

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

Zinghoppers to perform at library

What do you geek? The library has started a fun campaign to encourage us all to consider, remember, re-discover what makes us excited. The library wants to know what you are passionate about. It has been a very long year and it is time to focus our energies on what we love, what makes us excited about getting up and going through our day. Stop by the library and share with us your passions and let us help you discover more.

Thursday, July 24 (tomorrow) at noon, the Zinghoppers will perform thanks to the Arrowhead Library System support of summer reading. Put your paws up for the Zinghoppers award-winning educational and entertaining show developed just for libraries celebrating this 2014 Summer Reading Program theme. Utilizing state of the art sound and video projection, the Zinghoppers band invites



Diane
ADAMS
@ YOUR LIBRARY

your kids to join us for an interactive movie and musical concert journey to the zoo where they'll experience lots of animals up close and personal. Along the way, we'll also celebrate books and reading. Fun, fresh and fully interactive — this show encourages audience participation and kids will be dancing, singing and zinghopping along. Adults and teens, Tuesday, July 29, come and sit down with a standup comedian at 6 p.m. Have you always wanted to be a comedian?

Wondered how to get started? Come learn the basics of stand-up comedy and writing funny stuff. This is a great opportunity to learn from someone who has been earning a living for over twenty years by telling jokes and more. Don't forget about Stories in the Park in Wednesday evenings at 6 p.m. at the Eighth Avenue green space through Aug. 13. Two weeks until the youth summer reading deadline for turning in 10 hours read or listened to. Thursday, July 31, is the last day we can record hours read for a t-shirt. So if your summer reading has slacked off in the last couple of weeks, now is the time to renew your interest, finish up those last few hours and let us know that you and your children have recorded 10 hours read for a free t-shirt. "Paws to Read" and keep your brain active. Remember

we have summer reading programs for all ages, so make summer reading a family event. The library currently has a subscription to ValueLine Online. This is a valuable resource for anyone investing and paying attention to stocks and the stock market. We had a number of requests for the online service and are giving it a try, however we are not seeing enough usage from community residents to keep this resource beyond our one-year trial. If you invest and want access to ValueLine Online, please call the library (or stop by) for information about accessing this valuable resource or it will go away. The art in our lobby has changed. Our current exhibit is water colors by Kat Ruelle and Kathy Fluke. Come enjoy the wonderful nature paintings through the end of August.



CONTRIBUTED PHOTO

PET OF THE WEEK

Hi, my name is "Mumble." I think I got that name because I like to talk. I am a black and white, 1-year-old, petite girl who enjoys the company of other cats and people. One thing I really like is when people hold me. I am even comfortable when people flip me over on my back and rub my tummy. I am an easy-going girl. Oh yes, I also like catnip — it is like a little slice of heaven — it is a lot of fun. Did you know if I have an upset tummy that catnip will help settle it? Just a little fact I wanted to share with you. I am looking for a forever home where I will be loved forever and ever and ever. I promise if you adopt me, I will be a

good girl and snuggle with you. — Sincerely, *Mumble*
For more information, visit the website at www.borderlandhumanesociety.org or call 218-324-2313 or 283-9276.

RLMC Auxiliary gathers for meeting

BY MARGUERITE DAVISON

Rainy Lake Medical Center Auxiliary President Sonia Wegge presided at the July 1 meeting at the hospital. She led in the prayer for hospital auxiliaries. There were 12 members present. First on the agenda was a report by liaison Kelly Millerbernd. She brought a list of possible purchases for the hospital that the auxiliary could buy with this year's donation. Members voted to purchase an elliptical bike for the car-

diac rehab unit. Millerbernd invited members to the annual golf tournament sponsored by the foundation scheduled for July 24. Reports were also given by the membership, gift shop, volunteer committee. Volunteer director Bea Brown requested permission to attend a meeting in Alexandria which would be informative for her position. The next regularly scheduled meeting of the auxiliary will be Aug. 5 at the hospital.

Mints compatible with rain-soaked environment

Mentha (also known as mint, from Greek, mintha, is a genus of plants in the family Lamiaceae (mint family). Mints are aromatic, almost always perennial, rarely annual, herbs. They have wide-spreading underground and overground stolons and erect, square stems. Leaf colors range from dark green and gray-green to purple, blue and sometimes pale yellow. The flowers are white to purple. The fruit is a nutlet, containing one to four seeds. While the species (mentha genus) are widely distributed and can be found in many environments, most grow best in wet environments and moist soils. In my heavy clay with poor drainage my many "flavors" of mint are the only herb thriving in my designated herb, raised bed box. Due to mint's tendency to spread unchecked, some are considered invasive. By




Helenruth
SCHUETTE
MASTER GARDENER

summer's end, if the rains continue I will have LOTS to share, dry, or freeze in ice cubes. All mints thrive near pools of water, lakes, rivers and cool moist spots in partial shade. In general, mints tolerate a wide range of conditions, and can also be in full sun. Care should be taken when mixing any mint with other plants, lest the mint take over. They do well in tubs, barrels and large pots. I've planted my Walker Low Mint in a large pot and overwintered it by

burying the pot, mulching it well. It is blooming nicely now. Mints are supposed to make good companion plants, repelling pesty insects and attracting beneficial ones. They are susceptible to whitefly and avids. Bees love mint flowers and my box will buzz once flowers develop later this month. Harvesting of mint leaves can be done at any time. Fresh leaves should be used immediately or stored, up to a few days in plastic bags, in the refrigerator. The leaf, fresh or dried, is the culinary source of mint. The leaves have a warm, fresh, aromatic, sweet flavor with a cool aftertaste, and are used in teas, beverages, jellies, syrups, candies, and ice creams. Mint was originally used as a medicinal herb to treat stomachache and chest pains. Menthol and mint essential oils are also much used in

medicine as component of many drugs and are very popular in aromatherapy. Mint oil can be found in environmentally friendly insecticides for its ability to kill some common pests such as wasps, hornets, ants and cockroaches. All of my mints from chocolate to pineapple are thriving and I look forward to adding a sprig to iced tea this summer, or to dress up a summer salad, vegetable or other entree'. Refer to the revamped and updated University Of Minnesota Extension Service website <http://www.extension.umn.edu/garden/yard-garden/> for more information on horticultural topics. In addition, local Master Gardeners will again answer your questions on home horticulture. Call 218-444-7916, leave your name, number, and question and you will get a call.

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I wish to

Thank

my employer, all of my fellow employees and our special residents at Good Samaritan Society for their gifts of kindness, cards, flowers, thoughts and prayers in my family's time of need during the flood.

Judy & John (Larrabee) Krumbeck
Carol Pierce

Also, a very special thank you to Elaine (Canada) for your gift of kindness (from It's a Girl Thing).

MESOTHELIOMA LUNG CANCER

If you or a loved one have been diagnosed with Mesothelioma, Lung Cancer or any other asbestos related disease contact us for a confidential review of your rights. There are strict time limits in which to bring these claims. Shermoen & Jaksa, PLLP has been representing Minnesota asbestos victims for over 20 years. We are one of only two Minnesota law firms that regularly litigate asbestos cases.

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HAVE YOU EVER THOUGHT OF BECOMING A FOSTER CARE PARENT?



Koochiching County needs more foster homes in order to keep children in the county. Without enough licensed foster care homes, children are sent outside Koochiching County, which makes it challenging for staff to work toward the ultimate goal of family reunification.

For more information on becoming a foster care parent, Contact:
Derek Lunser
Koochiching County Public Health and Human Services
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