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Online & Curbside BENEFIT FOR RANDY LARSON Sat., Dec. 5 at the Ironton American Legion

Noon to 4:30 p.m. Sloppy Joes, Beans and Chips For \$10 per plate Plus Bake Sale All with Curbside Pick Up!

Online Silent Auction randylarson.betterworld.org
Bidding ends at 5 p.m. Dec. 5
The benefit is to help relieve some

of the financial stress while Larson recuperates from heart issues.

For any questions, contact Sarah Portz at sarah-portz80@gmail.com

Holiday Ringin' and Swingin' with the George Maurer Group



The Reif Arts Council is continuing the Home for the Holidays virtual series with a performance by popular act the George Maurer Group. The band will perform on the Wilcox Theater stage at the Myles Reif Performing Arts Center in Grand Rapids on Saturday, December 6 at 2 p.m.

Due to COVID-19 restrictions, there will be no in-person audience for the concert, but the show will be streamed live as it happens to ticket buyers across the region.

After the fact, video will be available for two weeks on demand.

Style, sophistication, energy — and entertainment that not even the Grinch could resist, The George Maurer Group will light up the holidays with "Ringin & Swingin: The George Maurer Group Holiday Show" and the group's trademark irreverent, tongue-in-cheek takes on classic Christmas tunes.

Maurer and company wrap the songs of the season in their unique brand of jazz, quoting everything Motown to Monk (Thelonious, that is) and Broadway to the Big Easy for a sound that's two sizes too big. Highlights include a big brass blowout of "You're a Mean One, Mr. Grinch" that fuses Henry Mancini with Dr. Seuss, brilliant 4-part vocal harmonies, and a dead-on tribute to Dean Martin's "The Christmas Blues."

"Ringin' & Swingin'" features an extensive repertoire of fun, swinging classics by jazz and pop legends, with intricate arrangements and vo-

cals seasoned by the George Maurer Group's famous light-hearted flair. Just when you expect them to pull another jazz riff out of Santa's bag, they might give you a little hit of Led Zeppelin instead. Just when you least expect it, they might take you on a nostalgic journey to Christmases past with a heartfelt rendition of a time-honored favorite.

The George Maurer Group has brought many a house to its feet with their outstanding stage shows, where encores are the rule and the holiday spirit fills the room. This year is no different, except for the fact that ticket buyers will be in their living rooms instead. Or wherever they choose.

Virtual tickets to ring in the holidays with the swingin'est Christmas show around are available at reifcenter.org or by calling the Reif Box Office between noon and 5 p.m. Monday through Friday at (218) 327-5780.

Jaques Christmas Market



Pam Andell (left) of the Jaques Art Center in Aitkin, points out various art items to Linda and Les Olson of Backus. Linda, center (maiden name of Isaacson) is a 1965 graduate of Aitkin High School.

Visit the marketplace Tuesdays through Saturdays in the art center next to Aitkin's water tower. A wide variety of artisan products are ready to be snapped up for that perfect holiday gift. The market runs through December 23 and you are reminded to buy local this year.

Ann Schwartz photo

SHIFT CLINIC

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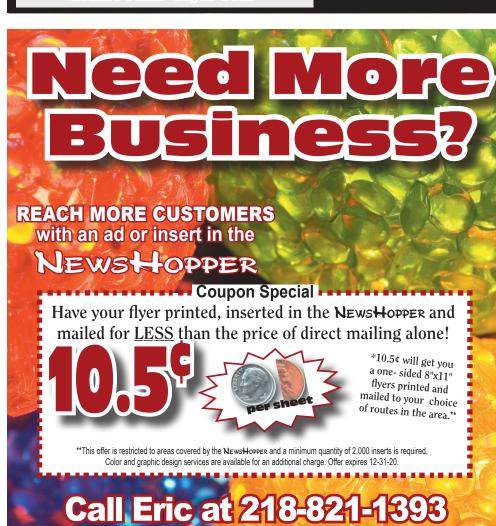
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2 December 5, 2020 NewsHopper™ www.NewsHopper™

Cuyuna Lakes Chamber announces results of board member elections

The Cuyuna Lakes Cham- the election of three new rectors. Board members will ber would like to announce members to its board of di- each serve a three-year term



Dan Goshey of Hubbard



Stacy Powers of AutoSmith Service Group



Lance Nelson of RE/MAX Lakes Area Realty

beginning January 2021. The board welcomes Dan Goshey of Hubbard Radio, Lance Nelson of RE/MAX Lakes Area Realty and Stacy Powers of AutoSmith Service Group.

"Our newest board members' dynamic strengths, positive attitudes and passion for the Cuyuna Lakes area will make great additions to our team. Their involvement having worked in various volunteering and professional roles throughout the community will provide insight toward accomplishing our Chamber

Mission to ensure the region is a vibrant, prosperous place to work and live," said Brielle Bredsten, Chamber director. "Our collective goal is to see the Cuyuna Lakes area thrive with continued opportunity and growth for our members in light of the challenges that lie ahead."

Retiring from the board are Dean Hansen of Hansen Sports, Amy Swensen of Backyard Greenhouse and Aubrey Koop of Iron Range Eatery. "On behalf of the entire Cuyuna Lakes Chamber

Board, we want to express our gratitude to all of the outgoing board members," Bredsten said. "Their dedication to the Chamber and the Cuyuna Lakes area is truly inspirational. Each took on their board duties with perseverance and grace. We are honored to have served alongside them and are proud to call them our friends and mentors. The Chamber hopes to continue building on the foundation of success that their hard work has helped to accomplish, especially in the upcoming year."

Babe sculpture design artist wanted

BABE SCULPTURE DESIGN C A L L F O R A R T



The Destination Downtown Coalition, in partnership with the City Of Brainerd and The Crossing Arts Alliance, are bringing Babe the Blue Ox to downtown Brainerd! Nor-Son Construction has donated a Babe the Blue Ox statue that they've had at their Baxter office since 2008. After a successful fundraiser of donations from our community to secure that statue and address some much needed repairs, it is time for the next step to find artists to design and paint the ox sculpture.

The Crossing Arts Alliance will be putting together a panel to determine location/placement, finding great local artists, and jury the submissions.

Open to all artists residing in Minnesota. Artists may submit up to three designs for consideration that are family-friendly and aesthetically appropriate for display in public places. Some examples of the family-friendly criterion include absence of violence, nudity, bias and bate.

The artist chosen for this project will receive a \$700 honorarium to help defray material costs and other expenses. Priming and sealing of the sculpture will be provided by the coordinators of this call for art. The artist will furnish all of the paint materials, and be responsible for the painting of the artwork. Work will be juried by a

committee consisting of the Executive/Artistic Director of The Crossing Arts Alliance, members of the Destination Downtown Business Coalition, employees of the City of Brainerd, and community members.

The deadline for submissions is April 15, 2021. The selected artist will have the month of May to work on and complete their design on the ox, and the finished piece will be installed in downtown Brainerd in early June.

Visit crossingarts.org for the submission rules, and an easy online submission form. For more information con-

For more information contact Crossing Arts at 218-833-0416 or info@crossingarts.



Crossing Arts Kringle Market open

Crossing Arts Kringle Market is now open. Enjoy shopping in the Gallery and Gift Shop, with an amazing selection of artist-created art and fine craft, art supplies, holiday gifts, and so much more! Kringle Market runs Tuesday through Friday 10 a.m. to 5 p.m. and Saturdays, 10 a.m. to 2 p.m. through

December 24, .

The number of people in will be limited to 12. Social distancing guidelines will be in effect, and masks will be required at all times.

Private shopping is available and open to anyone throughout Kringle Market, Tuesday through Friday, 5 p.m. to 6 p.m. Spots can be

reserved for up to nine people per group, only one group per reservation (groups can be just one person).

For more information contact Crossing Arts at 218-833-0416, info@crossingarts. org. Crossing Arts is a 501c3 nonprofit located in the heart of downtown Brainerd at 711 Laurel Street.

Boxes of free food at Immanuel

There will be a truck delivering free food starting at noon on Tuesdays through December in the parking lot of Immanuel Lutheran Church in Crosby. Distribution dates are on Tuesdays: Dec 8, 15 and 29. The food is free and everyone is eligible, but there is a limit of one box of food.

Volunteers are needed each week beginning at 10 a.m.

To volunteer, please contact Mabel Semler at 218-546-6523.



A safe economic boost for Minnesota

Enbridge's Line 3 Replacement Project will create thousands of family-supporting jobs.

This project is a \$2.6 billion private investment in the state of Minnesota—an economic boost for local communities during construction.

Tribal communities will benefit directly from \$100 million in Tribal-affiliated work opportunities—including training, contracting, procurement and hiring from Tribes.

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We're focused on safety. And we're ready to get to work. Learn more at **enbridge.com/Line3US**.





A Little Laughter, Please! Comedian Henry Cho in a Virtual Show



At a time when there doesn't seem to be much to laugh about, the Central Lakes Community Performing Arts Center is serving up a tonic just in time for the holidays when they present comedian Henry Cho in a live virtual performance on December 12.

Cho is a Tennessee native of Asian descent. As he describes it, "I'm an Asian with a Southern accent. To a lot of people,

then Henry is the guy for you," said the Center's director, Patrick Spradlin. "He's one of the funnier comedians you'll find who doesn't rely on innuendo and profanity. That makes this show one the entire family can enjoy and is perfect for the holiday season. "Spradlin noted that the performance, while streamed, is live. "There will be an option for a limited number of patrons to join Henry for a live, interactive meet-and-greet following the show. That makes this more than just a streamed comedy

that right there is funny."

"If you like clean comedy,

performer in real time." Henry's TV credits include

show. It's the closest you can

get during these times of iso-

lation to being there with the

appearances on NBC's 'The Tonight Show,' CBS's 'The Late, Late, Show,' and NBC's 'Young Comedians Special.' He served two years as host of NBC's Radio and Pandora. He's also a regular performer at the Grand Ole Opry.

Some of Henry's film credits include Universal's 'McHale's Navy' with Tom Arnold and David Allen Greer; 'Say It Isn't

Girls' with Hilary Duff and Angelica Houston produced by Madonna. "This is a one-time, onenight-only event," said

'Friday Night Videos' and had many guest roles on various network sitcoms. Henry was co-creator, co- producer and co-writer of 'The Henry Cho Show' on GAC. Henry's onehour Comedy Central Special, 'What's That Clickin Noise?' is currently running and on Netflix. Henry can also be heard daily on Sirius, XM, Blue Collar

So' with Heather Graham

December and we received some important news on two fronts already this month. Yesterday, the Minnesota Pol**lution Control Agency issued**

and Sally Field; and 'Material

The new replacement pipe-

number of tickets being made available for the performance, so I'd advise folks to act sooner rather than later."

Information on tickets for

Spradlin. "There are a limited Henry Cho is available by visiting the CLCPAC web site at www.clcperformingarts. com Ticket purchasers will be sent a link just prior to the performance.

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EADER RIBBE

Rep. Dale Lueck legislative update

It's only the first day of the final permit necessary for Enbridge to begin construction of a new pipeline that will replace Enbridge's current Line 3.

This action concludes six years of extensive environmental review. The focus must turn to ensuring the safety of the men and women that will construct the replacement pipeline and our public safety professionals that will ensure the laws concerning, trespass, property damage, and terrorist threats are fully enforced.

line will include approximately five miles of pipeline in the very northwestern corner of Crow Wing County, 46 miles of pipeline across Aitkin County, as well as construction of a pump station in Macville Township just south of Hill City.

The project will generate millions of dollars of new annual property tax revenue for our counties, townships and school districts across Minnesota and put many Minnesotan's to work in good high paying jobs. It will also increase protection of the environment by allowing the retirement of an aging, 60-year-old pipeline that is operating at about half its original design capacity. Anytime we can move oil by pipeline rather than crude oil unit trains it's a big plus for public safety.

We also received the November state budget forecast today. It shows an improved outlook from previous projections. Minnesota Management & Budget now predicts a \$641 million state revenue

Cass County and 34 miles in surplus for the period ending June 30, 2021. That reverses the previously projected \$2.4 billion shortfall. The forecast also predicts a \$1.3 billion shortfall for the 2022-23 biennium. That is a significant improvement over the larger budget deficit MMB projected in recent months.

It's a pleasant surprise that the previous forecast was overly conservative. State spending slowed and revenues remained better than expected. That said, since these numbers are macro in nature, we will see more detail later this week. I am approaching this forecast with some caution, as there remains some uncertainty as to exactly when the pandemic will be in the rear-view mirror.

Check out the MMB website [at https://mn.gov/mmb/] for more details.

Representative Dale Lueck Minnesota House District 10B

The Talking Christmas Tree contest

Cascade United Methodist Church will sponsor a writing contest, just in time for Christmas. Put your thinking caps on and get ready to write a story entitled "The Talking Christmas

One entry per person will be accepted. Submissions must be 2 pages, double spaced using a 12-pt font, and maximum margins of 1-inch. Include your name and contact information with your submission.

> Your story should have a moral/lesson and must be an original piece. Be creative and have fun with it. The funnier the better. Use

your imagination. Submission deadline is Tuesday, December 15,

2020. The winner will receive a \$200 VISA gift card, and the winning entry will be read during Cascade's candlelight service (be it person, recorded and/or live-streamed).

Send your entry by mail to: Cascade United Methodist Church, Writing Contest, P.O. Box 127, Deerwood, MN 56444: or email your entry to: office@cumcdeerwood.com

The winner will be announced Monday, December

(Published in NewsHopper Sat., Nov. 28 & Dec. 5, 2020)

FILING NOTICE BAY LAKE TOWNSHIP

Affidavits of candidacy may be filed by appointment at the home of Clerk, Carol Pundt. Call 1-218-678-3256 for an appointment. Filing dates: Tuesday, December 29, 2020 through 5:00 p.m. Tuesday, January 12, 2021 for the offic-

ONE SUPERVISOR, 3-year term, currently held by Justin

TREASURER, 2-year term,

currently held by Mindy Tix The Bay Lake Town Hall will also be open for filing from 1-5 p.m. on Tuesday, January 12,

> 13861 County Rd 10 Deerwood, MN 56444 218-678-3821

Dated: November 16, 2020 CAROL PUNDT, Clerk Bay Lake Township

NewsHopper Deadlines are <u>Mondays at noon</u> (Published in NewsHopper Sat., Dec. 5 & 12, 2020)

WEALTHWOOD TOWNSHIP NOTICE OF CANDIDATE FILING FOR TOWNSHIP OFFICE

Notice is hereby given for the time of filing affidavits of candidacy for the Township officers to be elected at the Wealthwood Township Annual Meeting which will be held Tuesday, March 9, 2021.

Filings will be open Tuesday, December 29, 2020 and will close January 12, 2021 at

Filing hours from 9:00 a.m. to 5:00 p.m. at the office of the Clerk Office will be closed on legal holidays.

Call for an appointment

218-678-2880. Offices to be filled are one Supervisor for a (3) three year term and one Clerk/Treasurer

for a (2) two year term. Filing fee is \$2.00.

Dated: November 29, 2020 LINDA WENDLANDT, Clerk Wealthwood Township



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OBITUARIES

CURTIS JOHNSON



Curtis E. "Curt" Johnson, 91, of Aitkin, died Thursday, November 19, 2020 after a brief battle with COVID-19 at Aicota Health Care Center,

A celebration of Curt's life will be held at a later date in conjunction with his brother

Wayne's service.

Curt was born July 10, 1929 at Ironwood, MI to V.H. "Herb" & Emma "Peg" (Miller) Johnson. When Curt and his brother Wayne were young, the family moved to St. Paul, where he attended public schools and graduated from Monroe High School in 1947. Curt took some time to enjoy life after he graduated. He worked on the crew of a sprint car owned by some friends, took a cross-country car trip that went through Niagara Falls, New York City and stopped at the Indianapolis 500 on the way back to Minnesota. He sold used cars as "The Smiling Swede" and hauled new Fords from the Ford Plant in St. Paul to the western states for K.W. McKee. He also attended the University of Minnesota. Curt met his wife Audrey Van Kleek during the early fall of 1954. They were engaged just before Christmas that same year and were married in St. Paul on May 7, 1955. Shortly before meeting Audrey, Curt began working for Northern States Power Co. as temporary street crew worker for the gas utility. He later became a laborer and proud IBEW member for the substation construction division of the electric utility. That job grew into a truck driving position hauling materials to construction

sites around the five-state area and ultimately to the office manager for that division at NSP Headquarters in Minneapolis, where he retired after 33 years of continuous service in 1988. It was then that he and Audrey achieved a long term dream of building their retirement lake home on the family property (the former Echo Inn Resort purchased by his parents in 1949) on Big Pine Lake. After he and Audrey bought their first home in North St. Paul, he soon joined the local Jaycees, where he achieved the position of president. He was also a city councilman and mayor there for 28 years. Curt started his lengthy memberships in the Lions Club and Masons in North St. Paul and carried both with him when he moved to the lake, where he was an active member of the Bay Lake Lions, Mystic Lodge 213, A.F.&A.M. and the Aadzuhman Shrine Club. He was a 32° Scottish Rite Freemason and served the Lord as a lay leader and delegate to the MN United Methodist Conference at the Pine Lake

He is survived by his wife of 65 years, Audrey; son, Gary (Teresa) Johnson; three grandchildren: Jessica Gibson-Brown, Jeremy (Abby) Gibson, Justin (Beth Paris) Gibson; six great-grandchildren; one great-great grandson; and countless extended family members, friends, and lodge brothers.

his brothers: Wayne Johnson and Harold Ness. Arrangements were with the Sorensen-Root-Thompson Funeral Home and Cremation Service of Aitkin. Leave online condolences at www.srtfuneral.com.

Methodist Chapel.

Curt was preceded in death by his parents; and

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www.srtfuneral.com

DONALD WERNLI



Donald Owen Wernli, 77, died of COVID-19 on Wednesday, November 18, 2020 in Aitkin, with his wife of 55 years by his side.

A celebration of his life will be held next spring or summer. Donations can be sent to the Aitkin County Food

Bank or The Courage Center. Condolences can be sent to 610 Cameron Mtn Rd, Laurel Springs, NC 28644.

Don was born December 18, 1942 in Bakersfield, CA to Karl and Ardella Wernli, From a young age, Don loved the outdoors, spending his early years exploring the mountains and groves of orange trees around his home. As a young man in the 1960s, he built and raced cars (especially his Pontiac) in southern California during the birth of drag racing. His love of cars remained after his retirement; he belonged to and was actively involved in a local Country Road Classics Car Club. He married his wife, Barb, in 1965 in Granada Hills, CA and moved to Edina, MN where they raised two children. He was a proud union member, and worked for J.B. Nelson as a commercial painter until a construction accident in 1996 forced his retirement. He also belonged to the First Lutheran Church of Aitkin. Don's passion for the outdoors included hunting, fishing, and an overall appreciation for nature. The woods were his cathedral and he was happiest when simply walking through them, watching the wildlife and looking for new growth of trees and flowers. He and Barb spent many years traveling the country from coast to coast, visiting state parks and nature preserves. A creative and accomplished woodworker, a look around his home reveals furniture, gun stocks, and most recently, wooden bowls that Don designed and finished himself. His hobbies also included working on cars, especially his beloved "Big Blue," a 1976 Ford F250 that he recently restored. An excellent shot, Don passed his love of hunting down to his son. After the accident in 1996, he taught himself to shoot left-handed and later converted many of his guns so he could still use them. He spent many happy hours loading shells and shooting at a favorite gun range on Padre Island, TX, where he and Barb spent the cold winter months. Don will be remembered for his big heart and willingness to help anyone who needed a tow, a tree cut, a car repaired, or a deck built.

He is survived by his wife, Barb; daughter, Lisa and her husband Erik; two grandchildren: Ezekiel and Cecelia; brother, Robert and his family many friends across the country.

He is preceded in death by his parents; and

Arrangements were with the Sorensen-Root-Thompson Funeral Home and Cremation Service of Aitkin. Leave online condolences at www.srtfuneral.com

MARY KELLERMAN



died Thursday, November 19, 2020.

A life celebration will take place at St. John's Lutheran Church - Cedarbrook at a later date. In lieu of flowers memorials are preferred. She was born on January

6, 1944 to John and Ella Hogan. Diane married Russell Kellerman on November 24, 1962 at St. James Catholic Church in Aitkin. She was a member of the Aitkin American Legion and Aitkin VFW Auxiliary. Diane had a huge heart, touched many lives and made a difference. She is survived by her husband, Russell; chil-

Mary Diane Kellerman, 76, dren: Richard (Julie) Kellerman, Theresa (Todd) Stiernagle, and Roberta (Steve) Mies; three grandsons: Tom, Zach, Nicholas; and three granddaughters: Megan, Jamie, and Abby.

Diane is survived by her husband Russell, children, grandchildren, brothers John (Mona) Hogan, Tom (Irene) Hogan, and sister Mary Jo Hogan, also Charles Schwab and Georgette Hogan, and many loving friends.

Diane is preceded in death by her parents; brother, Steve Hogan; and sister, Kathy

Arrangements were with the Sorensen-Root-Thompson Funeral Home and Cremation Service of Aitkin. Leave online condolences at www.srtfuneral.com.

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

ALLIANCE

Aitkin* - New Life; Larry Burg & John Baker, pastors; Worship in the church building 10:15 am & 6:30 pm, check the website for the time of service NewLifeAitkin.com; 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. 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 Espeat 9:30, Worship at 10:45

Hill City — Interim Pastor John Koppel, Staff Pastor Lisa 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

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

Glory* — Pastor Chris Meirose; 927-3678; SS 9:15; Worship 10:30 am.; Wed 6pm Glory Family night, KidMin grades

6 pm; Wed. Service, 6:30 pm.

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. 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, Fr. Anthony Craig, Mass: Mon. 8,

Tues. Noon, Thurs. 6 pm, Fri. 8, Sun 8:30 & 10:30 (10:30 outdoors weather permitting) Crosslake - Immaculate Heart, 218-692-3731; www.

ihmstemilys.org; Mass: Sat. 4 pm; Sun. 8:30; Confession

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. Anthony Craig, Mass Wed. 9 & Sat. 4 pm, Confession Sat. 3:30 - 3:50 pm 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 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

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.

Palisade/Waukenabo Twp. — Hilltop Chapel, Pastor B. Hite; Service 10 a.m.; Adult and Children's SS 9 a.m.; between Esquagama & Round Lake. Handicap Accessible. Tamarack — Church of Christ, 218-768-3898; Service

9:30; SS 10:45.

CONGREGATIONAL

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

EPISCOPAL

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

EVANGELICAL FREE

Baxter - Lakewood EFC, Pastor Steve Anderson; Worship at 9 & 10:45; Wed for all ages 6:30 pm Crosslake — Pastor Mark Holmen; Call for Service Times at

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

Malmo — Pastor Glenn Browning; SS 9:30; Fellowship 10; Worship 10:15

Wright - Pastor Ken Mitchell, 218-426-5115; SS 9:30; Worship, 10:30; Thu., Bible Study, 7 pm.

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

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 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. 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.

- Sunday Worship Services 10 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), www.crosslakelutheran.com, Pastor Kristin Oltmann, Pastor Kurt Hagestuen, 218-692-3682, Visit our website to view worship opportunities

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

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 Inter-

lachen 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 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,

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. Cutler — Pine Lake Chapel, Rev. Laurence Foote; Worship 9.

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

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

Hill City — Pastor Roger Lynn; Worship 10 McGregor* — (Northern Lights Parish) Worship 8:45; fellowship follows. Onamia — Pastor Rick & Judy Wilder; Worship 11; fellowship

3150; office: 218-546-7656; cell: 218-360-1947 Emily — Pastor Ryan Fish; Worship 9; Friendship Time 10; SS 10:30; Wed. Activities 6:30 p.m.; 218-763-HOPE.

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





To become a sponsor of the church directory contact Eric at 218-821-1393 or hopper@crosbyironton.net

5

OBITUARIES CON

MICHAEL BOEHNER



Michael "Mike" David Boehner, 71, of Aitkin died Friday, November, 20, 2020 at Riverwood Health Care Center in Aitkin.

A celebration of Michaels life will be held at a later date. Burial will be in Fort Snelling National Cemetery in Minneapolis.

He was born March 3, 1949 in Carver County, Watertown Village to Martin and Eleanor

(Jacobsen) Boehner. He was baptized March 13, 1949 and confirmed in 1963 at Zion Lutheran Church. He attended Mayer Parochial and Public Schools. He graduated from Mayer Lutheran High School in 1967 and then Eden Prairie Technical College. He was a US Navy Veteran serving in combat during the Vietnam War. He served from 1967 until being honorably discharged in 1971. Michael marrried Patricia Lynn Amundson on April 30, 1988 at Redeemer Lutheran Church in Wayzata. He worked for: Baldor Servo Motor Products in Osseo as a product and tool

designer, Electro-Craft Corp. in Hopkins and DC Servo Motors, Datakey Corp. in Burnsville as Senior Design Engineer, and then started a LLC as a self-employed residential contractor in 2005. He enjoyed woodworking in his home shop while living in Minnetonka. He loved to go elk, deer, pheasant, and duck hunting throughout his younger years before moving up north. Every year, he looked forward to vacationing in Maui, Hawaii during the month of January.

Michael is survived by his wife, Patricia Boehner of Aitkin; sons: David Boehner (Christina) of Belle Plain, and Jeffrey Boehner of Fort Lauderdale, Florida; granddaughter, Laney Grace Boehner; sister and brother-in-law: Margaret (Robert) Johnson of Mayer; brothers-in-law, sisters-in-law, nieces, nephews, other relatives and friends, and his special dog, Abbytu.

He was preceded in death by his parents Martin

Arrangements were with the Sorensen-Root-Thompson Funeral Home and Cremation Service of Aitkin. Leave online condolences at www.srtfuneral.com.

DALE MONSON



Irondale Township died on November 21, 2020 at his

Funeral services were held at 1:00 p.m. on Friday, December 4, 2020 at the Bible Baptist Church in Crosby. Burial will be at the Lakewood Cemetery in Crosby with military

honors by the Myrin-James American Legion Post #443. A visitation was one hour prior to the service at the church on Friday. The service

will be live streamed on Crosby Bible Baptist Church facebook page.

He was born on September 3, 1922 in Riverton to Ole and Minnie (Anderson) Monson. He was a WWII Navy veteran. Dale married Marjorie Holsapple on July 16, 1940 in Brainerd. He was a retired employee with Burlington Northern in Brainerd. He was a member of the Myrin-James American Legion Post #443, Ironton and attend-

Dale C. Monson, 98, of ed the Bible Baptist Church in Crosby. Dale was an avid outdoors man, together with his wife harvested wild rice right up till he was 90 years

old and was very passionate about hunting,

fishing and trapping.

Dale is survived by his two sons: Brad (Mary) Monson of Brainerd and Barry (Marge) Monson of Maple Lake; eight daughters: Karen Hines of Brainerd, Lorna (Harry) Hurst of Mohave Valley, AZ, Dayle (Edwin) Meagher of Humansville, MO, Sandra Willman of Topeka, KS, Brenda Wheeler of Palmdale, CA, Cheryle (Michael) Thiesen of Prior Lake, Shelley (Jim) Lundgren of Ironton and Sherree (Michael) Voss of Buffalo; 33 grandchildren; 76 greatgrandchildren and 27 great-great-grandchildren.

Preceding Dale in death were his parents; wife, Marjorie; son, Shayne Monson; five brothers; four sisters; four grandchildren: Bryce Monson, Freddy Chaltron, Denise Fairchild and Marcy Palermo; sons-in-law, Marion Hines and Roy Wheeler.

Arrangements were with the Koop Funeral

LORENA BECKER



Lorena K. Becker. 93. of Aitkin formerly of Maplewood, MN died Monday, November 23, 2020 at the Aicota Health Care Center in Aitkin.

Graveside services were held at Oakland Cemetery in St. Paul. Memorials are preferred to the Lutheran

Hour Ministries.

Lorena was born September 19, 1927 at Independence, KS the daughter of Fred and Henrietta (Coester) Klumpp. She was baptized on October 2, 1927 and confirmed on May 4, 1941 at Zion Lutheran Church in Independence. She grew up and attended Lutheran parochial school through eighth grade and then graduated from Independence High School. She attended the Independence Community College where she received her AA degree. She married Rev. Bernard Becker on June 20, 1948 at Zion Lutheran Church. She moved with her husband to Spring Valley, MN where he was first assigned to minister. They also lived in Hiawatha, KS, Bethel KS,

Edina, MN, Green Isle, MN and in 1988 retired to Maplewood, MN. Lorena has resided at the Aicota Health Care Center in Aitkin the past year. She had worked as a secretary for Research Inc. for about 20 years. She was also very active in the church's which her husband had served and had held various positions in those church's. She was a member of the Eastern Heights Lutheran Church in St. Paul.

She is survived by her sons and spouses: Rev. Thomas (Sandra) Becker of New Bern, NC: Mark (Joann) Becker of Roseville; and Rev. David (Tracie) Becker of Aitkin; three grandsons: Jeffrey (Cherie) Becker of Newport, NC: Andrew (Melissa) Becker of Arden Hills; and Christopher Becker of Idaho Falls, ID; and two great-grandchildren.

She was preceded in death by her parents: husband, Rev. Bernard Becker in 2009; and brother Delbert Klumpp and his wife Dorothy.

Arrangements were with the Sorensen-Root-Thompson Funeral Home and Cremation Service of Aitkin. Leave online condolences at www.srtfuneral.com.

DAVID JURACEK



Ironton died on November 23. 2020 at the Aicota Health Care Center in Aitkin.

A graveside service was held on Thursday, December 3, 2020 at the Vaale Cemetery in Brainerd.

He was born on April 30, 1943 in Brainerd to Henry and Leona (Hamdorf) Juracek. At the age of 23, David founded the IVS Quang Ngai English School in Vietnam where he would teach for four years. He went on to teach English, Drama and Speech for eight years at

David H. Juracek, 77, of Canby High School and then the last 25 years of his career teaching English at Crosby-Ironton High School. He cared deeply for each and every one of his students over the years. David was a member of Zion Lutheran Church in Brainerd and an avid member of the Cuyuna Range Lions Club.

David is survived by his wife, Joyce; one son Steven Juracek of Hopkins; one brother, Philip (Paula) Juracek of Ironton; two sisters, Louise (Mark) Hall of Bakersfield, CA and Evelyn (David) Schroeder of Crystal; one nephew and one niece.

David was preceded in death by his parents. Arrangements were with the Koop Funeral Home in Crosby.

Metal Cans

MAXINE DOLNEY



Maxine Theresa Dolney, 87, of Tamarack, died Sunday, November 22, 2020 in Riverwood Healthcare Center, Aitkin.

Services for Maxine will be held in 2021 at the end of April.

She was born November 7, 1933 in Preston, Ontario, Canada to Malcolm and Christina (Stephen) Brown. Maxine married

Paul Dolney on November 4, 1972. Maxine was a member of Holy Family Catholic Church of McGregor.

Maxine is survived by two sisters: Marian Dietrich and Anne Marie Hammer; goddaughter, Diane Maragos and family.

Maxine was preceded in death by her husband, Paul; her parents and four siblings.

Arrangements were with the McGregor Funeral Home and Cremation Service in McGregor. Leave online condolences at www.srtfuneral.com.

NANCY QUALE



Aitkin died Monday, November 23, 2020 in Aicota Health Care Center, Aitkin.

Private Family services will be held. In lieu of flowers, memorials are preferred. She was born July 24, 1944

in Hastings, NE to Allen and Opal (Torgerson) Crabtree. She was raised in Crosby and graduated from Crosby-Ironton High, Class of 1962. Nancy married James Lawrence Quale on November 1, 1969 in Faith United Methodist Church of St. Anthony. Nancy was a Bank Teller at both Security State Bank of Aitkin and Member's Cooperative Credit Union

of Aitkin. Nancy was a member of St. John's

Nancy Lee Quale, 76, of Lutheran Church of Aitkin

Nancy is survived by her husband, James Quale of Aitkin; two sons: Michael Quale of Aitkin and Randy Quale of Aitkin; siblings: Tina (Don) Meyer of Baxter; Carolyn Walker of Brainerd; and Donna (Al) Sorensen of Coronado, CA; sisterin-law, Kathy Crabtree of Sartell; many nieces, nephews, other relatives and friends.

Nancy was preceded in death by her parents; two brothers: Floyd and Roy Crabtree; sisterin-law, Patty Crabtree and followed closely by brother Allen Crabtree.

Arrangements were with the Sorensen-Root-Thompson Funeral Home and Cremation Service of Aitkin. Leave online condolences at www.srtfuneral.com.

DOLORES HANSON



Dolores M. "Dolly" Hanson, 89, of Crosby died on Thursday, November 26, 2020 at the Harmony House in Brainerd.

Services are being planned for a later date.

She was born on May 16, 1931 in South Bend, IN to

John A. and Luarel B. (Graves) DeCent. Dolly married Albert D. Hanson on June 12, 1948 in Webster, SD. She retired from the Cuyuna Regional Medical Center in Crosby, working as a Nurse's Aide and Dietary Aide. After she retirement she went to work as Home Health Aide for Crow Wing County. She had attended the Assembly of God Church in Crosby and currently the Deerwood Baptist Church, and was a past Girl Scout and Boy Scout leader. Together with her husband Albert and daughter Annie

performed in a musical band called Al's Bells. Dolly was an avid seamstress.

Dolly is survived by her two sons: Albert (Annie) Hanson of Memphis, TN and George Hanson of Crosby; three daughters: Janice Tisdell of Crosby. Annie Halbert of Hovt Lakes, and Melody Sha of Klamath, Oregon; three sisters: Valley (Sherman) Hoskins of WA, Sharon (Larry) Dobson of WA and Carol Hanson of Aitkin; 16 grandchildren, several great-grandchildren and great-great-grandchildren; and many nieces and nephews.

Preceding Dolly in death are her parents; husband, Albert; two sons: John Hanson and infant Donald (twin of Dory) and daughter. Dolores "Dory" Kozar; sons-in-law, Ron Halberg and Delbert Tisdell; and daughter-in-law, Jessie Hanson. Arrangements were with the Koop Funeral Home in Crosby.

RALPH DAILY



Ralph R. Daily, 89, of Outing, died on Friday, November 27, 2020 at the Cuyuna Regional Care Center in Crosby. No services are being held at this time.

He was born on June 20, 1931 in Minneapolis to Perry and Melvina (Anderson) Daily.

He was a U.S. Air Force veteran. Ralph married Audrey Garfield on July 2, 1954 in Minneapolis. Ralph had a kind heart and fun-loving spirit. When scammers called he often toyed with them Home in Crosby.

before smartly hanging up. He enjoyed schooling his loved ones at cards and always said he "cheated fair." Ralph had fleets of model ships, cars, and planes as well as an intricate train village that he built with his son.

Ralph is survived by one son, Mike (Mary) Daily of Lakeville; and two grandchildren, Nathan and Laura Daily.

Preceding Ralph in death are his parents; wife Audrey; and three brothers: James, Perry Jr. and William Daily.

Arrangements were with the Koop Funeral

STEPHEN BARBER



Rabbit Lake Township died on Saturday, November 28, 2020 at the Cuyuna Regional Medical Center in Crosby.

Due to COVID no services are being planned at this time .

He was born on March 16, 1945 in Brainerd to Benjamin and Amy (Butler) Barber. He was a U.S. Army veteran serving with the 82nd Air Borne. Steve married Cheryl

Dehning on November 24, 1963 in Aitkin. He was

Stephen J. Barber, 75, of Structural Iron Worker, Local 563, Duluth with 25 years of service and a retired Cuyuna Fireman.

Steve is survived by his wife Cheryl; two sons, Greg Barber of Aitkin and Grant (Jeanne) Barber of Farmington; two sisters, Mary (Ben) Sandberg of Glencoe and Sarah (Reggie) Bever of Chugiak, Alaska; four grandchildren and two great

grandchildren. Preceding Steve in death are his parents; one brother, David Barber and one sister Katherine

Arrangements were with the Koop Funeral Home in Crosby.

Kenneth R. Nelson, 87, of Edina and Bay Lake died on Wednesday, November 25,

KENNETH NELSON



2020.

Arrangements are pending with the Koop Funeral Home, Crosby.

RECYCLE M These Items may all be recycled in Crow Wing County: Newspapers & Glass Plastic Magazines ΑII Water **Colors** & Soda **Bottles Junk Mail** Milk Jugs Corrugated Cardboard (Please Crush)

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Crow Wing Town Hall - 6930 Cuyuna Ave, Brainerd - Open 9 a.m.-12 p.m.

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Access affordable insulin through the Insulin Safety Net Program

The Minnesota Insulin Safety Net Program, launched earlier this year, provides a pathway for Minnesotans in urgent need of insulin (less than a 7-day supply on hand) to access the life-saving drug through their pharmacy. The program - implemented by MNsure, the state's health insurance marketplace, and the Minnesota Board of Pharmacy - was created to help Minnesotans facing difficulty affording their insulin.

The Insulin Safety Net Program is made up of two parts: 1) The urgent need program for eligible Minnesotans to receive a once-per-year 30-day supply of insulin immediately at their pharmacy for no more than a \$35 copay; and 2) The continuing need program for eligible Minnesotans to receive up to a year supply of insulin for no more than \$50 per 90-day refill.

Interested individuals

should visit MNinsulin.org to see if they qualify and learn how to apply.

Who qualifies?

To be eligible for the urgent need program, you must live in Minnesota, have an urgent need for insulin, have a current prescription for insulin, and pay more than \$75 each month for your insulin prescription.

You must present a valid Minnesota ID card, driver's license or permit, or tribal-issued ID to the pharmacy when you apply. For children under age 18, a parent or legal guardian must provide the pharmacy with their proof of residency

How to apply?

To apply, visit MNinsulin. org to print the application, and then bring the completed application to your local pharmacy. If you are unable to print the application, ask your pharmacist to provide you with an "urgent need insulin application" to complete at the pharmacy. All pharmacies in Minnesota must participate.

Looking for help accessing affordable insulin year-round?

If you have an ongoing need for affordable insulin, contact a trained MNsure navigator for free help applying for the continuing need program through an insulin manufacturer's patient assistance program. Go to MNinsulin.org to search for a navigator in your area.

MNsure is Minnesota's health insurance marketplace where individuals and families can shop, compare and choose health insurance coverage that meets their needs. MNsure is the only place you can apply for financial help to lower the cost of your monthly insurance premium and out-of-pocket costs. Most Minnesotans who enroll through MNsure qualify for of pharmacy and the manfinancial help.

The Minnesota Board of Pharmacy is the state agency that regulates the practice

ufacture and distribution of prescription drugs. It exists to promote, preserve, and protect the public health, safety, and welfare by fostering the safe distribution of pharmaceuticals and the provision of quality pharmaceutical care to the citizens of Minnesota.

AREA NAVIGATORS:

Rae Reinhardt at Riverwood Healthcare, 200 Bunker Hill Dr., contact by email: Rreinhardt@riverwoodhealthcare.org or (218) 927-8284 **Brainerd**

Tara Coffman at Tri-County Community Action, Inc., 2410 Oak Street, contact by email: tara.coffman@tccaction.com or 218) 454-2595 Christiann Scofield, Northern Pines Mental Health Center, 201 W Laurel St., contact

by email: cscofield@npmh.org or (320) 639-2025

Michelle Winter, Northern Pines Mental Health Center, 606 Front St., contact by email: mwinter@npmh.org or (320) 639-2025

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Through proper diet and exercise type 2 diabetes can be reversed



More than 25 million people in the U.S. suffer from diabetes. Most have type 2 diabetes, which usually develops later in life. But the good news is that type 2 diabetes can be reversed!

People who carry excess weight, especially in their midsection, are more likely to develop type 2 diabetes. The condition is called insulin resistance.

Insulin resistance is caused

by faulty leptin and insulin signaling, which is caused by diet and lack of exercise.

Leptin is a hormone produced in your fat cells. One of leptin's primary roles is regulating your appetite and body weight. It tells your brain when to eat, how much to eat, and most importantly, when to stop eating.

If you consume sugar and carbohydrates, your blood increased insulin, which leads to increased fat storage. The extra fat then produces leptin. The problem arises when your leptin levels become chronically high and you become leptin resistant.

How to Stop the Cycle

- · Severely limit or eliminate carbohydrates and sugar from your diet (30 -50 grams or less per day) and avoid trans fats as they will actually worsen insulin resistance.
- Instead, consume protein and saturated fats, such as grass-fed organic meat, raw full-fat dairy products, avocados, and coconut oil. These saturated fats provide concentrated energy along with the building blocks for

cell membranes and a variety of hormones and hormone-like substances. When you eat healthy fats as part of your meal, they slow down absorption so that you can go longer without feeling hungry, and act as carriers for important fat-soluble vitamins A, D, E and K.

- Eat low carbohydrate fresh vegetables, like cauliflower, broccoli, spinach, kale and other green leafy foods.
- Consider implementing intermittent fasting, which is delaying eating and shortening the time during the day that you eat. This especially works well, if you exercise while you are fasting from food. Intermittent fasting has

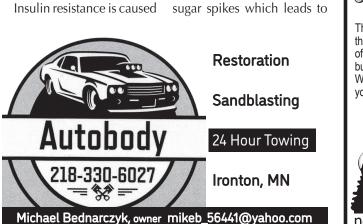
been shown to improve insulin sensitivity, lower cholesterol, reduce inflammation, delay markers of aging, support your immune system, and improve your skin, sleep, and concentration.

- Add low impact exercise to your routine like walking, yoga, Pilates or lifting weights. If you are a beginner, make sure you don't over do it in the beginning — be gentle on yourself.
- · Get enough high-quality sleep every night.
- Optimize your vitamin D levels. Maintaining your vitamin D levels around 60-80 ng/ml can significantly help control your blood sugar.

In addition, recent studies

have revealed that getting enough vitamin D can also have a powerful effect on normalizing your blood pressure, and reduces your risk of heart

Having optimal vitamin D levels can also prevent type 1 diabetes in developing babies, if you are pregnant. Ideally, you'll want to do this by exposing a large amount of your skin to appropriate amounts of sunshine on a regular basis, year-round. Your body can safely create up to 20,000 units of vitamin D a day this way. If neither of these options are available, you can use an oral vitamin D3 supplement along with













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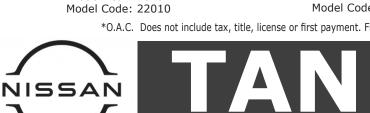


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