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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 punchin 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 go 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 Emilynn, 3; Connor, 5; and Jonathan, 7.

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DA 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,

Arrangements were with the McGregor Funeral Home and Cremation Service in McGregor. Go to www.srtfuneral.com to sign the online guest

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-

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register.

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

dles 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-RIBBE

Different choices

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 and city administrator 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

The former Crosby police 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 EVE

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

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

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 Jagues Art Center in Aitkin, 1-3

"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 Weslayson 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-

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,

Dance every second Tuesday at Moose in Grand

Dance at VFW in McGregor every 1st Monday of the month, except holidays which will be on the follow-

ing 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 be-

fore our meeting. Evergreen P.A.C. ATV Club meetings 1st Thu. each month, 7 pm, Jackson Hole, Lawler, open to pub-

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,

Jacobson Seniors meets every Thu., 10-2 pm at Jacobson Comm. Ctr. Potluck at noon. Beverage provided. All are welcome. For more info.,

McGregor Community Meal sponsored by AN-GELS 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-

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.operationminnesotanice.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, Intercessory 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 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.

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

ood one up and the bad ones down? Eat these things: Eat more Button Mush-

Wed., Jan. 15

Super Dogs

Wed., Jan 22

Sloppy Joes

Wed., Jan 29

Super Burger

rooms. 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-Esrogens 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 you 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.

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OBITUARIES

DORIS NORDEAN



Doris E. Nordean, 87, of Aitkin, died Monday, December 30, 2019 at Aicota Health Care Center in Aitkin.

A memorial service will be held at 11:00 a.m. on Saturday, January 11, 2020 at First Lutheran Church in Aitkin. Visitation will be one hour

prior to the service at the church.

She was born September 12, 1932 in Aitkin to Henry C. and Agnes E. (Johnson) Hanson. She attended Thor grade school and graduated from Aitkin High School in 1949. Doris married Robert Nordean on October 13, 1956 in Aitkin. She was employed by Aitkin County Family Services for over 20 years. She was a member of First Lutheran Church, Jaques Art Center, Aitkin County Historical Society, and the American Legion Auxiliary. Her love of people and local history led to a lifetime of research and genealogy. She compiled histories of Lee Township, Thor Zion Lutheran Church, School District No. 13, and Saron Cemetery in Glen Township. She documented the histories of her own families and assisted many others to find their ancestors or relatives. Her greatest joy was when her research led to reuniting family members. She took great pride in her home and beautiful yard. She loved mowing and trimming, collecting antiques, picking wild berries and making jam.

Doris is survived by her son: Steven: four grandchildren: Mali, Dan, Bailey, and Drew Nordean; brother: Alvin Hanson, and many other special relatives and friends

She was preceded in death by her parents; husband, Robert, in 2000; son, Dale in 2012; and brothers Edwin and Donald Hanson.

Arrangements were with the Sorensen-Root-Thompson Funeral Home and Cremation Service of Aitkin. Go to www.srtfuneral. com to sign the online guest register.

BEVERLY YOUNG



Brainerd, formerly of Young Lake in Merrifield died on Wednesday, January 1, 2020 at the Bethany Good Samaritan Village in Brainerd.

A Funeral Service was held on Monday, January 6, 2020 at the Bethany Good Samari-

tan Home in Brainerd. Burial was at the Mission

Township Cemetery. She was born on January 11, 1932 in Aitkin

Beverly J. Young, 8,7 of to Clive and Ina (Marsh) Travis. Bev married James Young on March 1, 1953 in Crosby. Bev is survived by one son, Jeffrey (Lisa) Young of Merrifield; two daughters, Susan (David) Meyer of Maple Grove and Teri Brown of Sebeka; nine grandchildren; 14 great-grandchildren and three sisters, Marge, Eleanor and Patricia.

> She was preceded in death by her parents; husband, Jim; daughter, Linda Young; sister, Helen and brother, Milton.

Arrangements were with the Koop Funeral Home in Crosby.

Brenda Roberts – Bukkila



Brenda Sue Roberts -Bukkila, 62, of Aitkin died Wednesday, December 25, 2019 at her residence.

A Celebration of Brenda's Life will be held at a later date. She was born June 15, 1957 in Walla Walla, WA, Her family and friends nicknamed

her "Boo - Boo." She graduated high school in Wishram, WA, and then from Mid-Columbia Community College with a degree in Business Management. She married Brian D. Bukkila September 16, 2000 in Las Vegas, NV. She worked and managed many different jobs through out her life and she loved to prepare and cook meals

for her family.

She is survived by her husband. Brian of Aitkin: father, John Roberts; Children: Kevin (Samantha Solheim) Hanson, Wishram, WA; Derek Hanson Wishram, WA. and Ben Bukkila, Sturgis, SD; nine grandchildren: Cain Solheim, Merci Wildey, Trent, Jameson, Makayla and Quinten Hanson, Emory, Coralynn and Liam Bukkila; grothers and sisters: Shelly, Jennifer, Connie, Renee, Kim, and Johnny; many other special relatives and friends.

She was preceded in death by her mother. Mary (Ford) Roberts and two sisters: Terri and Donna. Sorensen-Root Thompson Funeral Home & Cremation Services of Aitkin assisted with arrangements. www.srtfuneral.com

JOYCE TREFETHEN



Joyce B. Trefethen, 92, of Crosby died at Heartwood Senior Living in Crosby on Wednesday, January 1, 2020.

Memorial Mass will be held 11:00 a.m. Tuesday, January 14, 2020 at St. Joseph's Catholic Church in Crosby. Visitation will be one hour prior to the services at the church. Burial will be at

Fort Snelling National Cemetery in Minneapolis. She was born on January 1, 1928 in Minneapolis to Leonard and Alma (Rasmussen) Anderson. Joyce married Elmer Trefethen on September 28, 1946 in St. Paul. She was a retired LPN at the Cuyuna Regional Care Center and volunteered at the care center as an accompanist for the sing-a-longs. She was a member of St. Joseph's Catholic Church in Crosby and St. Joseph's CCW. Joyce served as a past secretary for the Be Nay She Bird Club in Brainerd.

Joyce is survived by her husband, Elmer; three sons: David (Jane) Trefethen, Monticello; Thomas (Helen) Trefethen, Webb Lake, WI; and John (Kathleen) Trefethen, Eden Prairie; daughter, Patricia (James) Goke, St. Cloud; four grandchildren; four great-grandchildren and three great-great-grandchildren.

She was preceded in death by her parents; and brother Leonard Anderson, Jr.

Arrangements were with the Koop Funeral Home in Crosby.

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* Indicates handicap accessible. NOTE: All times are Sunday morning (a.m.) unless indicated otherwise.

ALLIANCE

Aitkin* - New Life; Larry Burg & John Baker, pastors; Worship 10:15 am & 5:30 pm; Adult Sunday School 9 am; "Elevate" youth group for 7th-12th graders, Wed 6:15 pm; 112 - 1st Ave. SW 218-927-2823.

Baxter* — Pointway Alliance Church; Rev. Charles Bolstridge, 218-537-6505; 7756 Highland Scenic Road; Worship 10; www.pointway.org

Garrison* — Pastor Michael H. Palkie; Worship 9; SS 10:30. McGregor/Big Sandy - Rev. S. DeMars, 426-3408; E. of Sather's Store; Worship 9:30; Children's Church 10 Onamia — Vineland Native American Chapel, Hwy. 169

north of casino; Worship 11; Pastor Boeringa 320-532-4449

ASSEMBLY OF GOD

Aitkin - Heritage Church, Rev. Hayden Loven; Sunday Morning Service 10:45

Crosby — Pastor Dustin McCaleb; Worship 10:30 Crosslake — Crossroads Christian, Rev. Gary Espeseth; SS

at 9:30, Worship at 10:45 Hill City — Interim Pastor John Koppel, Staff Pastor Lisa Jordan; Worship 10; hillcityagchurch@gmail.com; 218-

Palisade — Pastor Ed Sornberger; SS 9; Worship 10; Kids Church; Small groups during the week 218-845-2726

Aitkin - The Journey North, Pastor Lynfield Hines, 218-824-5617, Worship 9: 30 and 11, thejourneynorth.com

Baxter - The Journey North, Pastor Mark Bjorlo, 218-824-5617, Worship Saturday 5, Sunday 9, 10:30, 11:45, thejourneynorth.com

Brainerd* - Faith Baptist Church, Pastor Chris Erickson, 218-829-3191; SS 9:00, Worship 10:30 and 6 p.m., Wed. Classes and Clubs 6:30 p.m.; fbcbrainerd.com Brainerd- The Church On The Wise Road, Pastor Todd

Stumbo 218-829-4673, Worship 11:00, SS 9:45 www.thechurchonthewiseroad.org Breezy Point — Eagles Nest, Pastor Zach Broom 218-562-

5252, Worship 10:30, SS 9:30. Crosby — Bible Baptist, Pastor G. Fisher; SS 9:45; Service

10:45 and 6 p.m., Bible Study and Our Kids for Christ Wed. 7 pm Deerwood* — Pastor W. Skog; SS 9:30; Worship 10:30 and

6 pm; Wed. Service, 6:30 pm. Glory* — Pastor Chris Meirose; 927-3678; SS 9:15; Worship

10:30 am.; Wed 6pm Glory Family night, KidMin grades kindergarten - 6, Mad4Christ grades 7-12. Hill City — Pastor Lonnie Lee; 218-697-2645; Adult SS 9;

Worship 10 am; Bible Study, Fri., 7 pm. Isle - Pastor Nick Skogen; 676-3171; SS 9:30; Service 10:30; Bible Study, Wed., 7 p.m.

Opstead — 676-8859; SS 9:30; Worship, 10:30; Bible Study Wed., 7 p.m.

CATHOLIC

Aitkin* — St. James, Fr. David Forsman, 218-927-6581; Mass Sat. 5 pm, Sun. 10 AM. Confession Sat. 10-10:45 am and 4-4:45 pm.

Brainerd — St. Andrew's, Fr. Daniel Weiske, Sat.4:30; Sun. 10:00 and St. Mathias Sunday 8:00.

Brainerd — St. Francis, Fr. Anthony Wroblewski, Sat. 5:00; Sunday 7:30, 9:00, 11:15 and All Saints Saturday 4:00 and Sunday 10:30.

Cromwell/Wright — Immaculate Conception, Mass: Sat.

Crosby* — St. Joseph's, Mass: Sat. 4:30 pm; Sun 10:30. Crosslake — Immaculate Heart, 218-692-3731; www. ihmstemilys.org; Mass: Sat. 4 pm; Sun. 8:30; Confession Sat. 3 pm.

Emily — St. Emily, Mass: Mon. & Wed. 8; Sun. 10:30; Confession 1st Sat. 11 or by appt. 218-763-2101. Garrison — Our Lady of Fatima, Fr. Elias Gieske, Mass Sun.

8 am. Confession Sun 7:15-7:45 am. Grand Rapids — St. Joseph's, Fr. Jerry Weiss, Mass: Sat. 5 pm; Sun. 8 & 10:30. 218-326-2483

Hillman — Holy Family; Sun. 10 to Mass Sat. 6:30 pm (only through Labor Day) w/ confession before or by appt. McGregor - Holy Family, Fr. David Forsman, 218-927-6581;

Mass Sun. 8 am. Confession 7:15-7:45 am. Vineland — St. Therese, Mass Sun. 11; Holy Days 8:30.

CHURCH OF CHRIST

Baxter, Lakes Area — Nondenominational; 7001 Highland Scenic Road; Bible Study every Wed. 7 pm; Worship 10:30-11:30. 218-828-1362

Tamarack — Pastor Terry Banker, 608-475-1528, Worship 9:30; SS 10:45; Wed Youth 4 pm.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Aitkin — Co. Rd. 12, Chapel Ph. 218-927-4454; Kevin Haffner 218-792-5684; Sacrament Mtg. 10 COMMUNITY

Aitkin — Nondenominational: 927-2749; at 219-1st Ave. NE.. Aitkin, Services Sun.10, 218-927-6959

Brainerd - Community of Hope Church of the Nazarene-Pastor Dave McGaffey Sunday worship at 10:45, SS 9:30 -16549 Johnson Rd -church phone 218-829-9005

Glen - Pastor R. F. Stauter, 218-838-1981; Worship 9 May-Oct. Grand Rapids — Solid Rock Church of God, Pastor Robert Kimberling; 218-326-0711; Sun. BS 9:30, Worship 10:30;

Wed. BS 6:30 pm Jacobson — Jacobson Community Church, Pastor George Collins, 218-252-5938, Sun. SS (All ages) 9:30, Worship 10:30; Family Time 2nd & 4th Sundays; Wed. BS 7 pm Kimberly - Nature Ave. Rev. Rick Perry; Worship 9; Adult

Bible Study & Sunday School 10:30; 218-927-6256. McGregor — Amazing Grace Christian Church; Worship 10; 99 South 1st Street (at the McGregor United Methodist church [shared] in downtown McGregor) Pastor Joel Seibel.

McGregor — Victory Mission, Pastor J. Gould, 218-768-2160; Sun. 10; Wed. Bible Study, 7:30 pm.

Merrifield — Community Church of the Nazarene, Pastor Ron Christenson; Service 11 & 6 pm. Wed. Prayer Meeting, 7 p.m.; 218-829-7536.

Merrifield — Ossipee Community, SS 10; Service 11; Wed. Bible Study Prayer, 7:00 p.m.

Nisswa — Christ Community Church, Pastor Dave Uhrich; Service 10; Fellowship 9:30-10

Outing* - Narrows Community Church, Pastor Stanley Mikles, 218-792-5530 Worship 9:30; Children's Sunday School 9:30; 6297 Woods Bay NE, just north of Hwy.

Palisade/Waukenabo Twp. — Hilltop Chapel, Pastor B. Hite; Service 10 a.m.; Adult and Children's SS 9 a.m.; between Esquagama & Round Lake. Handicap Accessible.

Tamarack — Church of Christ, 218-768-3898; Service 9:30; SS 10:45.

CONGREGATIONAL Aitkin - First (UCC) Rev. Lilja Behr; Sun.10; Comm. 1st

Sun; Council Mtg. 2nd Sun. Spiritual fellowship, Sun. 9.

EPISCOPAL

Aitkin — St. John's, Holy Communion or Morning Prayer 9 Brainerd* — St. Paul's, Holy Communion Sunday 10

EVANGELICAL FREE Baxter — Lakewood EFC, Pastor Steve Anderson; Worship

at 9 & 10:45; Wed for all ages 6:30 pm Crosslake — Pastor Mark Holmen; Call for Service Times at

218-692-4141, email thelogchurch@crosslake.net Isle — Pastor Kerry Johnston; Worship 9; SS 10:15; Wed. Youth Group 6 pm; Adult Prayer 6:30 pm

Malmo — Pastor Glenn Browning; SS 9:30; Fellowship 10; Worship 10:15 Wright - Pastor Ken Mitchell, 218-426-5115; SS 9:30;

Worship, 10:30; Thu., Bible Study, 7 pm.

HEBREW/MESSIANIC Glen — Beth Shalom Tabernacle of Truth, Rabi Frank Dell,

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for information 320-684-2804

9:30; Holy Comm. 1st & 3rd Sun each month. Aitkin - First* (ELCA) Pastor Doug Larson, Pastor Jordan Gades; worship Sat. 5 pm, Sun. 8 am & 10 am, Wed. 5:30 pm w/supper; communion every Sat. and 1st and 3rd Sun.; contemporary services 2nd & 4th Sun.; nursery staffed

Aitkin - Bethlehem (ELCA), Rev. Rebecca Hinz; Worship

during 10 am Sun. service; Sunday service is live streamed on YouTube (First Lutheran Church Aitkin); broadcast on KKIN (94.3FM) and on TV cable channel 181 at 9 am Wed.; community meal every Mon. & Thu. 5 pm; food shelf 2nd & 4th Thu. 9:30 am-5 pm.Aitkin — St. John's (Missouri Synod), Pastor D. Becker; Worship Sun. 9, SS 10

Baxter — Christ Lutheran Church and Preschool (WELS) Pastor Bill Werth. Sunday Worship 9. Sunday School/ Adult Bible Class 10:15. 13815 Cherrywood Dr. in Baxter. (Corner of Inglewood and Cherrywood). 218-829-4105. www.christbaxter.com. Baxter - Prince of Peace (LCMS); Communion every

School 10:30 am 218-829-7092 www.popbaxter.org Beaver Township - Finnish EA, Hwy. 27, Worship 1st & 3rd Sun., 10:30. Brainerd — Good Shepherd Free Lutheran Church, AFLC, Sunday School 9, Worship 10 coffee fellowship 11,

Sunday 9, Fellowship 10:15, Adult Bible Class & Sunday

Wednesday evening 7 pm adult Bible study. Located at 5878 Pine Beach Road, Brainerd, 218-824-3052, www. goodshepherdfreelutheran.church Brainerd - Laestadian Lutheran Church; 1501 So. 8th St. - Sunday Worship Services 11 am. (www.llchurch.org)

Brainerd - Trinity Lutheran Church (ELCA) 1420 South 6th Street Brainerd - Pastor Hans Anderson Worship times September through May are 8:15 a.m. & 10:30 a.m.; Summer Worship time is 9:00 a.m. Phone: 218-829-5147 Website: www.trinitybrainerd.org Email: trinity@trinitybrainerd.org Brainerd — Truth Lutheran Church (LCMC, Pastor James

Walth, Corner of 5th and Kingwood, Worship 9 Cedar Lake, Norwegian Lutheran — Third Sun 11, May - Oct. Cedarbrook — St. John's (ELCA); Worship 8:30; Holy

Comm. 1st & 3rd Sun. Crosby — Immanuel (LCMC, NALC) Rev. Paul Mattson: Sun. 9 & 10:30 worship; SS (Sept.-May) 10:40.

Crosby —Zion (LC-MS) Pastor Dean Stolz; Worship 8:30; SS 10; Bible Study Wed. 7 pm; handicap accessible. 218-546-6910

Crosslake — (ELCA), Indoor worship 8:30; Coffee Fellowship 9:30; outdoor worship 10. 218-692-3682

Crosslake - Mission of the Cross (LCMS), Pastor Leslie Uhrinak; Worship 9:30 with every Sunday Communion, Fellowship 10:30, Adult Bible Class 11, 218-692-4228, www.missionofthecross.org

Deerwood — Salem (ELCA), Pastor Michael Briggs; Worship: 8:15 (traditional) & 10 (contemporary); Sunday School 9:15.

Garrison - Light of the Cross (ELCA), Pastor Juli Sutton-Deem; Worship 9 SS 9; 320-692-4773 or 877-406-9101. Garrison — Shepherd of the Lake (LCMS), Rev. Tom Petersen. Worship 10 with Communion Every Sunday. Adult Bible Study 8:30am, Sunday School Sept-May, 8:30am. Fellowship 11am. 320-692-4581. www.shepherdofthelake.org. Giese — Immanuel, Rev. R. Langhorst & Rev. R. Lovaas; Worship 9; SS 10; Holy Communion 1st Sun. of month

Hill City — Trinity, (Missouri Synod), Pastor M. Eckert; Worship 9; Bible Study 10:15. Hillman — Immanuel, (ELCA) Sun. Worship 9:30, SS 10.

Located on the corner of Hwy. 27 and Co. Rd. 47. (Handicap accessible) Iron Hub — Immanuel (LC-MS), Pastor Dean Stolz; Worship

10:30; 218-534-3069. Isle — Faith (ELCA), Interim Pastor Rev. Henry French; Worship 9:30; handicapped accessible. Isle — Holden (ELCA), SS 9:30; Worship 10:30.

Isle — Trinity (Missouri Synod), Rev. Mark Maunula; Worship 8:30; Fellowship follows; SS 9:45; Adult Bible 10. Jacobson — Carmel, Vicar Mark Wagner; SS 1st & 3rd Sun. 10, Service 11, fellowship follows.

Lake Shore — Living Savior Lutheran Church, 8327 Interlachen Rd.; Worship 9:00 Sunday mornings, followed by fellowship and Bible study. (Located on Co. Rd. #77 N) Malmo — Bethesda (ELCA) Sun. Worship 9 (winter) 8:30 & 10 (summer); Fellowship after first service; Comm. 1st

McGrath — Grace; Wed. potluck 5 pm, Bible study 6 p.m.; SS 10; Worship 11. McGrath - Zion (ELCA), Pastor Elliott Malm; Worship

 ${\it McGregor/Big\ Sandy\ Lake--Grace\ Luther an\ Log\ Church}$ (ELCA), Pastor Ericka Foss; Worship 9, Fellowship follows, SS 10.

McGregor — Our Savior's (Missouri Synod), Pastor Joshua C. Reinke; Worship 9; SS 10; Bible Study Tue. 9, Wed. 7 pm Outing — Our Saviors ELCA; Pastor Peter Rosenkvist, Worship 9. Palisade* — Bethel (ELCA), Rev. Wm. J. Sass: Worship 9:30.

Pequot Lakes* - Our Savior's Lutheran Church (ELCA) Rev. Stephen Blenkush Worship 9:00 a.m., SS 9:15 a.m., Fellowship 10:15 a.m. Wed. Adult Bible Study 11:00 a.m. Rossburg - Bethesda (ELCA); Comm. 1st & 3rd Sunday each month Tamarack (AFLC) — Pastor Ron Staudinger; 1st, 3rd and

4th Sundays 10 am; 41163 Kestrel Ave 3.3 mi. South of

Thor - Zion, Worship 11; 1st and 3rd Sun. April through December.

Wright —Bethlehem, Worship; SS 9. Wright — St. John's (Missouri Synod), Pastor Joshua

Reinke; Worship 10:30; Bible Study and Sunday School Sun. 9:30; Lent services Wed. 5:30 pm.

Brainerd-Oak Street Chapel, Pastor Todd Wooden, Wor-

NON-DENOMINATIONAL

ship service is Sunday at 9:30 am, 523 SE 11th Street, Brainerd, 218-454-0984 **PENTECOSTAL**

Emily — Cornerstone Church; Pastor Earl Ready; Worship

10, 41536 Birchwood Drive, Emily; 218-763-2939. Ironton — Iron Range Christian Center; Pastor Dwight Semler: 218-546-6523: meeting at Irondale Town Hall*. Co. Rd. 12, (Deerwood Shortcut); Worship 10 & Wed. 7 pm. Tamarack — Warriors of the Rainbow Ministry, Pastors Ken and Ron Fairbanks, Sat. 11. 218-768-3585

PRESBYTERIAN

Crosslake — Pastor Tony Oltmann, 218-692-4769; Worship 10; Fellowship 11:15; Bible study on Wednesdays at 10;14444 Daggett Pine Road just passed the Community

Center; www.crosslakepres.org McGrath — Calvary, Pastor - Todd Oltmann; Worship 9. McGregor/Round Lake — Pastor Talley; Worship Sat. 5 pm. Tamarack — First, Rev. J. Yingling; Worship 11.

Crosby — Lifespring Church, a member of Fellowship of Independent Reformed Evangelicals, 9:30, 30 Hallett Ave NE 218-545-5433, www.visitlifespring.com

SEVENTH DAY ADVENTIST Aitkin - Pastor Peter Emig; Worship Sat. 9:30 a.m., Bible Study 10:30 a.m.; Prayer Mtg. Wed. 5:30 p.m.; www. aitkinadventist.org; 423-805-0933

UNITARIAN UNIVERSALIST

Pequot Lakes — 28877 State Hwy 371, Pequot Lakes 10:30 1st and 4th Sundays. 218-330-3476

UNITED METHODIST

Aitkin* — Pastor Dawn Houser; high school & adult SS 9; Worship 10:30; fellowship follows, Wednesdays at 5:30 pm Bible & Brew at Block North Brew Pub.

Crosby/Deerwood* — Cascade, Reverend Dr. Genia Garrett; Worship 9:45; fellowship follows. Cutler — Pine Lake Chapel, Rev. Laurence Foote; Worship 9.

Cromwell — Pastor Tim Homstad; Worship 10; SS 9 Emily* — Pastors Luke and Bethany Nelson; Worship 8:30; fellowship follows.

Fleming* - (Northern Lights Parish) SS 9:15; Worship 10:30; fellowship follows.

Hill City — Pastor Roger Lynn; Worship 10 McGregor* — (Northern Lights Parish) Worship 8:45;

fellowship follows. Onamia — Pastor Rick & Judy Wilder; Worship 11; fellowship 10; 2 blks north of Post Office; handicap ramp; 320-532-3150; office: 218-546-7656; cell: 218-360-1947

Emily — Pastor Ryan Fish; Worship 9; Friendship Time 10; SS 10:30; Wed. Activities 6:30 p.m.; 218-763-HOPE.

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Sale Price: \$32,987

MSRP \$34,610 -\$1,700 NISSAN LEASE CASH -\$2000 NISSAN BONUS CASH

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