

PSA

Sept. 20 – Sept. 30

The American Red Cross continues to face a critical blood shortage and continuing its call for eligible blood and platelet donors of all types to give NOW and help save lives. Blood donations are being distributed to hospitals faster than donations are coming in. Commit to give and make a difference. Use the Blood Donor App, visit RedCrossBlood.org or call 1-800-RED-CROSS to make an appointment. **Upcoming blood donation opportunities:**

Visit www.redcrossblood.org (where you can download the FREE Red Cross Blood Donor App) or call 1-800-RED-CROSS to make your appointment:

Thurs.	9/26	11:00-5:00	Timberwood Church in Nisswa
Thurs.	9/26	7:30-12:30	Faith Lutheran Church in Eagle Bend
Thurs.	9/26	12:00-6:00	Browerville Elementary School
Fri.	9/27	12:00-5:00	Bertha-Hewitt High School

Cass County Public Health is hosting some upcoming walk-in **Immunization Clinics** for children who are on MA/MnCare or who are un- or under-insured. Select immunizations are available for adults who are un- or under-insured:

Wed.		9:30-11:30	Pine River-Backus Family Center in P.R.
Fri		10:00-12:00	Northland Area Family Center in Remer
Tues		10-12 & 1-2:30	Pillager Family Resource Center / Pillager
Tues	9/24	9:00 – 11:00	Cass Co. Health, Human & Vet. Serv

For more information, call 218-547-1340 ext. 246

Essentia Health clinics are offering 10-minute **Flu Shot** appointments at all of their locations in the lakes area. The **Walk In Flu Clinics** will give the options for flu vaccinations that will include flu shots and a high dose flu shot options for those 65 and older. The clinics are in Baxter, Brainerd, Crosslake, Emily, Hackensack, Pequot Lakes, Pierz, Pillager and Pine River. To make an appointment, call 218-828-7100.

Crow Wing County and **Lakes Area Law Enforcement** have come together to introduce **The Vitals App**. Vitals is the new app that helps protect people with visible and invisible conditions and disabilities by voluntarily communicating critical information to law enforcement and first responders. Each Vitals individual is assigned a Vitals beacon that transmits a private and secure signal to authorized first responders that are within 80 feet, allowing them temporary access to critical information that can help the individual and law enforcement de-escalate what could become a dangerous or emergency situation. To learn more, or to register for the service, visit TheVitalsApp.com or text VITALS to 797979.

In an effort to provide a safe environment to share stories, provide support and education to those who have lost a loved one to suicide, a **Survivors of Suicide Loss Support Group** invites you to its bi-weekly **Monday** meetings on the first and third Monday of each month. The group meets from 7:00-8:30 at Lutheran Church of the Cross on County Road 13 in Nisswa. This is a group for adults only. With questions, contact Jeri Borgwarth at jeriborg@hotmail.com

The **Crossing Arts Alliance** in downtown Brainerd offers fun **events for KIDS** every **second Saturday** of the month from 10:00 to 11:30... AND from 12:00-1:30. A \$3 per child (or \$5 per family) donation for materials is requested (but no child will be turned away for inability to pay). Pre-registration IS REQUIRED for the classes.

Sat.

For more information and to register (required), visit CrossingArts.org.

Brainerd Lakes Area residents are encouraged to **turn in your empty toner and ink jet cartridges** at either of **The Office Shop** locations (Brainerd or Aitkin) for recycling. By doing so, you will be helping the **Zachary Johnson Kids with Cancer Fund**. The fund offers grants to surrounding area families with a dependent child (age 21 or under) who has any form of cancer. It can be used for anything that the patient or caregiver wishes. If you are interested in applying for a grant, contact Riverwood Foundation or stop at either Office Shop location. Or to donate, visit RiverwoodHealthCare.org/foundation/giving or call 218-927-5158.

Having cancer is often one of the most stressful experiences in a person's life. But support groups help many people cope with the emotional aspects of cancer by providing a safe place to share and work through feelings and challenges. **Any female with a cancer** diagnosis is invited to this **supportive and caring group** facilitated by professionals and meets the second Friday of the month from 11:30 a.m.-1:00 p.m. at Essentia Health-St. Joseph's Medical Center. Speakers will also be asked to attend and discuss various topics throughout the year. For more information about the Women's Cancer Support Group please call 218-828-7685.

Ruby's Pantry is a non-profit food ministry serving rural communities. There are no income qualifications to participate in Ruby's Pantry – Ruby's Pantry is for everyone who eats and would like to save on their grocery budget. For a \$20 cash donation you will receive a "share" with up to \$120 or more worth of groceries. There are no limits of how many shares that can be purchased at this time. Ruby's Pantry food distribution for the Brainerd Area is at the Journey North Church the **2nd Tuesday of the month**. Food distribution begins at 11:00 a.m. and ends at 12:30 p.m. Ruby's Pantry has no government funding. It is primarily funded by the contributions of our guests. Participants should bring containers to put their food in. Contact The Journey North Community Church at 218-824-5617 about volunteer opportunities at Ruby's!

The **City of Brainerd** will use **Crow Wing County Alert** powered by EverBridge to make sure you know about issues that may affect your safety. This system allows the City of Brainerd to contact thousands of residents in seconds, so you can find out about an emergency right away. Receive important messages from the City of Brainerd via email, phone, and much more! Get up-to-the-minute information about severe weather, road closures, snow emergencies, event cancellations, and much more! To register for the Crow Wing County Alert, visit ci.Brainerd.mn.us.

Would you like to make a difference in the life of a child? **Lutheran Social Service of Minnesota** is seeking **individuals and couples who can serve as foster parents** to children, especially older children and sibling groups. Ideal foster parents have compassion for kids and are open to caring for children from different backgrounds. Professional training and ongoing support is provided. If you can open your home and your heart to a child and would like to learn more, visit FosterCareMN.org.

The **Brainerd Lakes Area Farmers Market** will be up and running every Tuesday at the Franklin Art Center parking lot ... And every Friday at the Vikingland Harley Davidson parking lot in Baxter through the fall from 8:00-12:30. Find locally grown fruits, veggies, plants, meats, baked goods, and more!

The **Downtown Brainerd Farmer's Market** will be up and running every Tuesday afternoon from 3:00-6:00 in the parking lot on Laurel Street next to Sage on Laurel THROUGH SEPTEMBER. Over Eleven vendors will be there featuring a large variety of locally grown and made products, including oils, baked goods, flowers, jams, wild rice, meats, veggies, fruit and more.

The **Nisswa Area Farmer's Market** is open every Thursday from 8:00-12:30 in the Nisswa American Legion parking lot. Fruits, meat, veggies, baked goods, crafts... it's all there!

The **Cuyuna Range Farmers Market** offers everything from fresh, sustainable produce, baked goods and organic meats, to crafts and home-made items. It's open every Saturday (through Oct. 12) from 9:00-12:00 on Main Street in Crosby at Cross Avenue.

The **Ideal Green Market Cooperative Farmers Market** will be held every Saturday in Ideal Corners next to the Old Milwaukee Club. The market will be open from 9:00-1:00 and will sell produce, meats, soaps, oils and more. The market will be open each Saturday until mid-October, weather permitting.

Children ages 2 to 8 and their parents/guardians are invited to the **Brainerd Public Library** every Tuesday for **Family Story Time**. From 10:00-11:00 enjoy a story, songs and crafts all based around a different theme each week. The story time is free and all are welcome.

Would you like to be trained to be a **Census Taker** for the **2020 U.S. Census**? 2020 Census Jobs provide great pay, flexible hours, weekly pay and paid training. To apply, visit 2020CensusJobs.gov/jobs. For more information or help applying, call 1-855-JOB-2020.

According to the DEA, most **prescription drug** abuse starts with drugs people obtain from family or friends - often taken right from the medicine cabinet at home. Medication theft, misuse and abuse have been on the rise in our country and communities - with devastating effects. Keep your old or unused prescription or over the counter medications away from potential misuse, **"Take it to the box!"** Dispose of your old and unused medicines for free at the Cass Lake or Pine River Law Enforcement Centers, Thrifty White Pharmacy in Brainerd, Lake Shore Law Enforcement Center, and PHS Indian Hospital in Cass Lake or any Essentia Health Pharmacy. Many police stations in the area are also a good place to dispose of old and unused meds as well.

Join the **American Foundation for Suicide Prevention** on **Sat. Oct. 12th** at Grandview Lodge in Nisswa for the **"Out of the Darkness Walk."** Those who participate will be walking to fight suicide and raise awareness about mental health. Proceeds will benefit the American Foundation for Suicide Prevention. Register today at AFSP.org/Nisswa.

The **Brainerd American Legion Post 255** and the **Nisswa Legion Post 627** would like to share with everyone that the Legion Act has passed, and it extends the American Legion membership to honorably discharged veterans since WWII. Previously, only veterans who served during periods of declared hostilities were able to join. "Let Everyone get Involved in Opportunities for National Service" Act was signed into law on July 30th, 2019. For more information about becoming a member of local American Legion, please contact 6th District President Paul Edwards at 218-820-6086.

The Brainerd Lakes Area Women of Today encourage you to **Flock Your Friends** and help raise money for HART Animal Shelter & Ruff Start Rescue. Pay to have anywhere from 10 to 50 pink, plastic flamingos put in your friend's yard (or foe, or family, etc) and for \$1/bird, the BLAWofT will deliver the birds to that location, where they will remain for 2 to 3 days. Don't want to be flocked? There is flocking insurance to guarantee you won't be flocked. The flocking will continue through the month of September, and the birds will migrate south Oct. 1st. To order your flocking, visit BrainerdLakesAreaWomenOfToday.com.

The **2019 Brainerd Lakes Area Walk to End Alzheimer's** is coming up on **Sat. Sept. 28th** at Forestview Middle School in Baxter. If you would like to form a team, or walk as an individual, visit www.ALZ.org/Walk and register yourself or your team. Then, start asking your friends, family and neighbors for donations as we work together toward finding a cure for Alzheimer's and its related dementias. If you are not able to walk, please find a team and make a donation. (If you are in need of services from the Alzheimer's Association, visit ALZ.org)

The greatest gift a dad can give his kids isn't something he can buy. It's something priceless. Time. Studies show that kids with involved fathers are less likely to abuse drugs, commit crimes, get pregnant, get depressed or fail academically. All it takes is time... A public service message from the **Fatherhood Educational Institute**. Call (312) 795-9060. That's (312) 795-9060.f

September is **National Preparedness Month**. This year's theme is "Prepared. Not Scared." The month-long effort encourages households, businesses and communities to prepare and plan for emergencies. Build emergency kits, review places to meet in case of a fire, etc...For more info, visit CrowWing.us.

Brighten a day, brighten our youth's future! **The Brainerd Lakes Sunrise Rotary** club is holding their annual **Rotary Rose Sale** now **through Wed. Sept. 25th** to raise funds for Brainerd High School student scholarships and to send area youth to the Rotary Youth Leadership Camp in Crookston. Roses can be all red or multi-color and are only \$20 per dozen! Roses can be picked up between 11:00-7:00 on Oct. 3 or 4th at the Speedway station in Baxter (next to KFC). There are additional costs if you need them delivered or want a box. To order, contact any Sunrise Rotary member or GOOGLE: Brainerd Lakes area sunrise rotary rose sale

Online registration is now open for the **Warrior Homecoming Run** with races starting at 9 a.m. **on Sat, Oct. 5th**. The event starts at Kiwanis Park with both a 5k and 10K run! Both courses are USATF certified. The finish line is on the track at Don Adamson Field. We are also excited to again be offering a 1k family fun run/walk on the track at Don Adamson Field. Free t-shirt guaranteed to those who register by September 12th! Packets & Pints will be held on Oct 4th from 3-6pm at the Roundhouse. Online registration is at BPSF.org. All proceeds benefit the Brainerd Public Schools Foundation and the Nordic Ski Team.

Before we know it, we're going to be raking leaves and prepping our yards for winter. Please remember that all **Crow Wing County** residents **can bring leaves and brush** out to the Crow Wing County Landfill for free. The compost facility is open 8:00-5:00 Monday through Saturday. Contact the landfill for more information.

Lakes Area Habitat For Humanity is looking for **volunteers** to go into to-be demolished homes and strip them of anything resalable. There are a number of salvages scheduled and they need help. To volunteer, call 218-454-7020.

Please join our staff at **Hubbard Radio** in Brainerd on **Sat. Oct. 12th** at Grand View Lodge in Nisswa as we **Walk to Fight Suicide** and raise awareness about mental health. Be part of the movement that's turning hope into action, and create a culture that's smart about mental health. Funds raised will benefit the American Foundation for Suicide Prevention. Register online at this station's website.

9/16 – 9/22

September 16 – 20th is **National Falls Prevention Awareness Week** and the public is invited to attend the Falls Awareness Fair on **Fri. Sept. 20th** at Calvary Church in Walker. The fair will run from 9:00-12:00 and will feature individual fall risk assessments and health screenings, information on home safety as well as local resources for personal fitness and more. For additional info, send an email to Simon at SWhitehe@umn.edu.

The public is invited to the final **Cruz'In The Lakes Car Show** of the season on **Thurs. Sept. 19th** at the Crow Wing County Fairgrounds in Brainerd. The gates will open at 4:00 and run through 7:00. Enjoy the cars, food, music, dancing and fun!

Join **Nisswa Chamber** members at The Pines Golf Course at Grand View Lodge for their **"Pretty Good Golf Tournament & Fundraiser** on **Thurs. Sept. 19th** from 12:00-5:00. It'll be a day of golf, fun and food! Contact the Nisswa Chamber if you'd like to sponsor the event or if you'd like to have a team in the tournament 218-963-2620 or email info@nisswa.com.

Join **Roadmap to Health** for a **free health screening** on **Fri., Sept. 20th**, at the Nisswa Community Center at 25628 Main St. Screenings will be administered by a third-party screening company from 10 a.m. to 1 p.m., with results delivered in real time. No appointment is needed.

April 9th marked the 77th anniversary of the start of the Bataan Death March. The soldiers in the Philippines included Brainerd's A Company 194th Tank Battalion where they put up a brave and determined fight against the overwhelming Japanese Army. On **Sat. Sept. 21st**, **Camp Ripley** will host the **Annual Bataan Memorial March at the National Guard Armory** in Brainerd and not only military, but civilians are invited to take part. This event is open to everyone, of any age group and ability level. Serious runners and casual walkers are all welcome. Participants can enter as an individual or up to a five-person team. Participants will select between a Half Marathon, Full Marathon, or a Half Marathon Ruck March. All participants entering, whether by team or individual, must be in the proper uniform as described below. To register to run or walk.. or for more info, visit BrainerdBataan.com and click on the event link.

The Ageless Expo will be taking place on **Sat. Sept. 21st** at Forestivew Middle School in Baxter. The event is geared toward those 55 years and older, but all are welcome. The event will feature booths, workshops, entertainment, art groups, presentations and Keynote Speaker, Ronny Cox of Dueling Banjos fame. He'll share his wisdom and wit along with his guitar picking finesse at 12:30. An antique and classic car show will take place in the parking lot as well. The event itself runs from 9:30-2:30 and is free to attend. For more info, visit TheBrainerdCenter.com and search Ageless Expo.

Time for fall fun at **Nisswa's 46th Annual Fall Festival and 14th Annual Smokin' Hot BBQ Challenge** on **Sat. Sept. 21st** in Nisswa. The day starts at 7:30 with the Nisswa Fire Department's Pancake Breakfast (til 11).. with the Run For Hope at 8:00. Then, take part in the fun: a scavenger hunt, live music with Kings Ransom and Vintage Raggs, Bean Bag tourney, beer garden, outdoor whiskey bar, and at 6:00, the announcement of the BBQ Challenge winners! Get there early, get your rib tickets starting at 1:00 and don't forget, there will be a Kid Zone (\$5 wristband) at the Pioneer Village with games, bouncy houses, crafts and fun! For more info, visit Nisswa.com.

Bridges of Hope will host its **7th Annual Run For Hope** on **Sat. Sept. 21st** in conjunction with the 46th Annual **Nisswa Fall Festival & 14th Annual Smokin' Hot BBQ Challenge**. With options of a 5K, 10K, 2-mile Walk, Kids' Dash or ZeroK, there's something for everyone. Registration and packet pick-up will start at 7:00 with the 5K/10K starting at 8:30 in Nisswa. To register, visit BridgesOfHopeMN.org. (The 5K and 10K are chipped)

All are invited to the **Mission Township Fire Hall** for the Fire Department **Open House & FREE Pancake Breakfast** on **Sat. Sept. 21st** from 8:00-1:00. Check out the facility, their gear and equipment and talk with the fire fighters. The event is free and open to the public. For more info, visit Mission Township Fire Department on Facebook.

The **Garrison Fire Department** is looking for enthusiastic people wanting to help your community by becoming a Firefighter and they will train you! Join them for an informational open house at the Garrison Fire Department on **Sat. Sept. 21st** at 10:00. Applications are available Mon.-Thurs. from 7:30-3:30 at Garrison City Hall. If you have questions, call 218-821-5299.

Join **Wild & Free Wildlife Rehabilitation** organization at the Ripple River Gallery Fall Open House and Benefit on **Sat. Sept. 21st** from 10:00-4:00. There, you can explore the science of tree communication, enjoy a walk in the woods with a Master Naturalist at 11:00 and 1:00 or participate in some of the art activities. They may even release some of the raptors that have been in their care, depending on the animals. They'll have sweatshirts and t-shirts for sale, too. Ripple River Gallery is 3 miles east of Ruttgers Bay Lake Lodge in Deerwood. Learn more at WildAndFree.org (SPELL OUT 'and').

Following an accident that involved bleeding on his brain and three fractures to his skull, a **benefit for Tyler Holub** will be held on **Sat. Sept. 21st** at the H&R Ten-Hi in Motley from 11:00 until after 2:00. From 11-2, there will be a sloppy joe feed with an auction at 2:00. Currently Tyler is home and doing better, but will need financial assistance as there is going to be a long road to recovery.

Central Lakes Community Performing Arts at CLC will have **Ronny Cox** taking the stage at the Chalberg Theater on **Sat. Sept. 21st** at 7:30. Cox was featured in films like "Deliverance" and "RoboCop" and is an actor and singer. He is also of the Dueling Banjos fame. Tickets are \$10 for adults... \$7 those under 18. Get tickets online at CLCPerformingArts.com or by calling 855-8199.

9/23 – 9/30

September's **Youth On Stage Open Mic** night will be held **Mon. Sept. 23rd** from 6:30-8:30 at the Brainerd Eagles Club. All area youth from ages 10 to 24 are encouraged to sign up to share their family friendly talent with a super friendly audience! Visit YouthOnStageMN.org to sign up. All performers get a free meal and the chance to win prizes.

Join the Brainerd Lakes Chamber for another **Business After Hours** on **Tues. Sept. 24th** at **BlackRidge Bank**. Business After Hours runs from 4:30 to 6:30 and guests are encouraged to bring their business cards, be ready to network, have fun, learn more about this chamber business and maybe win a prize!

Minnesota Voices: a Gathering of Authors will feature four writers who have books in a range of genres talking about their work on **Tues. Sept. 24**, at 12 noon at **the Brainerd Public Library**. Marcie Rendon is an enrolled member of the White Earth Nation who is a playwright, poet, and freelance writer. She has published two crime fiction books set in Minnesota. Her latest, "Girl Gone Missing," was released earlier this year. Mai Neng Moua is the author of "The Bride Price," a memoir that looks not only at Hmong culture but also the relationship between a mother and a daughter. Native American children's author Art Coulson has three children's books including "Unstoppable: How Jim Thorpe and the Carlisle Indian School Football Team Defeated Army." Nora Murphy's memoir "White Birch, Red Hawthorn" tells stories of the struggles that have been inflicted on American Indians and is also an inspirational story of her journey discovering her Irish ancestry. For more information, 218-829-5574 or visit the library's Facebook page.

Community members are invited to a **Beyond The Yellow Ribbon Proclamation Ceremony**, where **Central Lakes College** will officially be proclaimed a Yellow Ribbon Company. The event will take place at 1:00 on **Wed. Sept. 25th** on the Brainerd campus south lawn. Join the college in celebrating its hard work and dedication in proactively supporting service members and military families. RSVPs are appreciated. Call 855-8279.

Region Five Development Commission invites all community members to celebrate the completion of the Solar Schools project! A ribbon cutting ceremony will be held on **Thurs. Sept. 26th at 2:00 pm** at the Pine River-Backus High School. This project provides solar energy and curriculum for schools in Pequot Lakes and Pine River-Backus and at Central Lakes College. Learn more and register at RegionFive.org.

Good Samaritan Society Bethany will host a Pie Social on Thurs. Sept. 26th from 2:00-3:30 at their location on Wright Street in Brainerd. For just \$3.50, you can enjoy a slice of pie and a refreshment. The pies are from The Barn. All are invited!

Gather your family and friends for **Outdoor Movie Night** at the **Crosslake Army Corp of Engineers Campground** on **Fri. Sept. 27th** starting at 7:30pm. "Mighty Ducks" will be shown and the movie is free to attend. There will also be complimentary water and kettle corn. Bring a chair or blanket and get ready for a great evening and a free movie!

Sept 26-28 Crosslake Days (visit Crosslake.com for more... see in-studio info sheet)

Matt Birk, Super Bowl Champion, 15 year veteran of the NFL and former Minnesota Viking is the keynote speaker at an event in Brainerd on **Fri, Sept. 27** at the **Saint Francis Catholic School Foundation**. The event is taking place at Madden's Resort Town Hall venue. The dinner is the major fundraiser for the foundation. The purpose of the foundation is to support tuition assistance to families. In addition, it also helps supply Saint Francis School with needed technology and other improvements. Tickets to the dinner and to hear Matt Birk are available by contacting Saint Francis Catholic School or Saint Francis Catholic Church in Brainerd. People can reserve entire tables if they would like and even VIP tables which offer a few extra perks and choice seating. For more information, contact Maria Prozinski at 218-822-4040 ext 2374, or email her at mprozinski@blccnorth.org.

Dan Weber, a former National Park ranger-turned "Deadhead," will be the opening act of the **2019 Fall Concert Season for Grassroots Concerts** at 7:30, **Fri. Sept. 27th** at the Live Well Nightclub and Coffee Bar in the Journey Church in Nisswa. It will be the 336th event of the concert series that began in 1988. At each concert of the season, Grassroots will collect non-perishable food or cash donations for the local food shelf. For more info, visit GrassrootsConcerts.org.

Lutheran Church of the Cross in Nisswa will host its annual **Fall Rummage Sale** on **Fri. Sept. 27** from 7:30am to 7:30 pm and again on **Sat. Sept. 28** from 8:00-12:00. You'll find clothing, household good, furniture, sporting goods, tools, electronics, toys, books, crafts, pictures and much more! The also invite you, during the sale, to shop the Boutique, Oval Room, Jewelry Nook and Silent Auction. All proceeds will benefit area charitable organizations.

Motley United Methodist Church will host another **Free Community Breakfast** on **Sat. Sept. 28th** from 8:00-10:00. There is no charge, but this is an opportunity for members of the community to come together and share a meal. There will be a donation basket to support other good works. With questions, call 218-352-6466 or visit MotleyUMC.org.

University of Minnesota Extension Master Naturalist Program, in partnership with the MN National Guard, invites area residents to participate in **National Public Land Day** (NPLD) on **Sat. Sept. 28th** from 9:00-12:00 at Camp Ripley in Little Falls. The day is the largest, single-day volunteer effort for public lands. To sign up to volunteer, contact Amy at 320-589-1711, ext. 2129

The **Babinski Foundation** will be at the Westgate Mall in Brainerd/Baxter on **Sat. Sept. 28th** from 11:00-4:00 in, not only finding forever homes for some of its animals, but collecting animal food, treats, cleaning supplies, blankets and toys to be used at the shelter. Pet adoptions will be taking place on-site. Stop by if you are looking to adopt or just want to help the shelter.

Pequot Lakes Community Action will host **The Princess Ball – A Daddy Daughter Dance** on **Sat. Sept. 28th** at the Cole Memorial Building from 2:00-5:00pm. The event is a fundraiser for the Miss Pequot Lakes organization. The cost is \$40/girl (dad, grandparent, mentor is free... but each additional girl will be \$10). The ticket includes a red carpet entrance, dance area with music, crafts, games, a cake and candy buffet, pictures with the Queens, Princesses and Disney Character Princesses. Tickets can be purchased at Merritt Jewelers, Faith Boost, Leslie's Boutique or at the event. For more info, call Kim at 218-851-2764.

Lutheran Church of the Cross in Nisswa will invites everyone to its **Jazz Worship Sunday** on **Sun. Sept 29th**. Both services, at 8:15 and 10:30 will feature jazz music. All are invited!