



The NEWSHOPPER furnished FREE, because of the advertisers. Please let them know you appreciate it.

First Copy FREE, subsequent copies \$1 per copy.

Vol. 21 • Issue 07

Sat., February 15, 2020

FREE

PRST STD
U.S. Postage
PAID
Brainerd, MN
ZIP CODE 56401
Permit No. 681

PO Box 562, Ironton 56455 • By Appointment Only
218-772-0300 • 218-821-1393

email: hopper@crosbyironton.net
www.newshopper.net

Aitkin Sno-drifters take over 100 sleds on 11th annual vintage trail ride



Second place went to Tom Lundberg (left) of Aitkin, with his 1970 Arctic Cat Panther; and Noelan Jones (right) of Aitkin took first in the People's Choice category with a 1972 Polaris Colt.

By ANN SCHWARTZ
The weather was cold, but not dangerous for the Aitkin Sno-drifters Vintage Run day on Feb. 8.

In the morning, they gathered at the 40 Club in Aitkin and set out on a loop ride around town. Nearly 80 snowmobile owners registered and over 100 were on the trail — a good share of them vintage.

"We had Ski-doo's, Massey-Ferguson, Polaris and Arctic Cats," said Jason Donner, event organizer.

He said about 120 people took the trail ride. They returned to the 40 Club, where attendees voted on

the prize-winning sleds.

Noelan Jones of Aitkin took first in the People's Choice category with a 1972 Polaris Colt.

Second went to Tom Lundberg, Aitkin, with his

1970 Cat Panther.

Derek Kayfes with his 1964 Arctic Cat Tom Cat 100 took home two prizes — Ugly Duckling and Least Likely to Make the Ride.

Trails are great at this

time, according to Donner. The Aitkin Sno-drifters have about 90 members in their club and they maintain a club house in Aitkin and a snowmobile shelter on the trail.

Minnesota Caucus
Tuesday **February 25th**
7:00 pm mngop.com

Notice of Aitkin County Republican Precinct Caucuses As required by MN Statute 202

You are eligible to participate in the Republican caucus if:

- You will be eligible to vote in the fall election – November 3 2020.
- Live in the precinct.
- You are in agreement with the principles of the Republican Party and plan to vote for a Republican for president.

Sign up to be an Election Judge or Poll Challenger for the 2018 Elections.

Aitkin Westside Church Hwy. 210 W, Aitkin convener-Jim Blakesley 218-927-2027
City of Aitkin, Aitkin, Farm Island, Kimberly, Morrison, Nordland, Spencer, Waukenabo, Unorganized T48-27(Blind Lake), and Unorg. T49-27(Esquagamah) Townships.

Hill City School 500 Ione Ave. convener-Dave Lange 218-697-2446
City of Hill City, Ball Bluff, Cornish, Hill Lake, MacVile, Verdon, Unorganized T51-25; T51-27(Lemay); T52-25(Quadna); T52-24(Ruth); T52-22; T51-22; T52-27(Shovel Lake); T50-26(Bain); T50-27(White Elk); Unorganized T50-25 (Hebron) and West Libby Townships.

McGregor Public Library 111 E Center Ave., McGregor convener-Kari Abbott 218-768-3011
City of McGregor, City of Tamarack, Beaver, Clark, Jevne, McGregor, Rice River, Salo, Spalding, Fleming, and Unorg T47-24 (Davidson) Townships

McGrath Fire Hall 303 Main St., McGrath convener-Steve Barteima 320-592-3907
City of McGrath, Idun, Millward, Pliny, Seavey, Wagner, White Pine, and Williams Townships.

Grace Lutheran Log Church 48115 Lake Ave. convener-John & Pat Turonie 218-590-8201
City of Palisade, Balsam, Haugen, Libby E, Shamrock, Turner, Workman, and Logan Townships.

Mille Lacs Trails Bldg. 31844-235th Lane, Aitkin convener-Michele Ackeley 320-684-2303
Glen, Malmo, Lakeside, Hazelton, Wealthwood, Lee & Unorganized T45-24 (Jewett) Townships.

Aitkin County Republican Convention will be held at the **Fireside Inn, McGregor** on **Saturday, March 14, 2020 at 10:00 a.m.** Registration opens at 9:00 a.m.

General Election – November 3, 2020

Aitkin County Republicans • www.aitkingop.com • P.O. Box 331, Aitkin, MN 56431

Paid for by the Aitkin County Republican Committee

PRESIDENTS' DAY Sale

HURRY! SALE ENDS PRESIDENTS' DAY MONDAY, FEBRUARY 17

All Beautyrest Mattresses on Sale and Take 24 Months to Pay with 0% Interest!*
* with approved credit

LOVESEAT Reg: \$999 **SALE \$377**

Top Quality SOFA with Coiled Spring Seat Cushions Reg: \$1,069 **SALE \$397**

Reclining SOFA Reg: \$1,099 **SALE \$497**

Reclining LOVESEAT Reg: \$1,039 **SALE \$477**

Buy It Today... Have It Today!*
* on In Stock Items

371 FURNITURE & MATTRESS Locally Owned and Operated

16413 Highway 371, Brainerd, MN 56401 • 218-828-3020
2 Miles North of Baxter on 371 • www.371furniture.com
371sales@gmail.com • Hours: 9-6 Mon - Sat; 11-4 Sun

SHIFT INTEGRATIVE MEDICINE

Chiropractic • Acupuncture • Massage • NeuroMetabolic Care • Guided Weight Loss • Slim Laser • Magnesphere

Schedule your first appointment by February 29, 2020 and receive a **Complimentary SHIFT Wellness CLUB examination** \$149 Value

Make a Commitment • Take Action • Get Healthy

Drs. Murray & Shannon Smith • www.askdrsmith.com
23 West Main Street, Crosby • (218) 851-9626

CALL TODAY!

WE CAN BE CENSUS TAKERS

APPLY ONLINE!
2020census.gov/jobs

2020 Census jobs provide:

- ✓ Great pay
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

For more information or help applying, please call 1-855-JOB-2020

Federal Relay Service:
1-800-877-8339 TTY/ASCH
www.gsa.gov/fedrelay

The U.S. Census Bureau is an Equal Opportunity Employer.

United States Census 2020

Aitkin Women of Today sponsor Happy Hour for a Cause at Block North



Leslie Goble with one of the Happy Hour for a Cause raffle prizes, a combination gas/charcoal grill, to be given away on Saturday, Feb. 29 at Block North in Aitkin from 2:00-5:00 p.m.

The Aitkin Women of Today will be sponsoring a Happy Hour for a Cause on Saturday, Feb. 29 at Block North in Aitkin from 2:00-5:00 p.m. to raise money for Aitkin City Park renovations.

Event admission tickets are \$20 and can be purchased from Women of Today mem-

bers, at The Office Shop and Block North. Purchase of a ticket includes an appetizer buffet prepared by Chef Peter Lowe, two drink tickets (craft beer, house wine or pop), and a drawing for door prizes. An advance purchased ticket will also give you five complimentary Chance to Win tickets

at the door.

Additional Chance to Win tickets are \$1 each, or 6 for \$5, and are purchased at the event. You must be present to win. Chance to Win prizes have been donated from generous local businesses. You, the event attendee, will decide which prizes you would love to have and then put your ticket(s) in a box for that particular prize. Drawings will happen approximately every 15 minutes.

There is also a raffle in which you do not have to be present to win. Tickets are \$5 each and are limited to 300 tickets. These, too, can be purchased from a Women of Today member or at The Office Shop and Block North. Prizes include a gas/charcoal combination grill, a beautiful fire ring (donated by

Shawn Martz), a fishing kayak (donated by Hardware Hank), a picnic table (made by Sentence to Serve), \$100 and \$50.

The first phase for Aitkin City Park of renovation will include a new hockey rink and warming house. Hockey teams/ice skaters/broomball players can

use it during the winter and pickleball players can use it during the summer. The warming house will include a new party room that can be rented at a low cost.

Other improvements

Phases 2, 3, and 4 of the renovations include new and

improved walking trails, a revamped playground and improved trails and picnic areas throughout the Tibbetts Trails and Park. All areas will be handicap accessible.

For any questions, or donations, contact Leslie Goble at 218-820-0465.

READER RIBBETS

Positive news for future of Crosby

What the world in Crosby has come to, is the council and mayor refuse to listen and act upon the damaging information that has brought the second of many potential lawsuits to the city of Crosby. The Cuyuna Range is full of wonderful, caring people — that will never change.

With good, there is bad. Example: "For the Record" has been a staple in the "Courier" for decades, filled with negativity about local people and their problems.

The massive violation of the public trust, the constant abuse of power committed by the former police chief and current city administrator is

newsworthy. The information was not reported in a timely, accurate fashion and misrepresented for years, before it was brought to light in the proper context of being destructive. The deliberate, calculated attempts to destroy the lives and careers of two people continue and Crosby is attempting to destroy the life and career of a third, that's newsworthy and requires everyone's attention.

There's proof the city administrator collaborated to break data privacy laws. They collaborated to get an officer placed on paid administrative leave, costing the residents thousands of dollars,

stuffed the sewer district out of \$120,000 in reserve funds. This information is more newsworthy than when the former mayor was falsely accused of seven crimes. When the focus of the arbitration findings changed, the players decided to jump ship.

Be thankful exposing the bad has brought positive news for the residents of Crosby — one problem abruptly resigned, another prematurely retired, another has closed their law practice — all positive for the future of Crosby.

Kelly Avelsgard,
Deerwood
Concerned Observer

LEGAL NOTICE

(Published in NewsHopper Sat., Feb. 8 & 15, 2020)

BAY LAKE TOWNSHIP NOTICE OF ANNUAL MEETING AND ELECTION OF OFFICERS

Notice is hereby given to the qualified voters of Bay

Lake Township, County of Crow Wing, and State of Minnesota, that the Annual Election of Town Officers and Annual Town Meeting will be held on Tuesday, March 10, 2020 from 4:00 to 8:00 p.m. In case of inclement weather the meeting and election may be postponed until March 17,

2020.

The Election Poll hours will be open from 4:00 p.m. to 8:00 p.m., at which time the voters will elect:

- 1 - Supervisor (3 year term) presently held by Jon Steblay
- 1 - Clerk (2 year term) presently held by Carol Pundt

The Annual Meeting will commence at 8:30 p.m. to conduct all necessary business prescribed by law. Board of Canvass will convene after the annual meeting.

The Annual Election and Meeting will be held at the following location:

Bay Lake Town Hall
13861 Co Rd 10
Deerwood, MN 56444.

Dated: February 14, 2011
CAROL PUNDT, Clerk
Town of Bay Lake
6.2

Authorized Platinum Star Service

Serving All Makes • Over 35 Years Experience

<p>Frigidaire White-Westinghouse Gibson Kelvinator Tappan Electrolux Asko</p>	<p>Maytag KitchenAid Amana Jenn-Air Roper Whirlpool Crosley</p>	<p>Amana Commercial Products Frigidaire Commercial Products Kelvinator Commercial Products Electrolux Commercial Products</p>
---	--	---

INDEPENDENT SERVICE CONTRACTOR

INDEPENDENT SERVICE CONTRACTOR

INDEPENDENT SERVICE CONTRACTOR

INDEPENDENT SERVICE CONTRACTOR

INDEPENDENT SERVICE CONTRACTOR

INDEPENDENT SERVICE CONTRACTOR

INDEPENDENT SERVICE CONTRACTOR

For more information call **Jim Blakesley**
jlblak@embarqmail.com

Appliance Service & Repair Aitkin
218-927-2027
1-888-450-8845

Auto & Powersports

We do

Service Maintenance

Repair, Paint & Body for

MOTORCYCLES

BOATS - AUTOS

ATV & UTV

PWC

218-330-6027 • Ironton Industrial Park

NEW 2020 Nissan Rogue S AWD

Intelligent All-Wheel Drive, Lane Departure Warning, Automatic Emergency Braking with Pedestrian Detection, Blind Spot Warning, RearView Monitor, Android Auto, Hands-free Text Messaging Assistant, Apple CarPlay, Bluetooth® Hands-free Phone System and Much More!

SIGN & DRIVE!

\$309/MO

48 mo. / 48,000 mile lease
Sale Price: \$26,835

ABSOLUTELY NOTHING OUT OF POCKET!

MSRP \$28,370
-\$2,725 NISSAN LEASE CASH

Stock No. N20-0069
Model No. 22010
VIN: 5N1AT2MV6LC762115

NEW 2019 Nissan Titan XD V8D CC 4x4

Cummins 5.0-liter DOHC 32-valve V8 Turbo Diesel with Aisin 6-Speed Automatic Transmission, Nissan Rear Seat Entertainment System, 20" Aluminum-Alloy Wheels, Running Boards, Nissan Door to Door Navigation, Remote Engine Start, Leather-Appointed Seats, Chrome Package, Blind Spot Warning, Rear Cross Traffic Alert, Class IV Tow Hitch Receiver with 4-pin/7-pin Wiring Harness, Integrated Gooseneck Hitch Receiver and More!

\$10,000 OFF!

AMERICA' BEST TRUCK WARRANTY!
5 YEARS/100,000 MILES

*BUMPER TO BUMPER LIMITED WARRANTY!

ABSOLUTELY NOTHING OUT OF POCKET!

MSRP \$66,960
-\$5,000 NISSAN CUSTOMER CASH
-\$1,000 NISSAN BONUS CASH
Stock No. N19-0161
Model No. 56619
Vin. 1N6BA1F41KN521284

*SEE DEALER FOR LIMITED WARRANTY DETAILS

NEW 2019 Nissan Sentra SV CVT

Apple CarPlay, Forward Emergency Braking, Backup Camera, Sirius XM Radio, Bluetooth, and Much More!

SIGN & DRIVE!

\$219/MO

48 mo. / 48,000 mile lease
Sale Price: \$19,470

ABSOLUTELY NOTHING OUT OF POCKET!

MSRP \$20,495
-\$2,975 NISSAN LEASE CASH

Stock No. N19-0382
Model No. 120619
VIN: 3N1AB7AP7KY404357

NEW 2020 Nissan Murano S AWD

Intelligent all wheel drive, Intelligent Forward Collision Warning, Automatic Emergency Braking, Dual Zone Automatic Temperature Control, Apple CarPlay, Android Auto, Hands-free Text Messaging Assistant, Bluetooth® Hands-free Phone System and streaming audio, RearView Monitor and Much More!

SIGN & DRIVE!

\$339/MO

48 mo. / 48,000 mile lease
Sale Price: \$32,515

ABSOLUTELY NOTHING OUT OF POCKET!

MSRP \$34,610
-\$1,700 NISSAN LEASE CASH
-\$1,750 NISSAN BONUS CASH
Stock No. N20-0033
Model No. 23010
VIN: 5N1A2ZAS0LN111012

*Finance with Tanner. Pictures for illustration purposes only, actual vehicle color may vary. See dealer for details.

620 West Washington Street, Brainerd

TANNER NISSAN

Local **218.829.1465**
Toll Free **800.245.9689**
www.tannernissan.com

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. "Ask An Attorney" Workforce Center - 20-3rd St. NE, Aitkin, 4th Tuesday of month at noon Pre-registration required call 218-723-4005

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.

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 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.

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.

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.

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

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.

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 Iron- on (Take Off Pounds Sensibly) meet Monday, 4 pm weigh-in, 4:30 pm meeting at Immanual Lutheran Church, Crosby. Call Ma-

bel 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.

February

15th - Fishing for Ducks on Mille Lacs Lake, Garrison, 9 a.m. to 3 p.m.

15th - Annual Valentine Dinner/Dance at Waukenabo Community Center/Town Hall Roast Beef Dinner at 5:30 - 7:00 p.m.; Dance: Jerry & Joyce at 7:30-10:00 p.m. Door Prizes (Must be present to win) Grand Prize (Need not be present to win) Donation: \$10.00 Adults, \$5:00 Children 12 and under

20th - Great River Eye Clinic in Crosby is hosting Business After Hours from 5 - 7 p.m. Admission is \$3 and includes door prizes, hors d'oeuvres, refreshments and an opportunity to network your business.

22th - Annual Rabbit Lake Fishing Contest on Rabbit Lake. Sign-up at the Woodtick Inn in Cuyuna. Call 218-772-0252 for more information.

26th - Community members are invited to a Law Enforcement Job Fair at Central Lakes College from 10 a.m. - 1 p.m. in the gym of the Brainerd campus. This event is perfect for those who are thinking about a career in law enforcement, corrections or probation. Representatives of the career field from across the region will be there to speak with visitors. Questions? Contact CLC Counselor Suzie Karsnia at 218-855-8015 or CLC Criminal Justice Instructor Gae Davis at 218-855-8264.

askdrsmith.com
featuring **Dr. Murray Smith**
The key to health - own it!

Perhaps one of the greatest gifts Dr. Shannon, my wife, and I can give to our patients is the secret key to optimal health. This key can bring you back from extremely poor health, recoup years of youth, and revolutionize your life, health and ability to do the things you want to do again.

So, what is this secret key? Just between us, if you promise to embrace it, I'll give it to you. Promise? Good. The key to this great gift is this: YOU are responsible of your health! Keep reading and I will tell you more.

One of the first things I like to tell my patients when beginning to care for them, is the fact that they are responsible of their health. I want them to realize that, as long as I am — or any other doctor for that matter — is responsible for their health, they will never be as healthy as they could be.

No, it doesn't mean that you need to go back to school! It does mean that you need to become good at being your own best advocate. You need to take the time to invest in your own health. You need keep track of the path that your health is on and, with the doctor's help, look to "right the ship" when it seems to be tipping.

This is why I tell my patients that if I get run over by a car, or they don't like me and leave, etc., that I want them to fully understand their health picture.

How does this happen? Start keeping a record of things that don't seem right. This could be a skin spot, increasing frequency of diarrhea, frequent fatigue... anything that is off the mark. If you feel it merits a doctor's appointment, bring these notes to your appointment and make sure your doctor reads it.

I personally find this helps me gain clarity in the best way to help a patient. If they give you an opinion on the problem, ask questions until you clearly understand the problem. This is the trouble with today's 12 1/2 minute appointment paid for by insurance it doesn't have an allowance for it.

Twenty years ago, I taught a weight loss class as part of our major wellness programs. I always opened this class by asking if anyone present was force fed? (I knew that none were) After a quick chuckle, I let them know that this meant that everything they eat, they are choosing to eat. For many, this truth was pivotal in making the changes they needed to make. This exercise brought to light that they are the center of their health care. From here, they were on the best path to their optimal health.

Grab this secret key and 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.

WALLEYE DINNER
Fri., Feb. 14 • 4:30-7 p.m.
with Potatoes, Veggie, Salad Bar & Dessert
KIDS EAT FREE DURING FRIDAY NIGHT MEALS- Hot dog or Mac N Cheese
TRIVIA NIGHT...2nd & 4th Thursdays, 7 p.m.

Deerwood American Legion Post 557
NEW HOURS: Mon-Thurs. Open at 3 p.m.
Fri-Sat. Open at Noon w/\$3 Bloody Mary Special until 3 p.m.
(218) 534-3215 Open to the Public

SNOW GOT YOU DOWN?
24 Hour Response
Call Tim at 218-330-7003
Roof Ice Dams and Water Leak Problems Solved
Rooftop Snow Removal • Snow Bank Removal
Also Snow Blowing Driveways

CROFT PUB & GRUB
1st St. & 1st Ave., Crosby
218-546-6575
Happy Hour: 4 pm - 6 pm

Italian Month
Every Friday and Saturday Night in February!

Traditional family recipes from **Chef Giovanni Mancini**
Karaoke Every Saturday 9 p.m.-12:30 a.m.

JANZEN AUCTIONEERS
JANZEN AUCTION BUILDING
Saturday, February 22• 9:30 a.m.
1 mile west of the stoplights in Aitkin - (Watch for signs)
5% buyer's premium
Winter blues have you down? Come join us for another Janzen Indoor Auction. Stay warm with a customer appreciation cup of coffee on us.

VEHICLES, FOUR WHEELER, SNOWBLOWER, LAWN & GARDEN, SHOP TOOLS, FIREARMS, ANTIQUES & COLLECTIBLES, SPORTING GOODS, GARAGE ITEMS, BOATING RELATED, HOUSEHOLD FURNISHINGS, GENERAL HOUSEWARES & MORE Auction in Aitkin Starting at 9:30 AM selling in two rings for a large portion of the day, be certain to attend and bring a friend.
Thank you in advance, *Janzen Auctioneers*

BOB, JEREMY & ASSOCIATES • Aitkin
84 Years of Quality and Professionalism
218-927-4488 or 218-851-0879 cell • jerjanzen77@gmail.com
Please visit our websites: www.janzenauctions.com or www.midwestauctions.com/janzen
for full auction line up, photos and directions
Like us on Facebook @ Janzen Auctioneers

TCBX TRUCKING
BRainerd, MN Est. 1907

GUARANTEED NEXT DAY DELIVERY!*

***IN OUR COVERAGE AREA—**
Major points included, but not limited to Brainerd and much of Central Minnesota Daily:
Twin Cities • Brainerd • Aitkin • Alexandria • Bemidji
Grand Rapids • Little Falls • Park Rapids • Wadena • St. Cloud
We Can Deliver It to You at:
Contractors Job Site, Door Step or Business
We provide Daily Freight delivery from the Twin Cities.

Give us a call • Fast service at an affordable price:
TCBX • 1748 SE 13th Street • Brainerd, MN 56401
1-888-829-8229 • www.tcbxtrucking.com
T(Twin) C(Cities) B(Brainerd Area) X(Express) • Established 1907

ONE OF MINNESOTA'S LARGEST SELECTION
of hydraulic hose & fittings up thru 2" 4 wire
rileyautosupply.com

RILEY'S NAPA AUTO SUPPLY
AITKIN • 218-927-2153

HOSES ALSO AVAILABLE AT:
PALISADE COOP • PALISADE • 218-845-2333
D&S TRUCK REPAIR • MCGREGOR • 218-851-1555
NORD AUTO PARTS • GRAND RAPIDS • 218-327-1191
*SOME SIZES NOT AVAILABLE AT ALL LOCATIONS



Invested in Tribal inclusion and success.

Enbridge is committed to building and maintaining sustainable relationships with Minnesota Tribes.

As part of our Line 3 Replacement Project, we're targeting \$100 million in Tribal-affiliated work opportunities—including training, contracting, procurement and hiring from Tribes.

At Enbridge, we see our relationships with Native American Tribes as mutually beneficial—economically, socially and culturally—and we are committed to sharing opportunities with the communities where we operate.

Through contracting and supplier agreements, training and employment (including cultural monitors), capacity development, and engagement and collaboration, we are creating opportunity for Minnesota's Tribes.

When we work together and share the success, everybody wins.

Learn more at enbridge.com/line3us.



PRESIDENTS' DAY SALES EVENT at TANNER MOTORS

PRESIDENTS' DAY EVENT

NEW 2020 JEEP RENEGADE SPORT

AS LOW AS \$20,415

MSRP \$26,565

29 M.P.G. 4x4



NEW 2019 RAM 150 CREW CAB CLASSIC

SALE PRICE \$33,999

MSRP \$46,330

4x4 5-7 Hemi 20" Wheels



NEW 2019 JEEP RENEGADE TRAIL HAWK

\$199

Per Month MSRP \$30,330

4x4 Cold Weather Group II



42 mo., 10,000 mile Lease \$2,999 Down O.A.C., Tax, Title, License & 1st Payment Extra. All Rebates to Dealer.

NEW 2020 JEEP CHEROKEE LIMITED

\$209

Per Month MSRP \$36,285 Stock #20-0194

4x4 6 Cylinder Heated Seat & Wheel Group



42 mo., 10,000 mile Lease \$3,999 Down O.A.C., Tax, Title, License & 1st Payment Extra. All Rebates to Dealer.

Photos for illustration purposes only, actual vehicle color may vary. See dealer for details.

John Tanner's **TANNER MOTORS** TANNERMOTORS.NET 620 WEST WASHINGTON BRAINERD

218.829.3597 or 800.222.0434

CHRYSLER DODGE Jeep

f b YouTube