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Results of health studies in Crow Wing and Aitkin counties

By ANN SCHWARTZ
Our health in the lakes area — despite our clean air and water, uncrowded conditions and laid-back lifestyles — is not as good as it could be. It seems, that, overall, we need to eat less, exercise more and see our health care professionals more often.

The holiday season is all about cooking and baking treats, eating and drinking. Then the new year dawns as a time for us to assess our life and set goals. Now might be a good time to look at an overview of the health of residents in Aitkin and Crow Wing counties.

Low incomes, combined with advanced age and lack of access, seem to make staying healthy difficult for some area residents.

Riverwood's study, which was limited to Aitkin County, prioritized Mental Health; Nutrition, Physical Activity and Weight; and Heart Disease and

Stroke as three priority areas.

Opioid use/substance abuse, mental health, and affordable healthcare were the top issues for Aitkin County, according to Aitkin County Public Health's 580 survey respondents. Income, transportation and lack of affordable, healthy food were also important issues.

Aitkin County's poverty rates are higher than the state average, according to the Riverwood study. Also higher than the rest of the state were low education, unemployment, poor health, uninsured folks and a shortage of health professionals for the population.

On the plus side, Aitkin County scored low on violent crime and low-weight infant births.

Sadly, 26 percent of residents are considered obese, 25 percent of residents do no physical activity in their leisure time, 15 percent drink to excess and 30 percent have

low access to grocery stores.

A whopping 91 percent don't get the five recommended servings of fruits and vegetables each day and 67 percent say they have no access to fresh food. Of residents surveyed by public health, 17 percent use food shelves, 13 percent use SNAP food stamp benefits and 34 percent can't pay their basic living expenses.

Aitkin County residents who responded to Lakes and Pines had a medium income of \$38,924.

Over in Crow Wing County, the median income is \$63,940 of those studied and the poverty rate is 11 percent. About 88 percent of the population rate their health as good or very good.

Mental health, access to health care, substance abuse, obesity and increasing insurance costs were their areas of concern.

In Crow Wing, 35 percent

suffer from high blood pressure; about 59 percent are overweight; 33 percent are depressed; 27 percent have anxiety; 36 percent have arthritis and 29 percent are obese.

On the plus side, 66 percent of residents exercise and 91 percent don't smoke.

Since these studies were completed, Crow Wing start-

ed the Crow Wing Energized Group, two mental health providers moved into Aitkin and Riverwood has remodeled and expanded local treatment options.

Information for this article was taken from community health and needs assessments conducted by Cuyuna Regional Medical Center, Riverwood Healthcare Center, Aitkin County Public Health and the Lakes and Pine Community Action Council.

Serpent Lake events



Cuyuna Lakes Chamber's 16th Annual Ice Fishing Contest and Scorpion Homecoming is scheduled for Saturday, Feb. 1, from 12 to 3 p.m. on Serpent Lake near Crosby's Memorial Park.

Pictured left is (left to right) Amy Switajewski, Monica Pirner, Deb Anderson and Kris Pirner joining in on the fun last year.

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Recovery
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Sat., Feb. 1 • 5 p.m.
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cuyuna lakes chamber
ice fishing contest
& **Scorpion HOMECOMING**

SATURDAY, FEBRUARY 1
Serpent Lake, Crosby Memorial Park • NOON - 3PM
Call the Cuyuna Lakes Chamber 218-546-8131 for more details
cuyunalakes.com • trailasled.com

Ice fishing raffle tickets \$10.00
Your raffle ticket also acts as your entry fee to fish, one ticket per hole.

Raffle Ticket Prizes:
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OBITUARIES

DARLENE SMITH



Darlene Smith, 74, died on Thursday, January 16, 2020, after battling Parkinson's Disease with grace and dignity.

Funeral service will be 2:00P.M. on Sunday January 26, 2020 at Grace Lutheran Church, McGregor. Visitation will be one hour prior to the

service at the church. Burial will be in Pine Needle Cemetery. Lunch and fellowship will follow at the church.

She was born and raised in California where she worked as a paralegal in a law firm. After marrying Ron in 1968, they moved to Big Sandy Lake where she completely embraced the "Up North" lifestyle of hunting and fishing. She worked alongside Ron at the McGregor Independent School District #4 for many years (Ron taught Industrial Arts, Darlene served as the Principal's Secretary). Both Darlene and Ron served their McGregor community by volunteer-

ing as ambulance EMT's. Darlene was also on the Board of Directors for Federated Co-ops Inc. for over 32 years. She was very active in Grace Lutheran Church where she participated in many committees. She was known regionally for her breeding and showing Golden Retrievers and Beagles winning multiple championships in several states and Canada. She will be remembered fondly for her love of life, family and spirituality, as well as her quick wit and sense of humor. She brought joy to all of us.

Darlene is survived by her husband, Ronald; daughters: Sheryl (Aaron) and Stephanie (Skye); brother, Dennis (Linda); aunt, Viola; uncle, Joseph; eight grandchildren; nephews; niece; cousins and friends.

She was preceded in death by her parents, Nick and Violet.

Arrangements were with the McGregor Funeral Home and Cremation Service in McGregor. Sign the guest register at www.srtfuneral.com.

FREDERICK LUECK, JR.



Frederick "Fritz" Herman Lueck, Jr., 93, of Aitkin, died Tuesday, January 14, 2020 in Aitkin Health Services, Aitkin. Services were held Friday, January 24 at 11 a.m. in Bethlehem Lutheran Church, 36696 320th St., Aitkin. Interment was in Bethlehem Lutheran Cemetery, Nordland Township.

Fritz was born September 18, 1926, to Fred and Rose (Schwab) Lueck, at his parent's farm in Cedar Brook. He grew up on the farm on the banks of the Mississippi River and attended Aitkin Public School, graduating in 1944. Upon graduation, after several attempts to enlist in the Army and Navy, he was finally accepted in and served with the Minnesota State Home Guard during the remainder of World War II. Fritz married Amelia "Louise" Grubb on May 28, 1948, at First Lutheran Church in Aitkin. They made their home in the Aitkin area. He worked as mechanic at Aitkin Motors, farmed in Nordland Township, worked in the Iron Mines on the Cuyuna Iron Range, and as a carpenter before joining the Aitkin County Assessor's Office where he worked for many years as a licensed appraiser. His first wife Louise died in 2012. Fritz and Betty Sherry were married at the Bethlehem Lutheran Church

in 2013. Fritz was a member of Bethlehem Lutheran Church and served on the Church Council for many years. During his retirement he volunteered with Habitat for Humanity helping to construct a number of Habitat houses in the Aitkin, Hill City and McGregor area. Fritz enjoyed baseball, music, playing cards, wood working, going to the Boundary Waters Canoe Area and especially hunting and fishing.

Fritz is survived by wife Betty, Aitkin; children, step-children and their spouses: Dale (Linda) Lueck, Aitkin; Larry (Julie) Lueck, Aitkin; Cindy (Stan) Weimer, Aitkin; and Deb (Wes) Ellis, Nisswa; Dan (Ellen) Sherry; and Nancie Skare; grandchildren: Lance Lueck, Lisa Daunce, Sara Kimman, Angela Hoefs, Paula Griffin, Matthew Lueck, Mark Weimer, Michelle Lehmann, Jessie Webber, Evan Ellis, Ashley Fairchild, Emily Hartman, Melinda Gordon, Wesley Sherry, Ian Skare and Ethan Skare; 33 great-grandchildren and three great-great grandchildren; several nieces, nephews other relatives and friends.

Fritz was preceded in death by his wife, Louise; parents, four brothers: an infant brother, William, Conrad and Martin; seven sisters: Ann, Ida, Hazel, an infant sister Christine, Ruth, Helen and Mildred.

Arrangements were with the Sorensen-Root-Thompson Funeral Home and Cremation Service of Aitkin.

LENORE NELSON



Lenore Marie Nelson, 92, of Sartell and formerly of McGregor died peacefully Saturday, January 11, 2020 at her home in Sartell with her loving family by her side.

Memorial service will be 12:00P.M. - Sunday, January 19, 2020 at the McGregor

Community Center in McGregor. Visitation will be one hour prior to the service at the Community Center. Burial will be in Sherriff Lake Cemetery.

She was born February 1, 1927 in East Lake, MN to Alvin and Helen (Magnuson) Lund. She grew up on the family farm in Lawler and graduated from McGregor High School in 1947. After graduating, she moved to Duluth and worked

for Duluth Hardware. Lenore married Edwin Hammer on September 3, 1949 at Sheriff Lake. Together they raised four children. Edwin died in 1982. Later in life after raising her family, she was employed by the McGregor school until her retirement. Lenore married Orville Nelson on July 25, 1986. They enjoyed traveling south to Texas for the winter, camping with the "Rum River Rambler", gardening, and spending time with family and friends. She was a long-time member of the Tamarack Lutheran Church and most recently a member of Riverside Presbyterian Church in Sartell.

Lenore is survived by her children and their spouses: Darrell Hammer, McGregor; Galen (Marie) Hammer, McGregor; Elaine (Mark) Rogers, Sauk Rapids; Carolyn (Mike) Helstrom, Hibbing; four grandchildren: Nick Hammer, Sheri Ryan, Liz LaFrance, Becky Hammer; 2 great-grandchildren: Lincoln Ryan and Stella Korpela; three step-grandchildren; many step-great-grandchildren; four sisters: Dollie Widstrom, Helen Jarvi, Marlene Mackey, Joyce (Pat) Ward; and many other special relatives and friends.

She was preceded in death by her parents; husbands: Edwin Hammer and Orville Nelson; sister, Roselyn; and her twin brother, Bud.

Arrangements were with the McGregor Funeral Home and Cremation Service in McGregor. Sign the guest register at www.srtfuneral.com.

More Obituaries on page 4

Cascade Church Pie Social Feb. 8



The Cascade Ladies will host their Annual Pie Social at Cascade United Methodist Church on Saturday, Feb. 8 from 1 to 3 p.m. Everyone is invited to come and enjoy a little face time with friends and neighbors while savoring a delicious piece of pie, a warm cup of coffee and neighborly conversations. This event boasts an assortment of homemade pies. Eat a piece, take a piece or take a whole pie home. Proceeds go to local missions supported by the Cascade Ladies. Cascade United Methodist Church is located at 22781 Black Lake Road, between Deerwood and Crosby. Pictured above (left to right) is Bryce Pankratz, Eleanor Kahl, Estella Waby, Darlene Hawks, Marie Nyberg, and Carol Mills.

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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 1st 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.

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@mfos.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 Pequot Lakes, for more info call Brett 651-270-5648 or facebook/Marsh and Meadows Hunting Retriever Club

McGrath City Council, first Thu. of the month, 6:30 pm at fire station hall.

McGrath Senior Center meets every Mon. 1-4 pm, cards & games, all are welcome.

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.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.

Second Tuesday Card Party, Deerwood American Legion. Open to public, 1 pm social, card playing 1:30-3:30 pm. Cost \$3 per person. Refreshments.

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

25th - Movie Day at Jessie F. Hallett Memorial Library in Crosby, 11 a.m. "Pokémon Detective Pikachu" rated PG. Admission is free and popcorn and refreshments will be served.

February

1st - Cuyuna Lakes Chamber of Commerce Ice Fishing Contest on Serpent Lake, noon - 3 p.m. Tickets are \$10 per hole. Raffle prizes awarded at 3 p.m.

1st - Scorpion Homecoming on Serpent Lake, noon - 3 p.m. on Serpent Lake off the Crosby Boat Landing. The feature sled is the Range Whip (model years 1976-78). For more information visit www.trailsled.com.

1st - C-I Chili Championship at the Town Tavern in Ironton, 1 - 4 p.m. For more details call Steve at 218-546-5997.

3rd - Fun and games will be the theme for the Cuyuna Range Women's Club meeting at Salem Lutheran Church in Deerwood, 1 p.m. Bingo will be the game of the day. Many prizes will be awarded. Treats will be provided by Sally Mann, Betty Brager and Elaine Butorac. Guests are welcome.

4th - Valentine's Day Balloons at the Jessie F. Hallett Memorial Library in Crosby, 6 - 8 p.m. Learn to make balloon creations.

8th - 2020 Justin Morneau Ice Fishing Tournament to Benefit Military Families at Nitti's Hunters Point Resort on Lake Mille Lacs 9 a.m. - 4: p.m.. Awards will be given for the following categories: Northern Pike, Walleye, Perch and All Other Cost: \$20 a ticket

8th - Mid Minnesota 150 Dog Sled Race from Outing to Remer. Musers arrive at the Village Inn in Outing about 9 a.m. and the races will begin at noon ending in downtown Remer. 8th - Mid Minnesota 150 Dog Sled Race from Outing to Remer. Musers arrive at the Village Inn in Outing about 9 a.m. and the races will begin at noon ending in downtown Remer.

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featuring Dr. Murray Smith

The Master Control System

Wouldn't it be cool if there was a master control system for your body? One that either, directly or indirectly, influenced all functions in the body? Wouldn't be even cooler if you could analyze it to see if it was malfunctioning, even if it didn't seem to be causing a problem, kind of like an early warning checkup? Would it be even more amazing, if you could have a direct influence on it, if it was malfunctioning, to correct it without surgery or even a medication? Well there is and you can! It's called your nervous system and the highly trained analyst is your Chiropractor. Let's take a look.

In the first chapters of Gray's Anatomy, a book that was used in my college and many medical schools across the country at the time (over 30 years ago now), it stated that "the nervous system influences or controls all systems in the body". That is pretty important. Contrary to popular belief, the nervous system, not bones, is what your chiropractor is seeking to analyze at every appointment. Attention, however, is commonly given to the bones. Why? Because, although bones are there to protect the nerves, subluxation (a malposition) of the bones can also cause pressure on the nerves. This can shut down, change, or exaggerate the messages that the nerves are supposed to transmit to and from your brain.

How much pressure does it take? Studies have shown that as little as the weight of a dime (6mm Hg wt) on a nerve, can significantly change up to 70% of the messages the nerve should transmit. This pressure might create the pain we often feel. It can also change the way we digest, breathe, think, walk, see, hear... the list goes on!! So, analyzing for this can have a widespread positive influence. What can cause this subluxation?

The first cause would be the subluxation caused by physical influences, like an

over-done new exercise program or daily activity. Sometimes, it is a repetitive activity that can cause it, showing up as the proverbial "piece of straw that broke the camel's back". Next might be chemical influences, such as toxins we may have been exposed to in our food, water, and air, or in our daily activities. Getting evaluated at the same time for toxicities can help greatly in addressing this cause. And last, but not least, mental/emotional influences in our daily lives. Ever meet someone who is stressed? Exactly! This may be the most overlooked cause we see coming into our office. Addressing this, and the way your body responds to this stress, can be lifesaving.

Brushing your teeth is wise regular dental care. Regular chiropractic care is equally important. It has been great for our family and the reason we created The SHIFT Wellness Club to help our community maximize their health. It allows your family regular care very affordably. Check it out on our site, or call. 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, call or text 218-851-9626.



Aitkin Moose Lodge
22 4th St. NE, Aitkin
located 2 blocks north
of the spotlight turn right/ left side
218-927-2072

Open to membership and guests.
Come and see what the Moose is about!

<p>Wed., Jan 29 Super Burgers 5:30 p.m. to 7:30 p.m.</p> <p>Wed., Feb. 5 Tacos 5:30 p.m. to 7:30 p.m.</p> <p>Wed., Feb. 12 Super Dogs 5:30 p.m. to 7:30 p.m.</p> <p>Wed., Feb. 19 Cook's Choice 5:30 p.m. to 7:30 p.m.</p> <p>Wed., Feb. 26 Super Burgers 5:30 p.m. to 7:30 p.m.</p> <p>Meat Raffle Every Saturday 6 p.m.</p>	 <p>Hours: Mon.-Sat. open at 4 p.m.</p> <p>Woman of the Moose Thurs., Feb. 6 & 20 (1st & 3rd Thursdays)</p> <p>Pizza 5:30 p.m. to 7:30 p.m.</p> <p>Bean Bag Tournament Jan. 25</p> <p>Hall Available for Rent (Seats 225) Weddings, Reunions, Graduation & Other Events Now booking for parties. Call Lodge for info.</p>
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Happy Hour: 4 pm - 6 pm

Italian Month

Every Friday and Saturday Night in February!

Traditional family recipes from Chef Giovanni Mancini

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Hoppers Helper's Service Directory

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TREE SERVICES

Kokesh Stump Tree Removal • 218-927-2745 2019-w13

OBITUARIES

DOROTHY VUKELICH



Dorothy H. Vukelich, 75, of Crosby died on Thursday, January 16, 2020 at her home.

A Memorial Service will be held 11:00 a.m. Saturday, January 25, 2020 at St. Joseph's Catholic Church in Crosby. Burial will be at the Lakewood Cemetery in Crosby. Visitation will be from 9:00 a.m. until the time of the service at the church on Saturday.

She was born on June 7, 1944 in Crosby to George and Mary (Radinovich) Vukelich.

Dorothy is survived by two sons: Scott Kugel of Brainerd and Robert (Angie) Kugel of Aitkin;

six brothers: George (Sue) Vukelich Jr. of Deerwood, James (Lollie) Vukelich of Pillager, Joseph (Debbie) Vukelich of Fort Myers, FL, Frank (Kathy) Vukelich of White Salmon, WA, Greg (Denise) Vukelich of Emily and John (Amy) Vukelich of Deerwood; four sisters: Dolly (Rick) Ferrari of Crosby, Rita Vukelich of Crosby, Jeanne (David) Shaw of Duluth and Patty Vukelich of Crosby; nine grandchildren, seven great-grandchildren and two great-great-grandchildren.

Preceding Dorothy in death are her parents; three sister: Barbara Casper, Katie Grossell and Clara Vukelich; and one brother, Edward Vukelich.

Arrangements were with the Koop Funeral Home in Crosby.

CAROL CALKINS



Carol E. Calkins, 87, of Bay Lake Township died on Thursday, January 16, 2020 at the Cuyuna Regional Care Center in Crosby.

A Memorial Service will be at 2:00 p.m. Saturday, January 25, 2020 at the Cascade United Methodist Church in Deerwood. Burial will be at the Minnesota State Veterans Cemetery in Little Falls. Visitation will be from 12:00 p.m. until will time of the service at the church on Saturday.

She was born on January 20, 1932 in Wibaux, MT to John and Stella (Pierce) Woods. Carol married Gene Calkins on October 13, 1951 in Wibaux, MT. She attended the Cascade United Methodist Church in Deerwood. Carol was a former longtime leader for the Bay Lake 4-H Club. Formerly she was employed as aid with Woodland Acres Nursing Home in Brainerd and Cedarbrook Manor in Deerwood and a baker

for the Deerwood Supermarket. Carol loved to garden and bake. Her coffee pot was always on and there were goodies on her table. She was viewed as the neighborhood mom and grandma. Her grandchildren were very special to her and loved spending time with them.

Carol is survived by six sons: David Calkins, Doug (Gay) Calkins, Richard (Jodi) Calkins, Robert (Lisa) Calkins, Michael (Tammy) Calkins and Patrick (Terri Knutson) Calkins, all of Bay Lake Township; three daughters: Judy (Jim) O'Keefe, Crosby, Susan Calkins, Hopkins and Jeanette (Bert) Lener, Stanchfield; one brother, Phillip Woods of Charleston, SC; 14 grandchildren and 15 great-grandchildren; and special friends, Ann Anderson and Tim Johnson.

Preceding Carol in death are her parents; husband, Gene in 2018; two sisters: Lois Thorpe and Dorothy Sellers; three brothers: Stanley, Keith and Charles Woods.

Arrangements were with the Koop Funeral Home in Crosby.

LEROY SANVIG



LeRoy Jerome Sanvig, 81, died on Tuesday, January 14, 2020 at the Cuyuna Regional Care Center in Crosby.

A Memorial Service will be held 2:00 p.m. Sunday, January 26, 2020 at the Koop Funeral Home in Crosby. Burial will be at the Scandia Cemetery in Deerwood. Visitation will be one hour prior to the service at the funeral home on Sunday.

He was born on June 15, 1938 in Starbuck to Ole and Sina (Dishong) Sanvig. LeRoy married

Yvonne Bartel on April 5, 1958 in Crosby. He was a retired Potlatch employee with 28 years of service.

LeRoy is survived by his wife, Yvonne; four sons: LeRoy Jr. (Joanne VanVickle) Sanvig, Crosby; Dennis Sanvig, Crosby; William Sanvig, Deerwood and Thomas (Liz) Sanvig, Crosby; one daughter, Sandra Cutter, Crosby; 10 grandchildren and numerous great-grandchildren.

Preceding LeRoy in death are his parents and 18 siblings.

Arrangements were with the Koop Funeral Home in Crosby.

DELORES ERICKSON

Delores Joyce Erickson, 92, of Aitkin died Friday, January 10, 2020 at the St. Cloud Hospital in St. Cloud.

Services for Delores will be in the spring and burial will be in Rabbit Lake Cemetery.

She was born November 10, 1927 in Rock Creek Township, Pine County, MN. to Walter and Elsie (Rodboom) Erickson. She graduated from Rush City High School in 1946. She lived in Rush City, Minneapolis, South Carolina, New Prague, Tamarack, McGregor and Aitkin. She

worked for May Brothers, a grocery distributor in Minneapolis. She enjoyed reading and studying her Bible, cooking, baking, watching game shows and cooking shows.

Delores is survived by her brother and sister-in-law: Robert B. and Janice M. Erickson; sister-in-law: Barbara Erickson; and many nieces, nephews, other relatives and friends.

She was preceded in death by her parents; brothers and sisters: Lawrence, Leslie, Eldora, Wayne, Corrine, Ronald and Arlene; niece Mary Coyle and nephews: James Lindemann and Gary Erickson.

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

NEWSHOPPER
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CHURCH DIRECTORY

* 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; hillcityyagchurh@gmail.com; 218-697-2662
Palisade — Pastor Ed Sornberger; SS 9; Worship 10; Kids Church; Small groups during the week 218-845-2726

BAPTIST
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.thechurchontheviseroad.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. 5 p.m.
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 Richie Bean; 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. 6 bridge
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. Lijia 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, for information 320-684-2804

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

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 Sunday 9; Fellowship 10:15, Adult Bible Class & Sunday School 10:30 am 218-829-7092 www.pobpaxter.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, Wednesday evening 7 pm adult Bible study. Located at 5878 Pine Beach Road, Brainerd, 218-824-3052, www.goodshepherdfreechurch.org

Brainerd - Laestadian Lutheran Church; 1501 So. 8th St. - Sunday Worship Services 11 am. (www.lchurh.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 9; 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 8:45.

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 & 3rd Sun.

McGrath — Grace; Wed. potluck 5 pm, Bible study 6 p.m.; SS 10; Worship 11.
McGrath — Zion (ELCA), Pastor Elliott Malm; Worship 9; SS 9.
McGregor/Big Sandy Lake — Grace Lutheran 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 Hwy 210
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.

NON-DENOMINATIONAL
Brainerd — Oak Street Chapel, Pastor Todd Wooden, Worship 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.

REFORMED
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 Roger Hagen; 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

Brainerd — Pastor Roger Hagen; Worship Sat. 11:20 a.m., Bible Study 10:00 a.m.; Bible Study & Prayer Mtg. Wed. 6:30 p.m.; 2910 Oak Street, Brainerd, 218-829-1676

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.
Cutter — Pine Lake Chapel, Rev. Laurence Foote; Worship 9.
Cromwell — Pastor Tim Hornstad; 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

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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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Opinion – Trouble in paradise — a police state in northern Minnesota

While out of my office in March, 2017, I got the call we all know — someone I knew was in a jam. The caller was the last person I would suspect of being in serious trouble, my long time client and friend, Jim Hunter. Jim was in his late 60s at the time, a small-town businessperson. He had no criminal record—I had done some business related work for him over the years. Jim called my office from the jail, he was charged with four felonies.

Jim also dabbled in politics. He had previously run for Mayor of Crosby, a small old mining town now famous for its mountain biking trails. Crosby is around 15 miles northeast of Brainerd, my hometown. Jim is one of the most generous people that I have ever known. He is always willing to help friends and just about anyone that he can. Every Thanksgiving, Jim will invite anybody that does not have a place to go to dine with him even, if he hardly knows them.

In the spring of 2016, Jim became concerned about the direction the City of Crosby was taking, especially the actions of the leadership of the police department. The Police Chief Kim Coughlin and Lieutenant Kevin Randolph had become entangled in extremely contentious personnel disputes. A protracted battle involving two attempts to fire the same officer over ticky tacky personnel disputes cost Crosby over \$200,000, and ended up with the city losing a week-long arbitration hearing concerning that officer, who was ordered reinstated with full back pay.

Jim spoke out about the problems at the police department and called for change in how it was run. He announced that he would run for Mayor in the summer of 2016 for the November, 2016 election. Unknown to Jim at the time, Chief Coughlin and Lieutenant Randolph began working behind the scenes as soon as they knew he was running for Mayor to prevent him from winning. They were in touch with a disgruntled citizen, (hereafter citizen) whom I will not identify by name, who blamed Jim for his wife leaving him shortly after him and his wife purchased a small business from Jim in the summer of 2016. In any other town, the police department would have responded to this citizen's complaints by telling him there was nothing they could do as it was not a criminal matter. Lieutenant Randolph and Chief Coughlin, however, saw a golden opportunity to get Jim, and began working with the citizen and other members of his family, in order to build a case against Jim and to prevent Jim from winning the election.

The 2016 election was full of surprises as we all know, one of them was that Jim won the election for Mayor of Crosby. I was pleased to see Jim win the election. What he said made sense to me and I believed any city would benefit from being led by a man with such generosity and integrity. Jim and I were still blissfully unaware of the huge amount of City of Crosby resources being invested behind the scenes by Lieutenant Randolph and Chief Coughlin into derailing him. After the election, Lieutenant Randolph and Chief Coughlin stepped up their efforts to build a case against Jim, continuing to talk to individuals and to elicit information from people, with heavy coaching that they believed they could use against Jim. Their efforts came to a head in early March, 2017, after Jim had been in office Ed Shaw for only two months, when they orchestrated a high profile arrest, and I got the call.

Jim was charged with Second Degree Assault, Theft by Swindle, Receiving Stolen Property, Lawful Gambling Fraud and Motor Vehicle Sales Finance Violation.

To say I was surprised was an understatement. I had no idea where those type of bizarre accusations would come from. My associate attorney handled the arraignment, and when I got back in town the next day, I obtained a copy of the complaint and spoke to Jim about it. The complaint included a lengthy statement of probable cause that read like something out of a bad detective novel. The probable cause statement, prepared and signed by Lieutenant Randolph, accused Jim of engaging in an elaborate scheme to swindle the citizen by inducing him to buy a business.

Jim was also accused of pulling a gun on the citizen's adult son, having a stolen gun in his possession, and engaging in gambling fraud, along with tax fraud, and just about every other crime one could imagine. The probable cause statement also contained accusations by Mr. Randolph that Jim had threatened witnesses and was likely to flee to Mexico, without any factual support whatsoever for those claims. ~A lay person reading these statements would think that Jim was a free-wheeling James Bond type figure in an expensive suit, fleeing in a flashy sports car, a briefcase full of cash in one hand and a stylish woman on the other, meeting a Learjet at a secluded airport, taking off just as police cars close in!~

My experience with Jim, and simple common sense, told me immediately that this portrayal of him was completely false and that

he had not committed any of these crimes, had never threatened any witnesses and was not going to flee to Mexico, or anywhere else.

Lieutenant Randolph contacted several media outlets prior to the arrest resulting in extensive news coverage in the Brainerd area and in the twin cities. The coverage included print and televised media with lurid quotes from the complaint and probable cause statement and pictures of Jim's businesses. They also had pictures of Jim in his jail jumpsuit. Lieutenant Randolph planned to use the publicity to devastate Jim's business and reputation and force him to resign as Mayor, and it worked.

Jim's sales plummeted at all of his businesses, a bank canceled his line of credit, his accountant stopped doing business with him, and many people all over town assumed that he was a crook. Even after these charges were filed and Jim was devastated, I was heartened by the loyal support the community showed him. People called my office during those first few weeks, in his darkest hours, telling me how much Jim had helped them when they were down and offering to help him in any way they could. One man, who had virtually nothing, offered to contribute a portion of his meager disability check towards Jim's defense.

Amazingly, even though the local police investigated, filed a complaint against their own Mayor and arrested him after he had been critical of the their leadership, the County Attorney pushed ahead with the charges. It is truly hard to believe that it was not obvious to the County Attorney, or anyone else, that there was something suspicious about the police investigating and arresting their own mayor.

The five charges against Jim were almost comically stuffed into the same complaint. A theft by swindle accusation involving the citizen, an assault charge involving the citizen's adult son, which happened months later, a stolen gun possession charge that did not involve anyone in the community, a gambling fraud charge, and a vehicle sales finance charge. Another mystery of the case was why the County Attorney would put all of these charges in the same complaint. My best guess would be, they were hoping that I would not request separate trials and that the jury would hear about all of the accusations and assume that Jim must be guilty of something. After several months of pre-trial proceedings, I moved for severance [of the charges], which was not opposed.

The first trial on the Theft by

Swindle Charge was held in June, 2018. The Theft by Swindle charge was based on the citizen's claim that he had purchased a business from Jim and that Jim had overcharged him for the business.

Even if that accusation was true, and as far as I could see it was not, it would seem to me, and I believe most people out there, to be a civil issue not a criminal issue. If one of us thought we had gotten a bad deal buying a car at a dealership, we would not expect the local police to drag the dealer off in handcuffs, we would expect to take it up in civil court. Another problem for the State's case is that the citizen never paid a nickel to Jim. It is tough to have a theft case if no money changes hands. Almost immediately after the purchase of the business, citizen and his wife separated, citizen's wife continued to operate the business and still does to this day and took care of any obligations owed to Jim. Citizen never paid any money to Jim. Citizen was angry about the end of his marriage and had a grudge against Jim. After a 2 1/2 day acrimonious trial and a just over 1/2 hour deliberation, the jury came back with a not guilty verdict.

The next charge, Second-Degree Assault, was tried in August, 2018. This charge was even more absurd than the Theft by Swindle charge. Jim and a friend were in a vehicle on Jim's property, parked next to Jim's business.

Citizen's adult son, who is in his 20s, and a friend of his of similar age, were driving by in the evening, in the dark after drinking heavily, observed Jim's truck on Jim's property by his business, and pulled up to confront Jim and his friend, the mother of adult son. They got out of their truck went on either side of Jim's truck and called Jim, who was in his late 60s at the time, every name in the book and threatened to pull him out of the truck and assault him.

They also called Jim's friend several obscenities, including the 'C' word. After this went on for some time, and the two drunk individuals showed no sign of leaving, Jim put his hand on a legally owned, holstered pistol sitting in the console of his truck and said words to the effect of 'that's enough'. Shortly after that, the two left. It is hard to believe that

sort of charge being filed anywhere, and even harder to imagine it being filed in rural Minnesota, where gun ownership rates are high, and most people believe there is a reasonable right to self-defense. If you can't put your hand on your own legal gun, in your own vehicle, on your own property in response to threats of violence from two drunk individuals less than half your age, when can you? Lieutenant Randolph and Chief Coughlin did not want to bring the adult son's friend into court as a witness despite knowing his identity. I had my own investigator obtain a statement from him, and I subpoenaed him for the trial. Any normal investigation into an assault would have involved talking to all parties at the scene. It is clear that Randolph and Coughlin decided not to talk to this individual because they knew he would not help their agenda of seeing Jim convicted.

A sign of just how political the case was, during the first trial, several current and former Crosby City officials were present for the entire trial and Chief Coughlin, who was not a witness, was present for almost all of the first and second trials. When the verdict came in for the first charge, Theft by Swindle, to say that the City of Crosby audience was disappointed would be an understatement. Their side of the gallery looked about as cheery as a funeral home.

Most of the same crew showed up for the second trial, still hoping to see Jim convicted and shipped off to prison.

When the adult son's friend testified in the second trial, he was specific in his description of how drunk he and adult son had been, how much Bud Light® they had consumed, how much he liked Bud Light®, how he drank Bud Light® because it tasted great and not because it was less filling, and the colorful terms him and adult son had used to describe Jim and Jim's friend. My associate attorney, who was sitting second chair had a hard time keeping a straight face during his testimony. It was almost comical; one of those Perry Mason moments. The prosecutor was not having a good time, she looked like she would rather be having her fingernails pulled out than sitting through it. The friend looked the

part: a big, menacing guy, over 6 feet tall, well over 200 pounds of muscle. The prosecution's case was on life support before he took the stand, and his testimony effectively pulled the plug. After the next recess following his testimony, the Crosby City officials who had been watching attentively up until then, did not come back.

They headed for the parking lot like disgruntled football fans when their home team is down by three touchdowns in the fourth quarter. The jury was out again for barely a 1/2 hour and came back with another not guilty verdict.

After this trial, there was a personnel shift on the prosecution side. The Assistant County Attorney who handled the first two trials stepped aside, and for a while, it was not clear who in the office would be handling the case going forward. Eventually the County Attorney took it over for the last trial.

The next charge on the docket was Receiving Stolen Property. Jim had a gun collection with over fifty legally owned firearms. After the Crosby police searched Jim's house and office, they found one gun that at some point in the past had been stolen. The prosecution never introduced any evidence that Jim somehow knew that the gun was stolen or treated it like it was stolen, except to claim that it was in a file cabinet at Jim's commercial building, which they suggested meant it was stolen because it was not sitting out in the open? I am not aware of too many businesses, except for gun shops, where pistols are left sitting out in the open on counters, but maybe the prosecution shops at different stores than I do. The Crosby Police did not disclose the theft report. Only after I pressed the prosecution, was the report finally revealed in the fall of 2018, over a year and a half after the case had been charged out. The report revealed that the gun may have been stolen in 1994 from Oakdale, a St. Paul, MN suburb. How on earth would Jim have known over 20 years later when he purchased the gun legally in Crosby, that it may have been stolen in Oakdale in 1994? I was never able to verify that the gun was even stolen as the handwritten Oakdale police report appeared to

Continued on Page 7

READER RIBBETS

Begin due process

The Crosby city council and mayor think letters-to-the-editor are not credible sources of information, that's accurate. They're meant to bring the credible sources, the arbitration reports and judge's rulings to light. Crosby chose the arbitrators, they found the former police chief lies, distorts the truth, alters documents, makes documents disappear, conducts biased, flawed, prejudiced investigations. A judge ruled the former police chief arbitrarily and discriminately enforced laws and policies; another ruled the former police chief not credible.

The council member who was briefed on the history

of the arbitration knew they were going to be compromised. They were brave, heroic, and protected the residents of Crosby — smart enough to make sure their word would be credible. There's proof the former police chief and city administrator broke data privacy laws. The collaboration to place an officer on paid administrative leave was not in the interest of Crosby, it was in the personal interests of the former police chief's and former lieutenant. It undermined the current police chief, cost Crosby thousands of dollars, and places every Crosby officer's career at risk and the city administrator is responsible.

In the best interest of the residents, the council and mayor need to suspend and investigate the city administrator, failure to begin due process is negligent. The city administrator created a hostile workplace environment, stiffed the sewer district out of \$120,000 in reserve funds, willingly and maliciously damaged the residents of Crosby. The residents must speak to their elected officials daily, on every source of social media or in person every time you see them, insist your elected officials protect your city.

*Kelly Avelsgard,
Deerwood
Concerned Observer*



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Police state in northern Minnesota | Continued from Page 5

contain discrepancies with the serial numbers and the State never produced any witness to verify the authenticity of the report. Shortly before trial, probably realizing that it was hopeless, the State dismissed the firearm charge.

Next up in the list was the Lawful Gambling Fraud charge, based on a claim that Jim was playing pull tabs at a small store that he owned and that he used someone else's driver's license to claim a cash prize. There was no claim that Jim had somehow rigged the game in his favor, that would not have been possible. Not surprisingly, the statement of probable cause did not disclose that the two complaining witnesses in the case were a former employee who owed Jim thousands of dollars for a vehicle she purchased from him and stopped paying on, and her mother, both of whom were on public assistance at the time of the alleged offense, giving them a reason to not report gambling winnings. The trial was held in March, 2019. An agent from the State Gambling Enforcement Division stated that there was no evidence after he had inspected the games involved that Jim or anyone else had tampered with or rigged any game. The jury returned a third not guilty verdict.

The remaining charge, Vehicle Sales Finance Violation which is a gross misdemeanor, and another misdemeanor charge of filing a false police report, which had been added while the other cases were pending, were dismissed in April, 2019. This finally brought an end to an over-two-year saga involving seven charges, and three not guilty verdicts.

I have never handled a case as adversarial as this one.

While the case was pending Lieutenant Randolph and Chief Coughlin sent out memos to Crosby police officers instructing them not to have any contact with Jim, and Mr. Randolph made statements to people in the community that they wanted to see Jim "dead", and that he was a terrible person.

Three ethics complaints were filed against me during the proceedings. One by the citizen, one by Lieutenant Randolph, and one by the Assistant County Attorney who prosecuted the first two trials. All three complaints were dismissed. The Assistant County Attorney's was filed within days after the jury returned the verdict of acquittal in the first trial. I will let you form your own conclusions as to the timing. The Crosby Police did their best to get as much media attention

as possible on the arrest and charges, but objected loudly to my from talking to the media while the case was pending, and sought to restrict my contact with the media as much as possible, even harassing a local reporter who was critical of them. In my career, I have never seen an individual handle incredible adversity with such dignity and grace. Jim's marriage ended while the cases were pending, his businesses were hammered, and he had to live with the stress of possibly going to prison, if he was convicted even though he had never violated the law in his life. Through it all, Jim was gracious with everyone including the prosecutors who were handling the case and never had a bad word to say about anyone. When the three not guilty verdicts came in, Jim shed tears of joy each time, but was always polite and courteous and never gloated in or near the courtroom. I will confess to some whoops of joy in the elevator after the third verdict came in. Jim has begun putting his life back together. He is grateful to still have his freedom and the clean record that he has worked hard to maintain his whole life.

The case has probably changed me just as much as it has changed Jim. I was never naïve. No one in the system is perfect and prosecutors and courts

can make mistakes; however, I had a general faith in the system that most people who are brought into court are guilty of something, and that prosecutors and police officers can make mistakes, but generally are acting in good faith. In Jim's case, the system went off the rails. Chief Coughlin and Lieutenant Randolph clearly had a political agenda and were out to get Jim because he threatened to hold them accountable. That the County Attorney's office did not realize immediately that something was fishy, given how frankly bizarre the probable cause statement was, and that the local police were prosecuting their own Mayor, amazes me. They should have put a stop to the case before it even got started. Even more amazing, was that after the case went on for several months and it was not materializing as the Chief and Lieutenant had promised, the County Attorney's office did not stop their efforts to convict Jim, and continued pursuing him until they had lost trials on all of the major charges. The case could have been dismissed by the Court prior to trial, and was not. After the case was all over, the County Attorney's office issued a press release showing no contrition whatsoever, claiming that the jury must have made a mistake. If what happened in Crosby happened

in another country, a democratically elected leader arrested on trumped up, unfounded charges and forced to resign, we would call it a police state, and call for international intervention.

While it is easy to look at a case like this as a success, three jury trial wins, no convictions, seeing the good guys win, that feeling of hearing the words "not guilty", three times, like winning the Super Bowl and the World Series at the same time, it is really a huge failure. The system put an innocent person through hell for no reason at all. None of the professionals in the system put an end to the circus, it took three separate juries of amateurs to do what the professionals should have done long before. No one should ever question the value of the right to a trial by jury, I certainly will not; it saved Jim's freedom, and quite possibly his life, I do not know if Jim could have survived incarceration.

By the time this article goes to press, there will be a civil defamation lawsuit pending in Crow Wing County against the City of Crosby, Mr. Randolph and Ms. Coughlin for their actions against Mr. Hunter. Mr. Hunter and I have taken this action because the City, and the former Chief and Lieutenant have shown no interest whatsoever in taking respon-

sibility or being held accountable in any way for their actions. They are both continuing to lead comfortable lives, while Jim went through two years of hell and huge financial loss. The legal system preaches accountability, everyday hundreds of people are brought before judges in court houses all over this state to be held accountable for bad choices that they have made. For the system to have any credibility, the accountability must go both ways. We can not expect the powerless to be held accountable for their actions unless we ask the same from the powerful.

The above opinion was also published in the "Minnesota Association of Criminal Defense Lawyers VI" magazine.

About Ed Shaw

Ed has been an attorney in private practice for 23 years in Brainerd. He lives with his wife, Sarah and their twins, Marly and Ruby. He enjoys spending time with family, eating at his wife's restaurant, and long distance gravel bike races. He may be reached at 218-825-7030.



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