





PUBLIC SERVICE ANNOUNCEMENTS

UPDATED FRIDAY JULY 24, 2009



DATE	TIME	EVENT
		The Bemidji Jaycees, City of Bemidji and the Boys and Girls Club of Bemidji invite you Thursday evening at 7 PM to come down to Diamond Point Park located on Birchmont Dr. along Lake Bemidji for fun evening games and activities! The line-up of events will change weekly and kids will have the option of playing a game in the park or enjoying a more mellow activity under the park's gazebo shelter. Should incimate weather arise, the event will be re-located indoors at the Bemidji Boys and Girls Club at the site of the old Bemidji High School. Bemidji Night Games is free to the public and is offered as a service to the youth of Bemidji and their families. Activities are Thursday evenings now through September 4. Suggested ages are between 4 and 13 but family members of any age are welcome to join in the fun! Contact: Bemidji Jaycees 444-4401
		The Beltrami County Salvation Army is accepting applications for backpacks and school supplies. All low income families living in Beltrami County are welcome to apply. Children must be attending school in grades K though 12 for the 2009/2010 school year. Applications will be accepted until July 31st at the Bi-CAP office in Bemidji.
		The Beltrami County Salvation Army is accepting donations of backpacks and school supplies. These items will be distributed to low income families in the Beltrami County area. If you would like to donate items, please drop them off at the Bi-County Cap office in Bemidji. Items needed include pencils, pens, notebooks and loose leaf paper, markers, crayons, glue, scissors and backpacks.
		Tickets are still available for COW PIE BINGO at the Beltrami County Fair to benefit the Sexual Assault Program of Beltrami, Cass and Hubbard Counties. Purchase a ticket for \$5 and watch as beautiful Bessie roams the bingo grid. If you're lucky, she could help you win as much as \$400. Other prizes available. Must be 18 or older to purchase a ticket. Bessie will be allowed to do her thing on Saturday, August 1 st from 4-430pm in the Cattle Arena between the beef and dairy barns as the Beltrami County Fairgrounds.
Tuesday, July 28, 2009		There is a Cass County Public Health Adult Health Clinic on Tuesday, July 28 th at the Senior Center in Longville. A public health nurse will perform free senior health screenings and assessments from 1-3pm. Footcare available for \$20 – please bring your own towel and basin. Cholesterol screening \$5.
Wednesday, July 29, 2009		2009 BELTRAMI COUNTY FAIR: Wednesday on the Marilyn Shutter Country State there is a kids talent show at 6pm and a music jam session at 8pm. There is the ATV Challenge in the Grandstand starting at 7pm. 4-H events include the Pet show at 5pm and dog showmanship judging at 730pm. Gopher State Expositions Arm Band Days (\$18.00) beginning Wednesday at 6pm. Remember the Pinewood Fire Tower will be open for climbing from 11am to sunset daily during the fair. Get the full schedule at www.beltramicountyfair.org .
Wednesday, July 29, 2009	11a-130p	LLTC will be hosting an Open House Wednesday, July 29 from 11:00am-1:30pm on campus. This event is free and open to the public. You will have the chance to learn about the college, registration, financial aid, degree programs, and more!
Wednesday, July 29, 2009	noon to 1230pm.	The Bemidji Area Church Musicians invite you to the 2009 Summer Recital Series performance today from noon to 1230pm. This week's recital showcases Glenn Seibel, euphonium and Wayne Hoff on piano at United Methodist Church. A free will offering will be collected to support music scholarships. Lunch will be available for purchase following each recital.


Wednesday, July 29, 2009	through Sunday, August 2nd	You won't want to miss a minute of the fun of the Beltrami County Fair – July 29th through August 2nd at the Fairgrounds on Highway 71 North. Horticultural, Commercial, 4-H, Animal, Agricultural, Fine Arts, Home Arts, Historical and many more exhibits. Horse and dog shows. Free wagon rides. Fun in the Barn, Dress a Cow contests. Carnival, Grandstand events and free stage musical entertainment. For more information visit: beltramicountyfair.org
Thursday, July 30, 2009		2009 BELTRAMI COUNTY FAIR: Thursday on the Marilyn Shutter Country Stage there are bands every hours from 1pm until 8pm. (Schedule: 1pm Becky & Abby Crisman, 2pm 3rd Street Singers, 3pm Ruby Tuesday, 4pm Boyer, 5pm Other Mtn Remnant, 6pm Mark & Jill Winger, 7pm Happy Wanderers, and 8pm Music Jam Session.) There is motocross madness in the grandstand beginning at 7pm. The Beltrami County Bake Off in Heritage Square is at 3pm. Themes are wild rice, blueberry and make it with chocolate. 4-H events include the goat show at 130am and the swine show at 4pm. Remember the Pinewood Fire Tower will be open for climbing from 11am to sunset daily during the fair. Get the full schedule at www.beltramicountyfair.org .
Thursday, July 30, 2009	through Saturday, August 1st	July 30th through August 1st is the 2009 Lake Bemidji Dragon Boat Festival. It's year four – and you won't want to miss a minute of the fun and excitement. Along with the dragon boat races, the waterfront will be the setting for a festival full of music, food, beverages and many other family activities and cultural events. For more information, visit the website www.bemidjdragonboat.com or contact the Bemidji Area Chamber of Commerce. All proceeds from the event stay in the Bemidji area.
Thursday, July 30, 2009	10a-noon	Summer Fun with Bemidji Early Childhood Family Education!!! Arts All Around Thursday, July 30, 10:00 - 12:00 Meet at the ECFE Classrooms in the Community Services Center, 616 America Avenue. Dress to be messy! This event is free for preschool children with an adult. Just come that day and have fun! No pre-registration is required.
Thursday, July 30, 2009	9a	The July Beltrami Soil and Water Conservation District Board monthly meeting is set for Thursday, July 30 th at 9am at 3217 Bemidji Avenue North in Room #3.
Friday, July 31, 2009		2009 BELTRAMI COUNTY FAIR: Friday at the Marilyn Shutter Country Stage there are entertainers every from 1pm to 8pm. (Schedule: 1pm Starvin' Musicians, 2pm Hannah Allen, 3pm Free Indeed, 4pm Bummin' Around, 5pm Blue Turtle Grass Band, 6pm The Fraser Family, 8pm Skit & Music Jam Session.) 530pm is the Draft Horse Halter in the Horse Arena. 4-h Events include the horse Performance and games at 9am, the poultry show at 9am, beef show at 3pm and fashion review and static exhibit awards ceremony at 7pm. Remember the Pinewood Fire Tower will be open for climbing from 11am to sunset daily during the fair. Get the full schedule at www.beltramicountyfair.org .
Friday, July 31, 2009	and Saturday the 1st	Bemidji Community Theater presents the Melodrama Riders of the Golden Sphinx at Bemidji State Park Amphitheater Fridays and Saturdays, July 31 and August 1, 7 and 8. This melodrama has something for everyone from slapstick farce to illusions to old Western songs. Throw in a flock of ducks, a stage-struck caballero named Oliver Olay, and a few sticks of dynamite and "ya got yerself some Real Thee-Ater." Admission is free. (Free will donations will be accepted). You will need a park sticker for entry or purchase a pass at the park office.
Friday, July 31, 2009	thru Sunday August 2nd	The Midwest Motorcycle Club presents "Moonlit Road to Sturgis" Rally July 31st to August 2nd at the Moondance Jame Site in Walker. There will be several bands performing, a bike show, bike games, and a bike ride. Organizers say, "have fun with no attitudes, no pets, no weapons, and no one under the age of 18!" Proceeds from the rally go to Camp Courage, serving children and youth with disabilities. For more information call Dave Kurtz at 218-368-8763 or email midwestmc09@yahoo.com
Friday, July 31, 2009		You're invited to the Laporte-Benedict Lion's Summer Roller Skating at the Laporte Town Hall! Friday's - now through August 28th - skating goes on from 630-830pm for all ages and 9-11pm for those 7th grade and older. It's \$1 to skate and 50-cents to rent skates. Blade rental is \$1. Snacks will be available for purchase, too. (The Lions are asking for donations of gently used Roller Blades and starter skates.)

Saturday, August 01, 2009	130-330p	12 th District Minnesota Horticulture Society's Annual Garden Show takes place Saturday, August 1 st at Beltrami Electric in Bemidji. Clubs participating are Bagley, Blackduck, Bemidji, Cass Lake, Park Rapids and Shevlin. Judging is at 11am and you can view the exhibits from 130-330pm. The theme for flower arrangements this year is "Holiday's" with 8 categories of designs. There will also be sections for annuals, perennials, vegetables, fruits, berries and more.
Saturday, August 01, 2009		2009 BELTRAMI COUNTY FAIR: Saturday on the Marilyn Shutter Country Stage at 10am you can see the First City Square. Richard Cutbank & Rose perform at 11. Noon Caleigh. 1pm Ya You Betcha. 2pm Old Friends. 3pm Nanny's Family Band. 4pm Sonja. 5pm Keith Winger & Friends. 6pm Greg Hager. 7m Bluebird. 8pm Music Jam Session. In the Horse Arena a 930am is the Draft Horse harness. Fun in the Barns: 330pm Goat parade. 4pm chicken races. 430pm pretty poultry parade. 630pm sheep sock race. 4-H events: 830am rabbit show. 1130am Dairy show. 2pm Sheep show. 5pm Premier Showmanship & herdsmanship award program. Gopher State Expositions Arm Band Days (\$18.00) Saturday from noon to 5pm. Remember the Pinewood Fire Tower will be open for climbing from 11am to sunset daily during the fair. Get the full schedule at www.beltramicountyfair.org .
Saturday, August 01, 2009	3p	Adult Day Service First City Duck Race is Saturday, August 1st at 3pm on the bridge between Lakes Irving and Bemidji. First prize is \$1000. 2nd prize is a paddle boat. 3rd prize is \$100.00 Tickets are \$5 and you need not be present to win. Pick up your tickets at First National Bank Bemidji, TruStar Federal Credit Union, Calvary Lutheran Church, North Country Farmers Market, the Eagles Auxiliary, Blue Moon Saloon, and the MN Nice Café.
Sunday, August 02, 2009		2009 BELTRAMI COUNTY FAIR: Sunday at the Marilyn Shutter Country Stage there is a church service at 10am. Ecumenical Five at 11. Pine Tones at 12 noon. 1pm Calico Chords. 2pm Melody & Harmony Ministries. 3pm Franklin Valley. 4pm Pickin' & Grinnin'. Fun in the Bar – 11am Paint the Pig Contest. 1230 Dress a Cow Contest. 4-H Events: 10am Dog Agility Show and 2pm Market Auction of Champions. Sunday at noon. Noon Sunday is the Demo Derby in the Grandstand. Gopher State Expositions Arm Band Days (\$18.00) beginning Sunday from 1 to 4pm. Remember the Pinewood Fire Tower will be open for climbing from 11am to sunset daily during the fair. Get the full schedule at www.beltramicountyfair.org .
Sunday, August 02, 2009		The Dorset Business Association invited you to the Taste of Dorset on Sunday, August 2nd, in Dorset – 5 miles east of Park Rapids. There will be food, fun, games and music from 11am to 3pm. Get the details online at www.dorsetmn.com
Tuesday, August 04, 2009	10am to 1pm	Deep Portage Learning Center invites you to do a little exploring this summer. Hike the trails, visit the Interpretive Center, and join in some of the weekday naturalist programs. Tuesday, August 4 th there is an Observation Tower Hike. Open to families and individuals, the program runs from 10am to 1pm. The hiking trails and Interpretive Center are open daily. Any necessary equipment is provided by Deep Portage and included in the cost. For fees and more information, contact Deep Portage Learning Center in Hackensack.
Wednesday, August 05, 2009	start	2009 Summer Season at the Paul Bunyan Playhouse is underway! The current production is the Rock Musical "The Who's Tommy". The Who's stellar rock opera is about a deaf, dumb, and blind boy who becomes an international pinball superstar! Performances are August 5th through the 15th with the Sunday matinee set for August 9th. Evening shows are at 8pm and the Sunday matinee at 2pm. Tickets are available by calling or stopping by the Paul Bunyan Playhouse Box Office or online at www.paulbunyanplayhouse.com
Wednesday, August 05, 2009	930-1130a	A Cass County Public Health Nurse will be performing senior health screening and assessment at the Walker Senior Center on Wednesday, August 5 th from 930am to 1130am. Foot care available for \$20.00 Cholesterol screening available for \$5.
Wednesday, August 05, 2009	thru Sunday the 9th	Clearwater County Fair - August 5-9 at the Bagley Fair Grounds

Wednesday, August 05, 2009	10am to 1pm	Deep Portage Learning Center invites you to do a little exploring this summer. Hike the trails, visit the Interpretive Center, and join in some of the weekday naturalist programs. Wednesday, August 5 th , there is a family canoeing program. Open to families and individuals, the program runs from 10am to 1pm. The hiking trails and Interpretive Center are open daily. Any necessary equipment is provided by Deep Portage and included in the cost. For fees and more information, contact Deep Portage Learning Center in Hackensack.
Wednesday, August 05, 2009	11a-2p	Evergreen House in Bemidji is holding it's annual Thank-You-To-The-Community-Barbeque on Wednesday, August 5th from 11am to 2pm at the Rotary Pavilion on the Lake Bemidji Waterfront. All community members are welcome. This is a free event to thank the community for its support and to help raise awareness of new services and assistance available for youth and families through Evergreen house. For more information on Evergreen's Programs, visit the website www.evergreenhouse.org or call the office.
Wednesday, August 05, 2009		Northwood's Coalition for Family Safety Nokomagiis Parenting Groups are planning parenting groups Wednesdays through the month of August. Meetings are August 5th, 12th, 19th, and 26th from 130-12 noon at the Bemidji Public Library on America Avenue. For more information, call Sarah at the Northwoods Coalition for Family Safety office 444-0735.
Wednesday, August 05, 2009	10a-4p	The annual Tri Sigma Study Club Blood drive is set for August 5 th from 10am to 4pm at the Blackduck American Legion. Call Judy Gorman to set up a time to donate, 835-6988. Each donor will receive a free t-shirt. Remember to bring a list of medications you've taken in the last month - and your id - when you show up to donate.
Wednesday, August 05, 2009	noon to 1230pm.	The Bemidji Area Church Musicians invite you to the 2009 Summer Recital Series performance today from noon to 1230pm. This week's recital showcases Joan Meulebroeck on organ and Mary Thoreson on piano at Calvary Lutheran Church on Washington Avenue South. A free will offering will be collected to support music scholarships. Lunch will be available for purchase following each recital.
Thursday, August 06, 2009		Bemidji's 5th Annual Paul Bunyan Trail Ride takes place on Thursday, August 6th. Participants will meet at 130pm at the Bemidji Pioneer for a brief press conference, ride along the Paul Bunyan Trail from Bemidji to Guthrie. A reception and presentation will follow at the Hampton Inn and Suites on Lake Bemidji.
Thursday, August 06, 2009	10am to 1pm	Deep Portage Learning Center invites you to do a little exploring this summer. Hike the trails, visit the Interpretive Center, and join in some of the weekday naturalist programs. Thursday, August 6 th , there is a Northern Bog Ecology hike. Open to families and individuals, the program runs from 10am to 1pm. The hiking trails and Interpretive Center are open daily. Any necessary equipment is provided by Deep Portage and included in the cost. For fees and more information, contact Deep Portage Learning Center in Hackensack.
Thursday, August 06, 2009	11a-7p	North Country Health Services Foundation Fry Bread Taco Meal and American Indian Drumming & Dancing take place Thursday, August 6, 2009 from 11:00 a.m. - 7:00 p.m. at Rotary Pavilion on the downtown Bemidji waterfront. The meal includes a fry bread taco with all the trimmings, beverage, ice cream. Come for lunch - come for dinner - come in between!
Friday, August 07, 2009		August 7th is the First Friday Art Walk in downtown Bemidji. It features new art exhibits and opening receptions - and it happens on the First Friday of every month. There will be food and refreshments, artist talks and demonstrations, live music and entertainment in Historic Downtown Bemidji. Receptions and events start from 2pm to 7:30pm. Most events are free and open to the public. To learn more, contact the Bemidji Community Art Center.
Friday, August 07, 2009	and Saturday the 8th	Bemidji Community Theater presents the Melodrama Riders of the Golden Sphinx at Bemidji State Park Amphitheater Friday and Saturday, August 7 and 8. This melodrama has something for everyone from slapstick farce to illusions to old Western songs. Throw in a flock of ducks, a stage-struck caballero named Oliver Olay, and a few sticks of dynamite and "ya got yerself some Real Thee-Ater." Admission is free. (Free will donations will be accepted). You will need a park sticker for entry or purchase a pass at the park office.

Friday, August 07, 2009		The Backus Lions Club will be selling fancy, ripe Colorado peaches on Friday, August 7th beginning at 8am in the Jim's Off Sale parking lot, on the west side of Highway 371 just north of Backus. This is a new location. Sales will be first come-first serve. No advance orders. Cost is \$25 per case with approximately 35-40 peaches per case. The Backus Lions Club funds many activities in the community including high school scholarships, food shelves, the fire department, first responders and others.
Friday, August 07, 2009	thru Sunday the 9th	There is a "Blow the trumpet in Zion" tent meeting at the rice Lake Area Fellowship Church August 7th, 8th, and 9th. There will be food, fun, campfires, and music., You're invited to bring your lawn chairs, tents, campers, coolers, snacks, and the whole family. For more information, contact Pastor Tim Brown.
Friday, August 07, 2009		You're invited to the Laporte-Benedict Lion's Summer Roller Skating at the Laporte Town Hall! Friday's - now through August 28th - skating goes on from 630-830pm for all ages and 9-11pm for those 7th grade and older. It's \$1 to skate and 50-cents to rent skates. Blade rental is \$1. Snacks will be available for purchase, too. (The Lions are asking for donations of gently used Roller Blades and starter skates.)
Saturday, August 08, 2009		Relay for Life takes place August 8th-Beltrami County Fairgrounds from 12 noon to midnight. Recipes wanted for the future Beltrami County Relay for Life Cookbook. All Survivors and friends and family of individuals who have had cancer, recipes of all kinds are wanted. Please bring to the Survivor area (4-H Building) at the Fairground August 8th. All profits will go to the American Cancer Society. Survivor Lap begins at 1:30 pm with caregivers lap to follow. Names of survivors will be read starting at 1:30 pm. Photography by Trish is donating photos of Survivors. Individual or family photos will be available. Everyone is welcome at this fun, family event.
Saturday, August 08, 2009		The American Cancer Society Relay for Life of Beltrami County takes place from noon to midnight on August 8th at the Beltrami County Fairgrounds. If you have any questions about registering your team, you can contact Charity Yoder at 218-766-5355.
Saturday, August 08, 2009		The North of Nowhere run/walk bike event is Saturday, August 8th at Bagley high School. There is a 5k Run/Walk and 10 & 25k bike event and kids 10& under field run/walk. Registration begins at 8am. The Kids' Field Run begins at 830am. 5k will start at 9am and the bike races at 1030am. A bike helmet is required for participating bikers. Race Day registration is \$20 for individuals and \$50 for families. For more information, call 694-6744 or email Nicole.Burow@co.clearwater.mn.us.
Saturday, August 08, 2009	and Sunday August 9th	The Wilton City Council is hosting Wilton Day on August 8 th and 9 th with special events planned for both days. During the celebration, they will showcase the Light Up Wilton for the Holidays with the decoration on display. For more information, contact Wilton Mayor Shelly Baker at 751-2650.
Monday, August 10, 2009	thru Thursday the 13th	"Explore the Wonders of the World" at Bethel Lutheran Church on Irvine Avenue NW in Bemidji. Monday August 10 th through Thursday, the 13 th from 530-830pm. All kids between the ages of preschool and 5 th grade are invited. For more information, call the Bethel Lutheran Church office.
Tuesday, August 11, 2009	1230-3p	A Cass County Public Health Nurse will be performing senior health screening and assessment at the Hackensack Senior Center on Tuesday, August 11 th from 1230-3pm. Foot care available for \$20.00 Cholesterol screening available for \$5.
Tuesday, August 11, 2009	and Wednesday, the 12th	Cass Lake Bena Elementary School Free Early Childhood Screening is set for August 11th and 12th. This 1 ½ hour complete screening will include health history, immunization review, vision and hearing screening, developmental screening, and height and weigh measurements. State Law requires all children to be screened before entering kindergarten. After your child is screened, the results will be reviewed with you. To schedule an appointment to have your 3 to 5 year old child screened, call Cass Lake Bena Elementary School (335-2201 and press 4 for the Elementary.)
Wednesday, August 12, 2009	and Thursday the 13th	Bemidji Public Library Summer Book Sale takes place at the Bemidji National Guard Armory on Wednesday from 10a to 6pm and Thursday from 10am to 6pm. There will be used hard covers, used paperbacks, children's books and more. For more information, contact the Bemidji Public Library.
Wednesday, August 12, 2009	noon to 1230pm.	The Bemidji Area Church Musicians invite you to the 2009 Summer Recital Series performance today from noon to 1230pm. This week's recital showcases Wayne Hoff, organ at Aardahl Lutheran Church. A free will offering will be collected to support music scholarships. Lunch will be available for purchase following each recital.

Thursday, August 13, 2009	1230-2p	A Cass County Public Health Nurse will be performing senior health screening and assessment at the Warehouse in Pine River from 1230-2pm on Thursday, August 13th. Foot care available for \$20.00 Cholesterol screening available for \$5.
Thursday, August 13, 2009	and Friday the 14th	North Country Regional Hospital is partnering with Memorial Blood Centers for a two-day blood drive August 13th and 14th in the Hospital Education Center. You can donate on Thursday, the 13th from 9am to 4pm and Friday the 14th from 9am to 1pm. Organizers note that most people can donate. To donate, you must be at least 17 years of age, 16 with parental permission. You must weigh at least 110 pounds. You should be in general good health and have no symptoms of infection. You can safely donate blood once every 8 weeks. Remember, you should eat a good meal in the 6 hours before donating. To sign up to donate, call the North Country Regional Hospital Lab.
Friday, August 14, 2009	1230p	Wee Care Golf Scramble August 14 - 12:30 p.m. at Twin Pines Golf Course. For more information contact Mark Bowman at 218/556-3684
Friday, August 14, 2009		You're invited to the Laporte-Benedict Lion's Summer Roller Skating at the Laporte Town Hall! Friday's - now through August 28th - skating goes on from 630-830pm for all ages and 9-11pm for those 7th grade and older. It's \$1 to skate and 50-cents to rent skates. Blade rental is \$1. Snacks will be available for purchase, too. (The Lions are asking for donations of gently used Roller Blades and starter skates.)
Sunday, August 16, 2009		The "Let's Play A Round for Tom Mathews" gold tournament is set for August 16 th at 1pm at the Blackduck Golf Course. This is a four-person, 9 hole scramble with prizes and a meal following the tournament. The deadline for registrations with a T-shirt is August 6 th . Sign up by calling the Blackduck Golf Course.
Tuesday, August 18, 2009	1-2p	A Cass County Public Health Nurse will be performing senior health screening and assessment at Four Seasons Apartments in Cass Lake on Tuesday, August 18 th , from 1-2pm. Foot care available for \$20.00 Cholesterol screening available for \$5.
Wednesday, August 19, 2009	noon to 1230pm.	The Bemidji Area Church Musicians invite you to the 2009 Summer Recital Series performance today from noon to 1230pm. This week's recital showcases Joe Henry, piano and organ, and Joe Vene on bass at St. Phillip's Church. A free will offering will be collected to support music scholarships. Lunch will be available for purchase following each recital.
Friday, August 21, 2009		You're invited to the Laporte-Benedict Lion's Summer Roller Skating at the Laporte Town Hall! Friday's - now through August 28th - skating goes on from 630-830pm for all ages and 9-11pm for those 7th grade and older. It's \$1 to skate and 50-cents to rent skates. Blade rental is \$1. Snacks will be available for purchase, too. (The Lions are asking for donations of gently used Roller Blades and starter skates.)
Saturday, August 22, 2009	8a registration 10am lineup	RIDE AGAINST YOUTH SUICIDE BIKE RALLY in Red Lake starting from the Red Lake Humanities Center. Cost is \$25 per bike. \$10 additional for passengers. The ride will conclude with a red Lake Walleye Fish Fry. For more information call Gary Jourdain Jr at 679-2500, Lea Perkins at 679-3341 or Maureen Lyons at 679-2111.
Tuesday, August 25, 2009	1-3p	A Cass County Public Health Nurse will be performing senior health screening and assessment at the Senior Center in Longville on Tuesday, August 25 th from 1-3pm. Foot care available for \$20.00 Cholesterol screening available for \$5.
Tuesday, August 25, 2009	10am to 1pm	Deep Portage Learning Center invites you to do a little exploring this summer. Hike the trails, visit the Interpretive Center, and join in some of the weekday naturalist programs. Tuesday, August 25 th , there is a Family Canoeing program. Open to families and individuals, the program runs from 10am to 1pm. The hiking trails and Interpretive Center are open daily. Any necessary equipment is provided by Deep Portage and included in the cost. For fees and more information, contact Deep Portage Learning Center in Hackensack.

Wednesday, August 26, 2009	10am to 1pm	Deep Portage Learning Center invites you to do a little exploring this summer. Hike the trails, visit the Interpretive Center, and join in some of the weekday naturalist programs. Wednesday, August 26 th , there is an Observation Tower Hike. Open to families and individuals, the program runs from 10am to 1pm. The hiking trails and Interpretive Center are open daily. Any necessary equipment is provided by Deep Portage and included in the cost. For fees and more information, contact Deep Portage Learning Center in Hackensack.
Wednesday, August 26, 2009	noon to 1230pm.	The Bemidji Area Church Musicians invite you to the 2009 Summer Recital Series performance today from noon to 1230pm. This week's recital showcases Muff Magelssen on organ, Don MacKinnon on piano and The Other Mountain Remnant Band at First Presbyterian Church. A free will offering will be collected to support music scholarships. Lunch will be available for purchase following each recital.
Thursday, August 27, 2009	10am to 1pm	Deep Portage Learning Center invites you to do a little exploring this summer. Hike the trails, visit the Interpretive Center, and join in some of the weekday naturalist programs. Thursday, August 27, there is a northern bog Ecology Hike. Open to families and individuals, the program runs from 10am to 1pm. The hiking trails and Interpretive Center are open daily. Any necessary equipment is provided by Deep Portage and included in the cost. For fees and more information, contact Deep Portage Learning Center in Hackensack.
Saturday, August 29, 2009		VFW Post 1260 Ride for the Vet's takes place Saturday August 29th. It's hosted by the Midwest Motorcycle Club, Bemidji Chapter and the Becida Bar and Grill. For information call Dave Kurtz at 218-368-8763 or Melissa Robinson at 218-209-7055.
Wednesday, September 16, 2009	11a-1p	United Way Chili Cook Off is set for September 16, 2009 from 11:00 AM - 01:00 PM. Sample a variety of over 35 different chili creations at the 18th annual United Way Chili Cook-off. Tickets: \$5 in advance/\$6 at the door.
Saturday, September 19, 2009		The 5K Run Walk for Suicide Prevention is held Saturday, September 19th at Diamond Point Park in Bemidji to raise awareness that suicide is a preventable public health issue. The event will be open to the public and any proceeds will go to support the Support Group for Survivors that have lost a loved one to suicide. Stephanie Downey, Evergreen Suicide Prevention Program 218-751-4332 sdowney@evergreenhouse.org
Friday, September 25, 2009		North Country Health Services Auxiliary is holding its 19 th Annual Texas Golf Tournament and Dinner on Friday, September 25 th at the Bemidji Town and Country Club. Registration is at 1130am with a shotgun start at noon. Dinner follows the tournament. Proceeds benefit the NCHS Auxiliary and are given back to the various entities of North Country Health Services.
*tfn		Headwaters Alliance for Suicide Prevention and the Evergreen House's Suicide Prevention Program have come together with their community to establish a support group for those who have lost a loved one; a friend to suicide. The group will meet monthly on the 2nd Tuesday of every month at North Country Regional Hospital. We ask that youth ages 16-18 attend only if accompanied by a supportive adult. This is an open group wishing to provide support for all those in need in a safe and accepting environment with a celebration of diversity. For more information please contact Stephanie Downey at 751-4332 or Marcy LaCroix at 333-3953.
*TFN		The Bemidji Area "Ride For The Troops" Committee has funding available for active duty military personnel having financial needs. The funds are dedicated for the families of active duty military personnel residing in Beltrami County and portions of the adjoining counties. The funds are available for families of military personnel who are serving and are deployed in the Global War on Terrorism. Inquiries can be directed to: Tracy Grove at the Bemidji Family Assistance Center, 1430 23rd St NW Bemidji, MN 56601 (218) 755-4750.
TFN	<i>senior activities</i>	"Medicare Part D, the prescription drug benefit for seniors, now offers an online service for beneficiaries to find and compare prescription drug plans. It's called "Plan Finder." And it helps seniors make informed decisions about their health care. To use it, make a list of all your current prescriptions and dosages. Then, head to www.Medicare.gov .
TFN	<i>senior activities</i>	AARP Driver Safety Courses are regularly offered through AARP and the Bemidji Senior Activity Center. For information on dates and times for classes, call Joe at 751-3086. In addition to the \$14 course fee, the Senior Center is asking each participant to donate \$2 to the center to help with operating expenses.

TFN	<i>suicide prevention</i>	About 80% of the time teens who die by suicide have given out signals, especially to friends and peers, but friends mistakenly keep this a secret. Break the code of silence and tell someone. Get your friend, child, or family member to help and begin building multiple supports. Don't try to keep them safe by yourself. Call the National Suicide Prevention Lifeline- 1-800-273-TALK
TFN	<i>volunteer opportunity</i>	Anishinaabe Foster Parents Needed! Homes are desperately needed for Anishinaabe children birth to 18 years. If you would like to help a child call Family and Children Services in Red Lake at 218-679-2122.
tfn	<i>arts and music</i>	Community musicians are invited to join the Bemidji State University Symphonic Band - a non-auditioned ensemble that performs a variety of music in a concert band setting. The band rehearses from 7-9pm on Mondays in Room 112 of the Bangsberg Fine Arts Complex and typically performs two or three concerts a year with summers off. Interested musicians or others interested in learning more - contact the BSU Department of Music.
tfn	<i>Children's & Youth Services</i>	Evergreen House at 1418 Bemidji Avenue N, Suite 1, offers free your and family counseling, crisis youth shelter boys Alcohol and Drug Recovery House, Street Outreach/emergency food, clothing and other assistance for homeless youth and young adults, transitional housing for homeless young parents and young adults, and more. To learn about the various programs available through Evergreen House, call 751-8223.
tfn	<i>volunteer opportunity</i>	Faith in action for Cass County needs you. Your neighbors who are elderly or who have disabilities in Cass County need your help with everyday activities and things like simple chores, a trip to the doctor's office, of just a friendly visit to say hello. A neighbor's independence depends on you. Contact Faith in Action today to volunteer.
TFN	<i>suicide prevention</i>	Individuals, 75 years and older, have the highest suicide rate of any age group. Ongoing thoughts of depression and hopelessness should not be considered a normal part of aging. Rather, these feelings can be addressed and treated. There is help. Call 1-800-273-TALK for the National Suicide Prevention Lifeline, talk to your primary care physician or contact your local agency on aging, senior center, community mental health clinic, or religious institution
TFN	<i>volunteer opportunity</i>	Kinship North is looking for adults to step forward and become a friend to a young boy or girl in the community. There are currently several children on a waiting list, waiting for someone like to you spend an hour or two a week with them. To learn more, call Kinship North at 333-8794.
TFN	<i>suicide prevention</i>	Most suicides give some warning of their intentions. The most effective way to prevent a friend or loved one from taking their life is to recognize when someone is at risk, take the warning signs seriously, and know how to respond. The depression and emotional crises that so often precede suicides are – in most cases – both recognizable and treatable. If you are interested in learning more about suicide prevention and education in your community, contact Stephanie Downey, Suicide Prevention Coordinator with Evergreen House Inc. at 218-751-4332, or at sdowney@evergreenhouse.org
TFN	<i>suicide prevention</i>	Never give up on someone contemplating suicide. For a person determined to attempt suicide, the desire to live is overshadowed by the seeming hopelessness of depression. The decision to attempt suicide is really a desire to stop suffering. Never give up on someone just because they say they've made up their mind. To get help, ask a trusted individual or call the National Suicide Prevention Lifeline 1-800-273-TALK.
tfn	<i>volunteer opportunity</i>	New Eyes for the Needy is currently collecting old eyeglasses, unused jewelry, giftware and hearing aids to benefit less fortunate in our country and around the world. New Eyes for the Needy is a non-profit organization that was founded in 1932 that provides eyeglasses to poor children and adults in the United States and around the world. For more information, visit " neweyesfortheneedy.org "
tfn	<i>city bus</i>	Paul Bunyan Transit provides bus service to the city of Bemidji and Beltrami County. The transit system provides rides within a 10 mile radius of Bemidji City Hall. House of operation are 7am to 6pm Monday through Friday and 8am to 5pm Saturday. It is closed on Sunday. Customers may reserve a ride by calling the office. 24 hour notice is recommended and appreciated. For bus serve or to ask questions, call 751-8765.

TFN	<i>suicide prevention</i>	Previous suicide attempts are the most significant suicide predictor. Threatening, joking, talking of suicide should always be taken seriously. Do not handle the situation alone. Ask, refer, and support. If in a crisis call the national suicide prevention lifeline 1-800-273-TALK
TFN	<i>suicide prevention</i>	Suicide is a major public health problem that is preventable. More than 90% of people who die by suicide have an underlying psychiatric disorder, most often depression. Take action today to prevent suicide in our community. Here are some things you can do to help: Educate yourself about suicide and suicide prevention -Know the warning signs and risk factors for suicide
TFN	<i>suicide prevention</i>	Talking about suicide will not cause someone to do it. Actually, bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do. Listen, have a caring discussion, and connect the individual with needed help and support. For more help call the National Suicide Prevention Lifeline 1-800-273-TALK
TFN	<i>suicide prevention</i>	Teens of all kinds, cultures, ages, and education levels end their own lives. Don't dismiss your concerns because you think, they are not the type. Listen, have a caring discussion and connect teens with needed support. Don't handle it alone. Here are some things you can do to help: Educate yourself about suicide and suicide prevention -Know the warning signs and risk factors for suicide -Ask for help from a trusted individual -Call the National Suicide Prevention Lifeline 1-800-273-TALK or visit www.suicidepreventionlifeline.org
tfn	<i>Red Cross</i>	The American Red Cross offers courses on First Aid, infant and adult CPR throughout the year at locations in our community. Red Cross Blood Services also holds blood drives throughout the year at various community locations. To learn more about these and other Red Cross offerings, call 444-9490.
tfn	<i>family activities</i>	The Beltrami County Historical Society, located in the former Great Northern Depot Building, offers visitors a chance to step back in time with a historical collection that now numbers more than 105-thousand pieces including American Indian and settlement artifacts, textiles, old maps, photographs, newspapers, and manuscripts. In addition to the exhibits, the center's staff offers research services and photo reprints. The center also has a gift shop. The center is open Monday through Saturday from 10am to 4pm. Admission is \$5 for adults, \$4 for students and senior citizens, and \$1 for children 12 and younger. The Historical society is also involved in a number of fundraising events throughout the year and is always looking for new members and new perspectives. To learn more, visit www.beltramihistory.org or call 444-3376.
TFN	<i>volunteer opportunity</i>	The Beltrami Humane Society needs your donations to help care for the animals that come to the shelter. They are in need of cleaning supplies, food, office supplies, monetary donations - and volunteers. If you would like to help - contact the Beltrami Humane Society at 751-7910 or visit www.beltramihumane.com .
tfn	<i>arts and music</i>	The Bemidji Chorale is a community and Bemidji State University based organization comprised of people in a wide range of career fields. Singers span the years from young adults to retired persons. It is an auditioned choir, so knowledge of vocal health, languages and vocal literature are helpful. Rehearsals are every Monday night 7:30-9:30pm at BSU from September to May. The Chorale performs two Christmas concerts, a mother's day concert and featured performances in other venues. For more information, call Patricia Mason at 444-7226.
tfn	<i>arts and music</i>	The Bemidji Community Art Center - located in the Carnegie Library on the shores of Lake Bemidji is a non-profit member supported organization dedicated to encouraging the growth and development of art in the community. The BCAC provides gallery space for exhibitions, music, poetry readings and more for a number of local, regional and national artists and organizations. A new exhibit is featured each month from February through December. The center also sponsors the month First Friday Art Walk and the annual summer art fair in July. For more information on the Bemidji Community Art Center and to learn the schedule of upcoming events, visit www.bcac-mn.org or call 444-7570.
tfn	<i>Food assistance</i>	The Bemidji Community Food Shelf at 310 Fourth St. NW services individuals and families within Beltrami County. Those needing food assistance may visit the food shelf four times a year and must show proof of residence within the county. Donations of non perishable food items or money are welcome. The Bemidji Community Food Shelf is open Monday's, Wednesday's and Friday's from 10am to 3:30pm. For more information call 444-6580.

tfn	<i>Food assistance</i>	The Bemidji Community Soup Kitchen offers two free meals every week. The Tuesday meal is at the Mt. Zion church and served from 5-6pm. The Thursday meal is at the United Methodist Church and served from 5-6p.
tfn	<i>arts and music</i>	The Bemidji Community Theatres gives all thespian hopefuls in the area a chance to show off their talents. The community theatre also encourages those interested in working behind the scenes to step forward and take a chance painting scenery, finding costumes, selling tickets, and more. Community members are involved in all aspects of the theatre. If you are interested in getting involved or learning about upcoming theatre events call 755-8942.
tfn	<i>arts and music</i>	The Bemidji Symphony Orchestra is a non profit orchestra under the leadership of Conductor Beverly Everett. It consists of volunteer community members with previous musical experience, university and high school students and university faculty. Concerts feature a wide variety of music. For information on upcoming performances, visit the website www.bemidjisympphony.org .
tfn	<i>family activities</i>	The Bemidji Woodcarving Club meets the second Monday of the month at the Bemidji High School woodshop. The club hosts one workshop a year. For more information, call club president Bob Larson at 444-6269.
TFN	<i>suicide prevention</i>	The current state of the economy is certainly weighing heavily on the minds of Americans. Media coverage of the economic crisis has included a wave of stories about an increase in suicide rate. It is safe to say that in this climate of economic insecurity, many people are feeling helpless, hopeless, and vulnerable. Here are some things you can do to help: Educate yourself about suicide and suicide prevention -Know the warning signs and risk factors for suicide -Ask for help from a trusted individual -Call the National Suicide Prevention Lifeline 1-800-273-TALK or visit www.suicidepreventionlifeline.org .
tfn	<i>family activities</i>	The First City Squares square dancing club holds an evening dance on the first and third weekends of each month, from September through May, at the united Methodist Church in Bemidji. There are no mandatory dress codes and the dances are alcohol and tobacco free. To learn more, call 759-1151.
tfn	<i>arts and music</i>	The Headwaters School of Music and the Arts is a non-profit community school of the arts at 519 Minnesota Avenue NW in Bemidji. The school now offers classes and workshops in a wide variety of visual and performing arts including writing, drawing, theatre and dance. In addition, the school is home to various exhibits, concerts and other arts events. For more information call 444-5606 or visit the website hwschool.org .
tfn	<i>family activities</i>	The Headwaters Science Center at 413 Beltrami Avenue in Bemidji gives visitors a chance to see science at work in a hands-on environment. Attractions include a live animal collection and a gift shop with science related items. Demonstrations and experiments are held for the young and the young at heart. Hours are Monday through Saturday from 930am to 530pm and Sunday from 1-5pm. Memberships cost \$35 for an individual and \$60 for a family. The exhibit entry fees are \$3 for children 12 and younger and \$5 for adults and children older than 12 with a maximum of \$25 per household. For information on upcoming exhibits and workshops, visit the website www.hscbemidji.org or call 444-4472.
tfn	<i>Blood Bank</i>	The Mississippi Headwaters Blood Bank offers opportunities to donate blood from noon to 6:45pm on Wednesdays by appointment only at North Country Regional Hospital. Blood donated to the Mississippi Headwaters Blood Bank is stored at North Country Regional Hospital and used locally. Donors must be at least 17 years of age. A person can donate as often as every 56 days. For further donation details or to set up an appointment, call 751-2425.
tfn	<i>Child Care</i>	The Northwest Minnesota Child Care Resource and Referral Network, Moorehead Minnesota, helps families find high quality, accessible child care in their area. For more information, call 800-941-7003 or visit www.mnchildcare.org
tfn	<i>arts and music</i>	The Paul Bunyan Playhouse, currently housed in the historic Chief Theatre in downtown Bemidji is a non-equity professional summer stock theater. It also produces successful off-season events, employing a wide range of talented actors from the Bemidji area, the Twin Cities and around the country. For information about tickets or the season schedule, call the theatre box office at 751-7270 or visit the website www.paulbunyanplayhouse.com .

tfn	<i>senior activities</i>	The Paul Bunyan Senior Activity Center at 216 Third Street in Bemidji provides opportunities for older adults to develop and sustain their potential as individuals and citizens of the community. The center hosts many education presentations, holds several fundraisers and provides numerous volunteer opportunities throughout the year. The center is open from 9am to 4pm Monday through Friday. Visitors are welcome to enjoy a cup of coffee and check out the activities. For information on membership, call 751-8836.
tfn	<i>Thrift stores</i>	The Seventh-day Adventists Clothing Center and Thrift Shop has clothing and other household items for sale, some items are free. The center is located at 810 15th St. NW in Bemidji and is open Tuesday from noon to 445pm and Wednesday from 930am to 245pm. Donations may be made anytime at the center's drop off closet. For more information, call 751-1985.
tfn	<i>Thrift stores</i>	The St. Phillip's Clothing Depot at 722 Beltrami Avenue NW gives and sells clothing and some household items at greatly reduced prices. The lower level houses reduced price goods and the upstairs is the place for vintage clothing, crafts and holiday items. Donations are welcome. The Depot is open Tuesday, Wednesday and Thursday from 930am to 3pm. Call 444-3835 for more information.
tfn	<i>United Way gen info</i>	The United Way of Bemidji Area is a community organization that works to fulfill people's basic needs and rehabilitation, promote health and healing,, assist people in crisis, nurture children and youth and support older people. Throughout the year, the United Way of Bemidji Area sponsors many programs that benefit the community including Coats for the Community, Holiday Gifts for Kids, and more. Money raised in Bemidji stays in Bemidji any anyone may contribute to the United Way. For more information on the organization, volunteer opportunities, how you can donate or other ways that you can help - visit the United Way office at 201 Third Street NW in Bemidji or call 444-8929.