



Invalid dog gets wheelchair and new lease on life

By Dawn Schimpp Timbs
World reporter

Thanks to a wheelchair created specifically for dogs, a 10-year-old German Shepherd named Lacy has been given a new lease on life.

"She's finally able to go on walks again," said Bud Trana of Staples, explaining that Lacy was diagnosed with hip dysplasia about a year ago.

Although she's still very healthy, this disease (a dislocation of the hip joints resulting in cartilage damage) has left Lacy unable to use her hind legs.

"It's been really hard to see her in this condition," Bud said, explaining that without the wheelchair, Lacy can only get around by dragging herself with her front legs. "She's not in any pain, though," he added.

The regal-looking dog

has been a part of the Trana household since she was a pup.

"Sandy (Bud's wife) and I got her when she was just seven weeks old," Bud said. "All of the kids were out of the house by then, so she's been our baby."

Bud's partial to German Shepherd's, he said, adding that the family has owned others of this breed throughout the years. In the 1970's, when Bud was a cop with the Staples Police Department, he would often drive the squad car accompanied by his German Shepherd, Sam. "You can't find a better dog," Bud said.

Lacy was the female runt born to Sadie, a German Shepherd owned by the Trana's daughter, Kandi.

"Yep, Kandi called and said we should come down and take a look at this pup," Bud said. "We fell in love with her right away."

Lacy's the sort of dog,

Bud said, that goes everywhere with the family. She's had full run of the house; loves accompanying Bud on trips around town in his truck; and is an enthusiastic camper.

It was on one of the family camping trips about a year ago that Bud first noticed Lacy was limping.

"I thought at first she might have torn a ligament or something," Bud recalled.

However, when she was still limping a week later, the Tranas brought her in to the veterinarian to find out what was wrong.

X-rays revealed that Lacy, who turns 12 on Jan. 14, had hip dysplasia.

The Tranas did what they could to make their pal comfortable (she now sleeps on a big therapeutic bed); and researched options for treating Lacy's disease.

"We've probably spent somewhere around three

or four thousand dollars on Lacy over the years," Bud said, paging through his dog's medical file. "She's worth it...I wouldn't take a million dollars for her."

However, in spite of their love for Lacy, the Tranas weren't in a position to pay for hip dysplasia surgery, something that could cost at least \$5,000, Bud learned. "That's a lot of money; and with Lacy getting older, it's not a practical option," he added.

Not knowing what to do for his ailing dog, Bud was thrilled to stumble upon a website for 'Doggon' Wheels,' a company that specializes in meeting needs of disabled pets.

Based in Bozeman, Montana, Doggon' Wheels manufactures wheelchairs and other equipment for animals. Bud was amazed to learn that they even carry a line of wheelchairs for

See **LACY** on page 6b



On the move again

Bud Trana of Staples helps harness Lacy, his 11-year-old German Shepherd, to her new wheelchair made specifically for dogs. Lacy has hip dysplasia and lost all use of her hind legs about a year ago. (Staples World photo by Dawn Schimpp Timbs)

"What ever happened to...?"

Nadia Wilkins, 1966 MHS graduate, now a published author

By Dawn Schimpp Timbs
World reporter

Reporter's note: This is the first in a series entitled, "What ever happened to...?" a periodic column which will highlight stories from graduates in the Motley and Pillager areas.

When she was writing poetry and essays for her high school English teacher, Mrs. Aune, little did Motley native Nadia (Wilkins) Giordana know she'd use



MHS grad

Pictured above is the senior photo of Nadia (Wilkins) Giordana, 1966 graduate of Motley High School.

what she learned to write a book someday.

The 1966 graduate of Motley High School, now a resident of the Dayton area, recently finished writing "Thinking Skinny," a book which shares her personal story of how she lost 88 pounds in 14 months without stomach surgery, pills or fad dieting.

According to Nadia, she

is a woman like so many; struggling with weight issues, sincerely searching for workable solutions. "I've learned that if you can envision the body you want, you can embody that vision; and it's not the individual diet you choose that matters most, it's the method you use with it," she said recently.

Nadia didn't start struggling with her weight until she was in her mid-40's, she said. "I was a skinny kid and slim as a young adult," she added.

She grew up on a farm, about eight and a half miles north of Motley on Hwy 64. Her parents, Norman and Sylvia Wilkins, farmed in that area until they went to Alaska in 1979.

"But that's a whole other story," Nadia laughed, sharing briefly about her parents' adventures which are recorded in a documentary journal, "10,000 Days in Alaska," written by her dad.

Nadia's memories of growing up in Motley are happy ones, she said. "I liked living on the farm; and in the summer sometimes we would go swimming at Pillager Lake." One of the best memories of all? Going to school, she said.

It was in school that she first developed a love for writing; and credits Mrs. Aune for teaching her a lot about writing fundamentals. "Mrs. Heroux probably taught me discipline... sticking to it and finishing what you start; and Mr. Phelps gave me an appreciation of literature and a decided sense of humor

about it all," Nadia said. She also remembers taking an algebra class from Mr. Rassmussen, who was the school principal at that time.

Over the years, Nadia has written several short poetry collections; and in 2006, she wrote, "No Thank You, I'd Rather Be Myself," a collection of humor, essays, wit, wisdom; and other pieces of my mind," she said.

"Thinking Skinny," which she finished writing in July, is Nadia's first serious project, she said.

In addition to writing, Nadia is a small press publisher; and has published "Thinking Skinny" under the umbrella of her company, RMP Books. "That's not to say I wouldn't welcome the advances of a major publishing house," she said.

Being a writer, Nadia said, it seemed natural to her to keep notes during her weight-loss journey.

"Once it became obvious that my unique method was actually working for me, I first planned to publish the information as an e-book, or as a series of articles on my blog (www.nadiagiordana.com)," Nadia said. She soon realized that she had enough material for a book and decided to make it happen.

"The idea for my specialized approach came out of my daily talks with God," Nadia said.

The writer believes that one of the most important points she makes in the book is that weight loss doesn't have to be complicated; and it doesn't really

matter which diet plan you choose. "What matters," Nadia said, "are the methods you use with it and that you find something that will work for you permanently. I used focused visualizations (detailed in the book) along with a daily dialog with God to keep me on track."

Although she's had her share of struggles since she left Motley in 1966, Nadia has had many happy experiences to write about as well.

"I love being a grandmother; and growing heirloom tomatoes...a passion I share with my husband of 14 years, Chuck Kasun," Nadia said.

What else might her former classmates want to know about her?

"I have a grown daughter, Laura Behrendt, who lives with her husband and her two youngest children in Rogers," Nadia answered. "Laura's oldest daughter, Brittany, lives in Minneapolis."

It's hard to believe that 40-some years have passed since she received her diploma at MHS, Nadia said. "I'm still not used to the consolidation of the Motley and Staples schools," she added. "That will take some getting used to."

She still has family in the area, so Nadia gets back to Motley on occasion. "My brother, Paul Wilkins, raised his family (along with his wife, Ruth) in Staples until he passed away last June," Nadia said. Paul's son, Steve Wilkins lives in Staples with his wife and two sons. Ruth

See **NADIA** on page 6b



Clinic expanding

An expansion project recently began at Lakewood Health System's Pillager Clinic. Nor-Son Construction broke ground at the site July 24; and the project (adding 2,850 square feet to the building) is expected to be complete by Nov. 30. (Submitted photos)



LHS Pillager Clinic expansion underway

Nor-Son Construction broke ground at Lakewood Health System's Pillager Clinic on Friday, July 24, to begin an expansion project adding 2,850 square feet to the building. The Pillager Clinic opened in November, 2003, to offer family practice and physical therapy including incontinence therapy services. During the year 2008, the Pillager Clinic served over 4,000 patients.

The expansion project is expected to be complete by Nov. 30, and will continue to

stay open for business with normal hours throughout construction. The Pillager Clinic is open 9 a.m. - 5 p.m., Monday - Friday.

With the completion of the expansion project, the new space will allow for additional physicians, mid-levels, specialists and additional procedures. For more information about Lakewood Health System's Pillager Clinic expansion project, contact Craig Wolhowe at 218-894-8600 or email craigwolhowe@lakewoodhealthsystem.com



Bobcat in Motley

Linda Jasmer, Motley, recently snapped this picture of a bobcat sitting near her kitchen window. The bobcat was trying to get to Linda's rabbits, which are kept in a cage outside of her house. (Submitted photo)

Bobcat lunges at Motley woman

"I moved to town to be safe; and I don't think it's working too well," laughed Linda Jasmer of Motley. "Last winter I had a criminal run through my yard and now this past Sunday, I had a bobcat trying to get into my kitchen window."

Linda lives on the east end of Birch Street in Motley; not a neighborhood where you'd expect to find wild animals.

She saw the bobcat before it saw her, Linda said.

"I had heard a lot of thumping noises coming from my rabbit cages, so I thought I'd check it out," she said.

The bunnies live in a cage located directly below Linda's kitchen window. They were definitely jumping around for a reason.

"That bobcat was trying to get some breakfast; and he was not going to leave until he did," Linda said. She went outside to

try and shoo the big cat away, Linda said. "But that wasn't such a good idea; because he came right at me."

Linda ran back inside to call the police. Her call was forwarded to the Morrison County Sheriff's Department, who told her to stay inside and wait for help.

"It was an hour and 15 minutes before they arrived; and that bobcat stayed close by the whole time," Linda said.

While she waited for the cops, Linda snapped a few pictures of the bobcat with the camera of her cellphone.

"I guess that wasn't a good idea either," Linda laughed. "He saw me and lunged at the screen of my window, ripping a hole in it with his big paw."

Later, Linda would see where the bobcat left paw prints on her wall.

"He had such a pretty

See **BOBCAT** on page 6b

Crow Wing Calendar

August 15, 18

HAZEL DELL LIBRARY, LEADER, open Tuesdays, 11 a.m. - 2 p.m.; and Saturdays, 10 a.m. - 1 p.m. From Motley, Hwy 64, 12 miles, left on CR 156 two miles. For info., call Sue at 218-397-2355.

August 21

FOOT CARE CLINIC, Friday, Aug. 21, 8:30 a.m. - 3 p.m., Scandia Valley Town Hall. For info., appt., 218-894-8080.

August 25

CHILD & TEEN CHECKUP CLINIC, sponsored by Cass County Health, Human & Veterans Services, Tuesday, Aug. 25, Pillager Family Center. For more info., appt., 218-746-4009.

Tips for home flood clean-up

Katherine Mackedanz, the new health education coordinator for the Todd County Public Health Department, provided the following tips for anyone affected by the recent heavy rains and flooding.

- Take pictures of flood damage, including pictures of the building and contents before you start cleaning. Pictures help with insurance claims.

- Stay safe as you clean. Wear a mask, rubber boots, rubber gloves and eye goggles to clean up. Wash hands often using soap and safe water.

- What to throw away. Take out and throw away anything that soaks up water. Wood, wallboard, wallpaper, insulation, carpet.

See **TIPS** on page 6b