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Sat., January 4, 2020

# NEWSHOPPER

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## WHAT'S INSIDE

LEGALS  
Page 2

OBITUARIES  
Pages 2 & 4

COMMUNITY EVENTS  
Page 3

CLASSIFIEDS  
Page 5

**Get Refreshed!**

**Recovery  
Worship  
Service**

**Saturday,  
January 4  
at 5:00 p.m.**

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**EVERYONE is  
WELCOME!**

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know someone who does.*

## Free-will Lakes Area Music Festival concert in Nisswa



Scott Lykins (piano)

On Sunday, Jan. 5 at 2 p.m. the Lakes Area Music Festival will continue its 2019/20 Winter Series featuring artistic directors John Taylor Ward (baritone) and Scott Lykins (piano) in a vocal recital titled "Tragic Comedy". The event will take place at Lutheran Church of the Cross in Nisswa. No tickets are required. Instead, donations to the Festival encouraged in lieu of ticket fees.

The music to be performed will hit the highest highs and lowest lows, with everything from heartfelt serenades to silly standards. Opening with selections from Gustav Mahler's tragic and heartfelt "Kindertotenlieder," the program will continue to two sets of "Songs of Don Quixote," by French composers Jacques

Ibert and Maurice Ravel. Several short songs by American composer Charles Ives will end the program, alongside silly American standards and musical theater selections.

The duo founded the Lakes Area Music Festival as undergraduate students at the Eastman School of Music, Rochester, NY, and has performed together across the United States and Europe over the past decade.

John Taylor Ward's performances have been praised for their "stylish abandon" (Alex Ross, The New Yorker) and their "finely calibrated precision and heart-rending expressivity" (Washington Post). He performs regularly with the world's finest baroque musicians and ensembles, including Christina Pluhar and L'Arpeggiata, Paul O'Dette, Steven Stubbs and the Boston Early Music Festival, William Christie and Les arts florissants, and Sir John Eliot Gardiner and the English Baroque Soloists. In 2016, he was featured in the U.S. premiere of Claude Vivier's Kopernikus, directed by Peter Sellars at the Ojai Festival, and he began a series of recitals at Joe's Pub with Cantata Profana. In 2017 he



John Taylor Ward (baritone)

made his debuts at the Salzburg, Berlin, and Luzerne Festspiele. Recent highlights include Berio's Sinfonia with the New York Philharmonic and Nick Shadow in Igor Stravinsky's The Rake's Progress, conducted by Barbara Hannigan in Gothenburg, Sweden. Taylor holds a BM from the Eastman School of Music and an MMA from Yale School of Music; he is the founding Associate Artistic Director of the Lakes Area Music Festival, an Associate Artist of Heartbeat Opera, and an avid Sacred Harp singer.

Scott Lykins' career uniquely blends artistic performance as a cellist and pianist with administrative creativity as founding artistic and executive director of the Lakes Area Music Festival in his

native Brainerd, MN. He has received both bachelors and masters degrees in cello performance from the Eastman School of Music, studying with Steven Doane and Alan Harris, respectively. Lykins is a graduate of the Catherine Filene Shouse Arts Leadership Program at Eastman and was a member of the 2014 cohort of the Institute for Executive Director Leadership presented by St. Thomas University's College of Business.

Each summer, the Lakes Area Music Festival brings 200 all-star artists from top orchestras and opera companies around the world to perform three weeks of classical music performances in the Brainerd Lakes Area. The 2020 Festival will take place July 31 through August 23, with season details to be announced early March. For more information about the Lakes Area Music Festival, visit [lakesareamusic.org](http://lakesareamusic.org).

## Family sought for home

There will be informational meetings for potential Habitat for Humanity homeowners on Wednesday, Jan. 8 at 1 p.m. or 5:30 p.m. at the Aitkin Public Library.

If you have lived in Aitkin County for at least a year and have low income, steady income, and don't own property, consider being a Habitat for Humanity homeowner. Deserving, hard-working families are sought for a home located at 218 Minnesota Avenue South in Aitkin.

Habitat is not a giveaway program. In addition to a down payment and monthly

mortgage payments, homeowners invest hundreds of hours of their own labor (sweat equity) into building their Habitat house and the houses of others. Habitat houses are sold to partner families at no profit and financed with affordable loans. The homeowners' monthly mortgage payments are used to build still more Habitat houses.

If you are interested, please attend one of the meetings on Jan. 8 or call the local office at 218-927-5656 or email [annschwartz@habitat-forhumanityaitkincounty.org](mailto:annschwartz@habitat-forhumanityaitkincounty.org) to request an application.



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# OBITUARIES

## BETTY HOWARD



Betty Ann Howard, 91, of Aitkin died Sunday, December 22, 2019 at the Aicota Health Care Center in Aitkin. A memorial service will be held Friday, January 3, 2020 at 11 AM from First Lutheran Church with Pastor Michelle Ruen officiating. Visitation will be 1 hour prior to the time of service at the church. Interment will be in the Howard Cemetery. Memorials are preferred to the Bethesda Lutheran Church of Rossburg. Betty was born June 5, 1928 in Nordland Township of Aitkin County, Minnesota the daughter of Victor and Bertha (Olson) Sjodin. She grew up in Nordland Township where she attended school and then went to the Aitkin High School and graduated in 1946. She married Lawrence “Larry” Howard on December 5, 1946 in Minneapolis, Minnesota. They made their home in the Aitkin area where they raised their family and farmed. She moved into the Aicota Assisted Living Center in 2012. She was a member of the Aitkin Eastern Star, Bethesda Lutheran Church at Rossburg, the Bethesda Ladies Aid, had been involved in the Annual Turkey Dinner at Bethesda

Lutheran Church for many years, enjoyed baking, sewing, gardening, canning, playing Yahtzee, being a hostess as the coffee was always on and nobody ever left her home hungry. She also played music by ear. She is survived by her sons and daughters-in-law: Dale and Linda Howard, Aitkin, Dan and Dianne Howard, Bellechester; daughters and sons-in-law: Carole and Steve Prince, Garrison; Janice Bare, Aitkin; Joanne and Steve Mott, Pequot Lakes; nine grandchildren: Todd (DeLynn) Howard, Amy Howard, Heather Prince-Schell-ander, Matthew (Kristen) Bare, Michael (Alexandra) Bare, Angela (Luke) Driscoll, Rachel (Tyler) Schlottfeldt, Alyssa (Nathan) Readel, and Sarah Howard; 14 great-grandchildren: Brady Millsop, Ethan Millsop, Bella Howard, Ella Bare, Brody Bare, Morgan Bare, Kendall Bare, Nick Greiner, Lauren Greiner, Luke Schellander, Logun Schell-ander, Alayah Readel, Lucy Readel, Madelyn Driscoll; numerous nieces and nephews. She was preceded in death by her parents; hus-band Larry in 2008; two brothers; four sisters; and son-in-law Steve Bare. Arrangements are with the So-rens-en-Root-Thompson Funeral Home and Cremation Service.

## ELEANOR MUELLER/LINDEMAN



“Sawlad”, Eleanor “Saw-lady” Mueller/Lindeman, 90, died on Monday, December 16, 2019, in Aitkin. A Memorial Service and Celebration of Life will be held Friday, January 10, 2020 at 11:00 a.m. at Sorensen-Root Thompson Funeral Home in Aitkin. Eleanor lived a talented life of adventure and service to others. Her arts and crafts were what fueled her, but her real passion was her love of God and helping those in need. Even in the end, riddled with Alzheimers disease, she truly thought she “worked” at the nursing home and that it was her “job” to make others happy, giving hugs and playing music. In her late 40’s, Eleanor traveled to Haiti, volunteering with missionaries at Mother Theresa’s Home for the Dying. You could often find her without a coat in the Minne-sota winter, as there was always someone who needed it more. She made a difference in the lives of many. Ellen earned her “Sawlad” title from the thousands of saws she painted with Minne-sota scenes of wildlife and farms. She loved her

customers at the swap-meets and art fairs. She loved to travel, often driving across the country and exploring new places. One such trip led her to Mountain View, Arkansas, making it her home for four years. She could be found playing music with the locals on any given day. Ellen played by ear, never having a lesson, and was known to play the guitar, harmonica, dulcimer, autoharp, fiddle, banjo, mandolin, piano, and organ, all the while singing her beloved hymns and folk music. She was proud of living life her way, the art she created for so many, her children and grandchil-dren, building a log cabin in her 60’s, painting on anything and everything, and serving others. She is survived by two daughters, grandchil-dren, great-grandchildren and her best friend, Bob Lindeman. She was preceded in death by her parents, who raised her on the farm in Little Falls during the great depression; husband, Carl Mueller; sons, Douglas and Christopher Mueller; as well as, many sisters and brothers. Arrangements were with the So-rens-en-Root-Thompson Funeral Home and Cre-mation Service of Aitkin. Go to www.srtfuneral.com to sign the online guest register.

## BRADLEY WATSON

Bradley R. Watson, 78, of Pillager died on Fri-day, December 27, 2019 at his home. A Memorial Service will be held at 11:00 a.m. Saturday, January 4, 2020 at the First Baptist Church in Pillager. Burial will be at the Pine Ridge Cemetery in Emily. Visitation will be one hour prior to the service at the church on Saturday. He was born in Emily on February 16, 1941 to Roy and Fautel (Thompson) Watson. Brad married Patricia Stiner on August 5, 1959 in

Crosby. He was a member of the First Baptist Church in Pillager. Brad is survived by his wife, Pat; three children; one brother; one sister; 11 grandchildren and ten great-grandchildren. He was preceded in death by his parents; two brothers and one sister. Arrangements were with the Koop Funeral Home in Crosby.

# READER RIBBETS

## Amused and silent

It’s good to read people can pick up on the vitriol in letters about Crosby. It was feared they may have lost their snap. Add disgust, contempt, anger to the long list of words about the massive violation of the public trust committed by the former police chief. What’s beyond compre-hension is Crosby picked the arbitrators in both cases. The former chief chose to lie, distort the truth, alter documents, conduct biased, flawed, prejudiced, investi-gations, and made documents disappear during the investi-gation. Then when exposed, chose to attack, condemn, bully, intimidate the mes-sengers. The competence of the County Attorney has never been questioned. Their office was sucked into a politically motivated trial where seven false charges were conjured up and that office ended up embarrassed. The County At-torney trusted bad cops, bad information, bad investiga-tions, and they were burned. Their office does not conduct investigations, their fault. The former chief confirmed their involvement in getting an officer on paid adminis-trative leave — undermining the new chief. This puts the fine officers of the Crosby PD and surrounding communities at great risk. The former chief collaborated with the city

administrator to accomplish this, also, they collaborated to break data privacy laws. Keep reading periodically, you’ll be shocked by what’s coming and note, there is no dog in the hunt here either. If you must be concerned, be concerned about the vio-lation of the public trust, the waste of taxpayer’s money on politically motivated trials. Turn your concern to the cause and stop the abuse of power, the willing negligent acts of council members and mayors, and make sure it never happens again. If you can’t, remain amused and silent, as you have been. Kelly Avelsgard, Deerwood Concerned Observer

## Questions about Croft Mine project

Barb Groves poor attempt at again making us believe that she is going to spearhead the mission to save the Croft Mine property and all its historical treasures, I’d suggest that be-fore anyone foolishly rushes out to donate money to this cause, one should ask some real serious questions. The first is if this group of do-gooder preservationists are set up as a non-profit and can even legally take donations for a project that they don’t own, don’t have city support for and don’t have a credible, even presentable course of action on how revenue will be made or how incoming funds will be dispersed. There’s no mention of whose going to volunteer, of just how many volunteers will be needed, whose going to oversee them, etc. There’s also no real estimates on what restorations and annual

maintenance costs will be. No names were mentioned of the contractors who have inspected the premises. Why? Who would ever believe that a statement of “most said it was 90 percent okay” would be the standard to convince the pub-lic that due diligence has been done to assure public safety? Then there’s the question of who’s going to hold this group accountable? When things change, such as if promised or imagined support fails to come through, will Crosby end up with another tax burden — like the Hallett Community Center when all the townships who promised their support suddenly dropped out? If the Minnesota Department of Natural Resources (DNR) REALLY is going to just hand over this both historically rel-evant and commercially viable piece of property to a group of citizens who share the naive, limited vision of holding the occasional on-site wedding or gathering and grant beggings to generate enough income to do what they themselves couldn’t afford to do, its time for our politicians to step in to help the mighty DNR make some serious management changes. This smells so much like the failed Finn Hall fiasco that another local dreamer concocted that in the end also cost us Crosby taxpayers. If done properly, the po-tential windfalls our whole community could see from the future development of this property would be both substantial and long term. But if left in the care of remi-niscent story tellers, dreamers and beggers this iron range treasure will eventually, once again, become a forgotten burden to us taxpayers. Chris Ryan, Crosby

# LEGAL NOTICES

(Published in NewsHopper Sat., Dec. 21, 2019 & Sat. Jan. 4, 2020 )  
**NOTICE BAY LAKE TOWNSHIP**  
**January Monthly Board Meeting** - January 14, 2020 -7:00 P.M. Bay Lake Town Hall  
**Filing for Township Officers Election** - December 31, 2019 - January 14, 2020 to 5 P.M. Phone Carol Pundt at 218-678-3256 for an appoint-ment to pick up a filing form.  
**FEBRUARY MONTHLY BOARD MEETING** FEBRU-ARY 11, 2020, 7:00 P.M.  
**BAY LAKE TOWN HALL ANNUAL AUDIT AND BUD-GET MEETING AT THE TOWN HALL** FEBRUARY 18, 2020 6 P.M. Alternate Date Due to Inclement Weather FEBRUARY 21, 2020 6 P.M.  
**ABSENTEE VOTING AT THE TOWN HALL** MARCH 7, 2020 10:00 A.M. - 12:00 P.M.  
**ANNUAL ELECTION OF**

**TOWN OFFICERS POLLING HOURS** WILL BE OPENED BETWEEN THE HOURS OF 4:00 P.M. AND 8:00 P.M. AT THE TOWN HALL ON MARCH 10, 2020 ALTERNATE DATE FOR ANNUAL ELECTION OF TOWN OFFICERS DUE TO IN-CLEMENT WEATHER MARCH 17, 2020 4:00 P.M. - 8:00 P.M.  
**ANNUAL MEETING FOR THE BAY LAKE TOWNSHIP** WILL BE HELD AT THE BAY LAKE TOWN HALL MARCH 10, 2020 8:30 P.M. ALTER-NATE DATE FOR ANNUAL MEETING/ELECTION/BOARD OF CANVASS MEETING DUE TO INCLEMENT WEATHER MARCH 17, 2020 BAY LAKE TOWN HALL  
**BOARD OF CANVASS MEETING** MARCH 10, 2020 AFTER ANNUAL MEETING AT THE TOWN HALL  
**REORGANIZATION MEETING** April 7, 2020 7:00 P.M., BAY LAKE TOWN HALL REORGANIZATION MEETING DUE TO INCLEMENT WEATH-ER April 9, 2020 7:00 P.M., BAY LAKE TOWN HALL  
**MARCH MONTHLY BOARD MEETING** MARCH 12, 2020 7:00 P.M. BAY LAKE TOWN HALL  
Dated December 13, 2019  
CAROL PUNDT, Clerk  
Bay Lake Township  
218-678-3256  
9.6  
(Published in NewsHopper Sat., Jan. 4, 2020)  
**CITY OF TROMMALD MEETING NOTICE**  
THE REGULAR CITY COUNCIL MEETING FOR THE CITY OF TROMMALD WILL BE HELD JANUARY 8TH AT 7:00 P.M.  
MONA GESKE  
City of Trommald Clerk  
1.72

# Recycle More!

These items may all be recycled in Crow Wing County:

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- Plastics with the numbers 1-6
- Junk Mail
- Food Boxes (Non Refrigerated)

Recycling is good for the environment and our community. Learn what you can do at home!

To learn more about recycling in your area, you may call your local refuse hauler or Crow Wing County Solid Waste Management 218-824-1290  
There are numerous recycling containers throughout Crow Wing County, check out our website [www.crowwing.us](http://www.crowwing.us)

# Hoppers Helper’s Service Directory

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### TREE SERVICES

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2019-w13



# COMMUNITY EVENTS

**Ongoing Events:**  
AA - Aitkin - 322 1st Ave. NE 218-927-6240 Sun. Women's Meeting 5:30, Mon. Step Study 7:00pm Open, Tue. Big Book Discussion Meeting 6:30pm Open, Open Meeting 8:00pm, Wed. Women's Meeting 6pm, Thu. Sober Sailors Open 9am.  
AA Garrison: Monday Night AA (open) 7:30 PM and Wednesday 7:30 PM at Community Alliance Church, 9475 Jefferson St.  
ALANON - 322 1st Ave NE, Aitkin 6:30 pm Thursday evenings.  
ALANON Garrison: Wednesday 7:30 PM at Community Alliance Church, 9475 Jefferson St.  
Aitkin Friends of the Library meet 4th Tue. each month, 1 pm, Aitkin Public Library.  
Aitkin IOOF 164 meeting every 4th Monday at 2 pm  
Aitkin Lions meet on the 3rd Tuesday at 6 pm at the Aitkin Forty Club restaurant. Call 218-839-3954 for more info.  
Aitkin Rebekah lodge. 151. Meets the 1 st and the 3rd Tuesday of each month. Come join us. We meet at the IOOF hall. 22 2nd st. Above the Napa auto parts store. The 1st tues. is a business meeting. The 3rd one is a social meeting  
Aitkin Women of Today meet 2nd Mon. of month, 6:30 pm, Mille Lacs Energy Coop, info call 218-927-4558. Evening care is available and free. All are welcome!  
Alzheimer's Support group meetings at ANGELS in McGregor meets the 1st Thurs. every month at 1 pm.  
American Legion Aitkin Lee #86 & Unit 86, meets the 2nd Thurs. of each month at 7 p.m.  
Art Club meets on the second and fourth Tuesdays at the Jacques Art Center in Aitkin, 1-3 pm  
'Ask An Attorney' Workforce Center - 20-3rd St. NE, Aitkin, 4th Tuesday of month at noon  
Pre-registration required call 218-723-4005  
Blow-Hards, a lung disease support group, meets the 4th Thu. of each month, Kanabec Hospital in Mora. Contact Carol, 320-225-3646.  
Buddhism-Nichiren meetings held at the Brainerd Public Library conference room on the 3rd Saturday of every month at 1 pm. For information contact Mike Engblom-Bradley 936-525-7843.  
Care N Share Community Cafe Community Meal, Wednesdays Located in the fellowship hall in the Wesleyan Church on Highway #6 in Emily. Please call Sharon - 612 669-3295  
Caregiver/Memory Loss Support Group. Meets the first Wed., 1-2 p.m. at Birchstreet Center, downtown Aitkin. 218-9271383.  
Circles of Support meets every Tue., 6-8 pm If you are living paycheck to paycheck and are ready for a change, Circles may be right for you, call Brandi, 800-997-5723.  
Clear Lake Grange meets second Tue. each month, 6 p.m. potluck, 7 p.m. meeting. Meets at the Aitkin Library Community Center. More info call Bonnie 218-927-3485 or Roxy 218-927-4558.  
Co-dependants Anonymous meeting. 332 1st Av. NE Aitkin. Wednesday evenings. 5:30.  
Cooks Night Out - 3rd Wed of month, McGregor Comm. Ctr., 5:30 p.m., no restrictions, donations welcome.  
Cuyuna Rock Gem & Mineral Club, meet 2nd Sat. each month, 2:30 at the lower level of the Franklin Arts Center at 1001 Kingwood St, Brainerd.  
Dance every second Tuesday at Moose in Grand Rapids.  
Dance at VFW in McGregor every 1st Monday of the month, except holidays which will be on the following Monday  
Dance at Waukenabo the second and last Wednesday of the month.  
Deerwood Lakes Lions meet the 2nd Monday of each month at the Heartwood Senior Living Complex. Social begins at 5:30pm followed by Dinner/Meeting at 6:00pm. We are very involved in community events and would love

to have you join us. If you would like to come to a meeting and see what we do or going to be doing, please call Lion Nancy at 218-678-4165 and let me know by the Thursday before our meeting.  
Dyed in the Wool Spinners meeting 1st Tuesday of the month 1-4 p.m. If you knit, crochet, spin, weave or do any other fiber arts please join us in the Club Room at the Security State Bank, 402 Minnesota Ave. N., Aitkin.  
Emily Community Care N Share is serving meals on Wednesdays in the fellowship hall at the Wesleyan Church, Highway 6, Emily  
Evergreen P.A.C. ATV Club meetings 1st Thu. each month, 7 pm, Jackson Hole, Lawler, open to public.  
FASD Caregiver Support Group - For caregivers of individuals with a diagnosed or suspected Fetal Alcohol Spectrum Disorder (FASD). Meet with other caregivers (adults only please) for support, understanding, and networking. Meetings are 9 am the second Saturday of each month at Bethlehem Lutheran Church, 418 8th Ave. NE, Brainerd. For more information, please contact Sheila York at 218-820-5903 or syork@mofas.org  
Friends of Rice Lake National Wildlife Refuge meet 3rd Wed. each month, at 1 pm. at the Visitor Center at 36289 State Hwy. 65, McGregor 218-768-2402  
Food Addicts in Recovery Anonymous Meeting Tuesday evenings, 6:30 pm small conference room at Aitkin Library. No dues, fees or weigh ins. For more information call: 217-248-6434. www.foodaddicts.org  
Food Shelf (Aitkin) Open every Wednesday, 10:30 am - 3 pm. 102 4th St. NW, Aitkin  
Food Shelf (Aitkin) at First Lutheran Church open on 2nd and 4th Thurs. 9:30 am-5 pm, at 107 2nd St SE, Aitkin. Must register by 4:45 pm to be served.  
Food Shelf (Aitkin) Emergency Food Shelf at St. James Catholic Church, Aitkin. Hours are Tuesday from 12 to 3 pm. To enter the food shelf go to the South side of the building, go to the 4th door and look for signs.  
Food Shelf (Emily) First Wednesday of the month for produce and bakery only, 9:30 – 11:00 am. Third Wednesday distribution 9:30 – 11:00 am, followed by Thursday distribution 5:30 – 6:30 pm. Enter from south door.  
Food Shelf (Garrison) Open Tue. only 1-5 pm, at 9541 Madison Street; Garrison. For emergency food, call 3320-433-9435 and state needs, name & phone number, or leave message of same if no answer.  
Food Shelf (Hill City) Trinity Lutheran Church 3rd Saturday 8 am - Noon or by Appt.  
Food Shelf (Jacobson) Carmel Lutheran Church 60346 240th Ave, 1st and 3rd Thursday, 4 - 6 pm  
Food Shelf (McGregor) 45898 Hwy 65 2nd and 4th Wednesday of Month 9 am - Noon  
Garrison Fire Auxiliary meets 2nd Thu. 7:30 pm, Garrison Fire Hall.  
Garrison Thrift Store, Thurs.-Fri. 10-4, Sat. 11-4.  
Gamblers Anonymous 7 pm Thursdays at the Heritage Church on College Drive in Brainerd. This is a closed meeting. Anyone who has a desire to stop gambling is welcome. For more info call 715-821-1749.  
Heart to Heart Support Group, 4th Tue. of month, 2 pm, Kanabec Hospital, int. of Hwy. 65 & 23, Mora.  
Jacobson Seniors meets every Thu., 10-2 pm at Jacobson Comm. Ctr. Potluck at noon. Beverage provided. All are welcome. For more info., 752-1515.  
Marsh and Meadows Hunting Retriever Club, Mon. 5:30 pm in Pe-

quot Lakes, for more info call Brett 651-270-5648 or facebook/Marsh and Meadows Hunting Retriever Club  
Overeaters Anonymous 9:30am at Aitkin Library, 7:00pm at 112 1st Ave SW - house next to New Life Church. Everyone is welcome, especially newcomers. OA is a 12 step program fashioned after AA. Not a diet club, no dues or fees or weigh-ins. For more info: OA.org, or call meeting contact Cheryl at 770-576-5984.  
Recovery Worship Service, Cascade United Methodist Church, Crosby/Deerwood, 1st Sat., 5 pm. Everyone is welcome.  
Rosary is ongoing the fourth Tuesday of each month at 1 pm at the Big Fish, Garrison, contact Jean at 218-764-2665 for more info.  
TOPS Aitkin (Take Off Pounds Sensibly) Every Tues at East Entrance, First Lutheran Church, 101 2nd St SE, Aitkin Weigh in at 4:30pm and meeting at 5pm  
TOPS Ironton (Take Off Pounds Sensibly) meet Monday, 4 pm weigh-in, 4:30 pm meeting at Immanuel Lutheran Church, Crosby. Call Mabel Semler 218-546-6523 for meeting location information.  
Weight Watchers (now called WW) meets at Hallett Center in Crosby every Wednesday at 5:45 pm. Weigh in begins at 5:15 pm. For more information call 218-820-9725.  
White Pine Riders ATV Club meet 2nd Sat. each month (Feb. - Oct.) at McGrath Fire Hall, 10 am, open to public.  
**January**  
6th - Cuyuna Range Women's Club meeting 1 p.m. at Salem Lutheran Church in Deerwood. Bingo will be the game of the day. Prizes will be awarded Guests are welcome.  
6th - McGregor VFW Dance 2:30 p.m.  
7th - Aitkin All Starz Booster Club Meeting at the Aitkin High School 6-7 p.m.  
8th - Informational meeting for potential Habitat for Humanity homeowners. Learn how to apply for the new home to be built in Aitkin. 1 p.m. or 5:30 p.m. Aitkin Public Library. Children welcome  
11th & 12th - Brainerd Gun Show  
18th —Annual Ice Fishing Contest on Lawrence Lake

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Week One Resolution Tips

Wonderful! So here you are into week one of your resolution and everything has gone just as planned. Eating just right, going for it in your exercise plan, and trying to kick a bad habit or two... or three. This can be the best week in your plan. At some point, you may start to experience some affects of the plan that make you want to quit. Put these tips in your toolbox to head off some of the common derailing issues.

**Accept imperfection for now.** Starting your plan is the hardest part. Staying with it is a close second. I find that it's quite common with my patients to see them doing very well on their program and then one day just stop. When I ask them why, they say they were doing great until they just "blew it" one day, then decided to quit. They all say it in their own way but what they are saying is "If I can't be perfect forever, then I'm not going to do it". You're a zebra in a herd of horses, if you can be perfect all the way through. "Blowing it" comes with the territory.


**Warm up before you stretch.** For the majority just getting back into exercise, this can save us from a big speed bump: next day stiffness! Being achy and stiff the day after a workout can dim our image of "exercise is the greatest thing since sliced bread" idea. A five to ten minute mild to moderate walk, easy bicycling, or vibe platform session can get blood moving into your muscles and get your heart revved up. At this point, when you go to stretch, the muscle fibers have blood, oxygen and nutrients that allow your muscle to relax and contract they way they should with less effort, resistance, and potential damage. Also, a cold stretch is only 10% as effective as a warm stretch.

**Get the nutrients you need.** This commonly includes electrolytes (like calcium, potassium, phosphorus, and sodium), Methylated B vitamins (a special

form of B vitamins), and the most overlooked nutrient – Water. These can also help minimize some of the next day after-affects. Some may need additional protein but are best found with guidance to get the high-quality proteins you need.

**Avoid the heating pads.** I rarely have a patient that over-does ice. I commonly have patients that over-do heat. Heat will feel good. It can increase blood flow and bring endorphins and enkephalins (natural pain-killers) to the area and decrease pain. This is the good part. The downside is that they wear off in about two hours and now you'll pay the piper. The heat also will have created inflammation which commonly causes increased pain. I've seen studies that suggest for every 5 minutes you do heat with an new injury (stiffness can be a minor injury signal) you can extend the recovery time by up to a week.

**Stay with it.** The longer you do it, the more it will become a part of you. Don't forget to forgive yourself for "blowing it". The initial discomfort will pass. Make the SHIFT today!




Dr. Murray Smith DC, cAcu, CSCS, CCSP is a Board Certified Doctor of Chiropractic, Board Certified Acupuncturist, Clinical Nutritionist with a passion for helping people reclaim their health naturally and empowering them to keep it! He is the co-founder of SHIFT Integrative Medicine serving the Cuyuna Lakes and Brainerd Lakes areas of central Minnesota for over 25 years.

For more information, log on to [www.askdrsmith.com](http://www.askdrsmith.com), call or text 218-851-9626.

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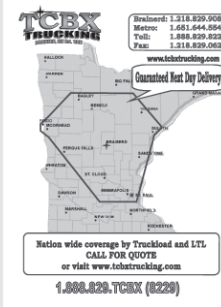
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