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

October to be a busy month

Diane ADAMS

@ YOUR LIBRARY

October at the library will include storytime, concerts, games and pizza, airplanes, entrepreneurs, of course books, and more.

Storytime is Thursday mornings at 10:30. Young children and their caregivers are welcome to enjoy 20 to 30 minutes of stories, rhymes and songs. October storytimes will be about cats, dogs, baths, bedtime and we'll end the month on Halloween with maybe scary stories, but more silly and fun. Come to storytime and stay to play!

Storytime is followed by 30 to 40 minutes of play time with blocks, puzzles, Duplos and more. These toys are only available following storytime and introduce children to early science and math concepts.

Saturday, Oct. 5, is board games at the library. Join us from noon to 3 p.m. for board games. The library owns a wide assortment of games for all ages and levels of experience. Come and play an old favorite, play with family, friends or someone new to you. Stay for an hour or three, just come and spend time playing.

The Friends of the Library monthly book sale held in the basement book room will be Monday, Oct. 7, from 5 to 7 p.m. All sales are by donation with proceeds benefiting the Friends support of library programming. Lots of books are available, including children's.

The second Community Resource Fair will be held at Rainy River Community College on Tuesday, Oct. 8, from 4 to 7 p.m. Everyone is welcome to come and learn about the many resources available in the community for everyone. Come check it out.

The library with Backus Community Center, the Arrowhead Library System, the Minnesota Legacy Project and the Rose Ensemble has some free tickets to the Rose Ensemble concert on Monday, Oct. 14, at 7 p.m. Tickets will be available beginning Monday, Sept. 30, at the library.

Teen Read Week and Minnesota Education conveniently coincide each year. This enables the library to offer a teen game and pizza afternoon. Anyone in grades 7 and above can come and enjoy pizza and games on Thursday, Oct. 17, from 3 to 6 p.m.

Paper airplanes are an important part of childhood. Let's have a contest. Thursday, Oct. 24, beginning at 6:30 p.m. at Backus Auditorium, join the library in making the best airplane you can. We'll begin seeing which airplane can fly the farthest or the stay in the air the longest beginning at 7 p.m. The person whose plane flies the farthest and the person whose plane stays up the longest will each get to pick a science kit as a prize.

Monday, Oct. 28, at 6:30 p.m. in Backus Auditorium, the documentary movie "Shift Change" will be shown with discussion and refreshments following. More details about this movie later.

And don't forget that the last day of September, Monday, the 30th, at 6:30 p.m., the library will air the powerful documentary "A Place at the Table" at Backus Auditorium followed by a discussion in the dining area with refreshments. All are welcome to attend and join the discussion about how we can end food insecurity in this country once and for all.

PET OF THE WEEK

Saxie

"Saxie" is a domestic short hair cat that is spayed and up-to-date on shots. Very unique in coloring, she has a skunk stripe down her back. Saxie is scared of people but would make a wonderful mouser. She is the mom to the five kittens that are up for adoption. We are looking to find a special someone who will give Saxie a place on their property with food, water and shelter from the cold so she can continue to be the cat she desires … and that is to be free to roam and hunt. If you think you would have room in your heart or on your property for a great mouser with no fuss, contact Cindy at 218-235-8735. If you are also up for trying to tame her for a companion kitty, she would need at least two months worth or less of patience and understanding. She was someone's pet at one time but on her own for far too long. She needs miles and miles of heart.

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

Energy tips: How can I save on my water heating bill?

BY MINNESOTA DEPARTMENT OF COMMERCE REPORT

Water heating accounts for about 15 percent of a family's utility bill, one of the biggest energy users behind heating and cooling costs. According to the U.S. Department of Energy, there are several basic ways to cut your water heating bills, such as use less hot water, turn down the thermostat on your water heater, and buy a new, more efficient water heater.

Water heating tips to save energy and money:

■ Install aerating, low-flow faucets and showerheads.

■ Repair leaky faucets promptly; a leaky faucet wastes gallons of water in a short period of time.

■ Use cold water for most laundry loads, and always use cold water for the rinse cycle.

■ Take short showers instead of baths, and reduce your time in the shower.

■ Set the thermostat on your water heater to 120°F to get comfortable hot water for most uses.

■ Insulate your electric hot-water storage tank, but be careful not to cover the thermostat. Follow the manufacturer's recommendations.

■ Insulate the first 6 feet of the hot and cold water pipes connected to the water heater, but keep a 6-inch clearance from venting.

■ If you are in the market for a new dishwasher or clothes washer, consider buying an efficient, water-saving ENERGY STAR model to reduce hot water use. See the Appliances section for more information.

■ Install heat traps on the hot and cold pipes at the water heater to prevent heat loss. Most new water heaters have built-in heat traps.

■ Drain a quart of water from your water tank every three months to remove sediment that impedes heat transfer and lowers the efficiency of your heater.

■ Purchase a new, more efficient water heater.

Although most water heaters last 10-15 years, it is best to research new units before the old one fails. Determine the water heater that best meets your needs and look for the ENERGY STAR and EnergyGuide labels. You can find the ENERGY STAR label on water heaters in the several categories. DOE offers more information on long-term water heating savings.

BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances.

Born to:

Jarrah Tom and Whitebear Copenace, Nestor Falls, Ontario, a son, Ronnie Lawrence Copenace, 8 pounds, 7 ounces, Aug. 18, 2013.

Colin and Tanya Johnson (nee Olson), Barwick, Ontario, a son, Roy Ivan Johnson, 7 pounds, 9 ounces, Aug. 21, 2013.

Kaitlin Jourdain and Tristan Seymour, Emo/Rainy River, Ontario, a son, Nicholas Fox Seymour, 8 pounds, 6 ounces, Aug. 21, 2013.

Kalan Kielczewski and Richard Ronmark, Fort Frances, a son, Hayden Richard Lee Kielczewski-Ronmark, 7 pounds, 13 ounces, Aug. 21, 2013.

Vanessa Geyshick and Dennis Morrison Jr., Lac La Croix First Nation, Ontario, a daughter, Erika Lyn Rose Morrison, 7 pounds, 10 ounces, Aug. 24, 2013.

Jorma and Heather Johnson, Fort Frances, a son, Reef Robert James Johnson, 7 pounds, 2 ounces, Aug. 11, 2013.

Steve and Holly Bruyere (nee Gosselin), Fort Frances, a son, Jax Glenn Charles Bruyere, 6 pounds, 5 ounces, Aug. 22, 2013.

Jason Weems and Allison Ogilvie, Fort Frances, a daughter, Brynlee Mae Weems, 8 pounds, Aug. 28, 2013.

Rick Peters and Kim Penney, Fort Frances, a daughter, Lyndsey Rae Marie Peters, 6 pounds, 13 ounces, Sept. 1, 2013.

Arnold and Brigitte Henzmann, Emo, Ontario, a daughter, Melanie Henzmann, 7 pounds, 5 ounces, Sept. 3, 2013.

LOOKING BACK

BLAST FROM THE PAST

Looking Back is compiled by the Falls Public Library

Visit them online at www.internationalfallslibrary.us

25 YEARS AGO

Falls High School students Ann Erickson, Venisha Bahr, Scott Gordon and Jeremy Anderson participated in a conference entitled "Calling Your Own Plays" that focused on developing communication and leadership skills at the University of Minnesota, Duluth.

Sheridan Motor employees James L. Howell and Eugene L. Steele, were recognized by the Chevrolet Corp. as master technicians.

40 YEARS AGO

Henry Torgerson, turbine engineer, retired this month from Boise Cascade.

Ben LaGoo and Wendy Matson were elected Homecoming king and queen of the sophomore class.

50 YEARS AGO

A girl, Jane Frances, was born today at Falls Memorial Hospital to Mr. and Mrs. Anthony Mueller, Island View Route, 6 pounds, 8 ounces.

A girl was born today at La Verendrye Hospital, Fort Frances, to Mr. and Mrs. Kenneth Swenson, 6 pounds, 14 ounces.

A girl was born today at Falls Memorial Hospital to Mr. and Mrs. James Tuey, Riverside Trailer Court, 8 pounds.

John Carlson, son of Mr. and Mrs. Clinton Carlson, 1024 10th St., has enrolled as a freshman in Bethel College, St. Paul.

60 YEARS AGO

Leo Bement, well known border city butcher, has taken over ownership and operation of JP Food Mart at Fourth Avenue and Sixth Street.

Cpl. Bert Pullar, 21, released only a few short weeks ago from a Red prison camp in Korea, arrived home at 4 a.m. yesterday after completing the motor trip from the West Coast.

Mr. and Mrs. J.C. Jorgenson, 607 Sixth St., will leave Sept. 29 for Forest Lake where they will make their home. Jorgenson was a former Insulite employee, retiring in July 1952.

Mrs. Charles Hanson, Oveson Apartments, will leave tonight for Seattle, Wash., where she will visit her daughter, Mrs. Adolph Proszek, and family for two weeks. The Proszeks are former Falls residents.

70 YEARS AGO

E. I. Ranberg, local portrait photographer who has been in business here for six years, will close his studio Oct. 1 and leave for Idaho because of ill health.

Mary Katherine and Wally Herman, children of Mr. and Mrs. Frank Herman, underwent tonsillectomies at the Littlefork Hospital Tuesday.

A farewell party was given at the Lloyd Christenson home in honor of Lyle Christenson and Bill Anderson who are leaving for the Navy.

Miss Elizabeth Koski, daughter of Mr. and Mrs. Edward Koski, recently wrote her family that she has been promoted to assistant industrial analyst in the Office of War Utilities at Washington, D.C.

For the most current information on Rainy and Namakan Lake levels, visit the following:

ijc.org/conseil_board/rainy_lake

(click on the 'Data' link)

or

boiseinc.com

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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
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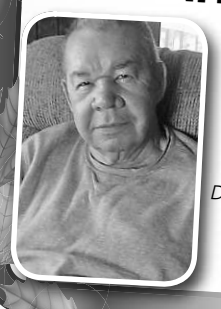
Happy 80th Birthday Dad!



You finally made it to that magic number!
We love you so much!
Donny, Tammy, Bonny, Carrie, your grandchildren and great grandchildren. Annie too!