


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

Finding the right wheel to fit our community



Diane
ADAMS

© YOUR LIBRARY

As our community continues to figure out where we are, where we are going and how to get from here to there, numerous conversations are being held. Make sure you are part of the conversation. Part of the responsibility for shaping our community is learning what is being done elsewhere, what has worked, what hasn't. We don't need to re-invent the wheel, just find the right wheel to fit our community.

The library has lots of books, movies and online tools that can help each of us read, watch and learn about opportunities, possibilities and contribute to the future of our community. If you are interested, come see me at the library and I'll share some materials with you. You are also welcome to come to the documentary movie nights.

Monday, Nov. 25, at

6:30 p.m., the library will be showing the documentary movie "We Are Not Ghosts" at Backus Auditorium. The film tells of folks in Detroit who haven't given up on their city and have a vision to create a human-scaled city in a post industrial world. It is a powerful film about moving ahead in the 21st century. Come view the film and participate in the discussion following; refreshments are provided.

Two new books for those

seeking home options in place of store bought items might be interested in *The Home Apothecary* by Stacey Dugliss-Wesselman and the *Essential Dehydrator* by Susan Palmquist and Jill Houk. The first title provides recipes for hand-crafted remedies and recipes for the hair, skin, body and home. The second is more than 100 recipes bursting with fresh flavor from dried mushroom risotto to grilled tuna with papaya chutney. It also includes instructions for making your own solar dehydrator. Both books are useful for those seeking to preserve items from the garden or just want to avoid as many chemicals.

The library has five used computers available for sale by bid. Full details on the units may be found at the library. Please submit a bid as to the amount you'd be willing to pay for a used machine to the library by

Saturday, Nov. 23, at 3 p.m. Be sure to include your name and phone number on the bid. One monitor is also available and will be offered to top bid first.

It is time to begin thinking about the holidays. The Friends of the Library are sponsoring Project Bookshelf again. This program aims to provide each early Headstart and Headstart child in the county with a free book at their holiday party. We are looking for library patrons to buy a book appropriate for a young child, wrap it and bring it to the library. We have two little trees with gift tags indicating boy or girl. Select a tag appropriate for your book, tape it on and know that you are helping a child be prepared to read when they enter kindergarten. Books are needed by Monday, Dec. 9. Approximately 50 books are needed.

PET OF THE WEEK

Introducing "Peek-a-Boo." He is 5 months old, extremely affectionate and all he wants is to be with you and around you. When the foster mom walks into the room, she instantly has a shadow. You will not find a cat more in tune to your needs as he has them of her own. All he wants and needs is your love. We ask that you look past his features and see him for what he is ... sweet, loving and caring. He can be silly and that only adds to his personality. Challenge: Come and meet him without taking him home. He has such an innocence about him that is hard to resist. Who is up for the challenge? He recently came through surgery with flying colors and still didn't affect his personality. We do know that the loss of the one eye was due to cruelty, which did not affect how he feels



CONTRIBUTED PHOTO

about humans. He is still a little shadow looking for attention. Call today. Who needs to play Peek-a-Boo?

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

Wegge presides at meeting of RLMC Auxiliary

BY MARGUERITE DAVISON

Rainy Lake Medical Center Auxiliary met Nov. 5 with president Sonia Wegge presiding. She led in the prayer for hospital auxiliaries.

Regular committee reports were heard and plans made for upcoming events.

Hospital liaison Kelly Millerbernd was present and informed the group that the annual Christmas party will be Dec. 13. Invitations are in the mail.

Wegge gave a report on the fall meeting of District B Hospital Auxiliaries which she attended in Cloquet. She learned many tips for future meetings. The local auxiliary will host the HCAM meeting in 2014.

After 28 years, volunteer director Sadie Darvell has

decided to retire as chairperson at the end of this year. She was thanked for her many years as director. She will continue to volunteer in the gift shop. Bea Brown will assume the volunteer director position in 2014.

Gift shop chairperson Helen Billig gave a financial report for the gift shop. The shop is now decorated for Christmas and has Christmas items for sale. Fruitcakes will be available for sale.

Final touches were discussed for the annual bake sale Nov. 8. Proceeds from the event will be used toward the purchase of equipment for the hospital.

Door prizes were awarded to Darvell and Millerbernd.

The next meeting of the auxiliary will be Dec. 3 at the hospital.

RITE OF CONFIRMATION



Young people confirmed their faith at First Lutheran Church Nov. 3. Pictured in the top row, left to right, are Pastor Irv Arnquist, Andrew Strand, who confirmed his faith at Holy Trinity Episcopal Church Nov. 17, Mitchell Joseph Kapla, Serina Rose Sprecco and Grace Olivia Haanen. Second row, Will Charles Haanen, Emily Rose Treat, Madison June Truty and Aleisha Dawn Michelle Mason.

BIRTHS

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

Born to:

Brodie and Natalia MacDonald (nee Spuzak), Devlin, Ontario, a daughter, Jillian Natalia Kathleen MacDonald, 6 pounds, 12 ounces, Oct. 20, 2013.

Derrick and Twilene Martin (nee Weaver), Mine Centre, Ontario, a daughter, Kimbria Autumn Martin, 6 pounds, 11 ounces, Oct. 23, 2013.

Be a part of the Second Annual

Cutest Holiday Pet Contest!

Friday, Nov. 29, 4 p.m. Parade Day Afternoon

Main Street, International Falls Centennial Park



Dress up your pet and Come!
(Please leash your animal)

\$25 Awards for Cutest Holiday Pets

Lineup begins 3:30 p.m.
Promenade Judging 4 p.m.

Enjoy Open Fires, Treats, Caroling & Old-fashioned Wagon Rides

WALK YOUR PETS IN THE 7 P.M.

Twas the Lights Before Christmas Parade

The new parade route returns – along Fourth & Third Streets!

International Falls Area

Chamber

chamber@intfalls.org • 283-9400

Join Us!

Holiday Open House

Friday, Nov. 22, 8am-7pm

Saturday, Nov. 23, 9am-5pm

* LUMINARA CANDLES

* DIPS & COFFEE'S

* JEWELRY * HOLIDAY DECOR

* FRESH FLOWERS

SALE ITEMS MARKED.

Sample Delicious Coffee & Sweet Shop Chocolates

FREE Gift with purchase! While supplies last.

SHOP BY CANDLELIGHT & FRIDAY STARTING NOV. 22 TILL 7 P.M. NEW SALES EACH EVENING!

Gearhart's

FLORAL & GIFTS

www.gearhartsfloral.com

M-F 8-5, Sat. 9-5

532 4th St. 283-8141

Want It Done by the End of Year?

The end of the 2013 year is approaching fast. Many of our clients desire to utilize flex money and insurance benefits in the current year; however, waiting until the very end does not allow time to deliver the instruments.

If you desire to purchase hearing aids this year, please give us a call as soon as possible to schedule your appointment. We offer hearing instruments from the four leading manufacturers in the basic models to the high tech premium models. We strive to provide you with the level of technology to meet your communication and lifestyle needs.

Give us a call soon to get your hearing needs addressed before the holiday season and the end of the year. We will be on a lighter schedule during the holidays so that our staff can enjoy the season. It is never too early to book an appointment.

November 21
December 5, 12 & 19

RENAISSANCE HEARING CENTERS, INC.

612 5th St. NW, Bemidji 444-4444 or 1-800-414-5854