

LOCALNEWS

Walk to school day is Wednesday

JOURNAL STAFF REPORT

Motorists traveling on Eleventh Street Wednesday morning may notice a large contingent of students marching their way to school as part of an international program.

International Walk to School Day is Wednesday, Oct. 8, and locally, students will be walking from Kerry Park to International Falls schools accompanied by chaperones and teachers.

The event is expected to draw participation from more than 4,000 schools

from all 50 states, along with Washington, D.C. and Puerto Rico, as well as 40 countries around the world.

The event is an opportunity for families with children who typically ride a school bus, and who live in areas with bike friendly paths to school, to walk and bike to school, according to a news release. Many schools participate by arranging for school buses to drop off students at a nearby park or other safe locations to finish the trip on foot.

International Walk to

School Day builds on Minnesota's ongoing effort to provide safe routes to school for all children.

Gov. Mark Dayton and the Minnesota Legislature invested \$500,000 in the Safe Routes to School program to support training, planning and outreach activities for children and families, said the release. In 2014, Gov. Dayton and the Legislature invested \$1 million in Safe Routes to School infrastructure projects to improve safety and expand opportunities for children to walk and bicycle to school.



FILE PHOTO

Students take part at last year's Walk to School Day.



CONTRIBUTED PHOTO

Adults who volunteered their time include, left to right, Carol Grim, Byrne Johnson, Mary Bartlett, Neil Fittje, Darlene Fittje, Jeanne Corrin, Linda Torseth, Mary Moe, Gordan Ettestad, Pat Ettestad, Jack Bartlett, Norma Krats, Jon Talsness, Jerry Hilfer, Dorothy Blais and Laurie Humbert. Students in the "On Your Own" FACS class include, left to right, Shelby Wolden, Courtney Kelly, Shawnee Smith, Megan Schwartz, Krysten Hall, Jordan Walkoviak, Alexis Emanuel-Roche, Allie Henningsen, Gannon Wilcox, Cody Fremstad-Strong, Lake Harala, Billy Brokaw, Hailey Norstad, McKenzie Gunnerson, Eric Hanson and Angel Anderson.

'Meet a New Person Day' at FHS

FHS STAFF REPORT

The Falls High School Family and Consumer Science class taught by Marva Fairchild, entitled "On Your Own," recently staged a "Meet a New Person Day."

This event was inspired by a book by Chad Foster, "Teenagers Preparing for the Real World." In his book, Foster delivers messages to teenagers about pursuing their dreams, communica-

tion skills, early career preparation, networking skills, integrity, and community service through inspirational and entertaining stories.

According to Foster, one key to success is to meet people, and developing contacts in life. Foster maintains communication is a key that unlocks the doors for young people, and that this is skill that can be developed.

This concept in Foster's

book inspired FHS to develop the "Meet a New Person Day." Students spent an hour visiting and developing their art of conversation skills with volunteers from the community. Betty Jeanne Hendrickson organized the volunteers. School officials extended their appreciation for the work she did to help make the event a successful, meaningful day for students.

Tooling up for the fall season

If the forecast is correct, there will be a chill in the air very soon. Gardening can be invigorating this time of year! When the leaves are falling and the deer are gorging on crabapples that have fallen, it is time to collect the tools, hoses and equipment and put them away for the season.

I spent the morning getting out the snow blower; changed the oil, put in fresh gas, lubed the chain, and fired it up for a test. All went well! Hope you remembered to empty out the gas when you put yours away last May. Most small engine problems stem from gas left in the carb for an extended length of time – especially with ethanol blends. Fuel stabilizer added to the gas helps.

Problem number two is oil that has been in for way too long or not checking the oil at all. As a minimum, change it once a season in snow blowers, twice for mowers, tillers and other equipment that operate in dust. It is better to put summer equipment away with fresh oil in the crankcase.

Equipment with engines that require mixed gas has different maintenance needs. They do not need an oil change but are especially susceptible to



Wally PECK

MASTER GARDENER

fuel problems if fuel is left in the engine too long. My advice is to drain out the fuel and start the engine, run it until it starts to miss, turn on the choke and run it dry. This goes for weed whips, blowers and two-stroke outboard motors.

Many of you will still be mowing and bagging until all the leaves are down and the grass has stopped growing. This is the time to sharpen the blades and set the mower a little lower to discourage snow mold and voles.

The old car guys clued me in to a little trick to discourage mice from building nests in your engines. Dryer sheets – the stinkier the better. Put them in the cover by the carburetor or where the critters can get into an engine to snuggle down for the winter. Many times I have started an engine or

mower and had mice flying all over. Then it took a half hour to take the covers off to clean out the nest so the engine won't overheat.

Minnesota should be a test area for garden hoses. When the temperature drops to 40 degrees and the garden hose is still on the reel, you get to run a very effective test of garden hose flexibility. Doesn't it get cold in China too? In any case, disconnect it from the outside faucet and drain before putting away. A frost-proof hose bib is only frost proof if it is empty!

Last is to gather up the hand tools, clean them off, sharpen those that need it and ponder those first green shoots of spring so we can do it all over again! A light coat of oil on metal surfaces will prevent rust over the winter. There, that wasn't so bad; see you next spring!

The University Of Minnesota has horticultural information available on the <http://www.extension.umn.edu/garden/> website. Call 218-444-7916, the Beltrami County Master Gardener voice mail number, leaving your name, number, and nature of your question; a master gardener will call you.

DEED awarded federal grant to expand employment opportunities

JOURNAL STAFF REPORT

The Minnesota Department of Employment and Economic Development has been awarded a federal grant to expand employment opportunities for adults with disabilities.

The U.S. Department of Labor awarded DEED a \$2.5 million grant as part of the Disability Employment Initiative, funded by the US-

DOL's Employment and Training Administration and Office of Disability Employment Policy.

"This highly competitive Disability Employment Initiative grant is important



Katie Clark Sieben

to ensure all Minnesotans have access to employment," DEED Commissioner Katie Clark Sieben said in a release. "Many more doors to opportunity will be open, and people with disabilities will be able to acquire the skills they need to become economically self-sufficient in the communities where they live."

Minnesota will use the funds to:

- Increase the employment and wages of 110 individuals with disabilities through Minnesota WorkForce Center services and partnerships.
- Increase educational credentials of 114 individuals with disabilities.
- Increase workplace training for 155 adults with disabilities in Minnesota FastTRAC programs.
- Expand partnerships and work with more than 50

employers to support individuals with disabilities.

■ Ensure WorkForce Centers comply with physical, program and communications accessibility requirements.

Anoka County Workforce Council, Central Minnesota Jobs & Training Services Inc. and Southwest Minnesota Private Industry Council will operate career pathway programming in manufac-

turing, health care, and business administration information technology sectors in a 26-county region. These local workforce investment boards will identify, recruit, and serve adults with disabilities by strengthening partnerships with Vocational Rehabilitation, disability agencies, and employers and modifying career pathway education for participants as needed.

Rainy Lake Coumadin Clinic

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

Your Healthcare. Right Here.

1400 Highway 71 | International Falls, MN
www.rainylakemedical.com

VOTE NOV. 4TH PERRYN HEDLUND FOR SHERIFF

I promise to serve the residents of Koochiching County in a fair and impartial manner and will put the needs of the County first when making decisions.

FAIRNESS | HONESTY | INTEGRITY

Visit my website www.20ph14.com

ELECT **Perryn HEDLUND** KOOCHICHING COUNTY SHERIFF

Paid for by the Committee to Elect Perryn Hedlund.
Treasurer Andy Hedlund • 1402 16th St., Int'l Falls, MN

TRUNK SHOW

Friday, October 10 6:00pm

at First Lutheran Church

Presenter: Bonnie Lundorff of Willow Wood Market

- Hand dyed wools
- Patterns, kits
- Original designs

Sponsor: Northern Lights Quilters Guild

REFRESHMENTS! PUBLIC WELCOME!