

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



CONTRIBUTED PHOTO

“Jules” is a 12-week old orange domestic shorthair cutie patutie. She is great with kids and other animals including dogs. Great personality and mixes well in any home. She will be spayed soon and will be up to date on her three series of distemper shots and rabies, also. Currently living the life in foster care but desires a home before Christmas just like all the other animals waiting for homes. Please adopt.

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

MEMORIAM

In loving memory of our dear beloved wife, mother, grandma and great-grandma, **Mabel MacKenzie**, who passed away seven years ago today, Nov. 19.

*Things we feel most deeply,
Are the hardest things to say;
Dear Mable/mom/grandma, we loved you,
In a very special way.
If we could have one lifetime wish,
One dream that could come true;
We'd pray to God with all our hearts,
For yesterday and you.*

**Forever loved and missed by
Husband Donald
Children -
Donna Lehtinen and family
Roderic MacKenzie and family
Sandy MacKenzie and family
Cheryl Lickteig and family
Lori Potter and family**

Read anything, everything to children



Diane
ADAMS
@ YOUR LIBRARY

Last week I talked about the importance of reading to children in the first five years of life. I shared the latest findings on human brain development and the importance of establishing connections to reading before they attempt to read.

But what do you read? Anything and everything. Especially when they are very young read whatever you are reading, aloud. Infants aren't going to learn to remodel the bathroom if you read aloud a book about bathroom remodeling to them, but they will pick up the cadence of the written word, and they just love hearing your voice. Read signs as you drive or walk down the street. Help them make the connection between those symbols called letters and the words we speak.

Those are all things you can do as you go through your day. Books can also be shared while they are

engaged in quiet activities. Here are a few new titles that aren't as dependent on the pictures for the story.

“Miss Brooks’ Story Nook” by Barbara Bottner is a fun story about learning to not just listen to stories but tell your own and how we all like different things in a story.

“On My Way to School” by Sarah Maizes tells the story of a young girl who thinks school is for people who need to learn stuff and she already knows lots of stuff,

so getting to school is an adventure.

Another adventure story is “Sebastian and the Balloon” by Philip C. Stead which is a sweet cumulative tale about Sebastian who sitting on his roof decided that there was nothing to see on his street so he would leave and see something new for a change.

Dinosaur fans will enjoy “Tyrannosaurus Wrecks” by Sudipta Bardhan-Quallen. Another rambunctious story is “Flight School” by Lita Judge. Little Penguin has the soul of an eagle and wants to soar, but the rest of the birds aren't so sure.

“Once Upon an Alphabet” by Oliver Jeffers is a collection of 26 stories for each letter of the alphabet. Have fun discovering connections between the stories and letters as your child learns their letters.

Great books to read side

by side looking and talking about the pictures include “Little Green Peas: a BIG book of Color” by Keith Baker. Have a wonderful discussion about what color various things are. Talking about shapes is lots of fun with “Circle, Square, Moose” by Kelly Bingham. Most of us remember the world of Richard Scarry and lowly worm. Lowly has his own book now, “Best Lowly Worm Book Ever!” Finding Lowly worm is a wonderful thing to share. And while we are talking finding, check out “Hockey Scramble” by Sarah Schuette, a ‘spot-it’ challenge book.

Bedtime books are usually a little quieter and calmer and these three might fit the bill. “Little Elliot Big City” by Mike Curato, “Flora and the Penguin” by Molly Idle and “Go to Sleep, Little Farm” by Mary Lyn Ray feature plenty of animals.

Margaret Hyatt speaks to RLMC Auxiliary

BY MARGUERITE DAVISON

Margaret Hyatt, Rainy Lake Medical Center environmental services manager, presented a program on Life Safety at the Nov. 5 meeting of the hospital auxiliary.

Covered were location of fire extinguishers, proper use of the fire extinguishers if used, and evacuation routes. Fire drills are conducted regularly and

she urged the volunteers to familiarize themselves with the procedures.

President Sonia Wegge presided at the business meeting and led in the hospital auxiliary prayer.

Final plans were made for the November bake sale. Wegge and Helen Billig are co-chairpersons. Proceeds from the event will go toward purchasing equipment for the hospital.

Kelly Millerbernd gave

her report. She said two new doctors will be seeing patients. The renovation of the parking lot should allow 50 to 60 more parking spots.

The annual Christmas party will be Dec. 12.

Thank you notes were read from Joan Frick and Carol Lagoo, and the environmental services committee for the auxiliaries’ help in serving soup and salads.

Thank you notes will be sent to the Photo Club and those who donated prizes for the HCAM event.

Volunteer chairperson Bea Brown announced there are two new volunteers, Pam Ladsten and Nan Sether.

Fruitcakes are available for sale in the gift shop.

The next regularly scheduled meeting of the auxiliary will be Dec. 2 at the hospital.

ROTARY GUEST



CONTRIBUTED PHOTO

Carol Helland was the guest of Rotarian Brad Krasaway at a recent meeting of the International Falls Rotary Club. Helland is the provost of Rainy River Community College and Mesabi Range College.

BIRTHS

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

Born to:

Jared Cupp and Samantha Strom, Fort Frances, Ontario, a daughter, Briar-Rae Cupp, 8 pounds, 9 ounces, Oct. 27, 2014.

William Lisandro Go-

mez and Kenia Lisardy Peralta de Gomez, Fort Frances, Ontario, a daughter, Victoria Lisardy Gomez Peralta, 7 pounds, 11 ounces, Oct. 27, 2014.

Jason and Jessica Tucker, Devlin, Ontario, a daughter, Madeline Mary Tucker, 7 pounds, 3 ounces, Oct. 31, 2014.

Red Cross accepting nominations for 2015 Heroes Awards

RED CROSS REPORT

The Minnesota Region of the American Red Cross is now accepting nominations for their 2015 Heroes Awards. Each year, the Red Cross honors individuals and groups for acts of great bravery, dedication and service to the community.

Local heroes will be honored at the annual American Red Cross Heroes Breakfast June 18 at the Radisson Blu – Mall of America.

The Red Cross will honor community heroes in six categories:

- **Community Hero:** Presented to an individual who displays leadership and commitment to his or her community.
- **Give Life Hero:** Presented to an individual whose commitment to blood and platelet donation plays a significant role.
- **Good Samaritan Hero:** Presented to an individual who displays courage

and compassion upon encountering an unusual, significant or unexpected incident.

- **First Responder Hero:** Presented to an individual or group of the public service community who went above and beyond the call of duty.
- **Military Hero:** Presented to an active, reserve or retired member of the U.S. Armed Forces of ROTC or civilian that has made a significant impact on the

military community.

- **Youth Good Samaritan Hero (under 21):** Presented to an outstanding young person who displays courage and compassion upon encountering an unusual, significant or unexpected incident.

Nominees must be Minnesota residents and the heroic event must have occurred between July 1, 2013, to present.

Deadline for nominations is Jan. 31.

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

www.ijc.org/en/RLWWB
(click on the 'Data' link)
or
boisepaper.com

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There’s a wallet with \$25,000 on your driveway.

Not really, but that’s what a car thief sees. (Lock your car, take your keys, park in a well-lit area.)

AVCAM.org

Rainy Lake
Coumadin Clinic

For more information and to schedule an appointment, please call the Rainy Lake Clinic at 218-283-5503.

1400 Highway 71 | International Falls, MN | www.rainylakemedical.com | 218-283-5503

Patty’s It’s A Girl Thing

Christmas Open House
20% OFF Storewide

Saturday, Nov. 22nd
9 a.m. - 6 p.m.