-3 p.m., Rainy Lake Visitor Center.
- Open Gym, 3-5 p.m., free, Backus Community Center gymnasium.
- Alcoholics Anonymous, 7 p.m., Alano Club.

### SUNDAY

- American Legion Post 66 and Veterans of Foreign Wars Ladies Auxiliary-hosted breakfast, 8-11 a.m., VFW Club.
- Alcoholics Anonymous Open, 9 a.m., Alano Club.
- Chili Feed/Membership Gathering, 1 p.m., Borderland Alano Club, 410 Fifth Ave.
- Girl Scouts snowshoeing, 1-3 p.m., Voyageurs National Park, Rainy Lake Visitor Center.
- OverEaters Anonymous support group, 4 p.m., Evolve Fitness Center, 1301 Third St. (No fees/dues).
- Alcoholics Anonymous, 7 p.m., Pineview Recovery Center, Littlefork.

### MONDAY

- North Koochiching Area Sanitary District Board, 8 a.m., Sanitary District Boardroom, 1412 Highway 71.
- AARP Tax Aide preparation, 9 a.m.-3:30 p.m., Backus Community Center, Rooms 208/209 (free, appointments, 283-5236).
- Walk-ercise group, 10-11 a.m., Backus Community Center gymnasium.
- Northland Art Society open, various arts, 10 a.m.-3 p.m., Backus, Room 114.
- Red Hat Attitude Kats, 11:30 a.m., Lenard's.
- "Solution Monday," All Recoveries 12-Step (RA), 3 p.m., Backus Community Center, Room 103.
- International Falls City Council, 4:30 p.m., Falls Municipal Building, council chambers.
- International Falls School Board, 5 p.m., Falls High School cafeteria.
- Non-Violence Group, 5:30-7:30 p.m., Friends Against Abuse office.
- MooseRiders, 5:30 p.m., Moose Lodge.
- Northern Lights Quilters Guild, 6:30 p.m., First Lutheran Church.
- Polar Polers Ski Club, 6:30 p.m., International Falls Public Library basement meeting room.
- Cribbage, 7 p.m., Elks Lodge 1599.
- Texas Hold 'Em, 7 p.m., Moose Lodge.
- Alcoholics Anonymous, Women's Step Study, 7 p.m., Coffee Landing Cafe.
- Narcotics Anonymous, "How It Works" step gathering, 7:30 p.m., Alano Club.

### TUESDAY

- Water Testing, 8 a.m.-noon, Koochiching County Public Health Department.
- WIC Clinic, 8 a.m.-noon, Koochiching County Public Health Department.
- Boise Cascade retired welders and pipefitters, 9 a.m., Coffee Landing Cafe.
- AARP Tax Aide preparation, 9 a.m.-3:30 p.m., Backus Community Center, Rooms 208/209 (free, appointments, 283-5236).
- Bone Builders, 10-11:30 a.m., Woodland Apartments.
- Littlefork Ambulance Thrift Shop open, 10 a.m.-2 p.m.
- Northland Art Society open, various arts, 10 a.m.-3 p.m., Backus, Room 114.

- Falls Hunger Coalition Food Shelf open, 10 a.m.-4 p.m., 1000 Fifth St.
- Koochiching County Board of Commissioners Housing and Redevelopment Authority, 12:30 p.m., Voyageurs Restaurant.
- Alanon, 1:30 p.m., Zion Lutheran Church (283-3739, 283-8540).
- TOPS MN34, 5-5:30 p.m. weigh-in; 5:45, meeting, Koochiching County Senior Center.
- Women's Ministries, 5-7 p.m., The Salvation Army.
- Community Café, 5:30-6 p.m., scrambled eggs and ham, blueberry muffins, hash rounds, Backus Community Center.
- Women's Support Group, 5:30-7:30 p.m., Friends Against Abuse office.
- Beginner's Tae Kwon Do, 5:45 p.m., Falls Elementary School gymnasium or cafeteria.
- Moose Lodge events – Nominations, 5:30 p.m.; corned beef and cabbage supper, 6; Women of the Moose Auction, 6:30; Texas Hold 'Em, 7.
- I Falls Partners in Education speaker, 6:30 p.m., Falls Elementary School library.
- Cradle Cafe, breastfeeding support group, 6:30 p.m., St. Paul Lutheran Church.
- Ranier City Council, 6:30 p.m., Ranier Community Building.
- Tuesday Musicales, 6:30 p.m., Jessie Laurion residence.
- Borealis Bards adult script reading, 6:30-8:30 p.m., Backus Community Center, Room 201.
- Minnesota Deer Hunters Association Trails End Chapter, 7 p.m., Elks Club.
- Garden Girls, 7 p.m., Northwoods Assisted Living.
- International Voyageur Snowmobile Club, 7 p.m., Almost Lindy's, banquet room.
- Alcoholics Anonymous, 7 p.m., Pineview Recovery Center, Littlefork.
- "Celebrate Recovery," 7-9 p.m., Evangelical Covenant Church.
- Alcoholics Anonymous, 7:30 p.m., Zion Lutheran Church.

### WEDNESDAY

- Retired Boise Cascade electricians, 9 a.m., Coffee Landing Cafe.
- AARP Tax Aide preparation, 9 a.m.-3:30 p.m., Backus Community Center, Rooms 208/209 (free, appointments, 283-5236).
- Walk-ercise group, 10-11 a.m., Backus Community Center gymnasium.
- Community Clothes Closet drop-offs, 10 a.m.-2 p.m., Aquinas Hall.
- Littlefork Ambulance Thrift Shop open, 10 a.m.-2 p.m.
- Northland Art Society open, various arts, 10 a.m.-3 p.m., Backus, Room 114.
- Wednesday Study Group, 10:15 a.m., Faith United Church of Christ.
- Salvation Army Advisory Council, noon, Salvation Army building.
- Girl Guards, Sunbeams and Adventure Corps, 4:30-6 p.m., The Salvation Army.
- Free At Last, 4:30-6:30 p.m., Forestland Annex, lower level conference room.
- Northland Art Society open, various arts, 5:30-8 p.m., Backus, Room 114.
- International Falls Recreation Commission Board, 5:45 p.m., city council chambers.
- Narcotics Anonymous, 6 p.m., Alano Club.
- Men's Non-Violence Group, 6-8 p.m., Friends Against Abuse office.
- Members and guests Elks Lodge 1599 Wednesday Meal, 6:30 p.m., pork hocks.
- Little Lambs (3 years to kindergarten) and King's Kids (1st-5th grades), Youth Group (6th grade-up), 6:30-7:30 p.m., Full Gospel Fellowship Church.
- Rainy Lake Sportfishing Club, 7 p.m., Americlenn.
- Adult Mixed Volleyball, 7:15 p.m., Backus Community Center.
- Alcoholics Anonymous, 7:30 p.m., Alano Club.

## International Falls Journal

Red Wing Publishing Co.  
1602 U.S. Highway 71  
International Falls, MN  
56649

Published Wednesday and Saturday except on holidays  
Periodicals postage paid at International Falls, MN  
56649

To reach us:

Phone: (218) 285-7411  
Fax: (218) 285-7206  
Web site: ifallsjournal.com

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Postmaster and subscribers send address changes to: The Journal, 1602 Highway 71, International Falls, MN 56649. New subscribers may send a check to same address.

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