

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

Books, movies added to Vigilance collection

The library continues to add new books and movies to our special Vigilance collection. These items are usually shelved along the north wall of the library in the reading area. This is a fascinating collection to browse with lots of interesting and unusual items.

Some of the newest documentary movies include “A Girl and a Gun” which attempts to bring a ‘female perspective to the debate that’s raging across the nation.” “In Organic We Trust” is an introduction to the world of ‘certified organic,’ what does it mean, what doesn’t it mean, are there other options and how can our food system be fixed?

“People of a Feather” is a beautiful, lyrical film about the survival of Inuit in the Arctic as it changes. The film worked with the Arctic Eider Society which seeks to address environmental change in sea ice ecosystems. And finally, “Saving Sunshine,” which looks



Diane
ADAMS

@ YOUR LIBRARY

at today’s developments in solar electricity and its increasing role as a power provider.

A new book which is perfect for this time of year is “The Beautiful Edible Garden” by Leslie Bennett and Stefani Bittner. The book outlines ways to ‘design a stylish outdoor space using vegetables, fruits and herbs. While some of the ideas won’t work well here, many will and can provide all of us with inspiration for creating beautiful spaces to enjoy during our short summers.

Here are some new books to look at for different approaches to medical issues. “AARP New American Diet” by John Whyte presents ‘the best American and Mediterranean diet secrets from the groundbreaking NIH-AARP study. The book includes recipes, weight-loss plans, information about preventing and managing heart disease, cancer and diabetes as well as looking at the conflicting advice about coffee, alcohol, artificial sweeteners, salt, juice and cooking oils.

“Chinese Healing Exercises” by Steven Cardoza provides a personalized practice for health and longevity to reduce pain and enhance your well-being. The exercises are illustrated with easy to follow instructions and a listing of its physical and energetic benefits. “The Wahls Protocol” by Terry Wahls is a fascinating look at how the author, a

doctor, ‘beat progressive MS using paleo principles and functional medicine.’

Trying to understand the world and how we got where we are and how we go on from here to be better then take a look at these. “Forty Chances” by Howard G. Buffett follows his journey as he seeks out new approaches to ease the suffering of so many. The book is told through 40 stories to provide a compelling look at the lesson’s Howard learned.

“With Charity for All” by Ken Stern moves from looking at how charities are failing and ends with a better way to give.

And finally this week we’ll look at two titles that ponder “What Went Wrong” by George R. Tyler or ‘how the 1 percent hijacked the American Middle Class... and what other countries got right. And the “Fate of the States” by Meredith Whitney and the ‘new geography of American prosperity.’

PET OF THE WEEK



CONTRIBUTED PHOTO

Let me introduce you to our beautiful “Nora.” Also available but not pictured are handsome “Alex,” “Nick” and “Aaron,” diluted orange kitties. We are looking for a home/s where one, two, three or all four of these kitties will be loved. They each have a different personality, but they are all equally good looking. Nora has unique looks, is outgoing and likes to spend

time out of the kennel with Alex. Nick and Aaron tend to hang out together. They all have amazing eyes and fluffy feet. If you are up for the challenge, the challenge of losing your heart to these amazing cats, come visit them at the Holding Facility. For more information, visit the website at www.borderlandhumanesociety.org or call 218-324-2313 or 283-9276.

BIRTH

Cody and Jessica Holmestad announce the arrival of their daughter, Kenley Jade Marie Holmestad, 7 pounds, 13 ½ ounces, 21 inches long, born Friday, April 25, 2014.

Maternal grandparents are Keith Horne and Brenda Horne.

Paternal grandparents are Pat and Debbie Harris and Wayne and Margaret Holmestad.

MILITARY

Hielscher awarded Defense Meritorious Service Medal

United States Air Force Capt. Bryan Hielscher has been awarded the Defense Meritorious Service Medal, the third-highest award authorized by the Secretary of Defense.

Hielscher distinguished himself in Afghanistan from Jan. 23, 2013, to Jan. 22, 2014, during Operation Enduring Freedom. His leadership and logistical expertise in combat impacted the fielding of the Afghan National Army.

He provided logistical knowledge and coordination between the coalition and Afghan forces, and ensured the highest level of mission success.

Upon returning from his tour in Afghanistan, Hielscher was also awarded the Air Force Commendation Medal for his contributions as flight commander at Altus Air Force Base in Oklahoma. He recently accepted an assignment at Langley Air Force Base in Virginia.

Hielscher is the son of Michael Hielscher of Littlefork and Mary Hielscher of International Falls, and is a 1999 graduate of Falls High School.

MEMORIAMS

In loving memory of **Jack Everett**, who left us two years ago, May 14.

God saw you getting tired,
And a cure was not to be;
So He put His arms around you,
And whispered “Come to Me.”
With tearful eyes we held you,
We watched you fade away;
Although we loved you dearly,
We could not make you stay.
A golden heart stopped beating,
Hard working hands now rest;
God broke our hearts to prove to us,
He only takes the best.

With all our love,
Your family

In memory of a wonderful mother and grandmother, **Margaret A. Johnson**, who passed away two years ago, May 16, 2012.

You can only have one mother,
Patient kind and true;
No other friend in all the world,
Will be the same to you.
When other friends forsake you,
To mother you will return;
For all her loving kindness,
She asks nothing in return.
As we look upon her picture,

Sweet memories we recall;
Of a face so full of sunshine,
And a smile for one and all.
Sweet Jesus, take this message,
To our dear mother up above;
Tell her how we miss her,
And give her all our love.

Always in our hearts
and never forgotten,
**Bill, Barb, Bianca,
and Blair Johnson**

In loving memory of **Margaret Johnson**, who died two years ago, May 16, 2012.

The moment that you died
my heart was torn in two,
one side filled with heartache,
the other died with you.
I often lie awake at night,
when the world is fast asleep, and
take a walk down memory lane,
with tears upon my cheeks.
Remembering you is easy,
I do it every day,
but missing you is heartache
that never goes away.
I hold you tightly within my heart
and there you will remain.
Until the joyous day arrives,

That we will meet again.

Lisa, Wade and Alexis

In loving memory of **Jeff Anderson**, on his birthday, May 15.

First Birthday in Heaven

We wish that you were here today,
Even for just a little while;
So we could tell you “Happy Birthday,”
And see your beautiful smile.
The only gifts today will be,
The gifts you left behind;
The laughter, joy and happiness,
Precious memories ... the best kind.
Today we’ll do our very best,
To find a happy place;
Struggling to hide our heavy heart,
And the tears upon our face.
We’ll quietly hold your picture,
Thinking of you with love;
Hoping that you’re doing fine,
In Heaven up above.
May the angels hold you close,
And sing you happy songs.
We’ll be sending wishes to you,
Today and all year long.
Happy Birthday, Jeff –

We love you and miss you so,
Your family

2014 United Way funds allocated in Koochiching County

UWNEMN STAFF REPORT

Koochiching County Advisory Board of United Way of Northeastern Minnesota conducted a meeting May 1 to allocate 2014 funding to local nonprofit agencies in the community. The UWNEMN’s giving is

focused in the areas of Education, Health, Income and Basic Needs.

The funds were pooled during the UW campaign conducted this past fall from employee campaigns, business donors, foundation grants and United Way events. “We really appreciate

the support our local donors are putting back into the community. Through these donations, they are providing the desperately needed support for our agencies and United Way programs,” said Julie Ehrman, United Way Advisory Board chair.

Funding was provided to

UWNEMN’s Buddy Backpack and Imagination Library programs, Salvation Army, Fairview Range Home Care & Hospice, Falls Hunger Coalition, ODC, Koochiching County Senior Center, Koochiching Aging Options, and Koochiching County 4-H.

The 2014 advisory board


members that participated in the allocation process were Jessica Crosby/United Health Group, Joann Dornhecker/United Health Group, Julie Ehrman/Boise Paper, A Packaging Corporation of America, Sandra Johnson, Sherrie Lessard, Nancy Rognerud/Nancy’s Rainy Lake

Bookkeeping, Mike Silvers and Betsy Zaren/Koochiching County.

“Funding that is distributed in Koochiching County by UWNEMN is all raised in Koochiching County. We are happy to be able to allocate funding to support our local agencies,” said Erhman.

Urgent news for **DIABETICS** with
BLADDER CANCER

The diabetes drug, **ACTOS®**, has been linked to an increased risk of bladder cancer. If you or a loved one has been diagnosed with bladder cancer after taking **ACTOS®, ACToplus met®, ACToplus met® XR or duetact®**, call us now about making a claim for substantial monetary compensation. No fees or costs until your case settles. We practice law only in Arizona, but associate with lawyers throughout the U.S.



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Public AUCTION
Saturday May 17, 2014
9:30 AM

Mizpha and Gemmell, MN Area
Directions: From Gemmell, MN go South on Highway 71 towards Mizpha, MN about a half mile to County Road 56. Take a right and go 1 mile to Blue no. 11052

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BOARD MEETING

The Aitkin-Itasca-Koochiching
Community Health Board will hold
a special Board Meeting on
Thursday, March 15, 2014 at 10 a.m. in
the Itasca Resource Center in Grand Rapids.
The purpose of the meeting is to discuss the
appointment of an Interim Community
Health Administrator.

**Retirement Party for
Jim Larson**

May 17th 2014 • 3:00-6:00
At the Philosophers Club
Across from Northern Lumber



Come Help Celebrate!