

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

Visit ‘Discover Tech’ at the library

Now is the time to visit your local library. If you haven't been in a while, make a point of checking us out in the next few weeks.

“Discover Tech” is here and we are enjoying sharing this incredible exhibit with the community and region. We are the only library in the Midwest to host Discover Tech! We are the smallest library to host a major exhibit as developed by the Space Science Institute.

Discover Tech is the kind of exhibit usually found at museums and large libraries with lots of staff and space to work with. So be sure and take advantage of the opportunity to see, enjoy and learn from having the exhibit in our community.

We have added a number of science and engineering titles in both the adult and juvenile areas of the library to encourage further learning. Come take a look at what we have and



Diane
ADAMS

@ YOUR LIBRARY

what you can learn.

While the exhibit is here we will keep the display case filled with science, engineering, math and technology books. Everything from *Basic Electronics for Tomorrow's Inventors* by Nick Dossis to *Made by Dad: 67 blueprints for making cool stuff*. These books may be borrowed directly from the case and we'll just keep filling the case up with more titles.

Looking for science you can do with your children at home? Take a look at our science experiment section,

including this new series “More Super Simple Science” with experiments on light, magnets, gravity and motion, sight and sound and liquid.

If your engineering is more along the lines of architecture then be sure and borrow *From Mud Huts to Skyscrapers* by Christine Paxmann. This is an excellent introduction to architecture through the ages with representative buildings from many ages and locations.

We all use technology and the devices created with it, but we can build, sew, design and create our own technological things as well. *E-Textiles* by Jan Toth-Chernin looks at the relatively new field of using conductive thread and materials to add electronics to clothing and other fabric items.

Or perhaps you'd like to build your own computer. Arduino by Terence O'Neill and Josh Williams explains

the basics of *Arduino*, a microcontroller or simple computer that passes information between hardware and software.

Mike Hobbs has written a couple of new books designed to help kids and up explore how to take their ideas from idea to being the ‘next big thing.’ We have a couple of books in the series ‘the young entrepreneurs’ club’ which provide tips, skills and challenges for all who seek to develop their ideas into the ‘next big thing.’

You can look at *Green Technology* or *Gadgets and Inventions* for ideas about market research, start-up funds, product development, financial planning, marketing, distribution and problem solving. These books provide basic information with lots of examples and online sources for obtaining more information. These are a great way for kids and teens to get excited about starting their own business.

PETS OF THE WEEK



CONTRIBUTED PHOTO

Kittens available in foster are funny, playful, affectionate and will downright make you giggle. They are sure to break up the winter blues with their funny antics. Not afraid of dogs or other cats, they adjust very well to their environment. For information on how you can make a difference and give an animal a home, call the Borderland Humane Society today.

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

MEMORIAM

In loving memory of my husband and our father, grandfather and great-grandfather, **John Adee**, who passed away three years ago, Jan. 16, 2011.

*If we could have one lifetime wish,
A dream that would come true;
We'd pray to God with all our hearts,
For yesterday and you.
In life we loved you dearly,
In death we love you still;
In our hearts you hold a place,
That no one else can fill.
You left behind our broken hearts,
And happy memories, too;
But we never wanted memories,
We only wanted you!*

We love and miss you so much! XO
Lois
Mike and family
Robbie and family
Rita and family
Lori and family
Danny and family
Kelli and family

BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances, Ontario.

Born to:
John and Christa Gibson, Fort Frances, Ontario, a son, Owen Radley Gibson, 8 pounds, 7 ounces, Dec. 16, 2013.

Sara Gall and Nolan Drennan, Rainy River, Ontario, a son, Jonah Mathew James Drennan, 9 pounds, 1 ounce, Dec. 17, 2013.

Allan and Madeline Hartnell, Rainy River, Ontario, a son, Henry Isaac Hartnell, 7 pounds, 13 ounces, Dec. 18, 2013.

Reaching over 8,000 homes, shacks, and cabins.



SIMPLY NORTH

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To contribute photos, news or features contact the Editor, Laurel Beager 285-7411 or email laurel@ifallsjournal.com

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ROTARY GUEST



CONTRIBUTED PHOTO


Diane Adams, at left, was the guest of Carol Grim at a recent meeting of the International Falls Rotary Club. Adams, director of the International Falls Public Library, introduced a new exhibit called “Discover Tech.” This hands-on program is free to all and will run from mid-January through mid-March.

PUBLIC NOTICE

CONTINUING EDUCATION OPPORTUNITY

2013/2014 AMBO Contractor Training Seminar

When: February 17, 2014 8:00 a.m. - 4:30 p.m.
Where: Backus Community Center
900 Fifth Street, International Falls, MN 56649
Registration: 7:00 a.m.



(218) 285-7225 | 900 5th Street | Int'l Falls MN
www.backusab.org | Facebook: Backus AB

COURSE SCHEDULED

2012 IRC: Administration, Framing & Finish Applications
One hour of Energy will be presented after the regular session

This seminar will discuss administrative provisions of the State Building Code the contractor needs to understand to minimize project delays, cost overruns, and establishing an effective relationship with the local building department.
Part II of the seminar will investigate details of framing in accordance with the IRC. Topics to include, but not limited to, floor systems; cantilevers; roof trusses; building envelope, wall coverings, windows and roofing. The session will close with a discussion on interior finish requirements.

This seminar has been approved for 7 hours CEU by the Minnesota Department of Labor and Industry. Residential contractors, Building inspectors, Building officials, and Architects and designers are encouraged to attend.

INSTRUCTOR
Greg Karow. C.B.O.

FEES AND REGISTRATION

The fee of \$100.00 includes instructions, course materials, lunch and breaks. Make check payable to Backus Community Center in the amount of \$100.00 if submitted by January 31, 2014. Registration after this date is \$110.00 and will be accepted up to one week before the seminar (February 17, 2014). Walk-in registration will be accepted on a space available basis, with a registration fee of \$120.00

Registration can also be made by calling 218-285-7225 or registration forms may be picked up at Backus Community Center Office, Northern Lumber, and Falls Lumber. Or can be found at www.backusab.org Please return registration forms to Backus Community Center, 900 Fifth Street, International Falls, MN 56649. Please call 218-285-7225 for questions. Credit Card accepted.

Refund Policy: If you find that you must cancel, please notify us with a written notice one week in advance. A refund minus \$25.00 cancellation fee will be issued. Refunds will not be given to no shows.

This ad is sponsored by the City of International Falls Building/Safety Department.

Rainy Lake Medical Center welcomes

Meghann Cassibo, OTR/L

Occupational Therapist, Therapy & Wellness Center



EXPERIENCE

→ Works with individuals of all ages in a variety of settings, including inpatient, outpatient, Home Health, and schools.

EDUCATION

→ Falls High School, 2007 graduate
→ Rainy River Community College
- A.A degree, 2007 graduate
→ The College of St. Scholastica, 2011 graduate
- Bachelor's degree in Health Sciences, Minor in Psychology
- Master's degree in Occupational Therapy

"Meghann is an excellent Occupational Therapist. We are so happy to have her join the Therapy & Wellness Center staff."
-Nissa Fougner, Director TWC

1400 Highway 71
Int'l Falls, MN 56649

For an appointment, please call the RLWC
Therapy & Wellness Center at 218-283-5420. www.rainylakemedical.com



Rainy Lake
MEDICAL CENTER
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