

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

Digital magazines available through library

Digital magazines are now available through the library. If you enjoyed reading Newsweek before it went digital only, you can now subscribe again through the library and receive it each week on your computer or other digital device.

Several libraries in the Arrowhead Library System contributed funds to get a subscription to Zinio and obtain 89 digital subscriptions. The library website has a link on its home page at <http://internationalfallslibrary.us>. To access digital magazines you will need a valid library card and an email address, then



Diane
ADAMS
@ YOUR LIBRARY

go through the steps to register on the library access page and then on the magazine subscription page.

The library has created a one-page document to assist you in getting

registered as well as having links on our website for help. Once you subscribe to a magazine you will be notified each time a new issue is available. Let us know if you don't find a magazine you would really like.

Our website also has a link to the library's Facebook page. Join the page and receive information about upcoming programs and more. When you go to the library website, see what is around and what might be of use to you. The library provides a lot of quality content that is available all day, every day.

Summer programming

continues with a teen (entering grades 7 and up) art program on Tuesday, July 16, at 1 p.m. Join local artist and educator Beth Nelson in a special program exploring four different mediums to create a self-portrait. No registration is necessary and all materials provided free of charge. Grab a friend and come explore art and self in a fun afternoon.

Looking for a tome to read? Edward Rutherford's newest is *Paris*. He is one of the current masters of historical fiction known for his vast-sweeping portrayals of cities through the centuries. And

Paris has a lot of history to explore, you won't be disappointed by this epic sweep.

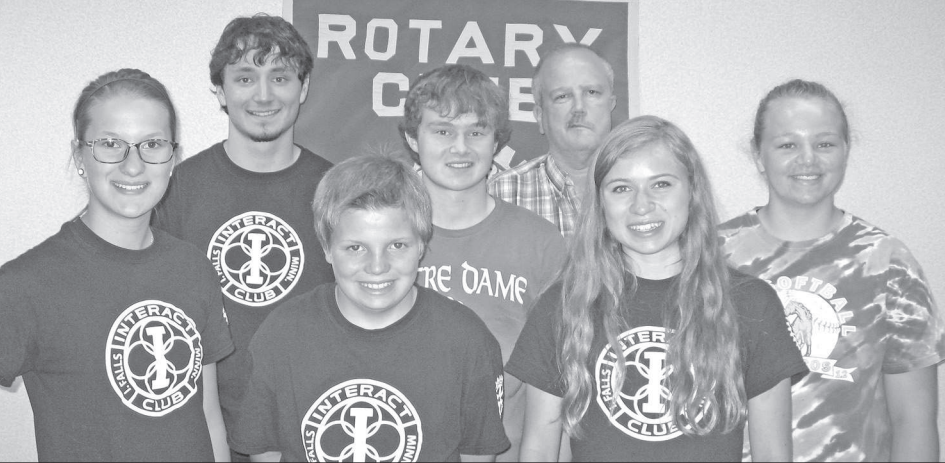
Another new grand historical novel is *Hawk Quest* by Robert Lyndon. The year is 1072 and the Normans have captured England. When a Norman knight is captured by a Turk, another soldier must complete a quest to free him, journeying to the far ends of the earth braving arctic seas, Viking warlords in a race against time and self.

Burn Palace by Stephen Dobyns is set in the sleepy community of Brewster, Rhode Island where the average citizen will

likely die blocks from where they were born and where gossip spreads like wildfire.

Reminder that today is the deadline for writing entries for Pictures and Pens – year 2. Any writing of less than 1,000 words can be submitted either on paper to the front desk at the library or electronically to dadams@arrowhead.lib.mn.us. And if you miss this month, don't worry, you can always catch us next month. We will need writing entries each month until April 2014. So no excuses, if you write or want to write, here is your chance to win \$50.

ROTARY GUESTS



CONTRIBUTED PHOTO

International Falls Rotary Club President Mike Ward recognized the new Interact Club of International Falls at a recent Rotary meeting. The Interact Club is for those in 7th through 12th grades who are interested in having fun while serving others. Pictured are, back row, from left, Cory Netland, Interact president, and Ward; middle row, Savannah Boe, Interact secretary, Connor Ward and Abby Auran; and front row, William Harala and Tayler Hebner, Interact treasurer.

PETS OF THE WEEK

Kittens galore! Come on in, play, visit and reserve your kitten today. These five are just the tip of the iceberg with kittens that are available for adoption. All will come with vouchers to help with the spay and neuter. Don't delay, come in and play ... today.

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



CONTRIBUTED PHOTO

BIRTH

Michael and Darci Pelland, of International Falls, announce the arrival of their son, Lyam Wallace

Pelland, 8 pounds, 3 ounces, 21 inches long, born Tuesday, July 2, 2013, at Rainy Lake Medical Center hos-

pital campus. Welcoming Lyam home were siblings Havyn, Mara and Ryar.

MEMORIAMs

In memory of **Millie Kalar**, who passed away July 10, 1999.
The Rose Beyond the Wall
*A rose once grew where all could see,
Sheltered beside a garden wall.
And, as the days passed swiftly by,
It spread its branches straight and tall.
One day, a beam of light shone through
A crevice that had opened wide —
The rose bent gently toward its warmth
Then passed beyond to the other side ...
Now, you who deeply feel its loss,
Be comforted — the rose blooms there —
Its beauty even greater now,
Nurtured by God's own loving care.*
- Author unknown

Sadly missed and loved by
Lorraine and Lowell
Barbara and Allen
Connie and Tom
LouAnne and Rick
grandchildren,
Debbie, Jeff, Brent,
Cindy and Ian,
Courtney and Robert,
Matt, Meghann

great-grandchildren,
Noah, Lily, Natalie,
Madeline

In loving memory of our dad and grandfather, **Cliff Malone**, who left this world on July 4, 1994.
*Beautiful memories are wonderful things,
They last til the longest day;
They never wear out or get lost,
And can never be given away.
To some you may be forgotten,
To others a part of the past;
But to us who loved and lost you,
Your memory will always last.*

Missed by
Jim and Jill Malone
Stephanie and Jim

In loving memory of our dear and special loved one, **Gary Underdahl**, who went to heaven July 10, 2009.
*Love and miss you so much, precious one.
You gave us years of happiness,
Then came sorrow and tears;
But you left us with beautiful memories.
To be treasured throughout the years.*

*They say time heals all things,
But we know that isn't so;
We miss you as much today,
As we did four years ago.
Please hold him in your arms, dear Lord,
And treasure him with care;
Make up for all he suffered,
And all he had to bear.
Please whisper in his ear,
In case he does not hear;
How much we truly love him,
And wish he still was here.
Until we meet again -*

Sadly missed and lovingly remembered by
Crissy and family
Michael and Emily
Wendy, Jeff and Bonnie
XO XO XO

P.S. Hugs and kisses for Conrad, Millie and Wayne
XO XO XO

In memory of my husband and best friend, **John B. Roche** — July 10, 2010.
*I wake up in the morning,
And I look up to the sky;
I wonder why He took you,
Before I said goodbye.
I look up to the stars at night,*

*And know you're looking down;
I'd like to think you're proud of me,
But I'm just stumbling 'round.
I crawl in bed and close my eyes,
And realize that you're gone;
Then comes the fears and then the tears,
And life just seems so wrong.
I glance up at the heavens,
And I know you're flying by;
My Angels watching over me,
I'm happy as I cry.*

Mary Lee

In memory of our Dad, **John B. Roche** — July 10, 2010.
*I will never say goodbye to you, my Father,
Because I know this is not the end for us to see each other.
You will only be going to a place where there's no pain nor suffering.
I am happy for you, for you will be with God.
For now we need to go in separate ways.
I remember how your arms hold me and give me strength.
You were always there to listen, love, and defend me in everything.
You were my very best friend.
In my triumphs you were always*

*proud.
I'm very grateful and proud to call you my Dad.
Here deep inside my heart you'll always be.
I would give up everything I have just to hug you one more time.
I remember the last time I held your hand and how you looked at me in the eyes.
If only I could turn back the time I would have never let you go.
I felt the world stop and my heart stop beating when they told me you were gone ...
How I wish I was only dreaming.
Just like the rain; tears fell down from my eyes, I couldn't speak for a while.
Thank you, Dad ...
For always understanding, listening, caring, and loving me your whole life.
The greatest gift God gave me was YOU ... my Dad.
It's difficult to let you go but I must ... I must return the gift God gave me ... Till then;
See you in Heaven.....*

Tammy, Wayne and family
John K., Jill and family
Brenda, John and family
Ricky, Gina and family

Backus Rainy Lake Triathlon

August 17, 2013 - 9:00 a.m.
Registration Table Opens at 8:00 a.m. at City Beach

Enter as an Individual or a Team of 2 or 3
Open to ages 13 and up

Swim - ¼ Mile

Bike - 11 Miles

Run - 5K

Registration Fee	
By August 9	After August 9
\$50 per Person	\$60 per Person
\$95 per Team of 2	\$110 per Team of 2
\$120 per Team of 3	\$145 per Team of 3

Registration and Waiver Forms Available at the Backus Office or Web Site - www.backusab.org

For information call Backus Community Center
218-285-7225

Backus Community Center 900 5th St. Int'l Falls

Best Food!

Best View!

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Wednesday for BBQ Ribs.

FRIDAY & SATURDAY DINNER FEATURE

Mango Salmon

Broiled Salmon topped with a mango cucumber salsa, served over a bed of wild rice.
Served with choice of salad.

Thunderbird Lodge

~ ON FABULOUS RAINY LAKE ~
10 miles east of Int'l Falls on Hwy. 11
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www.oxifresh.com