

PO Box 562, Ironton 56455 218-821-1393 • By Appointment Only email: hopper@crosbyironton.net www.newshopper.net

Sun shone for 2020 AHS graduation amid COVID-19 challenges

By ANN SCHWARTZ It wasn't done in the traditional manner to graduate from Aitkin High School.

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OBITUARIES

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CLASSIFIEDS

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thodist Churc

9:45 a.m. Drive-in Worship

Service in church parking lot

at home on YouTube via our

website at cumcdeerwood.com

atch a pre-recorded service

ated on Hwy. 6 & Hwy. 210

n Deerwood & Crosby.

June

Sunday.

Ok

But the car graduation, held at Aitkin's Veterans Football Field, went off without a hitch on Friday, May 29 and just

may start some new traditions for future years.

There were 70 grads in the Class of 2020 and they rode



The sun came out at the end of the Aitkin High School graduation at Veteran's Football Field in Aitkin on Friday, May 29. Notice the three school officials (right to left) Paul Karelis, senior high principal (at podium); Dan Stifter, district superintendent; and Cindi Hills, chair of the school board in the foreground and the numbers 2020 on the scoreboard. Ann Schwartz photo

imagination and creativity were used to decorate cars, pickups and jeeps. Some students were lucky enough to ride in a convertible or classic car — but the rural standby, the pickup bed, worked just as well to show off the graduates like royalty. If in the family sedan, the graduates rode shotgun.

The stage was set on the bleachers, but it was limited to media and the three school officials who presided: Paul Karelis, senior high principal; Dan Stifter, district superintendent; and Cindi Hills, chair of the school board.

Flowers from local vendors decorated the stage and Valedictorian Gillian Wickstrom gave her valedictory address. After an uplifting speech from Principal Karelis, the Aitkin High School Class of 2020 was presented.

How it worked was cars

with their families. Great were lined up in rows on the football field. They started with the grads whose parents were in the front row. The grad walked across the bleacher "stage," accepted their diploma and turned their tassel. Then, honks and shouts greeted them.

Then, like a well-choreographed dance, the cars moved so the next set of parents could be in the front row and the others went to the back row.

So it continued, with honor grads and honor grads with highest honors announced. At the very end of the ceremony, the sun came out from behind the clouds and blasted gold on the bleachers.

Then, the grads started a new tradition of a parade around Aitkin. Many well-wishers lined the fence of the football field and the sidestreets of Aitkin.

Continued on Page 7









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Mississippi River-Brainerd Watershed has good water quality overall



The Upper Mississippi River - Brainerd watershed covers 1,079,950 acres (1,687 square miles) in the north-central part of the Upper Mississippi River Basin in central Minnesota. The watershed boundary begins in Aitkin County where the river flows through the cities of Aitkin, Brainerd/Baxter, and Little Falls. The watershed encompasses all or parts of Aitkin, Cass, Crow Wing, Morrison, and Todd counties.

According to new draft reports released by the Minnesota Pollution Control Agency (MPCA), the Mississippi River - Brainerd Area Watershed (MRBW) has a mix of good water quality that needs protecting, and lakes and streams with high levels of bacteria and do not meet fish and swim standards. The MRBW in north central Minnesota has more than 2,100 miles of rivers and streams, and contains 212 lakes of ten, or more, acres in size.

The first report, known as a total maximum daily

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load (TMDL), establishes the amount of each pollutant that a water body can accept and still meet water quality standards. The TMDL found that nine of the 41 assessed streams in the watershed had high levels of bacteria, and 16 streams do not meet standards for supporting fish and bugs. In addition, 18 of the 92 assessed lakes do not meet aquatic recreation standards for swimming and fishing. Fish populations in four of 61 assessed lakes did not meet the expected standards.

The MPCA identified sever-

al stressors to aquatic life in the watershed, including low dissolved oxygen (DO) concentrations, excess nutrients, stream connectivity, flow alteration, excess sediment, and lack of habitat. Many of the low DO concentrations are appearing in areas with a high percentage of wetlands, and where ditching (stream alterations) is prevalent. Ditching alters the natural course of a stream and can affect downstream water quantity during high flow periods, and affect water quality during low flow periods. It can also cause a lack of suitable habitat for aquatic life. In a few cases, cattle pastured in riparian areas have caused channel instability and habitat degradation. Biological impairments in the urban areas are partly attributed to stormwater runoff, due to an increase of impervious surfaces, which reduce natural filtering of runoff before reaching surface waters.

The second report, a watershed restoration and protection strategy (WRAPS), is required by the state Clean Water Legacy Act and uses the TMDL, monitoring results, and other information to develop strategies for addressing all pollution sources in the watershed. The MRBW has areas that are quite healthy, and protection strategies will help keep them that way. The Nokasippi River was classified as an exceptional use stream and is a focus for protection.

• Strategies for addressing the degraded water quality in the watershed include: • Preserving or establishing

native vegetation Reducing stormwater runoff in urban areas and

around lakes Managing livestock and associated wastes according to established rules and

guidance • Restoring altered stream hydrology.

• The reports are part of the MPCA's approach to gauging the health of Minnesota's 80 major watersheds, which each will have an approved comprehensive watershed management plan by 2025. After intensive water monitoring, the agency and partners evaluate biological conditions in lakes and streams. Waters that fail to meet standards are placed on the Impaired Waters List, and the agency develops information and strategies that are used to restore impaired waters and protect healthy ones.

Both reports will be used to develop local plans for implementing stream restoration and protection projects.

The MRBW spans portions of Aitkin, Crow Wing, Morrison, and Todd counties; and includes Aitkin, Brainerd/ Baxter, and Little Falls. It offers exceptional fishing, boating, and other recreational opportunities. The area's lakes and streams are used by permanent residents, seasonal cabin owners, and resort patrons, who contribute greatly to local economies. The draft reports are available on the MPCA's Mississippi River-Brainerd Watershed webpage. Submit comments to or request information from Bonnie Finnerty (218-316-3897, 800-657-3864), MPCA, 7678 College Road, Baxter, MN, 56425 by 4:30 p.m. on Wednesday, July 1.

www.NewsHopper.net

Written comments must include a statement of the respondent's interest in the report, and the requested action required by the MPCA, including specific changes to sections of the draft report and the reasons for making those changes.

More information on all of Minnesota's 80 major watersheds is available on the MP-CA's watershed web pages at https://www.pca.state.mn.us/ water/watersheds/mississippi-river-brainerd

Virtual Music in the Park – June 11

Enjoy local music a little differently this year by tuning into the Cuyuna Lakes Chamber's Virtual Music in the Park. On the second and fourth Thursdays in June, July and August, virtual performances featuring area artists will be posted on the Cuyuna Lakes Chamber social media and website www.cuyunalakes. com. Virtual Music in the Park is a free, family-friendly video concert series everyone can watch from the safety of their electronic device.

Over the past 13 years, Music in the Park has been a much-anticipated event to

kickoff summertime in the Cuyuna Lakes area with great music, food and activities for people of all ages to enjoy. Due to unforeseen challenges related to COVID19, the Cuyuna Lakes Chamber is unable to hold the in-person event at Crosby Memorial Park this year.

"That is why we are adapting to hold the event virtually in 2020, so our Music in the Park audience can still enjoy a high-quality, local musical experience from the safety of their electronic device," said Cuyuna Lakes Chamber **Executive Director Brielle**

Bredsten.

Blue Collar Sound and Easy Street Productions have partnered with the Cuyuna Lakes Chamber to film the video performances of each local musician and band throughout the six-part series.

The Virtual Music in the **Park lineup:**

June 11: JPAK June 25: The Tangled Cords July 9: Avery & Duncan July 23: Don Turcotte & The DuChane Brothers August 13:mRadda Radda August 27: Jeff Mozey



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Kindness for caregivers

My oldest daughter was home for the weekend. She lives in the Twin Cities which have been largely under siege due to the rioting. A Target store, very nearby where she lives, was looted and partially burned. Needless to say, it is tense and tenuous there. In addition to this, she works at a level one trauma hospital. On any given day, she is exposed to Covid-19 and tuberculosis along with a list of other difficult patients. I could not help but feel proud of the way she cares for these people in these circumstances without hesitation. I think there are a lot of caregivers that are in this circumstance and serve in the same selfless way.

The mayhem that has recently erupted, coupled with the tensions of the seeming senseless and never-ending shelter-at-home, has provided the perfect storm for all of this. I find myself asking what I can do to help, or to make things somehow better. My experience has been that finding what is good, or doing something positive, has consistently been effective at calming the storm in my life and, in some way, those around me. But what could it look like now?

Doing something in the Cities, or in L.A., New York, or Chicago, doesn't seem realistic. What does is to do something locally. Find a local caregiver... a Doctor, Nurse Practitioner/PA, Nurse, CNA, etc. that you can reach out to.

Buy them a cup of coffee, pint of raspberries, or flowers that says you noticed and appreciate their serving. Even just a note, or a simple "Thank You!" in person, can convey the message. I have a feeling both of you will find your day a bit better.

Big changes take place, many times, in small steps. Try this little gift 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.

Surprising discovery about shaking babies

By MILAN TOMA Babies are at far greater risk of brain damage than previously thought.

Even activities that seem innocent, like a run in a jogging stroller, can inflict abusive head trauma. And head injuries often go entirely undetected, so parents unwittingly repeat the same harmful behaviors.

These conclusions must be used to better educate new parents and inform manufacturers as they design car seats, safety helmets, and the like.

Abusive head trauma, or AHT, is typically referred to as - "shaken baby syndrome" — the consequence of awful, deliberate abuse. Every year, an estimated 1,300 infants suffer this brain trauma. Roughly one in four tragically dies. Of those who survive, about 80 percent develop lifelong disabilities.

Of course, the overwhelming majority of parents would never intentionally harm their children. But it's possible to inflict AHT without even knowing it.

There are several reasons why this unsettling truth is just now coming to light. It's difficult to diagnose AHT. Some cases result in noticeable injuries, including bone fractures. But others result in far milder symptoms. Many victims of AHT show no signs of trauma.

Plus, studying the biomechanics of AHT - what occurs inside a child's skull



when his or her head moves back and forth rapidly presents its own challenges. There's no ethical way to observe or replicate such injuries in a scientific setting.

Thankfully, there's another way to study the problem. My colleagues and I used computer models to simulate the biomechanics of AHT. Specifically, we looked at how the cerebrospinal fluid cushions the brain when a child is shaken repeatedly.

What our models revealed is startling. Even at the lowest frequency we studied --- two shakes per second — a single shake is dangerous. After that initial shake, the cerebrospinal fluid stops cushioning the brain altogether, causing the child's brain to collide with the skull wall.

In other words, it doesn't take a violent act of frustration to damage a baby's brain. Something as ordinary as playfully tossing a child in the air or jogging with a

baby could inflict head trauma.

Our conclusions suggest several strategies for preventing head trauma in young children. The first is simple parents must avoid any activity that shakes their infant's head even once, however harmless it might seem.

Designers should rely on biomechanical models when designing items like car seats, strollers, and other products. In 2018, U.S. emergency rooms treated children under

five for 59,000 injuries related to nursery products. Strollers were involved in 8,200 of those injuries. Across all of these incidents, the child's head was the most commonly injured part of the body.

Better-constructed products based on the latest biomechanics research could go a long way toward reducing head injuries in children.

At the very least, researchers should use biomechanical simulations to evaluate the safety of existing baby products. Newer products are not necessarily safer than older ones. In February, biomechanics researchers found that World War I-era combat helmets provided better protection from certain kinds of explosions than current military helmets.

The latest biomechanics research reveals that babies are more vulnerable to head trauma than previously

thought. It's time to minimize this trauma - or eliminate it ^ by using these findings to educate new parents and design safer baby products.

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Milan Toma, Ph.D. is an assistant professor in the Department of Mechanical Engineering at New York Institute of Technology College of Engineering and Computing Sciences.



(Published in NewsHoppe Sat., June 6, 2020)

CITY OF TROMMALD NOTICE OF PUBLIC HEARING FOR CONDI-TIONAL USE PERMIT

TO WHOM IT MAY CON-CERN: Notice is hereby given that the Trommald Planning Commission will convene for their regularly scheduled meeting on Wednesday, June 24th, 2020 at 6:00 p.m. at City Hall to conduct the following public hearing:

 Conditional Use Permit application to allow applicant to remove approximately two hundred and twenty three (223) cubic yards in a bluff shoreland area.

Applicant is: Leslie McCoy and property is identified as PIN 33040512 (Lot 3, Block 1 of Bluffs of Lake Mahnomen plat)

All interested persons are invited to attend these hearings and be heard or send written comments via email to: nate.keller@sourcewell-mn. gov . A staff report is made available typically one week before the scheduled meeting. Nate Keller. Zoning Administrator

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OBITUARIES

NATALIE SPALJ



Natalie (Gerbich) Spalj, 91, of Deerwood died on May 3, 2020 in New Brighton.

Mass of Christian Burial will be 11:00 a.m. Saturday, June 6, 2020 at the St. Joseph's Catholic Church in Crosby. Burial will be at the Lakewood

Cemetery in Crosby. Visitation will be one hour prior to the service at the church on Saturday. In lieu of flowers memorials are preferred to St. Joseph's Catholic Church, Crosby.

June 6, 2020

Natalie was born on October 22, 1928 in Crosby. She was the only daughter of Dorothy and Daniel Gerbich. On December 1, 1951, Natalie married John R. Spalj. Together they raised four children and operated in family business, Spalj Construction Company. Natalie was a loving and caring mother and grandmother. She enjoyed

playing bridge, golfing, and spending time at the lake with her family and friends. A longtime community volunteer, she served on the board of Central Lakes Community College and was a member of St. Joseph's Catholic Church, Crosby and the National Catholic Society of Foresters St. Mary's Court 854.

Natalie is survived by her children: Heather (Jack) Tooker, J.R. (Jane) Spalj, Heidi (Brian) Anderson and Luke (Leslie) Spalj; 11 grandchildren: Victoria Tooker: Nicole, Chauntel and Bianca Spalj; Anya Anderson and Olivia Schilling; Megan Hanssen; Joe Ritter and Natalie Ritter; Zachariah and Kalina Spali: and five great-grandchildren.

Preceding Natalie in death are her parents; husband, John; and two brothers, Daniel and Michael Gerbich.

Arrangements were with the Koop Funeral Home in Crosby.



She was born December 23, 1942 in Ripley, Tennessee to James and Almer (Northcott) Ballinger. She graduated High School in Long Beach, California. Marian married William Alan Maxfield on December 15, 1979 in Bellflower, CA.

> David Charles Hendricks, 89, died peacefully on Wednesday, May 27, 2020 at Riverwood Health Care Center in Aitkin.

He will be laid to rest at the Woodland - Carr Memorial Cemetery in McGregor on Saturday, June 27, 2020, the

He was born April 22, 1931,

anniversary of he and his wife's 67th year of marriage.

in Aitkin County to Alexander McKinley and Bertha Alvina Lydia (Wilde) Hendricks. He was raised in the Palisade area and spent most of his adult life in Lakeville, MN where he was a beloved member of the community. David married Sharon Joanne Carr on June 27, 1953 in McGregor. He was a U.S. Army Veteran serving from 1955 to 1957. He worked as a mechanic and shop supervisor. He was a private pilot and an outdoors enthusiast who enjoyed hunting and fishing. He moved back to the Aitkin

MARIAN MAXFIELD

Marian Viola Maxfield, 77, She was a homemaker and previously worked as a supervisor for an electronics manufacturing company

.Marian is survived by her husband, William "Bill" Maxfield of Aitkin; brother and sister-inlaw: Jim "Carter" (Beverly) Ballinger; sisters and brothers-in-law: June and Ron Harmon, and Barb and Bob Leiviska; and many other special relatives and friends.

She was preceded in death by her parents.

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

DAVID HENDRICKS

area with his wife Sharon in 2019 and they lived in the Black Rock Terrace Apartments.

He was preceded in death by his parents; half-brother, John Hendricks; brothers-in-law: Francis (Georgia) Carr, Calvin (Aquilla) Carr, Richard Carr, Michael (Diane) Carr and Mayland Johnson.

David is survived by his wife, Sharon; Children: Kevin (DeeAnn) and Jeff (Cathy); sisters: June Jensen (Richard), and Lila Johnson; sisters-in-law: Maryann Carr and Diane Jensen; daughter-in-law, Sherlyn Marie Hecimovich; six grandchildren: Alexis Hendricks-Tharp (Nicholas), Stephanie Vanderhoof (Trent), Kaitlyn Mc-Carroll (Matthew), Kyle (Stephanie), Jared, Levi (Danielle); and 10 great-grandchildren: Alexander and Zane Tharp; Addyson, Gavin and Ethan Vanderhoof; Lillyan and Lucas McCarroll; Aden and Emma Hendricks; and Camille Hendricks.

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

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DIRECT

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

ALLIANCE

Aitkin* - New Life; Larry Burg & John Baker, pastors; Worship 10:15 am & 5:30 pm; "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; wwwpointway.org Garrison* — Pastor Michael H. Palkie; Worship 9; SS 10:30.

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 11:30.218-828-1362

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

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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 McGaffev 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:

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.popbaxter.org

Beaver Township - Finnish EA, Hwy. 27, Worship 1st & 3rd Sun., 10:30.

Brainerd — Good Shepherd Free Lutheran Church, AFLC, Sunday School 9, Worship 10 coffee fellowship 11, Wednesday evening 7 pm adult Bible study. Located at 5878 Pine Beach Road, Brainerd, 218-824-3052, www. goodshepherdfreelutheran.church

Brainerd - Laestadian Lutheran Church; 1501 So. 8th St.

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

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ALFIE SANDELL



Alfie Carl Sandell, 91, of Aitkin died of natural causes on Sunday, May 31, 2020 at

was a proud Veteran of the Korean War. Alfie is survived by his stepsons: Dean (Robin) Findell, Dale (Kathy) Findell and David Findell, six grandchildren and

nine great-grandchildren.

He was preceded in death by his wife Betty. Arrangements were with the Sorensen-Root-Thompson Funeral Home and Cremation Service of Aitkin. Go to www.srtfuneral. com to sign the online guest register.

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- Jordan; Worship 10; hillcityagchurch@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.thechurchonthewiseroad.org
- Breezy Point Eagles Nest, Pastor Zach Broom 218-562-5252, Worship 10:30, SS 9:30.
- Crosby Bible Baptist, Pastor G. Fisher; SS 9:45; Service 10:45 and 6 p.m., Bible Study and Our Kids for Christ Wed. 7 pm
- Deerwood* Pastor W. Skog; SS 9:30; Worship 10:30 and 6 pm; Wed. Service, 6:30 pm.
- Glory* Pastor Chris Meirose; 927-3678; SS 9:15; Worship 10:30 am.; Wed 6pm Glory Family night, KidMin grades kindergarten - 6, Mad4Christ grades 7-12.
- Hill City Pastor Lonnie Lee; 218-697-2645; Adult SS 9; Worship 10 am; Bible Study, Fri., 7 pm.
- Isle Pastor Nick Skogen; 676-3171; SS 9:30; Service 10:30; Bible Study, Wed., 7 p.m.
- Opstead 676-8859; SS 9:30; Worship, 10:30; Bible Study Wed., 7 p.m.

CATHOLIC

- Aitkin* St. James, Fr. David Forsman, 218-927-6581; Mass Sat. 5 pm, Sun. 10 AM. Confession Sat. 10-10:45 am and 4-4:45 pm.
- Brainerd St. Andrew's, Fr. Daniel Weiske, Sat.4:30; Sun. 10:00 and St. Mathias Sunday 8:00.
- Brainerd St. Francis, Fr. Anthony Wroblewski, Sat. 5:00; Sunday 7:30, 9:00, 11:15 and All Saints Saturday 4:00 and Sunday 10:30.
- Cromwell/Wright Immaculate Conception, Mass: Sat. 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-

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 & Bound Lake, Handicap Accessible,
- Tamarack Church of Christ, 218-768-3898; Service 9:30: SS 10:45.

CONGREGATIONAL

Aitkin — First (UCC) Rev. Lilja Behr; Sun.10; Comm. 1st Sun; Council Mtg. 2nd Sun. Spiritual fellowship, Sun. 9.

EPISCOPAL

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

EVANGELICAL FREE

- Baxter Lakewood EFC, Pastor Steve Anderson; Worship at 9 & 10:45; Wed for all ages 6:30 pm
- Crosslake Pastor Mark Holmen; Call for Service Times at 218-692-4141, email thelogchurch@crosslake.net
- Isle Pastor Kerry Johnston; Worship 9; SS 10:15; Wed. Youth Group 6 pm; Adult Prayer 6:30 pm
- Malmo Pastor Glenn Browning; SS 9:30; Fellowship 10; Worship 10:15
- Wright Pastor Ken Mitchell, 218-426-5115; SS 9:30; Worship, 10:30; Thu., Bible Study, 7 pm.

HEBREW/MESSIANIC

Glen — Beth Shalom Tabernacle of Truth, Rabi Frank Dell. for information 320-684-2804

LUTHERAN

We ask you to support these sponsors of the church directory:

To become a sponsor of the church

directory contact Eric at 218-821-1393 or

hopper@crosbyironton.net

- Aitkin Bethlehem (ELCA), Rev. Rebecca Hinz; Worship 9:30: Holv Comm. 1st & 3rd Sun each month.
- Aitkin First* (ELCA) Pastor Reggie Denton, Pastor Jordan Gades; worship Sat. 5 pm, Sun. 8 am & 10 am, Wed. 5:30 pm w/supper; 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); community meal every Mon. & Thu. 5 pm; food shelf 2nd & 4th Thu. 9:30 am-5 pm.

- Sunday Worship Services 11 am. (www.llchurch.org)
- Brainerd Trinity Lutheran Church (ELCA) 1420 South 6th Street Brainerd - Pastor Hans Anderson Worship times September through May are 8:15 a.m. & 10:30 a.m.; Summer Worship time is 9:00 a.m. Phone: 218-829-5147 Website: www.trinitybrainerd.org Email: trinity@trinitybrainerd.org
- Brainerd Truth Lutheran Church (LCMC, Pastor James Walth, Corner of 5th and Kingwood, Worship 9
- Cedar Lake, Norwegian Lutheran Third Sun 11, May Oct. Cedarbrook — St. John's (ELCA); Worship 8:30; Holy Comm. 1st & 3rd Sun.
- Crosby Immanuel (LCMC, NALC) Rev. Paul Mattson; Sun. 9 & 10:30 worship; SS (Sept.-May) 10:40.
- Crosby -Zion (LC-MS) Pastor Dean Stolz; Worship 8:30; SS 10; Bible Study Wed. 7 pm; handicap accessible. 218-546-6910
- Crosslake ---(ELCA) Pastor Kristin Oltmann, Pastor Kurt Hagestuen, 218-692-3682, In-Car Outdoor Worship, Sundays at 10 am at 14019 Daggett Pine Road, Crosslake View Worship online at crosslakelutheran.com
- 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 9 am Alternating with Zion of Crosby; 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,

Jim

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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

10:30; fellowship follows.

fellowship follows.

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Hill City - Pastor Roger Lynn; Worship 10

- Aitkin* Pastor Dawn Houser; high school & adult SS 9; Worship 10:30; fellowship follows, Wednesdays at 5:30 pm Bible & Brew at Block North Brew Pub.
- Crosby/Deerwood* Cascade, Reverend Dr. Genia Garrett; Worship 9:45; fellowship follows.
- Cutler Pine Lake Chapel, Rev. Laurence Foote; Worship 9.
- Cromwell Pastor Tim Homstad; Worship 10; SS 9 Emily* — Pastors Luke and Bethany Nelson; Worship 8:30; fellowship follows. Fleming* - (Northern Lights Parish) SS 9:15; Worship

McGregor* - (Northern Lights Parish) Worship 8:45;

Onamia - Pastor Rick & Judy Wilder; Worship 11; fellowship

Emily — Pastor Ryan Fish; Worship 9; Friendship Time

10; SS 10:30; Wed. Activities 6:30 p.m.; 218-763-HOPE.

3150; office: 218-546-7656; cell: 218-360-1947

10; 2 blks north of Post Office; handicap ramp; 320-532-

-READER-RIBBETS Value opinions for complete story

Ignorance is making statements that are not based on fact.

A recent letter from a sheltered, non politically active nearby resident stated that ironically I, as one of the two frequent letter writers to the NewsHopper, have lost credibility.

SHE should be reading my letters. If she had, she would have realized that just two weeks after I announced that our now former city administrator had been searching for employment elsewhere, she quits for another job.

We could go on to review any of my letters and see that when said information did get leaked out or brought forth, sadly I was right. What I had stated was true.

I would never expect anyone to agree with me on everything, but I do spend a tremendous amount of time gathering information regarding the topics I write about so that our residents and business owners can make decisions knowing both sides of the story.

Its sad that this person's dislike for me can blind her into making these kind of statements. But I do value her opinion. I dislike the current Crosby political scene probably as much as she dislikes me. The only real recourse we as residents have to fight any form of government or its public servants who go astray in hopes of accountability, is our opinions. Through which facts and differing idealisms are presented, usually through public forum comments, protests or even letters to the editor. Really these are the only tools available to those who dare question the public servants who continuously abuse their authority.

When a mayor posts 'opinions are the lowest form of information' on his social media site, you clearly can see how he feels towards the very people who elected him into office.

Morally this man's governance is criminal. What he has forgotten is that public servanthood is an honor. Most people proudly get involved as a way to pay forward their community, not to pursue their own greedy agendas. No one entrusted with authority should be controlled by their assets, influenced by their friends, alliances or business associates. Nor should they be protected because of their long local family history, church membership or what promises they have made.

I wont apologize for my letters, but hope to never write another. That though will depend on the actions of our public servants.

It is not rocket science

We have known for a long time how to avoid most police misconduct. The officer who murdered a citizen in Minneapolis had a long history of anger and violence issues known to department leadership, yet they kept him on the force.

If anyone thinks this is only a big city problem, it is not. Locally, The City of Crosby has an officer known for his volcanic temper and confrontations with citizens. On two separate occasions, while off duty, this officer was intoxicated and involved in confrontations while he had his [department issued] weapon on him. Being intoxicated while carrying a firearm in public in Minnesota is a crime, yet he was never charged in either incident.

Don't get me wrong, Crosby has some very fine officers, but the Department, which has

been the subject of several lawsuits concerning the conduct of its former Chief and former Lieutenant, is asking for trouble keeping this person on. All of us, including the fine officers, who are the majority in law enforcement, will appreciate city leaders finally saying enough, holding the bad elements accountable, and getting rid of them.

Edward R. Shaw, Brainerd

Questions for the Governor (Part 1)

On May 26, the Star Tribune headlined Governor Walz's 65 percent approval rating for his handling of the "coronavirus crisis." Minnesotans know little about how he handled the crisis beyond the news reports suggesting his lockdown slowed the spread of the virus and "kept us safe."

I have questions for the governor and think his answers could provide detail on how he handled the crisis so that we have a better-informed opinion from which to answer future poll questions. I am asking Minnesota newspapers to print his responses. Issue One: Statute 12.31 Subd. 2 reads: A peacetime declaration of emergency may be declared only when an act of nature ... endangers life and property... Do you really believe that lawmakers defined an act of nature to include a virus or an "infectious disease" like COVID-19? If you do, then you can declare an emergency during every annual flu season, correct? How often has a MN governor declared an emergency when an infectious disease was spreading through the population? Was this done during the pandemics of 1918, '57, '68, or 2009?

has done more to endanger life than the virus could have if allowed to circulate through the population like other viruses. Can you explain how COVID-19 directly "endangers" property, since you cannot legally declare an emergency unless it does?

If lawmakers did not define an act of nature to include an infectious disease, and did not intend the statute to authorize you to declare an emergency when any infectious disease appears, then you did not have the authority to declare your emergency, correct? You issued your record-setting 63 COVID-19 executive orders to date after declaring your emergency. If your declaration was unlawful because you did not have the authority by law to issue it, then your subsequent executive orders were unlawful as well, correct? If those orders and continuing regulations put into effect through those orders are not lawful, then those orders and regulations are also not enforceable, correct? **Issue Two:** Was Minnesota's Attorney General responsible to advise whether you had the authority under the state constitution or state law to declare your emergency? Did the two of you discuss the enforceability of your orders? According to the Star Tri-

bune, the penalty for disobeying your orders was a misdemeanor. Who determined what that penalty was?

Why did the AG file a complaint against Shady's Taverns owner, which included seeking penalties of up to \$25k for each violation of orders; rather than having him arrested and charged with a misdemeanor?

What guidelines were issued to Minnesota law enforcement about enforcing your orders? What was done to protect citizens from arbitrary or capricious enforcement of your

orders, and to minimize con-

flict between law enforcement

Were guidelines issued to

Churches across Minnesota

county and city authorities to

prevent abuses while imple-

have kept their doors closed

since this began. How would

you rate the compliance of

people who protested George

Floyd's death, and the enforce-

ment of your restrictions upon

Looking ahead, grownups in

Minnesota clearly must change our state laws regarding emer-

gency declarations, executive

orders, and sovereign immuni-

menting your orders?

and citizens?

them?

Opinion – Hydroxychloroquine misinformation can be deadly

BV DR. ELIZABETH LEE VLIET

What President Trump called a potential "game-changer" in the battle against COVID-19 — a safe, cheap, effective treatment, available NOW — is suddenly seen as a highly dangerous drug. Of the fake news and misinformation that has proliferated in this pandemic, the most harmful is the claim that hydroxychloroquine (HCQ) is a serious heart hazard. That incorrect claim has been supported by prestigious medical journals.

This negative message contradicts 65 years of experience of safe, worldwide use of HCQ for malaria, lupus, and rheumatoid arthritis. Hundreds of millions of patients have taken it without difficulty and without serious side effects. Recent studies in several countries have shown that if used early, within the first week of symptoms, HCQ is safe and highly effective for COVID-19.

Yet the Food and Drug Administration is severely restricting its use to hospitalized patients, and doing nothing to counter the fearmongering.

On May 27, Yale professor of epidemiology Harvey S. Risch published an article in the American Journal of Epidemiology entitled: "Early Outpatient Treatment of Symptomatic, High-Risk Covid-19 Patients that Should be Ramped-Up Immediately as Key to the Pandemic Crisis."

Dr. Risch referred to five clinical trials, including two controlled trials, which showed "significant major out-patient efficacy" of hydroxychloroquine plus azithromyxin (HCQ+AZT). No cardiac problems were noted in these trials. He concluded: "Evidence about use of hydroxychloroquine alone, or of hydroxychloroquine+azithromycin in inpatients, is irrelevant concerning efficacy of the pair in early high-risk outpatient disease. Five studies, including two controlled clinical trials, have demonstrated significant major outpatient treatment efficacy."

theoretical fears of cardiac events were not borne out in real-world usage and were vastly overshadowed by lives saved. He writes: "These medications need to be widely available and promoted immediately for physicians."

The FDA in its drug evaluation database has only 62 cardiac deaths attributed to HCQ out of 50 MILLION prescriptions for HCQ, an actual risk of 1.2 per one million people. You have a TEN-fold greater risk (1/74,000) of dying in a fatal car accident on a 1000-mile road trip than dying from a heart arrhythmia if you take HCQ.

The combination HC-Q+AZT has been in widespread standard-of-care use in the U.S. and elsewhere for decades in older adults with multiple comorbidities. A large Oxford-based record-linkage study involving more than 300,000 patients with rheumatoid arthritis led to an estimate of only 47/100,000 cardiac arrhythmias attributable to these drugs, most not fatal.

But the media are ignoring this Yale report, instead hammering on studies of critically ill hospitalized patients that show no benefit when HCQ is used far too late in patients in whom severe organ damage has already been done-often to the heart. One study performed in Brazil and published in JAMA on Apr 24 used double the known lethal dose of chloroquine in debilitated, critically ill patients, many with multiple other diseases. Brazilian scientists have demanded JAMA immediately retract this study. The Brazilian government has launched a judicial investigation into the authors' ethical and legal violations of approved dose guidelines, yet JAMA has still refused to retract the publication.

The recent Lancet data-mining report, also heavperspective, consider the risks of common over-thecounter medicines (OTC) that most people don't think twice about using:

Tylenol (acetaminophen) is the number one cause of acute liver failure in the U.S., ahead of hepatitis, with a death rate of 20-40 percent. It is also the second overall cause of liver failure requiring liver transplant.

Common pain relievers Aleve and Advil account for 21 percent of U.S. adverse drug events. They lead to a 50 percent increase in risk of acute kidney failure, and significant risks of life-threatening gastrointestinal bleeding.

OTC proton-pump inhibitors ("acid-reducers") cause a 31 percent increased risk of hip fracture, and 54 percent increased risk of spine fracture.

Other countries, which use HCQ prophylactically or early, have dramatically lower COVID-19 death rates than the U.S., as shown in the newly updated table below for May 30, 2020. The U.S. death rate is nearly 20 times that of India, and 265 times the FDA's estimated rate of HCQ-related heart problems!

The President has the legal authority under the Defense Production Act in the Presidential Emergency Powers to bypass the FDA and change HCQ to over the counter during this National Emergency. Its long safety record supports that as a reasonable option when compared to risks of common current OTC medicines.

It is time for people to light up the switchboards at the White House, governors' offices, and legislatures. Americans deserve accurate risk information and the right to choose whether or not to take HCQ. All Americans, not just the elite, should be able to access this life-saving, inexpensive, safe medication.

Dr. Elizabeth Lee Vliet is

Across the nation, the government response to the virus

Terry A. Larson Alexandria

behind one day.

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Dr. Risch concluded that

ily covered in the news, again only included severely ill hospitalized patient, including those in that Brazilian study. Leading scientists from several countries are questioning the validity and accuracy of the data. To put HCQ safety in

the past Director of Association of American Physicians and Surgeons and Ellis Island Medal of Honor recipient. Dr. Vliet's focus is medical freedom and free market approaches to healthcare.

Hydroxychloroquine prophylactically or early, have dramatically lower **COVID-19 death rates**

Country	# of cases	# of deaths	Deaths/million	Use of HCQ
Costa Rica	1,047	10	2.0	Early and prophylactic
India	181,827	5,185	4.0	Early and prophylactic
Australia	7,185	103	4.0	Early and prophylactic
South Korea	11,441	269	5.0	Early and prophylactic
Argentina	15,419	524	12.0	Early and prophylactic
Israel	17,012	284	31.0	Early, some prophylactic use
Turkey	163,103	4,515	54.0	Early, some prophylactic use
U.S.	1,811,775	105,577	318.0	Late, in hospitalized patients



6

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sional Transactions. Amer- ican Dream Machines Des Moines IA 515-245-9100 or email photos and info to contact@admcars.com (MCN) To Advertise Call 218-772-0300 or www.newshopper.net	OPPORTUNITIES COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Pro- fessional now! Now offering a \$10,000 scholarship qual- ified applicants. Call CTI for details! Call 855-960-0997. (M-F 8am-6pm ET) (MCN)	Cashier/Stocker apply in person. Unclaimed Freight North Hwy 210 West Aitkin. Furniture Sales/Stocker apply in person. Unclaimed Freight North Hwy 210 West Aitkin. tfn	Dogpatch- Expert grooming and boarding. We now carry Retail Products for your dog 218-927-4353. TRAIGERS		QUIRED
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June 6, 2020



Aitkin High School graduate Gabriella Murray and her family ready for the unconventional COVID-19 inspired graduation ceremony on May 29. Ann Schwartz photos



Hannah Paulbeck is delighted to be graduating. When the family car was used most of the graduates rode shotgun.



Valedictorian Gillian Wickstrom giving her speech.



Gray skies didn't stop Manni Ukutegbe from taking a sunroof view of the ceremony.



Kyle Cluff was one who was lucky enough to get a ride in a convertible.



Families had lots of room to attend. Here the Dox family cheer on AHS grad, Carter Dox.



Salutatorian Amy Gaulke was the second to receive her diploma.



Scott Miller, plaid shirt, senior advisor, wrangled graduates and their vehicles.

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We'll get through this together.

To all the unsung heroes who provide for our health, our safety, our wellbeing, our food, our supply chain—thank you from all of us at Enbridge.

To those of you staying home, practicing social distancing and flattening the COVID-19 curve, we also say thank you.

We're working closely with our nonprofit community partners, our closest Indigenous and Tribal neighbors, and local governments to help where resources are needed most—including food banks, social service agencies, mental health organizations, first responders and health care providers.

The energy we deliver, safely and reliably, heats homes, fuels lives and keeps vital services operating. While we continue this essential work, we have also taken steps with our people and in our workplaces to do our part to help prevent the spread of the virus.

Stay healthy. Stay safe. We'll get through this together.





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