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WHAT'S INSIDE

HEART HEALTH
Page 2

MASTER NATURALIST
TRAINING
Page 3

OBITUARIES
Page 4

COMMUNITY EVENTS
Page 5

CLASSIFIEDS
Page 6

Cascade United Methodist Pie Social Sat., Feb. 13 1-3 p.m.

Pie and ice cream available by the slice or whole pies to take home. Hwy. 6 & 210 between Crosby and Deerwood

Valentine's Dinner and Dance Waukenabo Community Center/ Town Hall Sat., Feb. 13

Roast Beef dinner at 5:30 - 7 pm, dance Chmiewski's 7:30-10 pm. Door prizes and grand prize. Donation \$10 adults, \$5 Children 12 and under.

Mount Ski Gull Alpine Race Team results from Lutsen



Brandon Neifert, Baxter, raced past a gate in the 12-13 year old boys' division at Lutsen Mountains on January 31 and took first place.

On January 31, the Mount Ski Gull (MSG) Alpine Race Team participated in the Northland Junior Race Series (NJRS) Alpine meet at Lutsen Mountains.

There were 26 skiers aged 5-17 representing the MSG Alpine Race Team at the meet. Seven MSG skiers finished in the top three of their age divisions.

Zeke Johnson, Crosslake, placed third in the boys 5

and under division.

In the 8-9 girls' group, Calia Chaney placed third.

In the boys' 10-11 group, Gavin Hoelzel, East Gull Lake, claimed the first spot.

In the girls' 12-13 category, Erin Hoelzel placed second and Hannah Taylor placed third.

In the boys' 12-13 category, Brandon Neifert, Baxter, led the group in first place and Esten Hiebert was in

second place.

Austin Domino took second place in the boys' 16-17 division.

The next Northland Junior Race Series (NJRS) race will be Sunday, February 7 at Lutsen Mountains.

More information about the MSG Alpine Racing Team can be found on the Mount Ski Gull website under Programs at www.skigull.com

More information about Series (NJRS) can be found the Northland Junior Race at www.njrs.org

Complete Mount Ski Gull team results:

5 and under boys: (3) Zeke Johnson, 1:40.34; (4) Mullen Bratney, 2:41.93

6-7 girls: (5) Piper Grillo 1:18.37; (7) Gabriella Bratney, 1:27.82

8-9 girls: (3) Calia Chaney, 58:08; (4) Millie Taylor, 59:17; (5) Addie Ryan, 59.97 (7) Bridget Collins, 1:02.45; (8) Dana Balmer, 1:03.51

8-9 boys: (5) Eli Johnson, 59.44; (6) Peter Brietbach, 1:00.44; (10) Ethan Hiebert, 1:07.04

10-11 girls: (11) Morgan Krieger, 59:98; (13) Lindsey Neifert, 1:05.74

10-11 boys: (1) Gavin Hoelzel, 50.41; (5) Max Krieger, 54.85; (12) Emmett Johnson, 1:10.52

12-13 girls: (2) Erin Hoelzel, 50.06; (3) Hannah Taylor, 50.42; (4) Anna Krieger, 50.81; (6) Emma Hiebert, 52.33; (8) Carsyn Krassas, 53.84

12-13 boys: (1) Brandon Neifert, 47.25; (2) Esten Hiebert, 49.04; (8) Ethan Johnson 54.61; (9) Briston Domino, 1:04.94

16-17 boys: (2) Austin Domino, 53.55

Donations sought for Sandberg Scholarship

On Thursday, February 11 at 7:15 p.m. in the Aitkin High School varsity gymnasium, Aitkin will play Crosby in Girl's Basketball. In addition, this will be the First Annual, To Protect and Serve Event.

According to Aitkin Girls

Basketball Head Coach Rob Williams, "we would like to come together and pay tribute to those who protect and serve our communities everyday."

Continued on Page 2

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Recent study finds half of heart disease deaths are preventable



February is American Heart Month, a yearly reminder to protect your health and take care of your heart. According to the 2016 Heart Disease and Stroke Statistical Update, an annual report on national and global heart health, more than 800,000 lives were lost to cardiovascular diseases, including heart disease and stroke, in the United States in 2013. Globally, cardiovas-

cular diseases accounted for 31 percent of all deaths, making it the number one killer worldwide. Though the statistics are ugly, the future does not have to be. A 2015 study from Emory University found that five modifiable risk factors—high cholesterol, diabetes, hypertension, obesity and smoking—were to blame for about 50 percent of the deaths from cardiovascular disease in American adults aged 45 to 79 years from 2009 to 2010. This suggests we have the power to cut the death toll from this cause in half. The American Heart Association recommends following Life's Simple Seven for better health: manage blood pressure, control cholesterol, reduce blood sugar, get active, eat better, lose weight and stop smoking. Though the country has seen a 30 percent drop in smoking since 1998, we have a long way to go when it comes to diet and exercise. The 2016 report found one in three adults reported no physical activity outside of work, and only 1.5 percent of adults eat an ideal diet in the U.S. Poor lifestyle behaviors are the primary causes of death and disability in the United States and in the world, but these are the factors that we have control over. Do your part in the fight against heart disease this month by striving to eat a little healthier—more fruits and vegetables, whole grains, beans and nuts and less red meat and saturated fats— and move a little more—biking, jogging, hiking, or other activities to get your heart rate up.

Donations sought for Sandberg Memorial Scholarship | Continued from Page 1

The team will be collecting donations and proceeds from the event to form the Steven Sandberg Memorial Scholarship. The scholarship will be given to a student from the Aitkin or Crosby school districts that will be entering the law enforcement field after high school. Any branch of service departments such as police, sheriff's, state troopers, DNR or fire, are invite to this event free of charge, if they are in their uniform or show some form of identification. Coach Williams would like to challenge departments to raise the most, "within your departments, please consider passing the hat to bring a cash donation to the event to go towards the scholarship fund."

Start a friendly competition between departments for a truly great cause, that benefits both communities.



Camp Ripley hosts sled dog race championships

The Winter Warrior Sled Dog Race will be held on Camp Ripley the weekend of February 12-14. This will be the third sled dog event held on Camp Ripley by the North Star Sled Dog Club. "Mushers are preparing for a weekend of competition and dog sledding on the snow-covered trails along the Mississippi River," according to Sally O'Sullivan Bair of the North Star Sled Dog Club. "New to this year's program will be the Midwest American Championships," added Bair. Top teams from all over the Midwest and beyond will compete during this three-day event that alternates annually between Michigan, Wisconsin and Minnesota. Race events will begin at 9 a.m. Friday with the sprint teams, consisting of teams of two, four, six, or 10 dogs and which will take to trails of three to 10 miles. On Saturday, the mid-distance teams start the day with teams of six or 10 dogs, traveling on trails of 25-45 miles. While the distance teams are on the trails, anticipating a finish around 2:30 p.m., sprint and skijor races will be going on throughout the day. Mushers will be competing for a purse of over \$3,000 in prize money made possible by the support of the many local sponsors. Bob Bzdok, of Rice, will be defending his title in the 10-dog sprint event. "This race has been one of the best races I've competed in and working with the Camp Ripley folks has been a real treat," the veteran champ said. Spectators and volunteers are welcome to come support the race. Contact Bob Bzdok at 320-248-2540 for more details.

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See Page 5

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Thorpe



A Sweet Treat for Your Sweetheart

“These are a favorite!”



Fruity, fresh, fluffy, light, delicate, your sweetheart will know how much their loved after they bite into Freda London’s Crepes for Valentine’s Day. The Kitchen Crew tried them with whipped cream and vanilla yogurt - both were yummy. But serve with your favorite toppings... the options are endless!

See step-by-step photos of Freda’s recipe plus thousands more from home cooks nationwide at:

www.justapinch.com/crepes

You’ll also find a meal planner, coupons and chances to win! Enjoy and remember, use “just a pinch”...

-Janet



Freda London
Vancouver, WA
(pop. 167,405)

Crepes for Valentine’s Day

What You Need

- CREPES MIX
- 1 1/2 c all-purpose flour
 - 1/2 tsp baking powder
 - Dash salt
 - 2 tbsp sugar
 - 2 c milk
 - 2 large eggs
 - 2 tbsp melted butter

FILLING

- 2 cans strawberry pie filling or flavor of your choice

TOPPINGS

- Powdered sugar, ice cream, whipped cream—the choice is yours

Directions

- Combine “Crepe Mix” ingredients and set aside over night. Not less than 4 hours.
- To cook crepes, season a small egg pan or skillet with melted butter.
- Pour 1/4 cup crepe mix into a medium-

high heated pan.

- Cook until brown on both sides.
- As they cook, place on a platter and separate with wax paper until ready to fill. Keep warm.
- To fill crepes, heat filling to warm.
- Add warm filling and roll in jelly roll style. Place on your serving plate.
- Top with favorite topping.

Submitted by: Freda London, Vancouver, WA (pop. 167,405)
www.justapinch.com/crepes

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Master naturalist volunteer training

Do you enjoy learning about the natural world? If so, consider becoming a Minnesota Master Naturalist volunteer!

Audubon Center of the North Woods, Sandstone, is hosting a Big Woods Big Rivers Minnesota Master Naturalist Volunteer Training beginning Monday, March 7, 2016.

Master Naturalist volunteers complete a 40-hour hands-on course with expert instructors and fellow learners – studying natural history, environmental interpretation, and conservation stewardship. Final certification comes with the completion of 40 hours of volunteer service. The program offers three courses that correspond to Minnesota’s three major ecosystems – entitled “Big

Woods, Big Rivers,” “Prairies and Potholes,” and “Northwoods, Great Lakes.”

This class will cover the natural and cultural history of the ‘Big Woods, Big Rivers’ region. We will provide an in-depth overview of the deciduous forest ecosystem and participants will observe and learn about the variety of plant and animal communities of the region. Through the course, participants will develop their ability to observe nature and will learn tools to improve these skills. In addition, participants will improve their communication skills by sharing knowledge with other participants and working on a group project.

The classes will be held Mondays from 6:30 p.m. to 9 p.m. from March 7 through May 16 with two all day field

trips – Saturday, March 26 and Saturday, April 16. The cost for the course is \$275, including materials. Scholarships are available. For more information contact Jill Baum, baum@audubon-center.org.

For more information and to register go www.MinnesotaMasterNaturalist.org. For assistance call 1-888-241-4532, or e-mail info@minnesotamasternaturalist.org. Scholarships are available.

Minnesota Master Naturalist is sponsored by the University of Minnesota Extension Service and the Minnesota Department of Natural Resources. Minnesota Master Naturalist is supported, in part, by grant ESI-0540358 from the National Science Foundation.

St. Cloud VA hosts veterans art

The annual Veterans Art Show is scheduled for Wednesday, February 10, from 12:30 p.m. to 6:30 p.m., and Thursday, February 11, from 9 a.m. to 3 p.m., in the Auditorium (Building 8) on the main campus of the St. Cloud VA Health Care System. The show is open to the public.

The show features entries submitted for the Art Competition, and includes art from among 53 different categories. Categories consist

of fine art such as painting, drawing, sculpture and photography; applied art that includes ceramics, woodcarving, needlework and leatherwork; and craft kits such as string art, poster art and fabric art.

The Veterans Art Competition and Show is an annual competitive event that provides Veterans receiving treatment at VA facilities the opportunity to participate in creative self-expression in art, creative writing, dance,

drama and music as part of their therapy, and to gain recognition for these artistic accomplishments.

Local artists will judge the artwork to determine first, second and third place in each category. The first place winners will advance on to the national level where they will compete with entries submitted by Veterans from other VA facilities around the country at the VA Sierra Nevada Health Care System in Reno, Nevada.

Dietary guidelines for Americans

Just a few weeks ago, the U.S. Department of Health and Human Services and the U.S. Department of Agriculture released the 2015-2020 Dietary Guidelines for Americans. Every five years, these agencies jointly compile nutritional and dietary information and guidelines for the general public. Guidelines are based on recommendations from an expert advisory committee of doctors, researchers, and dietitians. So what has changed over the past five years, and what are the key recommendations for healthy eating?

Overall, the foods to eat have stayed consistent: a variety of vegetables; whole fruits; whole grains; fat-free or low-fat dairy; oils; and a variety of lean proteins including seafood, nuts, seeds, and legumes. Recommendations to limit sodium to less than 2,300 mg per day and saturated fats to less than 10 percent of calories per day have also held steady.

An addition in 2015 is the

recommendation to consume less than 10 percent of daily calories from added sugars. Added sugars, including syrups and sweeteners found in sugary drinks and processed foods, may increase risk of cardiovascular disease, obesity and type 2 diabetes. Remember, added sugars have different effects than natural sugars found in fruit, which are buffered by fiber, water, and a host of other nutrients.

The previous recommendation to consume less than 300 mg of cholesterol per day has been removed from the current guidelines. While cholesterol in food can contribute to cholesterol in the blood, a strong body of evidence shows saturated and trans fats in the diet—mostly from meat, animal products and processed foods—are the true culprits. According to the Guidelines, there is not enough evidence for a quantitative limit for dietary cholesterol, and the advice is simply to limit cholesterol.

Other key messages:

Follow a healthy eating pattern in which foods work synergistically to provide essential nutrients and support your health. What you eat over the course of an entire day or week matters most.

Obtain nutrients from food, not supplements. Whole foods contain essential vitamins, minerals, fiber and phytonutrients that all work together to support your health.

Make shifts to healthier food and drink choices. It’s not about adding more to your plate, it’s about replacing less healthy foods with smarter choices like vegetables and whole grains.

What’s missing from the new Guidelines? Though we are instructed to emphasize whole foods over single nutrients, there is inconsistent guidance on which specific foods to cut back on, such as red meats, sodas, and processed snack foods, in order to limit saturated fats and added sugars.

Almonds may lower bad cholesterol

Next time you’re feeling the 3 p.m. slump, try snacking on a handful of almonds. Packed with protein, monounsaturated fat and lots of micronutrients, almonds are a heart-smart afternoon snack and perhaps the perfect gift to show your Valentine some love, according to research from Penn State.

For the 2015 study published in the Journal of the American Heart Association, 48 adults with high LDL (bad) cholesterol ate a cholesterol-lowering diet for two different six-week periods. Diets were identical during the two periods with the exception of the provided snack: either 1.5 ounces of unsalted almonds or a calorically similar muffin with butter. At the beginning, middle and end of the study, participants underwent a series of physical and clinical health assessments, including blood analysis and waistline



Snack on almonds and you may improve bone health, thanks to the 7.2 mg vitamin E (24 percent daily value) per ounce. In a study from the Journal of Bone and Mineral Metabolism rats fed oil enriched with vitamin E increased femur bone density by 80 percent compared with those fed straight olive oil.

measurements.

Though all participants maintained their usual weights throughout the study, eating almonds every day was linked to signs of better heart health, including a 36% greater drop in levels of LDL (bad) cholesterol as compared to when participants snacked on muffins. Snacking on almonds also helped to

reduce abdominal fat mass over three times more than snacking on muffins.

Judging from these results, almonds may help improve heart health and lower risk of cardiovascular disease. One ounce of almonds (about 23 whole almonds) provides 164 calories, about 9 grams of monounsaturated fat, vitamin E (24 percent DV), manganese (31 percent DV), riboflavin (19 percent DV), magnesium (19 percent), copper (15 percent), fiber (14 percent DV) and protein (12 percent DV). With a nutrient profile like that, it’s no wonder a 2016 study out of the University of Florida found simply adding 1.5 ounces of almonds to your daily diet improves diet quality by 14 percent .



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LUTHERAN
Aitkin* — New Life; Larry Burg & John Baker, pastors; Sunday School JAM session 9 am; Worship 10:15 am & 5:30 pm; Youth Group, Wed 6:15 pm; 112 - 1st Ave. SW 218-927-2823.
Garrison* — Pastor Michael H. Palkie; Worship 9; SS 10:30.
McGregor/Big Sandy — Rev. S. DeMars, 426-3408; E. of Sather's Store; Worship 9:30; Children's Church 10 Onamia — Vineland Native American Chapel, Hwy. 169 north of casino; Worship 11; Pastor Boeringa 320-532-4449

ASSEMBLY OF GOD
Aitkin — Rev. Jason Erickson; SS 9; Worship 10:45; Wed. 7 p.m.
Crosby — Rev. Michael Towers; Worship 10:30
Crosslake — Crossroads Christian, Rev. Gary Espeseth; SS at 9:30; Worship at 10:45
Hill City — Rev. G. Valley; Worship 10 and 6:30 p.m.; Bible Study Thurs. 7 pm.
Palisade — Pastor Ed Sornberger; SS 9; Worship 10; Kids Church; Small groups during the week 218-845-2726

BAPTIST
Aitkin — Westside, Pastor D. Smith; Worship 10; Bible Life group 11:11; aitkinwestside.org.
Brainerd — Eagles Nest, Pastor Bob Stockland 218-829-4673, Worship 11, SS 9:45.
Breezy Point — Eagles Nest, Pastor Bob Stockland 218-562-5252, Worship 9:30, 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 — 927-3678; SS 9:15; Worship 10:30 am.; Wed. 6 pm Glory Family night, Kids' Club age 4-6, 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 — Pastor P. Johnson; 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. 9 am.
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. Dale Nau, Mass: Sat. 5 pm; Sun 10:30.
Crosslake — Immaculate Heart, 218-692-3731; www.ihmstmili.org; Mass: Sat. 4 pm; Sun. 8:30; Confession Sat. 3 pm.
Deerwood — St. Joseph's, Fr. Dale Nau, Mass: Sun 28:30.
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. David Forsman, 218-927-6581; Mass Sun. 8 am.
Grand Rapids — St. Joseph's, Fr. Jerry Weiss, Mass: Sat. 5 pm; Sun. 8 & 10:30. 218-326-2483
Hillman — Holy Family, Fr. David Forsman, 218-927-6581; Mass Sun. 10
McGrath — Our Lady of Fatima, Fr. Paul Larson, Mass: Sun. 11 am.
McGregor — Holy Family, Fr. Paul Fruth, Mass: Sat. 5:30 p.m.; Sun. 9.
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; Gentz Franz 217-371-4977; Sacramento Mtg. 10, SS 11; 10 Priesthood/Relief Society noon

COMMUNITY
Aitkin — Nondenominational; 927-2749; at 219-1st Ave. NE., Aitkin, Services Sun.10, 218-927-6959
Glen — Pastor R. F. Stauter, 218-838-1981; Worship 9 May-Oct.
Grand Rapids — Solid Rock Church of God, Pastor Robert Kimberling; 218-326-0711; Sun. BS 9:30, Worship 10:30; Wed. BS 6:30 pm
Jacobson Community Church (the little white church in Jacobson). 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; 43242 Hwy. 65 N, 2 mi. N of Hwy. 210 on Hwy. 65. 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, Pastor Benjamin Peterson; SS 9:15; Service 10:30; Wed. Bible Study Prayer, 7:30 p.m.
Nisswa — Christ Community Church, Pastor Dave Uhrich; Service 10; Fellowship 9:30-10
Outing - Narrows Community Church, (non-demoninational), Pastor Stanley Mikles, 218-820-5365 Worship 11; Wednesday Prayer Meeting 6 pm; Wednesday Bible Study 7 pm Clothes Closet 8 am - noon, second and fourth Saturday
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. Susan Cline; Sun.10; Comm. 1st Sun; Council Mtg. 2nd Sun. Spiritual fellowship, Sun. 9.

EPISCOPAL
Aitkin — St. John's, Rev. Karl E. Bell, Holy Communion Service 9

EVANGELICAL FREE
Crosby-Ironton — Lifespring Church, 9:30, 30 Hallet Ave NE 218-545-5433, visitlifespring.com
Crosslake — Interim Pastor Mark Holmen; Call for Service Times at 218-692-4141, email thelogchurch@crosslake.net
Isle — Pastor Charles Visser; 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; Young Families Fellowship 2nd and last Fri. of month, 5 pm
Wright — Pastor Ken Mitchell, 218-426-5115; SS 9:30; Worship, 10:30; Thu., Bible Study, 7 pm.

INDEPENDENT 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 Irontale Town Hall*, Co. Rd. 12. (Deerwood Shortcut); Worship 10

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

LUTHERAN
Aitkin — Bethlehem (ELCA), Rev. Cindy Gray; Worship 9:30; Holy Comm. 1st & 3rd Sun each month.
Aitkin — First* Pastors Darrell Pedersen, Melissa Carmack & Bob Munneke; worship Sun. 8:15 am & 10 am; Sunday School 10:30 am; Wed. 6 pm; Sat. 5 pm; communion every Sat. and 1st and 3rd Sun.; contemporary services 2nd and 5th Sun.; nursery staffed; Sunday service broadcast live on KKN (94.3FM) at 10 am and on TV cable channel 181 at 9 am Wed.; community meal every Mon. 5:30 pm; food shelf second and fourth Thurs. each month 9:30– 5 pm.
Aitkin — St. John's (Missouri Synod), Pastor D. Becker; Worship Sun. 9, SS 10
Baxter — Christ Lutheran Church (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.ppopbaxter.org
Beaver Township — Finnish EA, Hwy. 27, Worship 1st & 3rd Sun., 10:30.
Brainerd — Good Shepherd Free Lutheran Church-AFLC Affiliated, 5878 Pine Beach Road, Pastor Gary Jorgenson, 218-824-3052, Worship at 10 am. Communion 1st and 3rd Sunday's. Wednesday 7pm. Bible Study.
Brainerd — Truth Lutheran Church (LCMC, Pastor James Walth, Corner of 5th and Kingwood, Worship 9 Cedarbrook — St. John's (ELCA), Rev. Sandy Berg-Holte; Worship 8:30; SS 9:30; Saturday SS; Holy Comm. 1st & 3rd Sun.
Crosby — Immanuel (LCMC, NALC) Rev. Paul Mattson; Sun. 9 & 10:30 worship; SS (Sept.-May) 10:40.
Crosby — Zion (LC-MS) Pastor Dean Stolz; Worship 8:30; SS 10; Bible Study Wed. 7 pm; handicap accessible. 218-546-6910
Crosslake — (ELCA), Indoor worship 8:30; Coffee Fellowship 9:30; outdoor worship 10. 218-692-3682.
Crosslake — Mission of the Cross (LCMS), Pastor Leslie Uhrinak; Worship 9:30 with every Sunday Communion, Fellowship 10:30, Adult Bible Class 11, 218-692-4228, www.missionofthecross.org
Deerwood — Salem (ELCA), Pastor Glen Bickford; Worship: 8:15 (traditional) & 10 (contemporary); Sunday School 10 am.
Giese Immanuel — Rev. R. Langhorst & Rev. R. Lovaa; Worship 9; SS 10; Holy Communion 1st Sun. of month 8:45.
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). Pastor Jon Rusnak; Worship 10 with communion 1st, 3rd & 5th Sundays. Adult Bible Study 8:30am, Sunday School Sept-May, 8:30am. Fellowship 11am. 320-692-4581. www.shepherdofthelake.org.
Hill City — Trinity, (Missouri Synod), Pastor Volkert; Worship 9; Bible Study 10:15.
Hillman — Immanuel, (ELCA) Pastor Jean Megorden; Sun. 27 and 9:30, SS 10. Located on the corner of Hwy. 27 and Co. Rd. 47. (Handicap accessible)
Iron Hub — Immanuel (LC-MS), Pastor Dean Stolz; Worship 10:30; 218-534-3069.
Isle — Faith (ELCA), Interim Pastor Rev. Henry French; Worship 9:30; handicapped accessible.
Isle — Holden (ELCA), SS 9:30; Worship 10:30.
Isle — Trinity (Missouri Synod), Rev. Mark Maunula; Worship 8:30; Fellowship follows; SS 9:45; Adult Bible 10.

JACOBSON — Carmel, Vicar Mark Wagner; SS 1st & 3rd Sun. 10, Service 11, fellowship follows.
Malmo — Bethesda (ELCA), Rev. Jim Raisanen; Sat. Informal Worship 5 pm; Sun. Worship 8:30 & 10; Fellowship between services; Comm. 1st & 3rd Sun.
McGrath — Grace; Wed. potluck 5 pm, Bible study 6 p.m. SS 10; Worship 11.
Mc

COMMUNITY EVENTS

Ongoing Events:
AA - Aitkin - 322 1st Ave. NE 218-927-2651 Sun. Women's Meeting 5:30 pm, Tue. Open Meeting 8 pm, Wed. Women's Meeting 6 pm, Thu. Sober Sailors Open 9 am, Friday Night Grape Vine 6:30 pm.
AA Garrison: Monday Night AA (open) 7:30 PM and Wednesday 7:30 PM at Community Alliance Church, 9475 Jefferson St.
ALANON - 322 1st Ave NE, Aitkin 6:30 pm Thursday evenings.
ALANON Garrison: Wednesday 7:30 PM at Community Alliance Church, 9475 Jefferson St.
Aitkin Friends of the Library meet 4th Tue. each month, 1 pm, Aitkin Public Library.
Aitkin Women of Today meet 2nd Mon. of month, 6:30 pm, Mille Lacs Energy Coop, info call 218-927-4558. Evening care is available and free. All are welcome!
American Legion Aitkin Lee #86 & Unit 86, meets the 2nd Thurs. of each month at 7 p.m. "Ask an Attorney," Aitkin Co. Sheriff's conference room, 2nd Tue. of month at noon.
Bay Lake Area Lions are currently collecting items for their upcoming June 13 auction. If you have non-rummage items, please call 218-678-9090 to arrange a pick-up or drop-off.
Blow-Hards, a lung disease support group, meets the 4th Thu. of each month, Kanabec Hospital in Mora. Contact Carol, 320-225-3646.
Care N Share Community Cafe Community Meal, Wednesdays Located in the fellowship hall in the Wesleyan Church on Highway #6 in Emily. Please call Sharon - 612 669-3295
Caregiver/Memory Loss Support Group, meets first Wed., 1-2 pm, Aicota Rehab Center, Aitkin & 3rd Tue., 3-4 pm, DAC, McGregor. 218-927-1383
Circles of Support meets every Tue., 6-8 pm If you are living paycheck to paycheck and are ready for a change, Circles may be right for you, call Brandi, 800-997-5723.
Clear Lake Grange meets second Tue. each month, 6 pm potluck, 7 pm meeting. Meet in member's homes. Info call Vern 320-684-2244 or Roxy 218-927-4558.
Closet is open second and fourth Saturday of each month from 8 am - noon. Free clothing for men and women. Narrows Community Church, 6297 Woods Bay Drive NE, Outing (look for yellow signs). Call Pastor Stanley Mikles at 218-820-5365 for more information.
Cooks Night Out - 3rd Wed of month, McGregor Comm. Ctr., 5:30 p.m., no restrictions, donations welcome.
Cuyuna Rock Gem & Mineral Club, meet 2nd Sat. each month, 2:30 at Cuyuna Range Community Center, lower level.
Dance every second Tuesday at Moose in Grand Rapids.
Dance at Waukenabo the second and last Wednesday of the month.
Deerwood Lakes Lions meet the 2nd Monday of every month, 5:30pm social, 6:00 pm dinner/meeting, at the Heartwood Senior Living. Call 218-831-5683, if you need more information or would like to join our club.
Evergreen P.A.C. ATV Club meetings 1st Thu. each month, 7 pm, Jackson Hole, Lawler, open to public.
FASD Caregiver Support Group - For caregivers of individuals with a diagnosed or suspected Fetal Alcohol Spectrum Disorder (FASD). Meet with other caregivers (adults only please) for support, understanding, and networking. Meetings are 9 am the second Saturday of each month at Bethlehem Lutheran Church, 418 8th Ave. NE, Brainerd. For more information, please contact Sheila York at 218-820-5903 or syork@mofas.org
Friends of Rice Lake National Wildlife Refuge meet 3rd Wed. each month, at 1 pm. at the Visitor Center at 36289 State Hwy. 65, McGregor 218-768-2402
Food Shelf: Community Food Shelf at First Lutheran Church open on 2nd and 4th Thurs, 9:30 AM-5 PM, at 107 2nd St SE Aitkin. Must register by 4:45 PM to be served.
Food Shelf: Emergency Food Shelf at St. James Catholic Church, Aitkin. Hours are Tuesday from 12 to 3 pm. To enter the food shelf go to the South side of the building, go to the 4th door and look for signs.
Food Shelf: Garrison Area Community Food Shelf open Tue. & Thu. 1-5 pm, at 9541 Madison

Street; Garrison. For emergency Food Shelf, call 320-692-5399 and leave a message.
Gamblers Anonymous meets each Mon., 7 pm, First Lutheran Church, Aitkin, for info call 218-393-0935.
Garrison Fire Auxiliary meets 2nd Thu. 7:30 pm, Garrison Fire Hall.
Garrison Thrift Store, Thurs.-Fri. 10-4, Sat. 11-4.
Heart to Heart Support Group, 4th Tue. of month, 2 pm, Kanabec Hospital, int. of Hwy. 65 & 23, Mora.
Hope for the Future Support Group for those dealing with emotional issues, every Thu., 1 pm, 210 2nd St. NW, suite A, Aitkin, 927-3748.
Ironton TOPS (Take Off Pounds Sensibly) meet Tue., 4 weigh-in, 9-9:30 a.m. Meeting 9:30-10:30 a.m.. at Immanuel Lutheran Church Crosby Men & women invited. Call Mabel Semler 218-546-6523 for meeting location information.
Jacobson Seniors meets every Thu., 10-2 pm at Jacobson Comm. Ctr. Potluck at noon. Beverage provided. All are welcome. For more info., 752-1515.
Lymphedema Support Group, 3rd Mon. of month, 6:30 pm, Kanabec Hospital, int. of Hwy. 65 & 23, Mora.
Marsh and Meadows Hunting Retriever Club, Mon. 5:30 pm in Pequot Lakes, for more info call Brett 651-270-5648 or facebook/Marsh and Meadows Hunting Retriever Club
McGrath City Council, first Thu. of the month, 6:30 pm at fire station hall.
McGrath Senior Center meets every Mon. 1-4 pm, cards & games, all are welcome.
McGregor Community Meal served at the Community Center on Highway 65 on the Third Wednesday of each month serving from 5:30 - 6:00 pm.
McGregor TOPS (Take off Pounds Sensibly) meets Thu., 4 pm weigh in, 4:30 meeting, Minnewawa Sportsman's Club, Goshawk St. (Co. Rd. 6). 218-768-2340 for more info.
MS Support Group, meets the 1st Thu. of the month at 7 pm, 606 NW 5th St, Brainerd, 218-824-5228.
Mystic Masonic Lodge meets 1st & 3rd Tuesdays of the month at 7 pm except June, July & August meet only 1st Tuesday at 7 pm over the Eye Care Center in Aitkin.
National Alliance on Mental Illness meet Fri., 2:30, Community Presbyterian Church, 703 Pokegama Ave., room 105, Grand Rapids, Call Terrence at 218-327-1347.
North Central MN Farm & Antique Assn. meet 1st Wed. of month, Blackberry Town Hall. Info: Bruce 218-752-6592.
Order of Eastern Star, Woodland Chapter 122 in Aitkin meets 2nd and 4th Tuesdays September through May and 2nd Tuesday in June and 4th Tuesday in August at 7:30 PM above the Eye Care Center in Aitkin; dark July, January & February.
Operation Minnesota Nice meets 3rd Monday each month at 6 pm at Trinity Lutheran Church, Hill City. For info call Tina Harcey at 218-697-8144. www.operationminnesotanice.com.
Praise & Worship Services, 101 S. Maddy St., McGregor, Intercessory prayer Wed 6-7 pm; Praise & Worship Services Sat. 2 pm, Sun 10 am.
Recovery Worship Service, Cascade United Methodist Church, Crosby/

Deerwood, 1st Sat., 5 pm. Everyone is welcome.
RSVP Bone Builders Tue. & Thu from 10-11 am First Lutheran Church, Aitkin; 11:30 a.m. to 12:30 at Black Rock Terrace. Free of charge. Info call 218-927-1383.
Second Tuesday Card Party, Deerwood American Legion. Open to public, 1 pm social, card playing 1:30-3:30 pm. Cost \$3 per person. Refreshments. For info call Kathy at 218-546-5486.
Senior Dance at Deerwood Legion, 1-4 pm, 1st and 3rd Fri. each month.
TOPS (take off pounds sensibly) Every Tues at East Entrance , First Lutheran Church, 101 2nd St SE, Aitkin Weigh in at 4:30pm and meeting at 5pm
White Pine Riders ATV Club meet 2nd Sat. each month (Feb. - Oct.) at McGrath Fire Hall, 10 am, open to public.
February
1st - Cuyuna Range Women's Club meeting 1 pm at the Jessie F. Hallett Memorial Library in Crosby.
5th - Central Lakes College Give Kids a Smile Day - Children ages 3-18 can get a free dental check-up, 8 a.m.-5 p.m. at the Brainerd campus. To schedule an appointment, call 218-855-8106.
6th - The Brainerd Jaycees 26th Annual Ice Fishing Extravaganza on Gull Lake's Hole in the Day Bay, north of Brainerd. This year's prize list is valued at nearly \$200,000. If you cannot attend the event, there is also the Extravaganza raffle, with total prizes valued at \$40,000. More information and official updates can be found at www.ice-fishing.org.
6th - Cuyuna Lakes Chamber's Ice Fishing Contest and Scorpion Homecoming is Saturday, noon - 3 pm, Serpent Lake in Crosby.
6th - Palisade Assembly of God Church Bake Sale 10 am - 3 pm. Monies raised will be used for the family fun night.
6th - The third of five 8 ft. x 10 ft. oil paintings, honoring the Coast Guard, will be unveiled at 2 pm. at the Vets Cemetery located seven miles north of Little Falls on Hwy. 115, adjacent to the Camp Ripley Military Base. The dedication is open to the public, particularly welcoming veterans of the Coast Guard, followed by a 3 p.m. reception at the American Legion, downtown Little Falls.
6th - WinterFest and Ironton Bar Stool Races at Morningside Park in Ironton beginning at 3 pm. Admission is \$1 with all admission proceeds being donated to the Sno-Serpents Snowmobile Club. For more information, contact Steve at 651-200-7825 or 546-5997.
6th - Brainerd Public School Foundation BIG EVENT 5pm - 9pm bpsf.org at Cragun's Sports Center

Celebrating the Greatest Schools on Earth
9th - Ripple River Quilt Guild, 1 pm at the Aitkin American Legion. Speakers for the meeting will be Tanya from P & D Sewing Center in Grand Rapids and Joan Lemire from the Aitkin Quilt Guild. Meeting open to anyone interested in their group.
11th - Cuyuna Range Chamber Business After Hours 5 - 7 pm hosted by the Hallett House Bed & Breakfast at 22418 State Hwy 6 in Deerwood (one mile east of Crosby). There will be parking in front and back of the house. The back entrance will be available. As a courtesy to the host, advanced registration is recommended at 218-546-8131.
12th - 14th - Nisswa Winter Jubilee A unique 3-day experience - explore magical Ice Sculptures, a mind-teasing medallion hunt, competitive wood splitting, kids mini jubilee, welcome the beautiful Miss Nisswa, Nisswa Fire Department's Ice Fishing Derby
12th - Palisade Assembly of God Family Fun 7 pm. Everyone is welcome to join us for a fun free night of popcorn, pop, bingo and prizes.
13th - Annual United Way Fishing Tournament at Nitti's Hunters Point on Mille Lacs Lake, 9 am - 4 pm.
13th - Minnewawa Sportmen's Club Fishing Contest and Raffle noon - 3pm.
13th - Sons of Norway Tusenvann Lodge #1-659, noon, at the I.R.E.C. Bldg. in Isle, and the program will be about genealogy and tracing your family history. Coffee & lunch will be served. Bring your research questions and a friend or neighbor. If you have questions call Bill 1-320-679-2380 or Candice at 1-320-983-2886.
13th - Hill City Area Lions Club 17th Annual Ice Fishing Contest noon- 3 pm at Hill Lake at the City Beach/Campground in Hill City. The cost is \$10 per ticket. This event is to help support the Hill City Area Lions Club.
13th Cascade United Methodist Church Pie Social, 1-3pm, Highway 6/210, Deerwood. Also whole pies to take home.
13th - Palisade Assembly of God Church Valentine's Banquet, 6:01 pm. Tickets are \$12 which includes entertainment and a bacon wrapped chicken dinner with baked potato, California vegetable, salad and brownie sundae. For tickets contact Barbara at 232-2625 by Monday, February 8.
13th - Valentine's Dinner and Dance Waukenabo Community Center/ Town Hall. Roast Beef dinner at 5:30 - 7 pm



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How to manage life's distractions

Rachel lost two years of her life. Maybe the first thought that comes to mind when you read that sentence is that Rachel suffered some sort of tragic accident that threw her into a coma – or she bonked her head and lost two years to amnesia.

But neither of those are accurate, and what happened to her can happen to any of us.

Her life was filled with distractions.

If our to-do lists are never-ending, and we're always thinking ahead to the next thing, and the next thing, and the next thing, then we can easily miss out on the real life that's happening right in front of us.

That's what happened to Rachel. She was so busy she felt like she missed two years of her youngest daughter's life between the ages of 3 and 5.

Some of us might perceive that as an overreaction. We think, "I can work my job, stay on top of my to-do list at home, be active in my small group and at church, and take care of my kids just fine."

We don't see multitasking as a problem.

But successfully checking items off of our lists doesn't necessarily

mean we're handling things well. Things may get done, but if we're waking up each morning feeling irritable, exhausted, angry, and impatient with life – or if our lives are filled with blessings, but we don't recognize them because we're buried beneath all the things we have to get done, we may be headed for trouble.

Slowing our lives down can be tough, though, when our busyness earns us respect or pats on the back. Let's admit it, we feel affirmed when something needs to get done, and people come to us to handle it. We want to be that go-to person.

A common question that people would ask Rachel was, "How do you do it all? You never say no." She took it as a compliment.

But at the same time, she couldn't escape the gnawing feeling that God was whispering to her, asking her if this frenetic pace was really the life she wanted for herself and to model to her children.

Rachel knew she couldn't reorganize her entire way of life overnight, so she prayed for a first step.

The answer came at a moment when she was in her usual full-on, type-A, productivity-driven mode. Her computer was open, she had emails to answer, her phone was ringing, texts

were rolling in, and she was thinking about the list of things she needed to get done. Suddenly, a little voice within her said, "Go to your child."

Her youngest daughter was sitting on the couch by herself, watching a kids' movie, so Rachel went and sat next to her. Her daughter picked up Rachel's hand and kissed her palm.

That moment was confirmation of the first step she'd prayed for. Rachel realized her children and husband couldn't embrace a moving target. That moment inspired her to start making changes to make sure she didn't lose two years of her life again.

We may not be able to transform our schedules overnight, either, but the first step begins with accepting that it's not our responsibility to keep the world spinning.

To do that, we have to change our perspective about what's important. Creating moments of connection with our spouse and our children isn't so easily checked off of a list. Our families don't need us to do, they need us to be.

We are told in Proverbs 12:25 that "anxiety in a man's heart weighs him down, but a good word makes him glad."

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Free AARP and VITA tax preparation sites now available across area

Income tax season is in full swing and free tax preparation sites are open across Minnesota. The Minnesota Department of Revenue announced that there are more than 240 sites across the state offering free tax assistance to those filing their income tax and property tax refund returns.

Volunteer Income Tax Assistance (VITA) and AARP Tax-Aide are two free tax preparation programs where volunteers help taxpayers prepare their federal and state income and property tax returns in communities throughout Minnesota.

To receive free help from a VITA site, you must meet one of these four qualifications: be age 60 or older, have a disability, speak limited or no English or have annual income of \$54,000 or less.

The AARP Tax-Aide program offers free tax preparation for all taxpayers, particularly those who are age 60 or older. AARP Tax-Aide sites do not have income or age restrictions.

All volunteers are certified by the Internal Revenue Service (IRS) and will only prepare basic tax returns.

“There are hundreds of IRS-certified volunteers ready to help taxpayers accurately file their taxes. They can even help identify the refundable credits taxpayers may qualify

for,” said Revenue Commissioner Cynthia Bauerly. “I encourage those who qualify to take advantage of these free filing services.”

The sites are generally open now through April 15.

Aitkin County AARP Tax-Aide program sites:

There will be free income tax assistance, by trained volunteers, available through the AARP Tax-Aide program for low to moderate income taxpayers, with special attention to those 60 and older. Volunteers will be available on Thursday mornings from 10 a.m. to 1 p.m. in the community room at Aitkin Public Library, at 110 1st Ave N.E. in Aitkin beginning February 11, 2016 through April 14, 2016.

For more information call 218-845-2666.

No appointment is necessary and there is no cost. AARP Tax-Aide volunteers are not trained in all areas of income taxes and you may be advised to see a paid preparer. For married filing joint returns, both taxpayers must be present to sign the return.

Volunteers will also be available at the following times and locations:

Monday, February 8, 9 a.m. Hill Lake Manor, Hill City

Monday, February 15, 1 p.m. Waukenabo Community Center

Friday, February 26 9 a.m. Pioneer Villa Apartments,

McGregor

Monday, April 4, 1 p.m. Waukenabo Community Center

Friday, April 8, 9 a.m. Pioneer Villa Apartments, McGregor

Crow Wing County AARP Tax-Aide program sites:

Jessie F. Hallet Memorial Library, 101 1st Street SE, Crosby, Tuesdays and Wednesdays, noon to 4 p.m. Please make an appointment by calling 218-546-8005.

Crosslake Community Center, 14126 Dagget Pine Road. Crosslake, Tuesdays and Fridays, 8 a.m. to noon. Please make an appointment by calling 218-692-4271.

Brainerd Central Lakes College, 501 W. College Drive, Brainerd, Tuesdays and Wednesdays from 9 a.m. to 1 p.m., Thursdays from 1 p.m. to 4 p.m. Please make an appointment by calling 218-855-8052.

Brainerd Public Library, 416 S. 5th Street, Brainerd, Mondays and Wednesdays from 12:30 p.m. to 4 p.m. Appointments are preferred by calling 218-829-9345. Walk-ins are also accepted as time permits.

Brainerd Senior Center, 803 Kingwood Street, Brainerd, Tuesdays, Thursdays, and Fridays 9 a.m. to 12:30 p.m. Appointments are preferred by calling 218-829-9345. Walk-ins are also accepted

as time permits.

Crow Wing County AARP Tax-Aide program sites:

Grand Rapids Airport, 1500 SE 7th Ave., Grand Rapids, Mondays and Wednesdays from 8:30 a.m. to 4:30 p.m. Also open Saturdays from 9 a.m. to noon during February. Walk-In Only for more information call 218-326-4765.

Crow Wing County VITA Tax-Aide program sites:

Tri-City Com Action of Brainerd, 1926 S. 7th St., Brainerd, Please make an appointment by calling 320-632-3691. Accessible to persons with mobility issues

Mille Lacs County VITA Tax-Aide program sites:

Trinity Lutheran Church, 735 2nd St. SE, Milaca, Wednesdays from 11 a.m. to 3 p.m. Please make an appointment by calling 800-832-6082.

Taxpayers must bring the following items with them:

- Photo identification
- Social Security cards (or Individual Taxpayer Identification Number (ITIN) card or letter) for you, your spouse, and all dependents listed on your return
- Birth dates for you, your spouse, and all dependents listed on your return
- Last year's tax returns
- If you wish to use the

direct deposit/direct debit option, be sure to bring your checkbook with you to verify your bank account and routing information.

- Income statements or forms: wages from each job (Form W-2), interest (Form 1099-INT), dividends (Form 1099-DIV), sale of stock (Form 1099-B), retirement plans(Form 1099-R), gambling winnings (Form W-2G), unemployment (Form 1099-G), Social Security benefits (Form SSA), miscellaneous income (1099-MISC) or any other statements showing income from other sources (such as: Supplemental Security Income (SSI), Minnesota Family Investment Program (MFIP), Minnesota Supplemental Aid (MSA), General Assistance (GA), veterans benefits, workers’ compensation)

If applicable, also bring:

- Tuition expenses for university, college or technical college (Form 1098-T)
- Interest statements for student loans (Form 1098-E)
- IRA contributions
- Records of any itemized expenses you may wish to deduct, such as:
 - Out-of-pocket medical expenses
 - Noncash donations
 - Cash donations
 - Vehicle license tabs

- Property taxes paid
- Job-related moving expenses
- Mortgage interest paid (Form 1098)
- Tax preparation fees
- Uniform costs
- Daycare expenses. For each provider you paid, you must provide the name, address, amount paid, and Social Security number (SSN) or Employer Identification Number (EIN).
- Receipts for education expenses you paid for your children in grades K-12, such as:
 - Educational software
 - Private school tuition or tutoring
 - Academic books/materials
 - Music lessons and music equipment purchases or rentals
 - Tuition for academic summer camp
- Instructor fees for drivers education
- School supplies (pencils, notebooks, etc.)
- Property Tax Refund documents
- Renters: Certificate of Rent Paid (CRP) from your landlord
- Homeowners: Statement of Property Tax Payable mailed by the county in March

Healthy snow white vegetables?

While you may not love shoveling, embrace the snowy season by adding white vegetables to your diet. What these vegetables lack in vibrant color, they make up for in nutrients, and should not be forgotten when you aim to “Eat the Rainbow.”



study linked eating mushrooms with improved immunity. Mushrooms are an excellent addition to stir-fry, casseroles, or pasta.

Daikon Radishes: A cup of Daikon radishes provides over 40 percent of your daily vitamin C and about two grams of fiber. Radishes have been associated with protecting male reproductive function, thanks to compounds that may activate the body's own detoxification enzymes. Incorporate Daikon radishes into Asian-inspired recipes or eat them raw in a salad.

Parsnips: Parsnips, a root vegetable and cousin to the carrot, are filled with essential vitamins and minerals. They are an excellent source of vitamins C and K, fiber, folate, and manganese, a mineral that helps activate powerful antioxidant protection enzymes. Roasting or baking this vegetable brings out its natural sweetness. Use them in salads or enjoy as a side dish with dinner.

Potatoes: The poor potato never gets the nutritional credit it deserves. One potato is an excellent source of vitamins C and B6, potassium, and fiber. White potatoes must be eaten cooked: boil or roast them (just keep them out of the deep fryer!). They are delicious mashed with fresh herbs like rosemary or parsley.

Leeks: A cousin to onions, one leek provides half the amount of daily vitamin K, a nutrient needed in the blood clotting system. They are also a good source of vitamin C and folate. Add leeks to your vegetable stir-fry or soups.

Mushrooms: Mushrooms are a good source of riboflavin, niacin, and copper, a mineral involved in energy production. A recent

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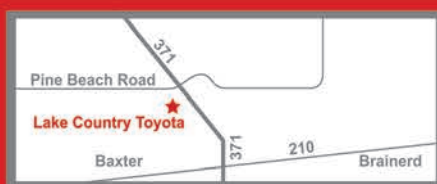


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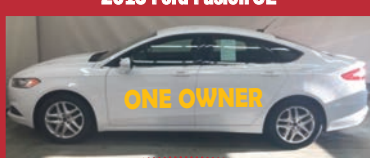
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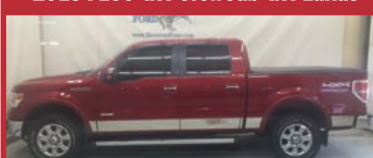
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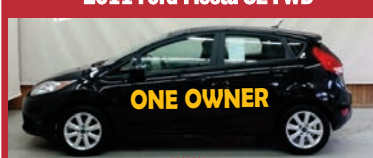
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