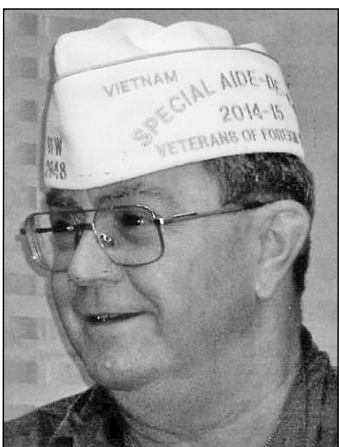


LIFESTYLES

Randolph again appointed National Special Aide-de-Camp

Terry Randolph of Veterans of Foreign Wars Peter Graham Post 2948 was recently appointed as a National Special Aide-de-Camp by Commander-in-Chief John Stroud for the 2014-15 year. This is his third appointment to this position. Comrades are recommended for this by their Department Commander. The current Department of Minnesota Commander is Gary Anderson.



Terry Randolph

Special Aides-de-Camp appointed in the Department of Minnesota.”

Randolph has served the Veterans of Foreign Wars at the Post level as junior vice commander 2002-03; senior vice commander for 2003-05; post commander 2005-10 and 2011-13. He also served as District 8 Commander during 2008-09 year. Randolph has also been appointed as a National Aide-de-Camp three times.

Randolph is currently Peter Graham’s Veteran Post Service Officer, District Community Service Chairman, and the Department of Minnesota representative to the Minnesota Silver Bay Veterans Home.

Comrades that reach these Special appointments are signified by the wearing of a white cap with gold lettering and piping.

willingness to commit time an effort in a significant manner.

Randolph, as a National Special Aide-de-Camp, may be asked to accompany the Commander-in-Chief and other Naational Officers during their visits to the Department of Minnesota. There were four National

PET OF THE WEEK

Hi, my name is “Bob.” Did I hear you say you were looking to make a new friend? If so, I think we could be good friends. I am handsome, I am strong and I have a sense of humor. To most people, that sounds like a well-rounded friend, wouldn’t you say? I have a splash of white over my chest bone, right behind it is my heart. I am faithful and loyal and will love you to a fault. I can’t wait to meet you. — Your new best friend, *Bob*



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

Borderland Humane Society wraps up 2014

BHS REPORT

2014 has been, to say the least, interesting for the active members of the Borderland Humane Society.

Challenges, yes ... accepted. Obstacles, yes... overcome. Goals, yes ... achieved.

More challenges, obstacles and goals in 2015 are

lying in wait. Community members who want to be part of the bigger picture are encouraged and welcome join the elite group of “Angels in Action” and help out in the community.

For more information on how to make a significant difference in your life and the life of the voiceless, contact BHS by calling

283-9276 or stop in to the holding facility and be a part of the the transition over to the new building.

Meetings are scheduled at 5:30 p.m. the third Thursday of each month at River’s Edge Villa dining room.

The wish of BHS is to make an even bigger impact on the community in 2015.

MEMORIAM

DeAnna Gordon

March 20, 1963-Dec. 31, 2013

To see your face and watch you smile,

To sit with you and talk a while;

To be together in the same old way,

Would be our greatest wish today.

The tears in our eyes we can wipe away,

But the ache in our hearts never goes away.

Life goes on, we know that it’s true;

But nothing is the same sine we lost you.

Sadly missed by daughter Amanda, Mom, Julie, Debbie, Dana, Doug and David and many family and friends

BIRTHS

Ryan and Cassandra Camick, International Falls, announce the arrival of their daughter, Arya Guinevere Camick, 9 pounds, 13 ounces, 20 3/4 inches long, born Monday, Dec. 22, 2014, at Rainy Lake Medical Center.

Welcoming Arya home

were siblings, Eli Allen Camick, 6, and Adrienne Marie Camick, 5.

Grandparents are Duane and Pam Lindholm, International Falls, Glenn Camick, Chance Harbour, New Brunswick, Canada, and Pam Belding, Saint John, New Brunswick, Canada.

The following birth has been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to: Micheal and Chanel Gallagher, Devlin, Ontario, a son, Elijah Micheal Gallagher, 6 pounds, 11 ounces, Dec. 8, 2014.



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New Year's Day 11 a.m. – 3 p.m.**



ISD 361 — JANUARY 2015

INTERNATIONAL
FALLS
SCHOOLS

ELEMENTARY MENU

Offer vs. Serve:
Students are offered five food items (sometimes combined) of the school lunch patter in required amounts; yet students have the option of taking a minimum of three of the five food items to meet the requirements of the program. **One of the items chosen each day must be a fruit or a vegetable component.**
Breakfast requires students to take a minimum of 3 of the 4 items offered to meet requirements.

Mon	Tue	Wed	Thu	Fri
5 Breakfast Waffles w/Syrup Or WG Cereal Choice	6 Breakfast Bagel w/toppings Or WG Cereal Choice	7 Breakfast Bacon Scramble Breakfast Pizza Or WG Cereal Choice	8 Breakfast Pancakes w/syrup Or WG Cereal Choice	9 Breakfast Cinni Minis Or WG Cereal Choice
Lunch Hamburger w/Lettuce & Tomato Sweet Potato Fries Rice Crispy Bar Fruit Choices	Lunch Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Fruit Choices	Lunch Assorted Deli Sandwiches Baked Beans Celery & Cucumber Sticks Snickerdoodle cookie Fruit Choices	Lunch Cheese Pizza Slice Green Beans Baby Carrots & Dip Breadstick Fruit Choices	Lunch Macaroni & Cheese Meatballs Peas Fresh Veggie Cup Bun & Jelly Fruit Choices
12 Yogurt Sundae w/Nutigrain Bar Or WG Cereal Choice	13 Breakfast Tony's Sausage Breakfast Pizza Or WG Cereal	14 Breakfast Yogurt/ Graham Squares Or WG Cereal Choice	15 Breakfast Apple Frudel/Cheese Stick Or WG Cereal Choice	16 Breakfast Mini French Toast Sticks Or WG Cereal Choice
Lunch Deli Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fruit Choices	Lunch Pepperoni Pizza Slice Tossed Romaine Salad Steamed Carrots Fruit Choices	Lunch Hard Shell Taco Shredded Lettuce & Tomato Refried Beans WG Tortilla Chips w/ Black Bean & Corn Salsa Fruit Choices	Lunch Italian Dunkers Green Pepper Strips & Fresh Baby Carrots Chocolate Brownie Fruit Choices	Lunch Chicken Pattie on a Bun Oven French Fries Green Beans Fruit Choices
19 Breakfast	20 Breakfast Pancake/Sausage on a Stick OR WG Cereal Choice	21 Breakfast Breakfast Pizza OR WG Cereal Choice	22 Breakfast Pumpkin Muffin/ Egg OR WG Cereal Choice	23 Breakfast Breakfast Bake w/Salsa & Toast OR WG Cereal Choice
NO SCHOOL TEACHER INSERVICE DAY	Lunch Stromboli Garden Spinach Salad Fresh Carrots Fruit Choices	Lunch BBQ Beef on a Bun Sweet Potato Puffs Baked Beans Fruit Choices	Lunch Turkey & Cheese Hoagie Leaf Lettuce & Tomato Slice Oven French Fries Fruit Choices	Lunch Chicken Gravy over Mashed Potatoes Steamed Broccoli WW Roll & Jelly Fruit Choices
26 Breakfast Yogurt Choice w/Toast OR WG Cereal Choice	27 Breakfast French Toast Sticks OR WG Cereal Choice	28 Breakfast Egg & Cheese Biscuit Sandwich OR WG Cereal Choice	29 Breakfast Cereal Bar & String Cheese OR WG Cereal Choice	30 Breakfast Mini Maple Pancakes & Sausage OR WG Cereal Choice
Lunch French Toast Sticks & Sausages Hash Browns Tomato Juice Apples/Pear Sauce	Lunch Nachos w/Tortilla Chips Shredded Lettuce Black Bean & Corn Salsa Squash Bites Refried Beans Cantaloupe or Applesauce	Lunch Fish Nuggets Mashed Potatoes Dinner roll Veggies w/Hummus Kiwi or Peach Sauce	Lunch Grilled Cheese Tomato Soup Green Beans Banana or Pineapple Sauce	Lunch Mandarin Orange Chicken Brown Rice Steamed Broccoli Romaine Salad Fresh or Mixed Fruit Choices

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