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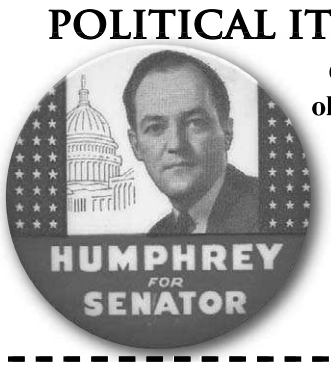

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ENTERTAINMENT

Poetry rocks

Celebrate reading and poetry at your library

JOURNAL STAFF REPORT

A free poetry workshop is making its way to the International Falls Public Library.

Presented by the Arrowhead Library System, the "Poetry Rocks" workshop with Minnesota Book Award winner Laura Purdie Salas, begins at 10 a.m. Wednesday at the library.

Growing up, Purdie Salas believed books were magic, conjured up to entertain her, keep her company, and show her the whole world before disappearing into the library return drop as if they had never existed. It never occurred to her that real people actually wrote those books.

Laura Purdie Salas

Later, while working as a freelance writer and an eighth-grade teacher, she rediscovered her love for children's literature. All the things she wanted to do when she grew up — studying animals; traveling to exotic places; figuring out people's minds; answering all the questions that occurred to her, like Where do mountains come from? — are now wrapped up in her writing.

Purdie Salas combines her teaching background with poetry to write fanciful yet factual non-fiction. In Why-ku, Poems of Wonder About the World, she writes, "Why Don't We Float Away? Earth asks us to stay, invites us with gravity. We can not say no." She compares her writing style to jumping off the high dive: You close your eyes, hold your breath, and jump. Then you take the words that have splashed out and mess around with them until they sparkle in the best possible design.

This workshop will include readings of the author's works and an opportunity for creative writing as participants work together to write a few poems. Purdie Salas will also talk about her writing style and the publishing process in Minnesota.

Purdie Salas' program focuses on engaging pre-kindergarten through fourth-grade children in reading and writing poetry; yet all ages are welcome to attend to learn more about writing poetry for children.

This program, sponsored by Arrowhead Library System, was funded in part or in whole with money from Minnesota's Arts and Cultural Heritage Fund. To learn more about Arrowhead Legacy Events, visit the organization's calendar at www.arrowhead.lib.mn.us/whats-new, find it on Twitter www.twitter.com/ArrowheadLegacy or Facebook at www.facebook.com/ArrowheadLegacy.

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Workshop combines laughter and yoga

JOURNAL STAFF REPORT

The saying "laughter is the best medicine" might just have some truth to it.

A laughter yoga workshop offered by Replenish Mind Body Spirit is set for 1-3 p.m. April 26 at Backus Community Center. The event features Allison O'Hara, a licensed psychologist and long-time practitioner of yoga.

According to a news release, O'Hara, of Northland Counseling, routinely works with clients struggling with anxiety, depression, and other mental health and medical problems. She uses a holistic approach to treating the whole person and has used laughter yoga elements with individuals and groups.

O'Hara also serves as president of the Community Wellness Action Council, a local non-profit organization addressing community wellness.

The workshop helps participants learn how to use laughter to improve their physical, mental, and emotional health.

What you will learn:

- Why laughing helps us feel better based on empirical research
- What are the benefits of laughter
- Ways to increase how often you laugh during the day
- How to use these techniques with others including clients, employees, co-workers, students, etc.

Who should attend?

- Community members
- Mental health professionals
- Teachers
- Medical professionals
- Managers and supervisors
- Anyone who wants to laugh

The cost for the workshop is $35 per student. Registration and payment are required by April 23. To register, call 218-286-4006 or email replenishmindbodyspirit@gmail.com.

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