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## New ATV trail will bring tourism dollars to Emily / Palisade

By ANN SCHWARTZ  
"Cabin owners want diverse recreational opportunities," observed Perry May, president of the Over the Hills Gang ATV Club of Outing and Emily. "When you look at the cars coming up Hwy. 6, fewer are hauling boats and more are hauling ATVs. Years ago, you only saw boats coming to the lakes area. Now, people want to get out on the lake and boat and fish and ride their ATVs and ride their bicycles on the mountain bike trails."

The club is celebrating a recent \$25,000 grant awarded by the Iron Range Resources Board (IRRB) that will help them with the local share of connecting the trail from the Emily Outing ATV Trails to the Aitkin County Blind Lake Trail.

The club has been working on this trail since 2013, when Crow Wing County updated its recreational plan. The trail is located all on public land and is 16 miles long.

The total cost is \$140,000 with the state paying 65 percent. The club has to raise 35 percent, which they are accomplishing through the IRRB grant and a Yamaha grant for \$15,000, along

with credit for their volunteer labor.

It is a process of four years of planning and two years of construction, explained May. They started actual construction in the fall of 2019 and should open the trail in June 2021.

"We focused on keeping them on natural land as much as possible. We are having a natural surface trail and, going over lots of swamp, we constructed a lot of punch-in boardwalks and small bridges."

The ride is through beautiful countryside from red pines in a state forest to lakes and rural wild land.

A myriad of permits were obtained for the project, from MnDot, to wetland, stormwater and county and township permits. They are doing a lot of protection of wetlands with silt fence and need to get three bids for everything as state funds are paying a lion's share.

They have worked with lumber companies in Aitkin and Deerwood, as well as excavators and gravel haulers. Culverts are placed and gravel ramps installed in steep areas. A licensed tree company will brush out the

trail and cut the path. Parts of the trail are an old logging access road and is important to local private landowners that the trail is kept on public land, May explained. They are winding it around mature maples, oaks, pines and spruce in an effort not to remove many large trees.

May pointed out that general taxpayers don't pay for the trail. It is funded through grants and ATV registration and gas tax revenues.

The ATV club has 350 members and 44 local business members. Many of the members are seasonal visitors and the local businesses say that the ATVers keep their businesses viable.

"The Wigwam Motel was struggling with a light occupancy rate and went through a number of owners," said May. "The current owner says with the ATV business it is now profitable. He said he couldn't make it through the summer without the ATVs. Restaurants tell us the same thing."

The club participates in the Emily Outing Lions Corn Feed, Emily Day, donates to the food shelf and hosts safety training. "We also host rides to get people to get out and

explore the area."

May said that ATV trails link Aitkin, Crow Wing and Cass counties and are vital to tourism and economic success for small area businesses.

The club's next meeting is Saturday, Feb. 1, at 10 a.m. at the Log Cabin in Emily. They

meet from January through October of each year.

They probably won't do a winter ride this year but their big event is the first Saturday of June. "It's our 18th year of the Pork N Ride event. It's our biggest fundraiser. We take

Continued on Page 2

## CRMC's 2020 first baby



Cuyuna Regional Medical Center's first baby of 2020 was born on Thursday afternoon, Jan. 2. John and Holy Rowell of Pine River welcomed their fourth child, Ronin, weighing 8 pounds and 5 ounces. He was 21 inches long. The newborn, who wasn't due until January 20, joins siblings Emilyynn, 3; Connor, 5; and Jonathan, 7.

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# OBITUARIES

## LINDA BILLINGTON

Linda Ann Billington, 68, of McGregor, died Sunday, December 22, 2019 in St. Cloud Hospital, St. Cloud.

A graveside service will be held Monday, December 30 at 11 AM in Woodland Cemetery, McGregor.

She was born March 25, 1951 in Aitkin to Lyle and Jeanette (Pickles) Reynolds. Linda graduated from McGregor High School in 1969. She married Thomas Billington on September 7, 1981 in McGregor. Linda worked at Venex Vending of McGregor for 35 years. She loved spending time with her family and will be dearly missed by all who knew her.

Linda is survived by her husband, Thomas Billington, McGregor; John (Rose Reynolds) Billington, McGregor; step-daughter, Jenny (Roman) Morales, Glendale, AZ; granddaughter, Monica Morales, Glendale, AZ; nieces, nephews other relatives and friends.

Linda was preceded in death by her parents; granddaughter, Jawnni Rose Reynolds; sister, Sandy Nyquist.

Arrangements were with the McGregor Funeral Home and Cremation Service in McGregor. Go to [www.srtfuneral.com](http://www.srtfuneral.com) to sign the online guest register.

More Obituaries on page 4

### New ATV trail | Continued from Page 1



The Over the Hills ATVers at the Log Cabin Bar.

Photo courtesy of the ATV club

about 200 riders out on the trails and serve about 250 meals."

#### Local lawmaker weighs in

"This connector trail is really an important thing -- it's

been long overdue," said Dale Lueck, Minnesota Representative for District 10B. "This connects two regional ATV trail systems. It's important to note that the reason the proj-

ect was eligible for IRRB funds is that the Crosby and Aitkin School Districts are part of the Taconite Assistance Area and that segment of the trail is part of that area. The IRRB has a fulltime staff person that handles trails and

he's very active in helping the clubs negotiate with the DNR and everybody else. It's a Grant In Aide trail so it's quite a long-term administrative process-- quite an undertaking to dig through all that red tape. It cost money to build a new trail. The DNR doesn't have lots of money for new trails so the money that comes from the IRRB really gives this project a shot in the arm. It's really going to speed it up. People don't realize that ATV use is fastest-growing recreation in Minneapolis. There are a lot more ATVs than snowmobiles. The ATV segment is huge in Minnesota and continues to grow. It took a lot of work over the last 40 to 50 years to create all the snowmobile trails.. ATVs operate seven months out of year. Snowmobiles are weather dependent."

# READER RIBBETS

## Different choices

The former Crosby police chief chose to wrongfully fire an officer twice. Crosby chose the arbitrators, the former chief chose to lie, distort the truth, alter documents, make documents disappear, conduct biased, flawed, prejudiced investigations, causing Crosby to fail. The former police chief chose to criminally prosecute a former mayor on seven fabricated charges, not based on evidence, but hearsay. The former police chief chose to collaborate to break data privacy laws, get an officer placed on paid administrative leave costing Crosby thousands of dollars. The city administrator chose to create a hostile workplace environment, chose to stiff the

sewer district members out of \$120,000 in reserve funds, and chose to damage Crosby residents and its future.

Some people chose to speak out and write letters on behalf of the former police chief. Some chose to abuse their position as editor of a local newspaper to print misinformation, distort the findings, confusing and exasperating the situation. Some people chose to speak in support from their council member position and find themselves embarrassed -- as did the Crow Wing County attorney's office by choosing to prosecute the false charges, not considering or recognizing the conflict of interest. The council and mayor have chosen to take no action to

protect the city, the residents, the surrounding communities and got the residents served the second of many potential lawsuits upon the city.

Some people chose to expose, alert, and inform the residents of the danger of the massive violation of the public trust, the blatant, calculated attempts by the former police chief and lieutenant, to destroy the lives of two innocent people, and how many more are yet to come forward, and chose to expose the negligent acts of council and mayor. Not saying it's right or wrong, just pointing out the difference in choices people make.

**Kelly Avelsgard,**  
**Deerwood**  
**Concerned Observer**

## Crosby overloaded city crews

The Crosby City Council, led by our good governance spewing mayor, along with our personnel committee, recently changed the job descriptions for our city forman and voted to hire the position out as non union. It appears that this blatant attempt at more control over this particular position came at a cost to us taxpayers, as this man legally can't even operate any of our aging, almost defunct snow plowing and removal equipment. As if our already overloaded city crew needs more work, they now technically are down a working man.

Last Sunday when our city crew prepared to come in to plow before the fresh snow and slush froze, they were denied! That means cleaning up the mess later cost us many more unnecessary man hours and equipment wear.

I also witnessed a private contractor plowing city roads. I can only hope this wasn't at the taxpayers expense.

Most surprising is that a former union steward and council member publicly condoned the injustices associated with this new forman's hiring when he so delusionally spoke at a council meeting

telling the powers that be they are doing an excellent job. Should that kind of loyalty towards fellow workers be rewarded next election?

Our city administrator, her council member friends and our capitalistic mayor should try to save face and convince our Chief of Police to deputize this new forman, so that as he drives around in the city pickup trying to appear busy. He could cite clueless bicyclists for safety infractions and hit up our official city birds, pigeons for unlawful loitering and public urination.

**Chris Ryan, Crosby**

## Man dies in Crow Wing County Jail

The Crow Wing County Sheriff's Office reported a 39-year-old male died at the Crow Wing County jail during the early morning hours of Jan. 3 after life saving

measures were unsuccessful.

He was arrested at approximately 11:05 p.m. by the Nisswa Police Department for an outstanding warrant.

The Ramsey County Medi-

cal Examiner will be conducting an autopsy.

North Memorial Ambulance personnel assisted correctional officers and deputies at the jail.

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# 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 Jaques 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.

Evergreen P.A.C. ATV Club meetings 1st Thu. each month, 7 pm, Jackson Hole, Lawler, open to public.

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.

McGregor Community Meal sponsored by ANGELS served at the Community Center on Highway 65 on the 3rd Wednesday of each month serving from 5:30 - 6:00 pm.

McGregor TOPS (Take off Pounds Sensibly) meets Thu., 4 pm weigh in, 4:30 meeting, Minnewawa Sportsman's Club, Goshawk St. (Co. Rd. 6). 218-768-2340 for more info.

McGregor VFW hosts a dance the 1st Monday every month at 1pm.

MS Support Group, meets the 1st Thu. of the month at 7 pm, 606 NW 5th St, Brainerd, 218-824-5228.

Mystic Masonic Lodge meets 1st & 3rd Tuesdays of the month at 7 pm except June, July & August meet only 1st Tuesday at 7 pm over the Eye Care Center in Aitkin.

National Alliance on Mental Illness meet Fri., 2:30, Community Presbyterian Church, 703 Pokegama Ave., room 105, Grand Rapids, Call Terrence at 218-327-1347.

North Central MN Farm & Antique Assn. meet 1st Wed. of month, Blackberry Town Hall. Info: Bruce 218-752-6592.

ORDER OF EASTERN STAR, Woodland Chapter #122 in Aitkin meets 2nd and 4th Tuesdays each month at 7PM, EXCEPT January, February and July which are dark. 4th Tuesday in June and 2nd Tuesday in August also are dark. Meetings are held on 2nd floor of the EyeCare Center 312 Minnesota Ave No. Aitkin, MN

Operation Minnesota Nice meets 3rd Monday each month at 6 pm at Trinity Lutheran Church, Hill City. For info call Tina Harcey at 218-697-8144. www.operationminnesotanic.com.

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.

Praise & Worship Services, 101 S. Maddy St., McGregor, Intercersory prayer Wed 6-7 p.m.; Praise & Worship Services Sat. 2 pm, Sun 10 am.

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.

RSVP Bone Builders (Osteoporosis exercise program) Tue & Thu: 10-11 First Lutheran Church, Aitkin; 11:30-12:30 Blackrock Terrace, Aitkin; 12:45-1:45 Journey North Church, Aitkin; Wed: 10-11 Malmo Evangelical Free Church, Malmo & Fri: 10-11 Bethesda Lutheran Church, Malmo. Free of charge. Info call 218-927-1383.

Senior Dance at Deerwood Legion, 1-4 pm, 1st and 3rd Fri. each month.

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 Immanual 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**

17th - Scooby's Animal Mission Taco Bar Fundraiser at the Aitkin Moose Lodge., 5:00 -7:30pm and cost is \$10. Many adoptable animals will be there. All animals are current on vaccines and spayed/neutered.

23rd - Cuyuna Lakes Chamber of Commerce's Business After Hours at Bridge Tavern North of Crosby on Hwy. 6, 5-7 p.m. Chamber members and the general public are invited. Chamber members will have the opportunity to pass the microphone and introduce themselves to the group, so bring business cards

**askdrsmith.com**  
**featuring Dr. Murray Smith**  
**Hormone boost and balance**

Weight loss and exercise programs abound right now as we move full steam ahead into the new year. To help these programs work even better, we are going to share with you some top food tips that we have used successfully with hundreds of patients. Our focus will center around the hormone estrogen, because it can short circuit both programs. And yes, men, you have natural estrogens, too!

A quick and simplified explanation of estrogen can help unlock the importance of the foods we recommend. There are actually different forms of estrogen. For this article we will abbreviate them 2-Estrogen, 4-Estrogen, and 16-Estrogen. In fact, we'll use abbreviations like this to make it easier to understand without getting hung up in the long and unfamiliar names. What you need to know is the 2-Estrogen is the good one and the 4 and 16-Estrogens are the bad ones.

These are the plain ones in the produce aisle. They work to slow down an enzyme, Aromatase, that causes your Testosterone and Progesterone to be converted into the bad Estrogens. Studies have shown that this simple mushroom lowered negative side effects 4- and 16-Estrogens in breast cancer patients.

**Eat more Cruciferous Vegetables**, like broccoli, cauliflower, brussel sprouts, kale and bok choy. They contain a chemical, DIM, which can help the liver in eliminate the 4- and 16-Estrogens. This, in turn helps keep your Testosterone and 2-Estrogen higher.

**Try Spirulina.** This is an algae, actually. It has super high levels of vitamin E. Vitamin basically has the opposite effects of the 4- and 16-Estrogens. It decreases the inflammatory triggers in you body. It also helps with helping the liver detox the bad estrogens out of the body.

So add these into your routine and watch your programs soar. 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.

**2-Estrogen** has numerous positive effects. It supports healthy Testosterone levels, the hormone that helps with muscle mass and vigor. Your workouts will help with increasing Testosterone. And yes, ladies, you have natural Testosterone, too! Higher levels of 2-Estrogen can also help reduce other chemicals in the body that tie up Testosterone and keep it from working. It also can have some anti-cancer activity (more on that in a minute) and can function as an anti-oxidant.

**4- and 16-Estrogen** can have an array of bad effects. They can cause the body to make your hands, feet and face puffy, store more water, store more fat, and make you moody. They also cause inflammation, an underlying factor in many of the chronic diseases.

So how do we get the good one up and the bad ones down? Eat these things:  
**Eat more Button Mush-**

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Got an interesting photo and story to share? Just send it to [hopper@croscopyronton.net](mailto:hopper@croscopyronton.net), along with your name, city and a description of the photo. We also accept news and community events. And who knows, you may see your submission next week in the NEWSHOPPER!

## Hoppers Helper's Service Directory

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