

# LOCALNEWS

## All about women

First-time event focuses on women's wellness

BY EMILY GEDDE  
Staff Writer

Many women are natural caregivers. They take care of their families, friends, coworkers, and pets. Sometimes, the load gets to be extensive and they forget to take care of themselves.

Cherrie Belanger and Shailynn Shipley, both nurse managers at Rainy Lake Medical Center, recognized the commitment many women give to others and decided to do something to help.

"We both decided we wanted to give back to the community," Belanger said. "We enjoy taking care of people and we wanted to find a way to reach out to the women around us who care for others."

Ideas started flowing and the pair came up with Women's Health and Wellness Night. They pitched the event, set to run from 6 to 9 p.m. May 7 at Backus Community Center, to their superiors, and the response, they said, was great.

"They told us to run with it, so we did," Belanger said.

As ideas started coming in from coworkers, it was decided the evening would feature guest speakers and informational booths from organizations around the community letting women know what resources are available to them.

Often times, Shipley said,

women of all ages are unaware of local resources and how they can access them.

"There will be so much for women," she said. "Senior aging to family planning. Whatever spans your life."

There is still room for local organizations who would like to set up a booth that focuses on women's health, wellness and well being at the event.

"They can contact us and if they fit what we're looking for, we'd be more than happy to have them," Belanger said.

Anyone interested can contact Kelly Millerbernd, RLMC marketing and foundation coordinator, at 283-5524 by May 1.

Guest speakers

In addition to the booths, three guest speakers will take the stage of the Backus auditorium to deliver different messages to the women in attendance.

Gay Lynn Richards of the Minnesota Department of Health's Sage program will discuss the program and how it offers free office visits for breast and cervical exams, as well as screenings and other tests; Dr. Heather Cook, RLMC's general surgeon, will provide information on cancer and cancer screening; and Karla Heeter will round off the night with a program called, "If you're too busy to laugh, you're too busy." The presentation will focus on the psychological and physiological benefits



Karla Heeter

### If you go

**Who:** Women of all ages  
**What:** Women's Health and Wellness Night  
**When:** 6-9 p.m. May 7  
**Where:** Backus Community Center  
**Why:** To educate women on local resources available to them  
**Cost:** Free

of incorporating humor and laughter into everyday life.

"We need to laugh and have a good time, too," Belanger said. "While we want to get information and education out to the women of our community, we also want them to laugh and enjoy themselves."

Hope for success

The women are hopeful the event, which is sponsored by the hospital's foundation and free to the public, will be successful so it can be continued in future years.

"This is a night all about women," Belanger said. "I think we all need that."

Shipley agreed.

"Bring all the women you know," she said. "Make this a fun evening. We deserve it."

Daycare, provided by members of the Falls High School National Honor Society and student council, will be available for people who bring their children to the event.

"So, there's no excuse," Belanger said with a laugh. "We've got your kids covered so you can go and have a good time and get some valuable information while doing it."



CONTRIBUTED PHOTO

County officials sift through soil along Rainy River in an effort to find remains. From the left, in the foreground are, Sheriff Perryn Hedlund, county Attorney Jeff Naglosky, and Deputy Chuck Saari.

## Remains found appear to be aged

Officials say bones may have been uncovered by flood waters

BY LAUREL BEAGER  
Editor

A state forensic anthropologist is expected to provide information about what appear to be aged human remains found last week along Rainy River by a property owner.

Koochiching County Attorney Jeff Naglosky said the property owner reported late in the day April 14 that he had come across what appeared to be old bones of a human.

Deputies went to the scene where they confirmed the property owner had found human remains and sealed off the area to protect from damaging any other remains that had not yet been found, Naglosky said.

Naglosky said the Minnesota Bureau of Criminal Apprehension and the doctor who serves as the county's medical examiner were contacted, according to state law.

"To my unscientific eye, the bones appear to be old," said Naglosky. "We are guessing that last year's historic high water unearthed something that had been there for quite a while."

All remains were collected Friday and the bones taken into evidence by deputies, he said. Deputies used screens to sift through the soil in an attempt to recover any bone chips or fragments.

The bones were transferred Monday to the medical examiner's office in Hibbing and the state anthropologist is expected to take custody of the remains from the medical examiner's office, Naglosky said.

Sheriff Perryn Hedlund said no clothing was at the scene.

"We have no evidence it

was recent," he said.

Hedlund said the anthropologist may be able to determine the person's sex, approximate age and possibly how long the remains had been there — "whether we're talking a few years or a couple hundred."


No time frame has been given when those results can be expected, Hedlund and Naglosky said.


Both men said there is no cause for concern by the public.

"We are not aware any of missing person who we think this could be," said Naglosky. "We will figure out as much information as we can, then we will know the next course of action."

Hedlund said the office has been called in previous years about property owners finding what they suspect may be human remains in the woods.

"We've gotten those calls and it usually turns out to be a bear skeleton, which can resemble a human," he said.


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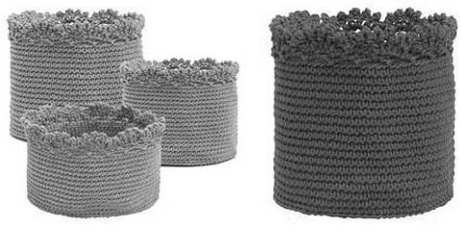
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