

# 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

# Ideas and ways to increase thriftiness

Friday, Aug. 23, is the last day for teen and adult summer reading entries. Prizes will be awarded Monday, Aug. 26. Finish those books and make a run to the library to drop them off. We will accept youth hours read until the end of August.

The Vigilance collection at the library continues to grow and develop as we purchase new materials to expand our knowledge of the greater world and opportunities to grow and learn. We have a number of items that can provide you with ideas and ways to increase your thriftiness.



Diane  
ADAMS

@ YOUR LIBRARY

*Be Thrifty* edited by Pia Catton and Califia Suntree provides many ways to live better with less. They provide ideas for haggling, cutting food bills, credit card debt, along with a guide

for home repair, closet rejuvenation and more. Two guides for couponing include *The Coupon Mom's Guide to Cutting Your Grocery Bill in Half* by Stephanie Nelson and *Extreme Couponing* by Joni Meyer-Crothers with Beth Adelman is based on the hit TLC TV series and can help you be a savvy shopper and save money ... one coupon at a time.

Are you looking to improve your leadership skills or want to understand more about marketing and why it works then take a look at these Vigilance collection titles that approach business from a little

different perspective. *Powerlines: words that sell brands, grip fans and sometimes change history* by Steve Cone looks at great historical advertising campaigns and provides detailed breakdown of why and how they worked. *Soup* by Jon Gordon seeks to help readers nourish their team and the greater culture by improving morale and increasing motivation? Or maybe the Dalai Lama has the answer in *The Leader's Way*. This book explores the art of making the right decisions in our careers, our companies , and the world at large.

If you've ever wanted to

explore why we buy what we buy then check out these two books, *Buyology: truth and lies about why we buy* by Martin Lindstrom and *Consumerology: the market research myth, the truth about consumers and the psychology of shopping* by Philip Graves.

Or maybe we won't always buy *Free: the future of a radical price* by Chris Anderson. How does giving stuff away profit a company more than selling the same item? Explore this and other ideas from the bestselling author of *The Long Tail*. A variety of different models for unleashing the power of free are

presented and Chris Anderson does a good job exploring this radical idea that can benefit both consumer and business.

The nights have definitely been cooler. Our current display in the lobby includes books and movies for preserving the harvest bounty. Have you ever wanted to learn how to can? Borrow the dvd "Preserving with Friends" and learn the basics of boiling water and pressure canning as well as fermentation basics. Check out a book with great recipes for jams and jellies or making pickles with all kinds of produce.

## ENGAGEMENT

Melinda (Mindy) Lee Ludovissie, Farewell, Minn., daughter of Bill and Judy Ludovissie, Loman, Minn., and Noah Carl Anderson, Farewell, son of Wayne and Cindy Anderson, Farewell, announce their engagement and forthcoming marriage. The bride-to-be is a 2003 graduate of Indus High School and graduated from Minnesota School of Business as a medical assistant. She is currently employed at the Alexandria Clinic as an outreach nurse. The groom-elect is a 2002 graduate of West Central High School. He is currently employed at 3M. The couple is planning a Nov. 23 wedding ceremony in Farewell.



CONTRIBUTED PHOTO

## MEMORIAMs

In loving memory of **Nick Kostiuk** — husband, father, grandfather and great-grandfather, who drowned 30 years ago, Aug. 23, 1983, and never to be found.

*We all miss him very much.*

**Sadly missed by wife Margarete Kostiuk and family**

*MISSING YOU*

**Damien Horton** — Aug. 23, 2008

*Of all the things I should've done,*

*I should've spent more time with you;*

*To show you how special you are,*

*And how much I care about you, too.*

*If I would've thought for a moment,*

*That you wouldn't be here today;*

*I would've cherished each moment,*

*A little more and hoped for you to stay.*

*And now you watch us from above,*

*As we wish that you were here;*

*You see our sad faces as we grieve,*

*You're in every prayer and tear.*

*You will always be in our memories,*

*For who could ever forget you;*

*We will always miss and love you,*

*And know that you will, too.*

- Written by Cherall Mann

I think about you every day and the joy you were to be in our lives. We will always miss you and love you -

**Mom, Chris, Chantel and girls**

## VFW Auxiliary gathers for meeting

BY BETH M. JOHNSON

The regular meeting of the Ladies Auxiliary to Veterans of Foreign Wars Post 2948 was called to order by president Pat DeLapp at 7 p.m. Aug. 13 with 13 members present.

The opening ritual was held and roll call of officers conducted with Linda Chezick serving as guard, pro-tem.

Two petitions for membership were received — Melody Bolin and Shelle Walkoviak.

Minutes from the July meeting were read as well as the general orders and correspondence. The treasurer's report was read and filed, subject to audit.

The Second Wind Harmonic Band will perform at 1 p.m. Aug. 29 at the Post

for residents of area nursing homes. Members are encouraged to attend and assist the residents.

There are 2014 calendars on sale at the Post. Each day has a monetary drawing.

DeLapp went over the standing rules. After much discussion, corrections and changes were made and will be presented at the September meeting.

The Auxiliary received a donation from Harry Batdorf from the sale of his book. The funds will be used to assist hospitalized veterans.

The Stand Down is set for 8 a.m. to 4 p.m. Oct. 9 at the Bob Walls Memorial Union Hall. The Auxiliary has been asked to furnish lunch.

The District meeting took place Aug. 10-11 in

Virginia with seven Auxiliary members in attendance. The Auxiliary was presented first, second and third place awards.

Donations were given to The MDA Labor Day Telethon, Marcella Arnold Scholarship, Minnesota Soldiers Scholarship and The Iron Range Veterans Memorial.

An open house in recognition of those who have been Auxiliary members for over 30 years is planned for 2 to 4 p.m. Oct. 6. The event is open to all Auxiliary members to come enjoy an afternoon of fellowship.

The door prize was won by Chezick.

The meeting ended with closing ceremonies.

The next meeting is planned for Sept. 10.

## BIRTHS

Born to Tory and Ryan Mohr, a son, Haaken Axel Mohr, on Friday, Aug. 16, 2013, in Spicer.

Grandparents are Steve and Melanie Hansel, Littlefork.

Great-grandmother is Marie Dunbar, International Falls.

The following births have been reported from La Verendrye General Hospital,

Fort Frances.

Born to: Sarah and Chuck Arpin (nee Gushulak), Fort Frances, a son, Austin Jack Arpin, 6 pounds, 12 ounces, Aug. 3, 2013.

Brian and Tracy Tucker (nee Lewis), Fort Frances, a daughter, Aubrynn Lily Tucker, 9 pounds, 13 ounces, Aug. 5, 2013.

Amanda Hunter and Stacy McKay, Manitou Rapids,

Ontario, a daughter, Kyra Natalia Hunter-McKay, 7 pounds, 2 ounces, Aug. 7, 2013.

Danielle Garon, Fort Frances, a son, Emmette Cole Dennis Garon, 8 pounds, 12 ounces, Aug. 7, 2013.

Roberta Kabatay and Nathan Boshkaykin, Seine River, Ontario, a son, Kingston Tex Kabatay, 6 pounds, 11 ounces, Aug. 9, 2013.

Rainy Lake Medical Center

Diabetes Support Group

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Sessions will be held in September and December.

Session 3: Tuesday, September 10

Time: 6:30-7:30pm (doors open at 6pm)

Where: RLMC Clinic Community Room

Topic: *The Ups and Downs of Living with Diabetes*

Speaker: Pamela Bechik LPCC, Behavior Health Care Coordinator

Please call 283-9431 if you plan to attend, space is limited.

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