

PSA

Oct. 14 – Nov. 3

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:

Tue.	10/15	12:00-6:00	Gull Lake Center in Nisswa
Wed.	10/23	12:00-6:00	Staples Community Center
Thurs.	10/24	9:00-3:00	Maslowski Wellness/Research Ctr. Wadena
Thurs.	10/24	9:00-2:00	Vitality Wellness Building in Long Prairie
Tues.	10/29	1:00-7:00	St. Francis Center in Little Falls
Wed.	10/30	12:00-6:00	St. Francis Center in Little Falls
Thurs.	10/31	8:30-2:30	St. Francis Center in Little Falls
Thurs.	10/31	10:00-4:00	Brainerd Public Library

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	10/11	10:00-12:00	Northland Area Family Center in Remer
Tues	10/15	10-12 & 1-2:30	Pillager Family Resource Center / Pillager
Tues	10/22	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 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

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.

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.	11/16	Pointillism Painting
Sat.	12/14	Nature Crafts

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.

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!

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.

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.

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 October from 8:00-12:30. Find locally grown fruits, veggies, plants, meats, baked goods, and more!

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

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.

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.

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.

Lutheran Social Service of Minnesota is looking for **host homes** for people living with disabilities. They need to find nurturing and supportive, family-style living options for those with disabilities in our area and throughout the state. If you are interested in hosting, please visit LSSMN.org/HostHomes or call 651-255-2363

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.

The **Brainerd Veterans of Foreign Wars** is sponsoring **essay competitions** again this year. Students in grades 6 to 8 compete by writing 300-400 words for Patriot's Pen. Those in grades 9 through 12 write and read a three to five minute essay for Voice of Democracy. There is \$200,000 in prize money for those who go on to state and national. The theme this year is "What Makes America Great." ***Deadline for submission is Oct. 31, 2019.*** Talk to your school teacher about this essay contest or visit BrainerdVFW.org to learn more. Or call Mark at 829-1326.

The annual **Coats for Kids Drive** is underway and we need coats! Please drop off your gently used coats – of any size – at Crystal Cleaners in Brainerd or Crosby. They will clean them up and get them ready for distribution on Oct. 26th. You may also donate winter hats, mittens, gloves, boots and scarves. Please make sure any donated item is in working order (zippers) and not torn. The Coats for Kids drive is a joint effort between **Crystal Cleaners**, **Kinship Partners** and **Hubbard Radio Brainerd**.

10/14 – 10/20

Jeanne Crain, president and chief executive officer of Bremer Financial Corporation, will speak on **“The Changing Landscape of Banking”** at **Rosenmeier Center for State and Local Government** forums set for noon and 7 p.m. **Tues. Oct. 15** at Central Lakes College. The presentations will be held in the Chalberg Theatre on the Brainerd campus of CLC. The events are free and open to the public.

Motley United Methodist Church will host a **Fall Harvest Turkey Dinner** on **Wed. Oct. 16th** from 4:30-6:30. Enjoy a turkey dinner with all the trimmings at the church on 3rd Ave. So. Lane in Motley. \$10 for adults... \$5 for ages 6-12... free for those 5 and under. All are welcome. Visit MotleyUMC.org for more info.

You are invited to the **3rd Annual Spaghetti Dinner Fundraiser** at the **Eagles Nest Church** in Breezy Point on **Wed. Oct. 16th**. There will be two seatings, one at 4:30 and one at 7:00. The menu includes spaghetti with meat sauce, salad, garlic bread and dessert. They will also have crafts and baked goods for sale. The cost for dinner is \$10 for those 13 and older... \$6 for those ages 6-12. All the proceeds will go to the Women’s Ministry at the church. The church is located across County Road 11 from EagleView Elementary School in Breezy Point.

Help support **The Center** in Brainerd by attending **Pints 4 A Purpose** at Jack Pine Brewery in Baxter on **Wed. Oct. 16th** from 2:00-10:00pm. \$1 from every beer sold during the event will go directly to The Center. Plus, for an added donation, enjoy Papa Murphy’s Pizza. Live Music will be provided, too, by Jack Franzen & Chris Dobson from 5-7pm.

Among The Pines boutique in Baxter is hosting a **fundraising event** for the **Mid Minnesota Women’s Shelter** on **Wed. & Thurs. Oct. 16th & 17th** from 10:00-3:00. The shelter is in need of a new roof (hence the fundraiser), among other items and ATP will be blowing out clothing at extremely low prices. Stop by ATP in the Baxter Village either day and for \$20 admission, you can go in and shop the huge sale. Sale items will be cash only (\$10, \$15, \$20, etc). Don’t want to spend the \$20? Instead, you can bring in one or more of the items on the shelter’s general needs list and get in on the sale! To see a list of the “general needs,” search Among The Pines ATP Inc on Facebook and scroll to the event link.

The semi-annual **Veterans Retiree Seminar** will be held on **Thurs. Oct. 17th** at the Old Hangar at **Camp Ripley**. Coffee and conversation starts at 8:00, breakfast (optional for \$7) at 8:30, followed by the seminar with topics on TRICARE insurance, heart health, Federal retiree benefits, ID cards, State Veterans Cemetery, federal technician changes and more. There is no cost to attend the seminar, which is open to Veterans of all branches of the service. A veterans ID card or driver’s license is mandatory to get into the gates of Camp. For more, call Tony at 320-749-2428.

Anyone looking to connect with local resources is encouraged to attend the **Staples Motley Area Community Connect** day on **Thurs. Oct. 17th** at Timbers Restaurant and Event Center from 10:00-2:00. The fair will feature 30 resources tables, free food, free haircuts, free consultations, free prizes and more. If you or someone you know needs help with mental or physical health, education, housing, employment, financial issues, or chemical dependency, this event is for you. For transportation, call Friendly Rider at 218-631-5730.

The **Lakes Area Food Shelf Christmas Tour of Homes 2019** is set for **Thurs. Oct. 17-Sat. Oct. 19th** in Nisswa. Talented designers from Nisswa retailers have been decorating a home in Nisswa and now you can tour that home, get ideas and help support the food shelf. Guests will be shuttled from downtown Nisswa to the display home throughout the day and may, then, shop and dine in Nisswa. Tickets to tour the home are \$40 and available at The Green Porch and Buffalo Plaid stores in Nisswa. You can also purchase tickets and learn more online at LAFSHomeTour.com. Proceeds will benefit the lakes area food shelf.

The **Northland Arboretum** will once again be home to **The Haunted Trail** on **Thurs., Fri., and Sat. Oct. 17-19** and be open from 7:00-10:00pm. Experience the haunted thrills and chills of The Beasts of Brainerd as you walk the low scare and high scare trails in the dark woods of the Arb. Tickets before Oct. 14 are \$10...after the 14th and at the door, tickets will be \$13. They are also asking guests to bring donations for the local food shelf. For more info, call 829-8770.

RSVP's are due by Fri. Oct. 18th for the **Longville Lakes Area Chamber of Commerce's 2019 Annual Fall Dinner Meeting**. The dinner will be held on **Tues. Oct. 22nd** at Patrick's in Longville with a cash bar at 6:00, dinner at 7:00. The cost to attend is \$22 per person. Any questions, contact Dawn by email at Frostys@arvig.net.

Light of the Cross Church in Garrison invites the public to its **"Used A Bit Christmas Décor & Collectibles"** on **Sat. Oct. 19th**. The sale will be held from 9:00-3:00. The church is next to the Garrison VFW.

To celebrate the opening of the **new warming house and pavilion** at **Gregory Park** in Brainerd, there will be a **ribbon cutting ceremony** on **Sat. Oct. 19th** at 12:30 and the public is encouraged to attend. The warming house will be dedicated to Mike Padgett, who has taught area youth how to skate at Gregory Park for more than 40 years.

The **13th Annual Great Pumpkin Festival** will take place on **Sat. Oct. 19th** at Gregory Park in Brainerd from 1:00-4:00, (was rescheduled from the 12th). It is FREE to attend and it's open to all ages, but children must be with an adult. Enjoy games, bouncy slide, food, face painting and more! The event is hosted by the City of Brainerd.

The Brainerd Curling Club launches its 2019-20 season **Sat., Oct. 19** with a **Community Open House** from 5-8 p.m. This is a free event that's open to the public. Guests can check out the club and its leagues and programs, and give curling a try. Cashwise Liquor will be on hand for beer tasting. Club members will be on hand to give "mini lessons" and provide pointers who want to try curling. Participants are asked to wear comfortable, warm and loose-fitting clothes, and bring along a separate pair of athletic shoes with clean rubber soles. It's 45 degrees in the arena. Participants must be at least 6 y.o. to go on the ice.

Sounds of tubas, accordions and revelers will fill the fall air as **Ruttger's Bay Lake Lodge** brings a touch of Bavaria to the lakes area at its annual **Oktoberfest celebration** on **Sat. Oct. 19** starting at 9am! There will be an arts and crafts fair, food, drinks, music and a dinner buffet! Daytime events, including the arts/crafts fair are free to attend. To pay for and reserve your spot for dinner, call 218-678-2885. Learn more at Ruttgers.com.

The public is invited to a **Spaghetti Dinner** fundraiser at the Brainerd American Legion on **Sat. Oct. 19** from 5:00-7:00 in support of **Boy Scout Troop 43**. Presale tickets are \$8... \$9 at the door.. \$5 for kids 10 and under. There will also be meat raffle and a 50/50 raffle that will start at 5:30. All are welcome!

The **Second Annual Rock It Forward** concert event will take place on **Sat. Oct. 19th** at the Pine Peaks Events Center in Crosslake. The event, which runs from 7:00-11:30pm, will feature the band Zeppo, playing music of Led Zeppelin, with special guests, lakes area favorite, Wyld Ryce Band. The event is a fundraiser for the Brainerd Lakes Pay It Forward Fund, which through St. Joseph's Foundation at Essentia Health, provides financial assistance for basic living expenses to area residents who are undergoing cancer treatments. The all ages event will cost \$25 per person. Food and beverages will be for sale during the event as well. Tickets can be purchased at the door (or at BrownPaperTickets.com/event/4330106).

10/21 – 10/27

Join **Brainerd Lakes Curling Association** and **Pit Happens** as they host **Business After Hours** on **Tues., Oct. 22**, from 4:30 – 6:00 pm at the curling rink located in the Crow Wing County Fairgrounds. Pit Happens will be serving Smoked Pigs on the Beach (combo of smoked shrimp and smoked sausage bites with chimichirri drizzle), Smoked Salmon Cream Cheese Wontons (with apricot sauce), and Pulled Pork Loaded Nachos (with smoked nacho cheese sauce, mango salsa and pickled jalapenos). Brainerd Lakes Curling Association's cash bar will be open with a variety of beverage choices. Everyone is invited to learn more about the Chamber and gain exposure for their business by attending this free event. Business After Hours attendees pass the microphone and introduce themselves to the group, so bring your business cards and get ready to network. Please RSVP by contacting the Brainerd Lakes Chamber. or call (218) 829-2838.

The annual **Distinguished Service Awards Banquet**, hosted by Brainerd Community Action and the Brainerd Jaycees, will be held on **Thurs. Oct. 24th** at The Woods north of Brainerd. The dinner and awards event will run from 6:30-9:30 and tickets are \$40. Get tickets online through BrainerdJaycees.com or you can get them (may cost more) at the door. You can also look it up at EventBrite.com.

Verse Like Water, the visiting poet program of **Central Lakes College**, will kick off its eighth year of programming by introducing Iranian-American Poet Kaveh Akbar at 12:00 noon on **Fri., Oct. 25** in the Chalberg Theatre, Brainerd campus. The event is free and open to the public.

Community members are invited to a family-friendly **Fall Festival** at **Central Lakes College's** Brainerd campus from 5-8 p.m. on **Fri., Oct. 25** in the cafeteria. Free activities include: crafts, snacks, fun activities, door prizes and cookie decorating. Other activities for a small donation include caricatures, a photo booth and face painting. The event is a fundraiser for The Right Brain Graphics Club, CLC's Graphic Design student club.

Antje Duvekot will be welcomed to **Grassroots Concerts** at 7:30 p.m. on **Fri., Oct. 25** at the Live Well Nightclub and Coffee Bar in the Journey Church, 5459 Lakers Lane (next to the Nisswa school). She has won some of the top songwriting awards including the Grand Prize in the John Lennon Songwriting Competition. 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. t each concert Grassroots welcomes your nonperishable food or cash donation to the local food shelf. For more info, visit Grassrootsconcerts.org.

The public is invited to a **Scandinavian Dinner** and **Alzheimer's Association Fundraiser** on **Sat. Oct. 26th** at St. James Catholic Church in Aitkin. The dinner will begin at 6:00 and includes meatballs, lutefisk with white sauce and butter, boiled potatoes, salads, veggies, rye bread, beverages and dessert. The cost is \$40 with all proceeds going to the Alzheimer's Association. For tickets call 218-343-7146.

The **Saving Hearts 5K Run/Walk for Suicide Prevention** will take place at the Cuyuna Range Elementary School in Crosby on **Sat. Oct. 26th**. The silent auction and event registration will start at 9:00. The 5K & 1 Mile will start at 10:00. The silent auction closes at 11:30. All the proceeds will go to the local Crisis Line & Referral Service. For more info and to register, visit SavingHeartsRun.com.

It's time for another **Halloween Pumpkin Palooza** at **Landsburg Landscape Nursery** in Brainerd. The Palooza will run from 10:00-1:00 on **Sat. Oct. 26th** and there will be a costume contest, games, crafts, tasty treats and more! The cost is \$5 per child ages 3-12. For more info, visit LandsburgNursery.com.

It'll be a HOWLING good time during **Paws In The Park Howl-O-Ween** at Buster Park in Brainerd on **Sat. Oct. 26th** from 11:00-1:00. There will be a costume contest, treats and of course, a howling contest. Buster Park rules will apply to this event. See you, and your pooch, there!

Kids and their families are invited to put on their Halloween costumes and head to Pequot Lakes on **Sat. Oct. 26th** for the **2nd Annual Pequot Lakes Halloween Event**. It will run from 10:00-12:00 and the event is free. Kids can trick or treat at participating businesses, meet Miss Pequot Lakes Royalty as they host a bonfire at Trailside Park and hand out apple juice and s'mores while supplies last. For more info, visit PequotLakes.com.

Kids are invited to dress in their **Halloween** costumes and come to **Cub Foods** in Brainerd or Baxter to do some safe, indoor trick-or-treating! The event will be held from 11:00-1:00 at both stores on **Sat. Oct. 26th**. They'll have candy, games, prizes and fun – the event is free to attend!

Brainerd Lakes Area Chamber businesses will be hosting a **Spooktacular Trick or Treating** event in downtown Brainerd on **Sat. Oct. 26th** from 12:00-3:00. The event will be headquartered in the parking lot next to Sage On Laurel. Kids can stop down for some fun and goodies, then trick or treat around downtown at participating businesses! The event is free and open to kids of all ages.

The **Central Lakes College Cultural Arts Series** will present **Monroe Crossing** at the Chalberg Theater at CLC Brainerd Campus on **Sat. Oct. 26th** at 7:30pm. The group is well known for its electrifying blend of classic bluegrass, bluegrass gospel and heartfelt original music. Reserved seating tickets are \$15 for adults...\$12 for those under 18. Get tickets online at CLCPerformingArts.com or by calling 855-8199.

Students from three different Central Minnesota schools will be featured artists at the indoor marketplace event on **Sat., Oct. 26th**, 10 a.m. to 3 p.m. at **Sprout MN** (609 13th Ave NE, Door 8, Little Falls, Minn.) **Sprout Growers & Makers Marketplace** highlights cultural arts through performances and cooking demonstrations at each monthly market. The October market will highlight talented students in both music and culinary arts. The market will also reveal a new art installation made by a young artist, as well as have free art activities for all ages through a traveling art studio. Visit SproutMN.com for more info.

The Pine River Area Food Shelf will hold its **"Soups 'n Sweets"** event on **Sun. Oct. 27th** at the American Legion Post in Pine River. The event will run from 11:00-1:00 and feature delicious soups from area restaurants along with some sweet treats to enjoy. The cost to attend is \$8 for adults.

The Legacy Chorale proudly present their **17th Annual Fundraiser, "At The Hop"** on **Fri. Nov. 1st** at Cragun's Resort Sports Centre on Gull Lake. Celebrate the music and dance traditions of the 1950's as singers, dancers and a rock-n-roll band take you back in time. The night includes "dinner at the diner" featuring Irma's Pot Roast and apple crisp, shopping the silent auction and fun! Tickets are \$59.95 per person and you can get them online at LegacyChorale.org/tickets. **TICKET SALES END on Sun. Oct. 27th!**

St. Rita's Parish in Hillman invites the public out for **Quilt or Cash Bingo** on **Sun. Oct. 27th** starting at 1:30pm. Winners choose a quilt or \$40 cash. There are other prizes available as well. The event is handicapped accessible and a free lunch will be served after the games. For more info, call 320-277-3807

Lutheran Church of the Cross in Nisswa invites kids to its **Trunk Or Treat** event on **Sun. Oct. 27th** from 3:00- 5:00pm. They will have cotton candy and popcorn, hot chocolate, a bounce house and trunks full of candy! All are welcome...it's free to attend. Trunk or Treat is also a Teal Pumpkin Project Friendly event.)

10/28 – 11/3

It's going to be a SPOOK-TACULAR **Youth On Stage Open Mic Night** on **Mon. Oct. 28th** at the Eagles Club in Brainerd. Get your costume ready to attend and/or perform! Those who sign up to perform are asked to add a Halloween twist to their act, whatever that may be. Performers must be youth up to the age of 25 and must provide a family-friendly talent. For more, visit YouthOnStageMN.org

The **Brainerd Family YMCA** invites kids to their annual **Halloween at the Y Party** on **Tues. Oct. 29th** from 5:00-8:00pm. Free activities include a costume contest, trunk or treat and a family dance. Wristband activities include carnival games, pizza & snacks and more. Game bands are \$3, Food bands are \$5. Stop by the YMCA and get your bands today!

Crow Wing Energized presents the **3rd Annual Workplace Wellness Conference** on **Wed. Oct. 30th** from 8:00-12:30 at the Crow Wing County Land Services facility. Keynote speaker, award winning author, business consultant and coach, Annie Meehan will show guests how achieving exceptional results (exceeding goals, high performance, exceeding customer expectation) lead to enormous rewards (trusted leadership, repeat business, promotions). There is no cost to attend, but registration is required. Visit CrowWingEnergized.org to register.

The **Cuyuna Regional Medical Center's Care Center** invites children 10 and under to attend a **Trick or Treat Parade** at the center on **Thurs. Oct. 31st** from 6:00-7:00pm. Kids can get into their costumes and trick or treat indoors at the center. Please use the main entrance.

The **Cass County Sheriff's Office** invites the community to its **8th Annual Trick-or-Treat** event from 4:30-7:00 on **Thurs. Oct. 31st** in the east parking lot of the sheriff's office. Participants will receive a goodie bag with a coloring book, safety tips and treats, and will get to visit with Sheriff Tom Burch and staff. In the event of rain, they will move into the office lobby.

The Friends of the Brainerd Public Library are sponsoring an **antiques and collectibles appraisal event** featuring author and antiques expert Mark F. Moran of Iola, Wisconsin, on Fri., Nov. 1 from 2:30 p.m. - 5:30 p.m. at the Brainerd Public Library. Moran, who has worked on PBS TV's Antiques Roadshow, has bought and sold antiques for more than 30 years. He is the author or co-author of more than 25 books on antiques and collectibles, including three editions of the 800-page annual Warman's Antiques & Collectibles. Pre-registration is required for those that would like to have an item appraised. Call the Brainerd Public Library at 218-829-5574 for details and appointment times. Everyone is welcome to watch as Moran works to find the history of the item and its value.

Northern Lakes Lightning Youth Hockey invites kids ages 4-10 to **Come Try Hockey for FREE** on **Sat. Nov. 2nd** at the Breezy Point Sports Center from 10:00-12:00 OR at the Hallett Community Center in Crosby from 2:30-4:30. All gear is provided. They ask that you arrive 45 minutes early to get fitted for gear. NLYHA serves youth in the school districts and communities of Aitkin, Crosby-Ironton, Crosslake, Pequot Lakes and Pine River-Backus. Register online at NorthernLakesLightning.com.

The **Cultural Arts Series through Central Lakes Performing Arts** will present the comedy act **Triple Espresso** at the Chalberg Theater on **Sat. Nov. 2nd** at 2:00 and again at 7:30. Making people laugh til their cheeks hurt for over 20 years, Hugh Butternut, Buzz Maxwell and Bobby Bean bring infectious laughter to everyone – from first graders to grandparents, millennials to baby boomers! Tickets are \$20 for adults.... \$17 for those under 18. Get tickets now by visiting CLCPerformingArts.com or by calling 855-8199.