

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

Discover Tech coming to the library

Discover Tech is coming! The International Falls Public Library is one of nine libraries in the country selected to host this exhibit. We are the smallest and only one in the Midwest. Don't miss it!

Join us Friday, Jan. 10, from 6 to 8 p.m. to get a first look at this incredible exhibit. It will be here until March 14, 2014, and we have lots of science and engineering programming over the next couple of months. Stop by the library and get a brochure with a complete schedule of upcoming events.

Storytime will begin again on Thursday, Jan. 2, at 10:30 a.m. with stories about birthdays. We always celebrate the storytime cat Tabitha's birthday the first storytime after the New Year.

The rest of January will see stories about winter and transportation, two weeks for each. The library is continuing the "come to storytime and



Diane
ADAMS

@ YOUR LIBRARY

stay to play" sessions. Each week following the 20- to 30-minute storytime, we pull out toys to help preschoolers learn basic science. New toys have been added.

Saturday, Jan. 4, from 10:30 a.m. to 1:30 p.m., we'll host Board Game Saturday. Bring the family and come play games together. We have games for all ages and abilities. The family that plays together grows together.

Crafty Tuesdays continue each Tuesday in the junior room from

3:30 to 7:30 p.m. While the Discover Tech exhibit is here you can come create, build and explore art and science together. Tuesdays the junior room is open until 8 p.m., so make Tuesday Library night and create, discover new books and movies and enjoy time at the library.

Pictures and Pens continues with story deadline on Friday, Jan. 10. Submit an original piece of writing up to 1,000 words long either in person at the main library desk or via email to dadams@arrowhead.lib.mn.us. The photography deadline is the last day of the month with entries needing to be 8x10 photos or high resolution digital files to my email as above. The photographic entries should be about the winning writing piece selected from the previous month's writing entries. The winning writing is posted in the library and on the library blog at ifallslibrary.blogspot.com.

Discover Tech will be the focus of library activities from Jan. 10 to March 14, 2014. Brochures listing all the upcoming activities are available at the library and will be sent home with students next week. Here are the first couple of events to put on your calendar. Exhibit opening on Friday, Jan. 10, from 6 to 8 p.m. We'll recognize our local engineers and provide a first look at the exhibit. Light refreshments being provided by the Friends of the Library.

Saturday, Jan. 11, beginning at 10:30 a.m., join us for "Playful Building." This family program will design a park, look at water filters, wind turbines and participate in a team challenge. Plan on spending a couple of hours with us and discovering how cool and vital engineering is in all we do. For ages 6 and up with caregivers.

ENGAGEMENT



CONTRIBUTED PHOTO

COLETTE DENISE WRIGHT AND RYAN JAMES HUSTON

Colette Denise Wright and Ryan James Huston, of Walker, Minn., announce their engagement and forthcoming marriage. The bride-to-be is the daughter of Robert and Kathleen (Gouin) Wright, Walker, and granddaughter of Andre and Rose Marie Gouin, International Falls, Minn. Parents of the groom-elect are John and Jerri Huston, Walker. Colette is a 2007 graduate of Northland High School, Remer, and in 2011 graduated from Saint Mary's University of Winona, Winona, Minn. She is employed as a marketing communications specialist at Cote Family Companies, Nisswa, Minn. Ryan is a graduate of Walker Hackensack Akeley High School, Walker, and is a full-time law enforcement student at Alexandria Technical College, Alexandria, Minn. A Saturday, Oct. 11, 2014, wedding ceremony at St. Thomas Aquinas Catholic Church is planned by the couple. A reception will follow at Thunderbird Lodge.

COMMUNITY CAFE MENU

The Community Cafe offers free meals, to anyone in Koochiching County, regardless of income, with no restrictions. The program is sponsored by the Falls Hunger Coalition and Citizens for Backus/AB with the support of local volunteers. Reservations are not required. There is no charge for the meals, but donations are accepted. Take-out meals are also available. Meals served on Tuesdays and Thursdays from 5:30 to 6 p.m. at Backus Community Center, 900 Fifth St. Call the Backus office for information, 285-7225.

JANUARY 2

Volunteer Group – St. Thomas Social Concerns
Chicken and wild rice
Vegetable
Dinner rolls

JANUARY 7

Volunteer Group – First Lutheran Church
Sloppy joes
Pretzels
Fresh vegetables

JANUARY 9

Volunteer Group – First Lutheran Church
Fish sticks
California Medley
Fruit

Dinner rolls

JANUARY 14

Volunteer Group – St. Thomas Social Concerns
Pizza
Salad
Fresh fruit

JANUARY 16

Volunteer Group – St. Thomas Social Concerns
Pulled pork on a bun
Baked beans
Pretzels

JANUARY 21

Volunteer Group – Zion Lutheran Church
Chicken stir fry on rice

Fresh fruit
Dinner rolls

JANUARY 23

Volunteer Group – Zion Lutheran Church
Pizza
Deli sandwiches
Vegetable barley soup
Banana bread

JANUARY 28

Volunteer Group – Evangelical Covenant Church
Spaghetti
Salad
Garlic bread sticks

HERE'S TO A NEW YOU IN THE NEW YEAR!

Rainy Lake Medical Center is offering another way to manage arthritis pain:

The Arthritis Foundation Exercise Program

This program was developed to:

- Help decrease arthritis pain
- Relieve stiffness
- Increase flexibility
- Improve range of motion

Suitable for all fitness levels!

Next Session:

January 7th - February 27th

Tuesdays & Thursdays

10:00 - 10:45 am - Clinic Campus - Cost: \$35
(every 8 weeks a new session starts)

To register or for more information, contact:
Meghann Cassibo at 218-283-5420



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- ~ "New York Sleeping Giant" Frank Youso
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