

# 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 to help handle bullying

October is bullying awareness month and the library has books to help parents and teachers handle the issue and books and videos to be shared with children, helping them learn to stop it and prevent it from happening.

Parents, teachers and other adults wanting to understand the issues, the programs and more about stopping bullying might consider these titles.

“Sticks and Stones: defeating the culture of bullying and rediscovering the power of character and empathy” by Emily Bazelon or “Bullied: what every parent, teacher and kid need to know about ending the cycle of fear” by Carrie Goldman or even “The Complete Guide to Understanding, Controlling and Stopping Bullies and Bullying: a complete guide for teachers and parents” by Margaret R. Kohut.

We also own “Keeping Our Children Safe and Healthy from Pre-K



Diane  
ADAMS

@ YOUR LIBRARY

through High School: an a to z emergency guide for educators and parents” by Albert David with David Farcy, “The Right to Be SAFE: putting an end to bullying behavior” by Cricket Meehan and “Preventing Violence and Crime in America’s Schools: from put-downs to lock-downs” by William L. Lassiter and Danya C. Perry.

Other titles to consider include “Sexual Harassment and Bullying: a guide to keeping kids safe and holding schools accountable” by Susan L. Strauss, or “Little Girls Can Be Mean: four steps

to bully proof girls in the early grades” by Michelle Anthony and Reyna Lindert.

And then to play devil’s advocate consider “Why School Antibullying Programs Don’t Work” by Stuart W. Twemlow and Frank C. Sacco.

Middle school and high school students might want to consider reading and using these books both to help them understand the issues and how to avoid the problems. “Cyberbullying” by Teri Breguet, part of the “Teen Life: FAQ” series.

“Bullying” by Anne Rooney or “We Want You to Know: kids talk about bullying” by Deborah Ellis. “The Bullying Workbook for Teens” by Raychelle Cassada Lohmann and Julia V. Taylor includes activities to help teens deal with social aggression and cyberbullying. The book provides antibullying tips and strategies, how to manage emotions that bring you down and how to build self-esteem and confidence.

Elementary students

might find these titles valuable, “Talking about Bullying” by Jillian Powell, “How to Deal with Bullies” by Jonathan Kravetz, “Dealing with Cyberbullies” by Drew Nelson, “A Smart Kid’s Guide to Online Bullying” by David J. Jakubiak, “Positive Steps: Dealing with Bullying” by Susan Martineau and “Dealing with Bullying” by Marianne Johnston.

We also have a couple of DVDs that focus on providing kids with language to help stop bullying and more. “Stop Bullying Now!” is a complete tool kit to help kids take a stand and lend a hand. The DVD contains 12 animated episodes, television and radio PSAs and workshops for professionals. All ages can “Stop Bullying” with Mike Hall, a former victim of bullying. He carefully and thoughtfully explains the bully, the target, and how we react then walks participants through “the 4 C’s of How to Handle a Bully.”

## PET OF THE WEEK

Hi, my name is “Livvy.” I am a young girl who just got done raising her children. I am now looking for my forever home. What can I tell you about myself ... let me think ... I am friendly, curious and I like catnip. I am quick to make friends and I am looking for a best friend. A friend who will love me as much as I love him or her. As long as I have someone I can watch over and can watch over me, I will be happy. I look forward to meeting you. — Sincerely, *Livvy*

For more information, visit the website at [www.borderlandhumanesociety.org](http://www.borderlandhumanesociety.org) or call 218-324-2313 or 283-9276.



CONTRIBUTED PHOTO

## MEMORIAM

Gary Joseph White  
1945-2012

Oct. 16 — *Two years ago you left this world to go to a place where you are free from pain and all the stuff you went through. You are very much missed and loved.*

Your loving family and friends  
Betty J. White

## Lions Club gathers for meeting

BY KAREN BRIESE

International Falls Lions Club gathered for a meeting at 6 p.m. Oct. 6 at the AmericInn.

Zone chairman Bill Michl was in attendance to give a report on goals for the district this year. Number one goal is to increase membership. Ways the district plan to save money were discussed.

Ice Melt will be sold again this year. The club will send notices to businesses of the availability. The club wishes to continue the fundraiser sale of Ice Melt, as profits are used to support the needs of the community. Those wanting Ice Melt may call Dick Briese at 286-5508. The product is housed at his business address.

Discussion of having another raffle was temporarily tabled.

The Christmas Party was discussed. It was decided the club will revive Christmas Auctions. Those interested in auctions are welcome Dec. 6 at Almost Lindy’s. More information will follow.

Raffle monies made from

the Spring Raffle will be distributed as such: half going to research and half staying in the community to pre-qualified recipients with diabetic-related expenses. Examples include \$50 gas cards for those who need to travel to an appointment for a diabetic-related issue, as well as other expenses encompassing diabetes needs such as test strips and possibly insulin. Persons unable to afford diabetic needs may contact The Salvation Army and county agencies to pre-qualify for covered expenses. For more information, call Bev Mayfield at The Salvation Army at 283-3394.

Other issues the club takes on as projects include hearing, sight, diabetes, service dogs, Leader Dogs for the Blind. Spring Point Project, University of Minnesota-Diabetes. Anyone knowing of someone or who has a need themselves in those areas may contact president John Michalsen at 715-383-7014 or vice president Dick Briese at 286-5508.

The next meeting is set for 6 p.m. Nov. 3 at the AmericInn.

## BIRTHS

Kayla Berry, Brainerd, and Jamie Helmer, International Falls, announce the arrival of their son, Tristan Ray Helmer, 7 pounds, 8 ounces, 20 inches long, born Sunday, Sept. 28, 2014, at Rainy Lake Medical Center. Siblings are Aidan Helmer and Rylan Helmer. Grandparents are John and Mary Maish and Wayne and Joan Berry.

Vern Morin and Teresa

Nelson announce the arrival of their son, Gage Arthur Nelson Morin, 7 pounds, 8 ounces, born Saturday, Oct. 11, 2014.

Paternal grandfather is Dale Blumer.

Paternal grandmother is Julie Morin.

Paternal great-grandfather is the late James Morin Sr.

Paternal great-grandmother is Shirley Morin.

Maternal grandmother

is Linda Nelson.

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

Born to:

Jeremy and Alicia Rempel, Fort Frances, Ontario, a daughter, Leanne Alicia Rempel, 7pounds, 7 ounces, Sept. 18, 2014.

Jennifer and Ryan Libiak, Devlin, Ontario, a daughter, Lydia Mae Libiak, 7 pounds,

11 ounces, Sept. 16, 2014.

Carley McCormick, Emo, Ontario, a daughter, Emilou Jae McCormick, 7 pounds, 6 ounces, Sept. 15, 2014.

Daniel and Alyssa Hettinga, Devlin, Ontario, a son, Levi Len Hettinga, 9 pounds, 14 ounces, Sept. 14, 2014.

Randy Morrison and Tanya Andy, Big Grassy River First Nation, Ontario, a daughter, Keanna Rose Morrison, 5 pounds, Sept. 11, 2104.

# LOOKINGBACK

### 25 YEARS AGO

Mr. and Mrs. Earl Hickey and Mr. and Mrs. Richard Raboin are happy to announce the engagement and forthcoming marriage of their children, Diane Helen and Kipp Lee.

Jody Schulz, former manager of the International Falls Holiday Inn, was among those honored recently when the chain named its top 20 hotels. Schulz now serves as manager for the Holiday Inn in Appleton, Wis.

### 40 YEARS AGO

A girl was born today at Falls Memorial Hospital to Mr. and Mrs. Robert Jornlin.

A boy was born today at Falls Memorial Hospital to Mr. and Mrs. Thomas Wichner.

Airman Gregory Page,

son of Mr. and Mrs. Rodney Page of Route 7, has been assigned to Keesler Air Force Base, Miss., following completion of basic training.

### 50 YEARS AGO

Mrs. William Elliott was honored at a pink and blue shower at the home of her sister-in-law, Mrs. Clarence Olsen, Island View Route.

Mrs. Gene Pelland will be guest of honor at a pink and blue shower on Oct. 21 at 7:30 p.m. at Bethany Lutheran Church at Loman.

An open house on Saturday, Oct. 24, at the South International Falls Fire Hall will honor Mr. and Mrs. Ed Pelland on their golden wedding anniversary.

### 60 YEARS AGO

Hemstitching will still be done at 515 Eighth St. by Mrs. Leo Poirier, phone 381 M, or

contact Mrs. Olaf Lyngstad, 713 Ninth Ave., Phone 1011 J.

Mrs. Joseph Smith, 905 Eighth St., was honored at a surprise farewell party at the home of Mrs. John Owens, 912 Eighth St. Mrs. Smith will leave at the end of the month for Los Angeles, Calif., to spend the winter with her two children.

The Rev. and Mrs. E.F. Schlade celebrated their 16th wedding anniversary with a trip to Waconia, where they spent the day visiting with Mrs. Schlade’s parents, the Rev. and Mrs. Von Gemmigen. Enroute they stopped at Concordia College, St. Paul, for a visit with their son, David.

Falls High Homecoming King Mike Porter and Queen Pam Morse were crowned at last night’s pep fest.

### 70 YEARS AGO

Pvt. Otto P. Majewski, son of Mrs. Emilie Majewski, 707 Ninth St., was recently graduated from the Scott Field radio school of the army air forces training command.

Len’s Lunch on Highway 53, remodeled and newly decorated, reopened for business today under the management of Luella Hanks.

Lulu Mae Houglum, daughter of Mr. and Mrs. Andrew Houglum of 1009 Seventh St., has been confined to her home for several days with an attack of flu. She is a student at Falls High School.

Donald Burns, 13-year-old son of Mr. and Mrs. Otto Burns, Holler, was taken to La Verendrye hospital, Fort Frances, for an appendectomy Saturday morning.

"I promise to be professional in all aspects and look out for the best interests of the entire County."  
**VOTE PERRYN HEDLUND NOV. 4**



FAIRNESS • HONESTY • INTEGRITY

Paid for by the Committee to Elect Perryn Hedlund.  
Treasurer Andy Hedlund, 1402 16th St., Int'l Falls, MN

- Lifelong resident of Koochiching County
- Graduate of RRCC with Associate of Arts Degree
- Graduate of Bemidji State University with Bachelor of Science Degree in Criminal Justice
- Graduate of Hibbing Law Enforcement Skills Training
- Graduate of Federal Law Enforcement Training Center
- 13 years experience between the International Falls Police Department and U.S. Customs

Visit my website [www.20ph14.com](http://www.20ph14.com)

ELECT

Perryn  
HEDLUND  
KOOCHICHING COUNTY SHERIFF

# BORDER CONCERT FIRST PERFORMANCE

Jaimee Paul - Oct. 23<sup>rd</sup>, 2014

NEW CURTAIN TIME 7:00 PM

**Backus Auditourium**

Enjoy the “Top the Tater” Supper before the concert - 5:00

Get Your Season  
Tickets Now!

Adults: \$50

Family: \$100

Students: \$10

Non-member Tickets Available at The Door.

[www.borderconcerts.com](http://www.borderconcerts.com)

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