

FOR IMMEDIATE RELEASE

Local author suffers from wanderlust, publishes a regional celebration as a cure.
100 Things to Do in Minnesota Northwoods Before You Die.

February 8, 2021 Brainerd, Minnesota

Local author Julie Jo Larson's own wanderlust led her to share her penchant for the Northwoods with the world. She encourages readers to grab a friend or two, a copy of *100 Things to Do in Minnesota Northwoods Before You Die*, and their sense of wonder because adventures await everyone up north.

Julie Jo is an author, storycatcher, and presenter. Her book springs forth from Reedy Press in April, 2021. With a walking stick in hand, worn mukluks on her feet, and a never-ending supply of wanderlust, she travels across Minnesota with the MsStorians, a women's history group she formed in 2014. Their adventures appear in the *Lake Country Journal* and other publications. Julie Jo is the assistant director of TRIO Student Support Services at Central Lakes College. She is a graduate of the College of Saint Scholastica, Central Lakes College, and Mankato Technical Institute. She lives near Brainerd with her family, pets, and a flock of chickens.

100 Things to Do in Minnesota Northwoods Before You Die

Up in the land where Paul Bunyan statues are big and the tall tales about him are even bigger, lie some of Minnesota's most beautiful resort communities. This is the land of 10,000 lakes and truly untouched wilderness surrounding Bemidji, Duluth, and Brainerd, among other towns, otherwise known as Minnesota's Northwoods.

Whether you use Julie Jo's book as a bucket list, a tour guide, or a cure for cabin fever, she has you covered. She'll entice you to try new outdoor activities, such as wading across the headwaters of the Mississippi, eat unusual foods, and sip flavorful beverages. You'll also find a plethora of things to do inside on rainy days. Carefully crafted itineraries and seasonal—yes, there are four seasons here—activities will provide plenty of inspiration for visitors and locals alike.

Please purchase Julie Jo's book through JULIEJOLARSON.COM, Amazon, Reedy Press, or retailers across the region. She is now scheduling speaking engagements and events across Minnesota for 2021 and 2022. Please see her website for more information or contact her via email: juliejolarsonstorycatcher@gmail.com

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