

REMINDER

Camp Knutson

music

Camp Knutson will host a free concert from its docks between Lower Whitefish and Big Trout lakes in Crosslake from 6-8:30 p.m. Friday, July 9. Folksinger-songwriter Kelley Smith and

multi-instrumentalist Don Gorham will perform vintage tunes from bluegrass, folk, country blues and jazz genres, as well as modern Americana.

Donations to www.campknutson.org are welcome.

CALENDAR

WEEKLY

► Tuesdays: Hackensack Children's Fishing Contest, 11 a.m.-12:30 p.m., fishing pier

► Wednesdays: Nisswa Turtle Races, 2 p.m.

► Thursdays: Nisswa farmers market, 8 a.m.-noon, American Legion parking lot

► Fridays: Pine River Market Square farmers and crafters market, 2:30-5:30 p.m., near Pine River Depot

► Saturdays: Bands, Crosslake Town Square, 6-8 p.m.

► Saturdays: Bands in the Park, 7-9 p.m., Trailside Park, Pequot Lakes

JULY

► 7-11: Grandpa's Virtual Run for the Walleye, Crosslake

► 7: Divas Through the Decades, 6:30 p.m., outdoor stage, Central Lakes College, Brainerd

► 7, 14: Ripsaws to Rafters historic program on logging, 7 p.m., Crosslake Historic Log Village

► 9: Live music on the

docks, 6-8:30 p.m., Camp Knutson, Crosslake

► 10: Ruby's Red White and Blue 5K, Acorn Hill Equine Assisted Activities and Therapies, 8 a.m.-noon, Crosslake

► 10: Author Julie Jo Larson book-signing, 11 a.m.-1 p.m., Hackensack City Park

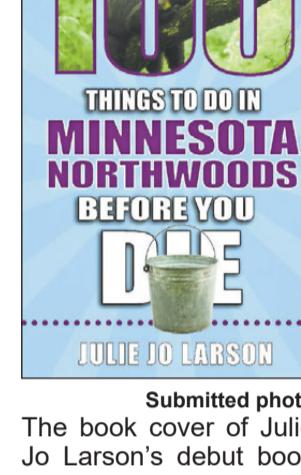
► 10: Lakeside Concert Series: Josh Duffee and his Quartet, 5-7 p.m., Hackensack Park pavilion on Birch Lake

► 10: Bands in the Park: Uncle Wheat & Eddie (rock), 7-9 p.m., Trailside Park, Pequot Lakes

► 13-14: Pequot Lakes Bean Hole Days, Trailside Park, free beans served at noon July 14

► 15: Kitchigami Regional Library virtual program: Storytime with The Shaskans, 10-11 a.m., get link on Facebook @ KRLSLegacy or call a local library

► 15: Summer picnic and concert with Maddy Braun, 6 p.m., Our Savior's Lutheran Church, Pequot Lakes



Submitted photo
The book cover of Julie Jo Larson's debut book titled "100 Things to Do in Minnesota Northwoods Before You Die."

Larson's own wanderlust led her to share her penchant for her

hometown with the world.

"100 Things to Do in Minnesota Northwoods Before You Die" is available wherever books are sold.

Larson is a writer, story catcher, public speaker and professionally trained social worker. She spent the last decade exploring the Minnesota northwoods and writing MsStorian Adventures. She lives in rural Brainerd with her husband, family pets and a flock of chickens. When not advising college students, Larson can be found on the trail with a walking stick in hand and worn mukluks on her feet.

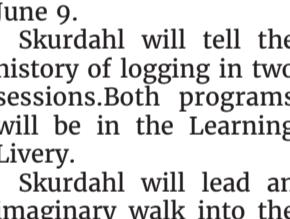
LOCAL BRIEFS

History of logging program on tap in Crosslake

Ollie Skurdahl's "Ripsaws to Rafters" program was rescheduled to 7 p.m. Wednesdays, July 7 and 14, at the Crosslake Historic Log Village after being postponed due to extreme temperatures June 9.

Skurdahl will tell the history of logging in two sessions. Both programs will be in the Learning Livery.

Skurdahl will lead an imaginary walk into the virgin forests around Cross Lake that in 1890 touched the sky with the sound of ripsaws cutting into the massive white and red pine trees and that would crack just before the shouts of "timber" from the lumberjacks.



Submitted photo

Presenter Ollie Skurdahl will share the history of Crosslake's logging past.

Sunday, July 11.

The breakfast includes fried or scrambled eggs, pancakes or French toast, sausage and bacon, juice, water and coffee for \$10 a plate or \$5 for children under 7. Everybody is welcome.

Proceeds go to community, education and veterans programs, active-duty military holiday gifts and other auxiliary charitable projects.

Crossing Arts Alliance Creativity Kits available July 10

The Crossing Arts Alliance will have its new Creativity Kits available from 10 a.m. to noon Saturday, July 10, for anyone who wants some creative fun.

Kits will be available on tables inside of Crossing Arts in Brainerd. This month's kit is all about printing, featuring projects to learn about monoprinting, stamping and other creative mark-making techniques. Kits also include a coloring sheet and more.

Creativity Kits are free to the public. Kits are limited. First-come, first-served.

Creativity Kits are a way to engage young artists and spread the joy of art to the community. The goal is to offer projects that show the many different ways of being creative, because you never know what's going to light up a kid's imagination and help their creativity bloom.

Crossing Arts offers them for free so everyone can enjoy them and receive the support of

numerous businesses, individuals and Crossing Arts members who believe that the arts are for everyone.

This event is funded, in part, by the voters of Minnesota through grants from Five Wings Arts Council and the Minnesota State Arts Board, thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.

For more information, contact Crossing Arts at 218-833-0416, info@crossingarts.org. Crossing Arts is a 501(c)(3) nonprofit located in downtown Brainerd at 711 Laurel St.

Crossing Arts presents Art Work(ers) exhibition

Crossing Arts presents Art Work(ers), an exhibition of artwork from Crossing Arts staff, board members and volunteers.

Outside of their roles at Crossing Arts helping to support and spread the arts in the community, these individuals engage in the arts in many different ways. This exhibition showcases that diversity. While viewing the work on display, attendees will see an array of skill, exploration and joy within each piece.

Opening Friday, July 9, this exhibition will be on display in the gallery through July 31.

This exhibition is funded, in part, by the voters of Minnesota through grants from Five Wings Arts Council and the Minnesota State Arts Board, thanks to a

legislative appropriation from the Arts and Cultural Heritage Fund.

For more information, contact Crossing Arts at 218-833-0416, info@crossingarts.org. Hours are 10 a.m. to 5 p.m. Tuesday-Friday, and 10 a.m. to 2 p.m. Saturday. Crossing Arts is a 501(c)(3) nonprofit located in downtown Brainerd at 711 Laurel St.

A medallion game and

Nisswa Women's Club to meet July 15

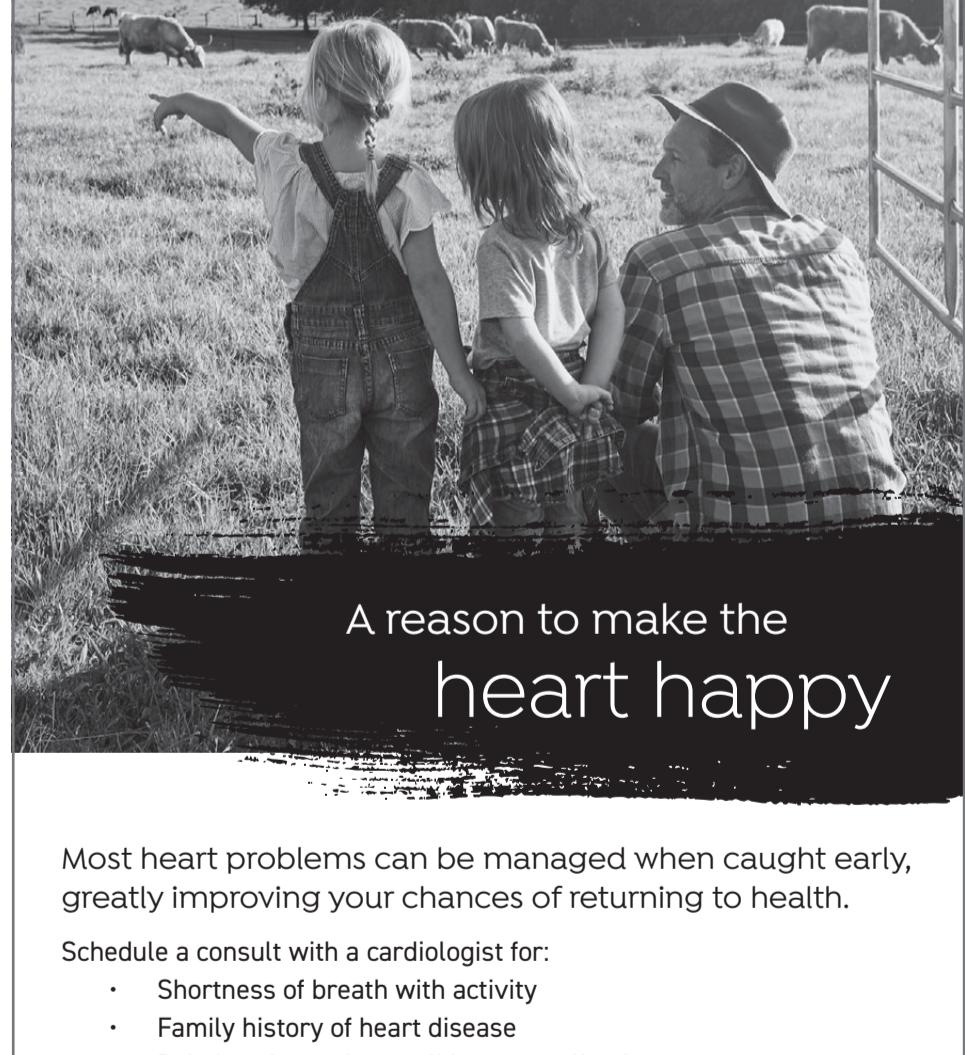
The Nisswa Women's Club will meet at 11 a.m. Thursday, July 15, at the Northland Arboretum in Brainerd-Baxter.

Four Nisswa merchants will present fun resort and patio fashions, and The Woods chef and staff will serve lunch in the lower level of the building.

A medallion game and

several bucket raffles will take place to help build the charity budget to fund scholarships for high school seniors and non-traditional women students at Central Lakes College.

Attendees are asked to bring a favorite cup and saucer for their coffee with an ID on the bottom and set it at a table of choice after registration. There is a \$20 charge for the lunch.



A reason to make the heart happy

Most heart problems can be managed when caught early, greatly improving your chances of returning to health.

Schedule a consult with a cardiologist for:

- Shortness of breath with activity
- Family history of heart disease
- Pain in calves when walking or swollen legs
- Heart impacted by COVID-19

Know your risk factors:

- High blood pressure, high cholesterol or diabetes
- Smoking
- Obesity

Call 844-241-2898 today for an appointment in Baxter, Little Falls, Long Prairie, Onamia, Wadena or one of our other 15 locations across Minnesota. We're nationally recognized, centrally located for your convenience!

 **CentraCare**TM
Heart & Vascular Center

