

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

Check out summer library events

June is almost done and July is just around the corner. Tomorrow, Thursday, June 26, at 10:30 a.m., the library is hosting Mike Link and Kate Crowley and their presentation “From Adventure to Publication.” They will talk about their walk around Lake Superior and the process of writing a book about the experience. This program is made possible by funding from Minnesota’s Arts and Cultural Heritage Fund.

The Friends of the Library monthly book sale will be tomorrow, June 26, from 11 a.m. to 1 p.m. All sales are by donation with proceeds benefiting the Friends support of library programming. Come for the program and stay for the sale.

Monday, June 30, from 10:30 a.m. to 12:30 p.m., we’ll put out our board game collection. Come play together as a family. Introduce your children



Diane
ADAMS

@ YOUR LIBRARY

to a favorite game you grew up with, or learn a new game together. The chess club continues to meet at the library each Tuesday evening from 6 to 7 p.m. and Wednesday afternoons from 1:30 to 2:30 p.m. Come play a game or two. No registration necessary; just drop in and challenge someone to a game.

Stories in the Park continue on Wednesday evenings at the Eighth Avenue green space, across from the library at 6 p.m. with stories and

games. Join us for this time of fun and learning. Tonight we’ll share bear stories including the tale of Smokey the Bear followed by fox and wolf stories on Wednesday, July 2.

Summer reading can occur anywhere, anytime, so the library hopes everyone is reading this summer. “Paws to Read” and escape for a while into a good book.

The library runs three summer reading programs with prizes guaranteed for any child who reads or is read to for five, 10, 15 and 25 hours. Youth earn a coupon for a free treat at five hours, the summer reading t-shirt at 10 hours and free books at 15 and 25 hours. Teens and adults keep track of the books they read, completing a bookmark for each book read.

The bookmarks are then put into a container with the name of a prize they’d like to win. All bookmarks are due by

Friday, Aug. 15, with the drawing being held on Monday, Aug. 18. Teens and adults aren’t guaranteed prizes but we have some fun prizes available with all entries eligible for the grand prize of a nook.

We have museum passes available. The current batch are only good until the end of June, so if you are heading out of town in the next week, pick up tickets to visit regional attractions including the Duluth Children’s museum, the Judy Garland Museum (currently celebrating the 75th anniversary of the release of ‘The Wizard of Oz’). We should be getting new passes in early July that will be good until the end of September.

Check out the library calendar for all our events this summer. We have lots of special programs and would love to see lots of people attending these great programs.

PET OF THE WEEK



CONTRIBUTED PHOTO

Hello, my name is “Resmae.” Isn’t that a pretty name? I am a slender girl, who has outgrown the crazy kitten stage has entered the more relaxed, easy-going stage of her life. I don’t see a reason to run around the house all the time, but don’t get me wrong, I haven’t lost all my play and I will still hunt down those pesky mosquitoes or flies if they should dare enter the house. I am looking for someone who is willing to give me a place in their heart that I can call all my

own. Right now my heart is partially empty, the part that is missing that needs to be filled is that special place only adopted kitties know about — the forever home place in a kitty’s heart. Won’t you please help me fill up my heart? I have plenty of love to give, now I just need to give it to someone. Patiently waiting, *Resmae*

For more information, visit the website at www.borderlandhumanesociety.org or call 218-324-2313 or 283-9276.

CAREGIVERS’ CORNER

When the care receiver is stressed

KAO STAFF REPORT

A question and answer column for family caregivers

Q. I am a family caregiver. My parents continue to live in their home and I check on them daily. I get support for my needs from a local caregiver consultant. What I have noticed recently is that my parents seem to be more stressed than I am. They seem to be worried about how I am doing, if I should be doing what I’m doing, if I’m do-

ing it right. Are there any services that can help them with their stress?

A. There may be a variety of reasons why your parents appear more stressed. They may be feeling a loss of independence, thinking that you are doing more for them than they feel they need. Your parents’ caring for each other when you are not there may be causing some stress. It is important to address your concerns with your parents. Ask them about what you are observing.

Your parents may be open to learning some relaxation techniques. They may be open to attending some local support groups. Or they may be open to having a family meeting to address ways to meet their needs and yours. Your caregiver consultant can help facilitate a family meeting.

Remember to keep taking care of yourself. You may need to be a teacher to your parents. For example, you may wish to practice relaxation skills with them. Remind them that you are

choosing to help them and that you enjoy your role. Care giving does not have to be all work. Have some fun and enjoy.

Those with questions or who are in need of help may contact Koochiching Caregiver Consultant, Leslee Loop, at Koochiching Aging Options, 1000 Fifth St., International Falls, MN 56649; 283-7030 or 800-950-4630; KoochichingAgingOptions@gmail.com; or visit www.KoochichingAgingOptions.org.

MEMORIAM

In loving memory of our husband, father, and grandfather, **Bill Schrader**, who passed away five years ago, June 26, 2009.

*Since heaven has become your home,
I sometimes feel I'm so alone;
And though we now are far apart,
You hold a big piece of my heart.
I never knew how much I'd grieve,
When it was time for you to leave;
Or just how much my heart would ache,
From that one fragment you would take.
God lets this tender hole remain,
Reminding me we'll meet again;
And one day all the pain will cease,
When He restores this missing piece.*

Love always,
Karen and family

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The International Falls July 4th Celebration

is requesting all Koochiching County veterans of the Iraq and Afghanistan Wars to join together in being recognized in the city's July 4th parade.

Please contact Derek Briggs at (218) 324-0397 or email derek_briggs@hotmail.com

Thank you! July 4th Commission

THANK YOU TO ALL SUPPORTERS OF THE FALLS SCHOOL TRAP TEAM

- Coca Cola
- Elks Lodge #1599
- Moose Lodge #1259
- Northern Lumber
- Outdoorsmans Headquarters
- Keep Enterprises
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- Trustar
- VFW Post #2948
- Shorewood Dental
- Int'l Dental
- Border State Bank
- Waschke
- Boise
- Green Larsen
- Fagen

riverfest

INTERNATIONAL FALLS MINNESOTA

Saturday, July 5, 2014

Sorry, no personal coolers

Gates open at 2:30 pm

Irvin N. Anderson Amphitheater

Rainy River Waterfront, Highway 11 East International Falls, MN

LITTLE RIVER BAND
Saturday, July 5
7:00 pm

Lamont Cranston 5pm
Mike Ure Band 3:30

Advance Tickets: \$30.00
Gate Tickets: \$40.00
VIP Tickets: \$75.00

VIPs receive: 5 beer tickets and/or complimentary pop, complimentary snacks, private beer garden & porta potty, private parking in the west lot with shuttle to gate service. Only 100 VIP-Sold at Backus or online

TICKET OUTLETS:
INTERNATIONAL FALLS: KGHS-KSDM Radio 1 City Drug I Backus Community Center
FORT FRANCES: Betty's of Fort Frances I Northwoods Gallery & Gifts
Buy tickets online at www.riverfestifalls.com or www.backusab.org

Riverfest is brought to you by: **BACKUS Community Center** Questions? Call Backus (218) 285-7225

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