

Writing inspired by art

When you look at a piece of artwork, what do you see? Can you look past the paint or clay and see the world through the artist's eye? Does your imagination take you on an art-inspired journey?

Discover ekphrasis - writing that takes its inspiration from visual art.

From free verse and prose poetry to more structured forms, fiction and essays - art offers inspiration for writers across all genres. If

you're a new writer looking for ways to get started, a poet who writes an occasional essay, or a fiction writer stuck on a story - visual art can help jump-start the creative process.

The Aitkin Public Library will host a writers' workshop on September 11 from 1 to 5 p.m. Inspiration for discussion and writing exercises will come from "Vanishing Landscape," an exhibit at the library of paintings, prints, weaving and mixed media

by regional artists.

Amy Sharpe, co-owner of Ripple River Gallery, editor/publisher of Homespun Magazine and freelance writer will lead the workshop.

The cost of the workshop is \$20. Space is limited. Please phone the library at 218-927-2339 to register. Registration and payment are due by Thursday, September 6. The workshop is sponsored by the Friends of the Library.

Preventing Diabetes complications

Did you know that people with diabetes are at two to four times greater risk of developing heart disease? The good news is that the prevention potential for diabetes complications is great. Learn how you can reduce your risk of kidney disease by 50 percent, blindness up to 90 percent and heart disease up to 50 percent.

The Riverwood Diabetes Center has teamed up with Pfizer, Inc. to present a community education program called "Diabetes: Working to Prevent Chronic Complica-

tions," on Mon., Sept. 24, 5:30 to 7:30 p.m., at First Lutheran Church, 107 2nd Street SE, in Aitkin.

The featured presenters include Melissa Magnuson, Riverwood Diabetes Center BA, RN, Certified Diabetes Educator; Stacy Sjoberg, MD, PhD, Riverwood Ophthalmic Surgeon/Crosby Eye Clinic; Shirley Stille, a Riverwood RN who is certified in wound, ostomy, continence and foot care; and Frank Shaft, Respiratory Care Practitioner with ResMed.

Come for an evening of

learning and sharing with informational booths presented by Dean Brandt of Expression Shoes; Eli Lilly and Company; Novo Nordisk Inc.; Lori Peters, Program Specialist with the Telephone Equipment Distribution Program; Pfizer Inc.; Riverwood Healthcare Center; Roche Diagnostics Corporation; ResMed; and Crosby Eye Clinic.

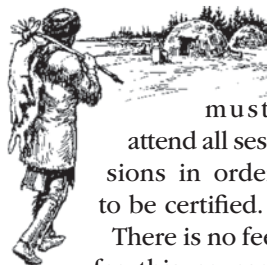
There is no cost to attend and a light meal will be served. Space is limited so register by Sept. 20 with the Riverwood Diabetes Center at 218-927-8281.

Trapper education

A Trapper Education course is scheduled to start Sept. 25th at the Long Lake Conservation Center (LLCC) near Palisade, MN. Anyone born after January 1, 1989, and has not held a trapping license in the last year, is legally required to attend a certified trapper's education course conducted by certified instructors from the Minnesota Trappers Association before they can legally trap wildlife. This course is open to anyone

falling into this group. All students need to be at least 11 years of age at the time they attend the class.

There are four sessions to the course: The first three sessions are in a classroom setting and will be held on Sept. 25th, Oct. 2nd, and Oct. 9th, from 6 p.m. - 8:30 p.m. The final session is a 'field day' on Oct. 13th from 8:30 a.m. until 4 p.m. All sessions will meet at the red schoolhouse building on LLCC's campus. Students



must attend all sessions in order to be certified.

There is no fee for this course.

Parents are encouraged to attend the class with their student. Anyone interested should pre-register by calling Todd, during the evening hours, at 218-768-2597. The maximum class size will be held to 20, so please register early.

Olde Tyme Fall Fest

The Mille Lacs Lake Historical Society would like to invite everyone to this year's Olde Tyme Fall Fest, coming up on Saturday, October 6. Anyone with a handcraft or skill they would like to showcase is encouraged to participate. The Historical

Society is especially promoting old time skills, arts, and crafts so that young people can learn about them, however any sort of hand crafted item would be acceptable. Come and show off your homemade products! Old time vehicles and

machines are also welcome. The site is the Mille Lacs Lake Museum at the corner of Fourth & Main in Isle. If you plan to participate, please send a postcard to MLLHS, PO Box 42, Isle, MN 56342 or email to millelacs.vous@gmail.com.

Community EVENTS

Ongoing Events:

- Aitkin Farmers Market, Fridays 9 a.m. - 1 p.m., at Pamida parking lot, Hwy. 169 South.
- Aitkin Singles, meets monthly for various activities such as music, hiking, and dancing. For more info call 218-927-3153.
- Aitkin Women's Tennis meets at the Aitkin courts every Tues. and Thurs. morning, 8-10 a.m. All playing levels welcome.
- Blind Lake (Aitkin Area) ATV Club, meets the second Fri. of each month at Aitkin City Hall, 7:30 p.m. New members welcome.
- Blow-Hards, a lung disease support group, meets the fourth Thurs. of each month at Kanabec Hospital in Mora. Contact Carol in Respiratory Therapy, 320-225-3646.
- Busy Bee Seniors of Jacobson meet at the Community Center every Thursday from 10 a.m. to 2 p.m. Pot luck is at noon. Everyone is welcome. Bring a dish to share, the beverage is provided. For more information call 218-752-6652.
- Circles of Support meets every Tues., 6 to 8 p.m. If you are living paycheck to paycheck and are ready for a change, Circles may be right for you. Circles of Support provides an informal, confidential support system that consists of volunteers and community-based support networks of allies partnering with families. If you are a self-starter and self-motivated, call Brandi, 800-997-5723.
- Daughters of the American Revolution (DAR) -- Captain Robert Orr Chapter DAR meets the second Saturday of every month, May thru Oct., at Embers/SawMill Inn in Brainerd. Meeting convenes at 10 a.m. followed by program and then lunch. New members and interested women are welcome. For more info. call Shirley, 218-927-2757 or Jeanne, 218-829-2737.
- Dial-A-Ride is offering service in Aitkin. Call for pick up: 218-326-3503 or 1-800-642-6143.
- Emergency Food Shelf at St. James Catholic Church, Aitkin. Hours are: Thurs. afternoons only from 12:00 noon to 3:00 p.m. Access the Food Shelf from the south side of the building. Go to the 4th door and look for signs.
- Friends of Rice Lake Refuge is sponsoring a photo contest. For contest guidelines and entry forms, call 218-768-2402. Photo entries will be accepted from Sept. 4 - Sept. 28, and must be dropped off at Rice Lake National Wildlife Refuge near McGregor.
- Garrison City Council meetings are the first Thurs. of each month at the City building.
- Hope for the Future Support Group for those dealing with emotional issues, 1st and 3rd Thurs., 1 p.m., Access North, 105 4th St. NW, Aitkin, 927-3748.
- Jacobson Busy Bees meets every Thurs., 10 a.m. to 2 p.m. at Jacobson Community Bldg. Potluck at noon. Beverage provided. Cribbage, cards, Phase 10 and socializing are enjoyed. All are welcome. For more info., call 752-6652.
- Legal Aid meets in Aitkin every other month on the third Wed. at Security State Bank, 2nd floor, 402 Minnesota Ave. N in Aitkin, 10 a.m. to noon. Contact the Senior Office, 218-927-3811 for appointment. 2007 dates: Sept. 19, Nov. 21.
- LinkAge Line™, 4th Thurs. of the month, 9:30 to 11:30 at Aitkin Co. Senior Office (Security State Bank bldg., 2nd floor). Counselors will assist with Medicare-related issues. For an appt., call 800-333-2433.
- McGrath Area Civic Organization, first Wed. following first Thurs. of the month, 9 a.m. at 1865 Cafe.
- McGrath City Council, first Thurs. of the month, 6 p.m. at Fire Station Hall.
- McGregor TOPS (Take off Pounds Sensibly) meets Thursdays, 3:30 p.m. at Lake Minnewawa Sportsman's Club, Goshawk St. (Co. Rd. 6). 218-768-2340 for more info.
- MS Support Group, 3rd Mon., 1 p.m., Access North, 105 4th St. NW, Aitkin, 927-3748.
- TOPS (Take off Pounds Sensibly) meets Mon. evenings, 7 p.m. at 212 Viola Ave. in Iron-ton. All interested is invited. Call Paula Robinson, 218-545-2180 for more info.
- 7 a.m. - 3 p.m. For more information call 545-4545 or on the website: www.cuyuna-akestrail.org.
- 8th - Old Fashioned Chicken Supper, 4-7 p.m. at Light of the Cross Lutheran Church, Garrison. Adults \$8, Children 5-12 \$4; 4 and under are free.
- 9th - West Range Country Show, 6:30 p.m. at Greenway High School Auditorium, Coleraine. For more information call 218-327-2726.
- 10th - Kids outdoor soccer starts. Pre-register at the Hallett Community Center, prior to playing. Volunteer coaches are needed! Contact Maurice at HCC for more information at 218-546-2616.
- 11th - Emily Area Red Cross Bloodmobile, 12 - 6 p.m. at Emily City Hall. For more info or to make an appointment, call Nancy Moritz at 763-3097.
- 12th - Dave & Barb Anderson's Fellowship Ministries Concert of Praise and Worship, 7-8:30 p.m., Aitkin Lutheran Church.
- 12th - Waukenabo Dance, "Andy Roskos" at the Waukenabo Community Center/Town Hall located 15 mi. N. of Aitkin on Hwy. 169 to W on CR 3, 1.25 mi. on left.
- 12th - Unlimited Learning bus trip to Chanhassen Dinner Theater matinee performance of Les Miserables. Call Larry Foote 218-678-3034 for more information.
- 12-13th - 55 Alive, 8-hour course. 1-5 p.m., Jacobson Community Center. Call 218-752-1511 to pre-register. Must have 15 people to hold class.
- 13th - Cub Scout Round-Up, 6:30 p.m. at West-side Cavalry Church in Aitkin. Questions? call Jim Pierce at 218-927-6823.
- 13th - NE MN Local Initiatives Energy Meeting: Community-Based Energy Potential, 9 a.m.-3:30 p.m. at Cloquet Forestry Center. FREE - R.S.V.P. at www.cleanenergyresource teams.org
- 15th - Harvest supper, 4-7 p.m. at Cascade United Methodist Church in Deerwood.
- 16th - Rossburg Turkey Dinner, 11 a.m. - 2 p.m., Bethesda Lutheran Church, Rossburg, 6 mi. east on Hwy 47. \$8 adults, \$4 children (ages 6-12).
- 17th - Business After Hours pontoon cruise, 5:30 p.m. at the Bear Pine Bar at Ruttger's Bay Lake Lodge, sponsored by Ruttger's and Hansen Sports. RSVP required by Sept. 12th by calling the Cuyuna Range Chamber of Commerce, 546-8131.
- 17th - Dancing at McGregor VFW Post, 1-4 p.m. with "Andy Roskos."
- 18th - Garrison Lions annual Spaghetti Dinner, Garrison VFW, 5-7 p.m.
- 20th - Music in the Park - Crosby Park Evening Concert Series. FREE 6:30-9 p.m. Bring lawn chairs or blankets.
- 20th - ATV Youth Safety Training, 10 a.m. at the Hallett Community Center and is sponsored by the Cuyuna Iron Range Riders ATV/OHV Club. Cost is \$15. Pre-registration is required: call 829-2191 to register.
- 22nd - Mille Lacs Equal Rights Foundation & Proper Economic Resource Management FALL AUCTION, 9 a.m. - till dark at Paul's Auction Center, 4.5 mi., N. of Ogilvie on Hwy. 47. Consignments are welcome - ask us! Call Hank Dombovy at 320-277-3539.
- 26th - Waukenabo Dance, "John and Virginia" at the Waukenabo Community Center/Town Hall located 15 mi. N. of Aitkin on Hwy. 169 to W on CR 3, 1.25 mi. on left. 29th - Waukenabo Dance featuring Mr. Morgan. 1-4 p.m. Waukenabo Community Center/Town Hall - 15 miles N. of Aitkin on Hwy. 169 to Co. Rd. 3 go West 1.25 miles, on left.
- 26th - Fall Business Summit, 9 a.m. - 4 p.m., Mountain Iron Community Center, Mt. Iron. Questions: call 1-800-422-0374.
- 29th - Women's Expo and Art / Crafts Fair at the Hallett Community Center, 9 a.m. - 3 p.m.

October:

- 1st - Dancing at McGregor VFW Post, 1-4 p.m. with "Jerry Bierschback."
- 6th - Lakes Area Women's Expo, 9 a.m. - 4 p.m. at the Brainerd Civic Center.
- 6th - Mission Fall Fest, 3 to 6 p.m. Great family fun with hayrides, medallion hunt, bonfire, food, face painting and more. For more information, call Doris Young at 765-3168.
- 6th - Olde Tyme Fall Fest, 10 a.m. - 4 p.m., at Mille Lacs Lake Museum in Isle. Arts, crafts, demos, food, music and more. Artisans, crafters and demonstrators wanted. Call 320-676-3945 for more info.

September:

- 7th-8th - Grindstone Lake Bible Camp Women's Retreat. For more info call Lucille Sikkink 320-384-6647.
- 7th-8th - Cowboy & Hobo Days Festival, Crow Wing County Fairgrounds in Brainerd. For more info call 218-763-3662 or visit the web site: www.cactuswillie.net.
- 8th - Fourth Annual Cuyuna Lakes Bike Tour,

HARVEST SALE!

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