

# PSA

## Mar. 12 – Mar. 31

The American Red Cross continues to face a critical blood shortage and is issuing an emergency 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](http://RedCrossBlood.org) or call 1-800-RED-CROSS to make an appointment.

### **Upcoming blood donation opportunities:**

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

<b>Fri.</b>	<b>3/15</b>	9:00-3:00	Northland Arboretum in Baxter
<b>Wed.</b>	<b>3/20</b>	8:00-2:00	Verndale High School in Verndale
<b>Thurs.</b>	<b>3/21</b>	12:30-6:30	Swanville High School in Swanville
<b>Tues.</b>	<b>3/26</b>	1:00-7:00	St. Francis Center in Little Falls
<b>Wed.</b>	<b>3/27</b>	12:00-6:00	St. Francis Center in Little Falls
<b>Thurs.</b>	<b>3/28</b>	8:30-2:30	St. Francis Center in Little Falls
<b>Thurs.</b>	<b>3/28</b>	8:00-2:00	Camp Ripley Armory in Little Falls

**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.
<b>Fri</b>	<b>3/8</b>	10:00-12:00	Northland Area Family Center in Remer
<b>Tues</b>	<b>3/19</b>	10-12 & 1-2:30	Pillager Family Resource Center / Pillager
<b>Tues</b>	<b>3/26</b>	9:00 – 11:00	Cass Co. Health, Human & Vet. Serv

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

**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](http://TheVitalsApp.com) or text VITALS to 797979.

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](http://RiverwoodHealthCare.org/foundation/giving) or call 218-927-5158.

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](http://ci.Brainerd.mn.us).

History and Brainerd Public Schools history, is made every day. The missions of **BPS Archives** are to protect and preserve the history of BPS, its students, graduates, teachers and staff through the collection and display of BPS-related artifacts. John Erickson, the BPS Archivist & Curator, is looking for artifacts, items and donations to BPS Archives that may currently be hidden away in your attic or basement just waiting to be displayed, talked about and appreciated. If you have any items (BHS letter jackets, flyers, photos, pamphlets, pins, crowns, etc) that you would like to donate to the cause, please call John at 218-330-1780 or send an email to [BPS.History@isd181.org](mailto:BPS.History@isd181.org).

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](mailto:jeriborg@hotmail.com)

If you are looking to **volunteer** more in 2019, please visit the **United Way of Crow Wing and Southern Cass County's** website at [UnitedWayNow.org](http://UnitedWayNow.org). There, you can click on the Volunteer tab. Choose the organizations you'd like to help or the people you'd like to work with and the United Way will send you notifications when volunteer opportunities arise that you have chosen! No commitment... Just Volunteer... make a difference – visit [UnitedWayNow.org](http://UnitedWayNow.org).

**Beginner Ski Lessons** for those 13 years of age or older are available at **Mount Ski Gull** every **Saturday** from 11:30-1:00. The cost is \$29.99/person/lesson. Lift ticket and Rental are additional. Please call ahead to reserve your spot – 218-963-4353. For more information, visit [MountSkiGull.com/lessons](http://MountSkiGull.com/lessons).

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.

<b>Apr. 13</b>	Watercolor Painting
<b>May 11</b>	Figure Studies

For more information and to register (required), visit [CrossingArts.org](http://CrossingArts.org).

Free **federal tax forms and instructions** on how to file the forms are now available in limited quantities at the **Brainerd Public Library**. The Internal Revenue Service has provided forms and instructions for the 1040 and the new Schedules 1-6. For all other forms, Kitchigami Library System patrons may use the library computers to access them online, and printing will be available for 15 cents per page. Computer access is free for anyone with a library card in good standing. For more information call 218-829-5574 or visit the library's Facebook page at [facebook.com/brainerdpubliclibrary](https://facebook.com/brainerdpubliclibrary).

The **Brainerd Public Library**, as part of a generous grant from the Essentia Health St. Joseph's Foundation, purchased **three light therapy boxes** that have been shown in clinical studies to alleviate many of the symptoms of Seasonal Affective Disorder. They are positioned in comfortable reading areas throughout the library and are available for patrons to use in the library when they wish. For more information call 218-829-5574 or visit the library's Facebook page at [facebook.com/brainerdpubliclibrary](https://facebook.com/brainerdpubliclibrary).

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. Ruby's Pantry is "a hand up, not a hand out." 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 National Guard Armory 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!

Everyone in **Brainerd School District 181** are invited to review and provide feedback on the schematic design for the new drop-off and pick-up zones and controlled entrance at **Forestview Middle School** in Baxter. Visit the Forestview page on **Blueprint181.org** to review the plans and submit input. A computer is available for public use in the Welcome Center, 8 a.m. - 4 p.m., Monday- Friday at the Washington Educational Services Building, 804 Oak Street in Brainerd. The input submitted by the public will be shared with the Board of Education and the project oversight team for consideration.

Time to start prepping your team for the **16<sup>th</sup> Annual Good Sam Bowl** coming to Jack's House **May 5<sup>th</sup> & 6<sup>th</sup>**! Organize your team, make a pledge, contribute a prize, sponsor a bowler, donate to the silent auction or simply make a tax-deductible donation! For more information or to reserve a lane, call 825-2505.

Let's all fight for a hunger-free Minnesota during **March Food Share Month!** Please donate to the March Campaign by giving to your local food shelf. The Salvation Army and our local food shelves are in need of your help. Please make your donation to The Salvation Army, PO Box 385 in Brainerd or at their office at 208 S. 5<sup>th</sup> Street. Donations of food and/or money are appreciated. Please check online for each food shelf in your area. Thank you!

The **Minnesota Department of Health** is recommending that all homes in MN be tested for radon every 5 years. Radon is an odorless, colorless and tasteless gas that occurs naturally in the soil and can enter home through cracks and openings in floors and walls. Crow Wing County is providing **FREE RADION TESTING KITS** to residents who want them. The test kits are available in the CWC Land Services building at 322 Laurel Street behind the historic courthouse. There is a limit of one kit per household. Testing is easy and takes 3 days to get your results. If you have questions, call 824-1010.

## **3/11 – 3/17**

Join the Brainerd Lakes Chamber for another **Business After Hours** on **Tues. Mar. 12<sup>th</sup> at Common Goods in Crosslake**. Business After Hours runs from 4:30 to 6:00 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! Attendees at THIS will enjoy free beer, wine and snacks while shopping the #1 Thrift Store in the Brainerd Lakes Area! Grand prize provided by Common Goods will be a vintage Twins reversible jacket commemorating the 1966 season. The lucky guests who wear green will have their names added to a drawing for a fun prize! RSVP at [BrainerdLakesChamber.com](http://BrainerdLakesChamber.com)

It's time for the **Second Thursday Happy Hour For a Cause** at Prairie Bay in Baxter! From 5:00-7:00, and for a minimum \$15 donation at the door, you'll enjoy appetizers from P.B., and wine sampling from Cash Wise Liquor. On **Thurs. Mar. 14<sup>th</sup>**, guests will be supporting the Crossing Arts Alliance in downtown Brainerd. RSVP by contacting The Crossing Arts Alliance.

**Grassroots Concerts** welcomes **Dakota Dave Hull** who will perform as part of the Grassroots Concerts Series on **Fri. Mar. 15<sup>th</sup>** in Nisswa. Showtime is 7:30 p.m. at the Live Well Nightclub and Coffee Bar in the Journey Church, 5459 CR 18 (next to the Nisswa school). Hailed by everyone from Dave Van Ronk to Doc Watson, Hull's guitar style spans a wide musical geography to create an infectious, uniquely personal blend of jazz, ragtime, folk, blues, Western swing, and vintage pop. Von Ronk calls him "one of the best guitarists in the world." Doors open at 6:30 and admission is \$10 for adults, \$5 for children under 12 with listening attention when accompanied by an adult. Seating is first-come, first-served. Each concert Grassroots welcomes your nonperishable food or cash donation to the local food shelf.

The **Brainerd Public Library** is holding a day of **free genealogy workshops** to help family historians with their research methods and finding resources. On **Sat., Mar. 16th**, at Arrowwood Lodge in Baxter, the library will host professional genealogist Paula Stuart-Warren for two sessions open to all area residents. A two-hour session titled "Your Family History: Where to Begin?" starts at 10:00 a.m. Stuart-Warren said this session is for those who are curious about their family history and who may or may not have started doing genealogy research. The, beginning at 1:30 p.m., Stuart-Warren presents the workshop "Controlling Chaos: Organizing Your Genealogy Materials." Those interested may attend one or both sessions. Registration begins at 9:30 a.m. outside the Sands Ballroom on the north end of Arrowwood Lodge Brainerd Lakes. Attendees may bring their own packed lunch or purchase a meal at the on-site Baxter's Bar and Grill, where a short pre-order menu will be available. Register by calling the library at 218-829-5574 or visit the library's Facebook page for more info.

As part of the St. Patrick's Day Celebration in Crosslake, get ready for the **6<sup>th</sup> Annual Clover Dash 5K** the morning of **Sat. Mar. 16<sup>th</sup>** starting and ending at Crosslake Town Square! Registration and packet pickup is Friday night (15<sup>th</sup>) from 6-8pm or Saturday morning from 7:45 to 9:00. The race starts at 9:30. New this year is the kids run for those 14 and under (it's a 0.3 mile route around Town Square). Get your green on and get ready to run! Register in advance online at [CloverDash.ItsYourRace.com](http://CloverDash.ItsYourRace.com). You can also learn more on Facebook. Have fun at the run, then enjoy the parade after the race at 2:00.

Do not miss this year's **45<sup>th</sup> Annual St. Patrick's Day Parade & Celebration** in Crosslake on **Sat. Mar. 16<sup>th</sup>**. Start the day at the Crosslake Firefighters Pancake Breakfast at the Crosslake Lutheran Church from 8:00-11:30 where they'll have activities for kids. The Indoor Vendor Fair will take place at the Whitefish Lodge & Suites where you can also enjoy a parking lot party, full bar, food garden and live music. Pre-parade entertainment will be enjoyed throughout Town Square, then the parade starts at 2:00! For all things Crosslake, visit [Crosslake.com](http://Crosslake.com) or download the Crosslake App.

Downtown **Brainerd's St. Patrick's Day Parade Celebration** will be held on **Sat. Mar. 16<sup>th</sup>**. At 11:30, bring the family and kids to the Brainerd VFW and get the kids registered for the Costume Contest. The first 30 participants receive a goodie bag! At 12:00 the contest will start. (1<sup>st</sup> place wins a bicycle!) The PARADE in downtown Brainerd will start at 1:00. For more information visit [BrainerdCommunityAction.org](http://BrainerdCommunityAction.org).

Join **Brainerd's Historic Northern Pacific Center** for it's 1<sup>st</sup> ever **Indoor Winter Market!** The NPC Market, with the spirit of Sprout, would like to complement an already amazing program by bringing an indoor market to the Northern Pacific Center in Brainerd. The market will be open **Sat. Mar. 16<sup>th</sup>** from 11:00-5:00. Kick off the St. Patrick's Day weekend in the Lakes Area with this fun event for the Community; children's activities, a live band, and Irish Food and Beverages are just a few examples of what will be on hand.

## **3/18 – 3/24**

As part of **CLC's** celebration of **Women's History Month**, the public is invited to a free presentation regarding the history of Birth Control, sponsored by WeAre. The speaker will be Sue Hadland, APRN, CNP. The event will be held **Mon. Mar. 18<sup>th</sup>** at 12:00 in room C236 at CLC in Brainerd.

**Brainerd Public Schools** has scheduled its **Kindergarten Round-Up** for **Tues. Mar. 19<sup>th</sup>** from 5:00-6:30 at each of the district's elementary buildings. The event is an informative evening for the kindergarteners for Fall 2019 and their families. For additional information, visit [ISD181.org](http://ISD181.org) or call 218-454-6900.

As part of **CLC's** celebration of **Women's History Month**, the public is invited to a free presentation entitled "Finding Our Voice Through Art Practices" by Adrienne Benjamin from 1:00-3:00 on **Tues. Mar. 19<sup>th</sup>** in room E203 at CLC in Brainerd. There will be a poetry workshop following the presentation.

As part of **CLC's** celebration of **Women's History Month**, the public is invited to a free presentation entitled "The Two Medicines of Healing: Laughter and Tears" by Denise Estey Lindquist from 3:30-4:30 on **Tues. Mar. 19<sup>th</sup>** in room E203 at CLC in Brainerd.

**Forestview Middle School** will host a **Parent Information Forum** on **Tues. Mar. 19<sup>th</sup>** from 6:00-8:00 in the Cafetorium at the school. The topics include Internet Safety and Vaping. Presenters will include Crow Wing County Investigator, Craig Katzenberger and American Lung Association Representative, Pat McKone. The forum is open to the public and is free to attend. Parents of Forestview Middle School students are strongly encouraged to attend.

As part of a "**Get Prepared**" **Senior Series**, the public is invited to "**OLD AGE IS NOT FOR SISSIES**" event at the Pine River United Methodist Church on **Tues. Mar. 19<sup>th</sup>** from 1:00-3:00. This presentation will focus on "Assisted Living or Nursing Home? How Do You Choose?" Good Samaritan, Dignity & Grace, Birchview Gardens, May Creek Senior Living and Memory Care will be featured. There is no charge to attend, just information. Bring your questions with you!

As part of **CLC's** celebration of **Women's History Month**, the public is invited to a free **TedTalk Lunch & Learn** entitled "Listening to Shame" by Brene Brown and facilitated by CLC Accessibility Coordinator Mallori Sheik. It will be held from 12:00-12:50 in room C236 at CLC in Brainerd.

It's time for the **Mid-Minnesota Builders Association's Home & Outdoor Show**, running **Fri. Mar. 22<sup>nd</sup>-Sun. Mar 24<sup>th</sup>**. The cost is \$5 and you're encouraged to bring a non-perishable food item for the food shelf. Kids 15 and under are free. (Fri 10-7...Sat. 9-5...Sun. 10-3) [MidMNBA.org](http://MidMNBA.org) for more information.

Join the **Brainerd VFW** for a **Remembering Our Veterans & U.S. Military presentation** on **Fri. Mar. 22<sup>nd</sup>** at 1:30pm. This day is to recognize our veterans with a dedication, short program and special presentation. All veterans and a guest are welcome. Refreshments will be served. The Brainerd VFW is on South 6<sup>th</sup> Street in Brainerd.

The **Brainerd Masonic Lodge** presents **A Night in Monte Carlo**, a scholarship event, on **Sat. Mar. 23<sup>rd</sup>** at the Brainerd American Legion. From 5:30 to 7:00, dinner will be served... the gaming begins at 6:00 (til 9:00). Tickets are \$50, and includes \$1,000 in Gaming Chips, Dinner and a Beverage. The event supports scholarships in Brainerd, Little Falls, Pequot Lakes, Pillager, and Pine River-Backus. Tickets can be purchased at Domino's in Brainerd or at the Brainerd American Legion. Or email [LakesAreaPizza@Brainerd.net](mailto:LakesAreaPizza@Brainerd.net).

A celebration of the legendary songs and performers that defined Motown and Soul Music will come to town as part of "**Masters of Soul**" – a show featuring stylishly costumed, fully choreographed performances of both male and female groups backed by a live band, is coming to Tornstrom Auditorium on **Fri. Mar. 22<sup>nd</sup>** at 7:30. Reserved seating tickets are \$20 for adults... \$15 for those under 18. Get tickets online at [CLCPerformingArts.com](http://CLCPerformingArts.com) or by calling 855-8199.

**Sprout MN** is **seeking four artists**, artist collaboratives or organizations to partner with to creatively share their art to the Central MN area. The selected artists may use any art form or medium to create their art cart project in a way that engages community. Interested artists are encouraged to visit the **Sprout Growers & Makers Marketplace** on **Sat. Mar. 23<sup>rd</sup>** between 10:00-3:00 to understand its mission and familiarize themselves with the work of Sprout MN. Visit [SproutMN.com/MobileMarket](http://SproutMN.com/MobileMarket) for more details and the application process. The deadline for submission is April 1, 2019.

The **Pillager Education Foundation** will host "**From Rags to Riches-A Taste of Royalty**" dinner on **Sat. Mar. 23<sup>rd</sup>** starting at 5:00. Dinner (at 5:30) will be prepared by Tom Kavanaugh and the Pillager ProStart students. Dinner will be followed by the (7:30) performance of "Cinderella," presented by the Pillager High School Performing Arts students. \$45 includes the Small Plate Dinner, Live Auction and reserved seating at the musical. To reserve your tickets, send your ticket money to PEF, P.O. Box 345 in Pillager or drop off ticket money at any Pillager school office. Only 150 tickets will be sold.

## **3/25 – 3/31**

As part of **CLC's** celebration of **Women's History Month**, the public is invited to a free presentation entitled "A Journey of Healing, Hope & Empowerment Through Travel. It will be hosted by Natalie Reque on **Mon. Mar. 25<sup>th</sup>** from 12:-12:50 in room C236 at CLC in Brainerd.

Join the Brainerd Lakes Chamber for another **Business After Hours** on **Tues. Mar. 26<sup>th</sup>** sponsored by **The Tee Hive & The Brainerd Lakes Chamber**. 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!

**Central Lakes College** invites the public to a **Community Open House** at both of its campuses. The open house will be held at the **Brainerd Campus of CLC on Thurs. Mar. 28<sup>th</sup>** from 3:00-6:00. **The Staples Campus will host their open house on Sun. Mar. 31<sup>st</sup>** from 12:00-3:00. Program demos...door prizes...refreshments... campus tours... meet the staff and faculty...and much more! Bring a friend...bring the family. Visit [CLCMN.edu](http://CLCMN.edu) if needed.

As part of **CLC's** celebration of **Women's History Month**, the public is invited to a free presentation entitled "Leadership, Gender Roles & Communication: Creating Inclusion." It will be held on **Wed. Mar 27<sup>th</sup>** from 12:00-12:50 in room C236 at CLC. It will be facilitated by English instructor James Rutledge.

As part of **CLC's** celebration of **Women's History Month**, the public is invited to a free presentation entitled "Rising Hope: Making A Difference in the World of Sex Trafficking." It will be held **Wed. Mar. 27<sup>th</sup>** from 2:00-4:00 in room E203 at CLC in Brainerd. This is hosted by AAUW and presented by Freedom Ranch.

As part of **CLC's** celebration of **Women's History Month**, the public is invited to a free presentation entitled "Understanding and Dis-engaging from Patriarchy in the Systems Around Us: What It Really Means to be a Man." It will be held on **Thurs. Mar. 28<sup>th</sup>** from 12:00-12:50 in room E203 at CLC in Brainerd. It will be led by CLC Sociology instructor Scott Foster.

**Central Lakes Community Performing Arts** presents **GRIFFIN THEATRE COMPANY: IN TO AMERICA** on **Fri. Mar. 29<sup>th</sup>** at 7:30 PM. The performance will take place in the Chalberg Theatre at Central Lakes College in Brainerd. This show traces the American immigrant experience from Jamestown to present day through the true stories of ordinary men, women, and children who departed their homelands in the hopes of creating a new life. Tickets: \$17 Adult / \$13 Under 18 • Service fees apply to online ticket purchases. Get tickets online at [CLCPerformingArts.com](http://CLCPerformingArts.com) or by calling 855-8199.

Mar 29-30 Everything Expo at the Essentia Health Sports Center in Brainerd